

Practical information

(3 pages to be read !)

The mountain race Buff Fanaraaken Uphill

(8,6 km , from 868 – 2.068 metres above sea level)

Saturday August 8, 2009

The start of the race takes place at 868 metres above sea level at Turtagro close to Turtagro Hotel (www.turtagro.no). Finish Line is on the summit of the mountain Fanaraaken 2068 metres above sea level and close to the tourist chalet Fannaråkhytta (www.turistforeningen.no/fannarakhytta) which has the highest location in northern Europe. The course from Turtagro to Fannaråkhytta is 8,6 km, and the total climb is 1200 metres. Because of some changes and improvements of the course in 2009 it will be no prize for race-record in 2009. More info under “Prizes” below....

The starting time

At 11.00 am: The joint start also for the competition classes at Turtagro, close to Turtagro Hotel. The lowest age limit is 14 years (year of birth 1995)

At 07.30 – 10.00 am: starting time for fun-run class without timetaking. The lowest age limit here is 12 years (year of birth 1997) The participants may start whenever they like during this period. Many prefer to start as early as possible in order to be present in the finish area at the summit to watch the finish of the competition classes.

Enter for the race now ! Entry fees :

Visit Påmelding at our home page www.fanaraaken.com for entries.

NOK 300,- for the competition classes , age-groups 23 +

(Early Entries before May 17th pay only NOK 250,-)

NOK 250,- for the competition classes , age-groups 14 – 22

(Early Entries before May 17th pay only NOK 200,-)

Late entry after July 20 th with an extra fee of NOK 100,- .

The online registration will close Thursday August 6th at 12.00h.

– on the condition that the race is not closed. Because a part of the race will take place in the Jotunheimen National Park there is a **limit of 500 competitors** for the competition classes. Therefore make sure that you are in good time with your entry.

In the fun-run class without timekeeping the entry fee is

NOK 150,- for the age-group 23 + (Early Entries before May 17th pay only NOK 125,-)

NOK 100,- for all age-groups 12 – 22 years (Early Entries before May 17th pay only NOK 75,-)

In the fun-run class late entry is possible also on race day Saturday aug. 8th until 9.00h with an extra fee of NOK 50,-

For additional information on accommodation etc. please contact:

Race director Anders Fortun, tel: +47 91 87 00 44 (e-mail: a-fortun@online.no).

International athletes and teams may contact

Christian Prestegaard, tel. +47 99 52 11 99 (e-mail: christian@prestegaard.no).

Prestegaard is member of the EUROPEAN ATHLETICS MOUNTAIN RUNNING COMMISSION
and Head of Mountain Running inside the Norwegian Athletics Federation

Recommended accommodation:

Skjolden Brygge www.skjolden-brygge.com .

tel. + 47 61 31 41 00 .

See map and location: www.skjolden-brygge.com/en/map.html

E-mail: post@skjolden-brygge.com

Skjolden Hotel www.skjolden.com ,

tel. +47 57 68 23 80.

Skjolden Brygge and Skjolden Hotel is located close to the award ceremony.

Turtagro Hotel , www.turtagro.no.

Tel. + 47 57 68 08 00 .

Turtagro Hotel is located close to the starting line. E- mail: laila@turtagro.no

Distribution of start numbers

Distribution of start numbers will take place at Fjordstova in Skjolden:

On Friday 7 th August at 18.00 – 21.00 pm.

On the race day Saturday August 8th, at Turtagro Hotel ; 07.30 – 10.30 am.

A rucksack is obligatory and shoes with hard studs are forbidden !

The race is an unusual trial of strength where all participants must carry a rucksack **weighing at least 2,5 kilos from start to the finish line.** The weight is controlled immediately after passing the finishing line. The competitors must themselves bring warm clothes and some extra food for the race (both up and down!). There must be warm clothes in the sack because it can be cold at the top! During the races in 2003 and 2004 it was temperatures close to freezing point at the summit of Fanaraaken .2.068 metres above sea level.

Refreshment and water stations

The participants get **POWERADE** energy drinks and Water at four stations during the race. The first station is at Helgedalen where the runners start their steep climb towards Fanaraaken (about 1.050 metres above sea level) , the second at the steep rise 1500 metres above sea level , the third drink station 1800 metres above sea level and the last one at the finish at Fanaraaken there are both refreshments and drinks.

At the distribution of start numbers the participants are given, among other things one bottle of Powerade, WASA Sandwich and Kvikk-Lunch Chocolate. The Wasa Sandwich and the Chocolate is ought to be put in your rucksack. It is important to have a ready supply of nourishment after passing the finishing line! You also need energy to walk down, back to Turtagro! Make sure that you have NOK 100 in your rucksack ! At the finish line you can by a warm meal at Fanaraakhytta !

Times Online has ranged Fanaraakhytta as one of the **13 most remote hotels in the world !:**

”FANNARAKHYTTA, Norway

Picture the Scottish Highlands at their most rugged and remote, halve the walkers, double the height of the hills, throw in the odd wolverine, lynx and reindeer, and what you've got is Jotunheimen National Park – 450 square miles of hiking Valhalla in southern Norway. As well as lakes and glaciers, the Home of the Giants has more than 150 peaks above 6,500ft, including northern Europe's highest, Mt Galdhoppigen (8,100ft); but best of all are the 30-odd mountain refuges (with food store and stove), which allow you to tackle the most savage of wildernesses carrying little more than sleeping bag, map and compass.

Best hut in the park? That's hard to say. From cosy six-bedroom cabins to bustling, staffed 40-bunk huts with

late-night rambler's chat on tap, most have huge charm – but for location alone, Fannarakhytta takes some beating. This former weather station stands right on the edge of the Fannarak glacier, at a height of 6,775ft”

Classification

The classification of the competition class is the same for both men and women:
14-15, 16-17, 18-19, 20-22, 23-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 og 70+
For the fun-run class without timekeeping there is no classification.

Prizes

- (1) All finishers are winners and are awarded beautiful medals after crossing the finishing line at Fanaraaken. The time limit for the award of medals at Fanaraaken is at 14.30 pm.
- (2) Prizes are awarded to all class winners. All the class winners receive a prize from the Head Sponsor Atello www.atello.no . The Prize consist of products from BUFF. La Sportiva and Bridgedale with a total value of at least NOK 700 .
- (3) Prizes are awarded to the top 20% in each agegroup
- (4) The top 3 male and female runners are awarded prizes in NOK:
1 pr. NOK 10.000,- , 2. pr. NOK. 5.000,- og 3. pr. NOK 3.000,-
- (5) NOK 3.000 to the best Norwegian female and male runner under age 20 (Born 1995- 1990)
- (6) A trophy (cup) for the female and male winner of agegroup 16-17 given by the local authority of Luster
- (7) The top 50 runners in the competition-classes and first 100 in the fun-run class will receive a BUFF at the finish line !
- (8) Due to changes in the course in 2009 it will be no prize for race-record in 2009

In other words the best participants will receive fine prizes. Besides many prizes are drawn among all finishers both in the competition classes and the fun-run class without timekeeping.

Prizes are awarded only to those present at the award ceremony.
Therefore: Make sure that you are present at the award ceremony!

Award ceremony at Skjolden in ”Kulturhuset”/ Fjordstova at 17.00 pm

By 17.00 pm everybody should have had plenty of time for a bath or a swim and a good meal in ”Kulturhuset” at Skjolden before the award ceremony !

The swimming pool and the cloakroom are free of charge for all participants.

See map and location:

www.skjolden-brygge.com/en/map.html

Fanaraak IL is the organizer of the mountain uphill race BUFF Fanaraaken Uphill.

Contact:

Race director Anders Fortun, Tel. + 47 91 87 00 44

a-fortun@online.no

Head of marketing Christian Prestegaard , Tel + 47 99 52 11 99

E-mail: christian@prestegaard.no

Welcome to a unique Mountain Race in a magnificent scenery !

www.fanaraaken.com