

Nort West 400
Summer edition



-- Runner's Manual --



Registration Details

Welcome to North West 400

Join us on a 400km exploration of West Jytland, remote beaches, wet rocky traverses and hilly forest land!

INTRODUCTION:

Please note that all details, are subject to change based on permitting. Maps, routes, aid stations, and other details may change during the permitting process and from year to year.

THE COURSE:

400km from Skagen - Blåvand.

GPX route will be ready for downloading 14 days before race start.

WHEN:

Wednesday 7th Juli 2021 at 08:00 to Sunday, 11th Juli at 12:00/12 with 100 hours (4 days, 4hr) cut off

START/FINISH LOCATION

Start: Vippefyret, Fyrstuevej 17, 9990 Skagen, Denmark

Finish: Blåvandshuk, Fyrvej 106, 6857 Blåvand, Denmark

COST:

Registration opens 1st February 2021 at 9am for €450. Prices go up to €500 after 25th April and up to €550 after 15th May. Payment is via TransferWise.

ADDITIONAL FEES:

The above fees do not include TransferWise fee which is non-refundable.

THE RUN:

Runners will be well supported on their journey with 8 aid stations (including the finish line). Participants will have 2 sleep stations along the journey. This is not a stage race. Runners will be timed from the start to the moment they cross the finish line. Time taken for sleeping counts toward a participant's overall time. Please note that our sleep stations have a 5-hour time limit. Aid stations will serve hot water to order as well as a few other options. We will have a medical team and communications team for the race as well.

No participants under the age of 18 allowed. Runners must be 18 or older on race day.

ELEVATION GAIN/LOSS:

As a guideline the race follow the sea level most of the time.

The course has approximately 1000 feet (330 meters) of ascent and 1000 feet (330 meters) of descent for a total elevation change of 2000 feet (660 meters).



Registration Details

TRACKING:

Tracking such as SPOT etc. is not mandatory. Emergency phone is however mandatory, and you will need to have a cellular subscription that is working in Denmark.

You will receive a link to a free Smartphone APP you will need to install on your mobile device before race start. The APP will transmit LIVE-tracking throughout the entire event.

RUNNER IN/OUT AID STATION TIMES:

We will be publishing runner in and out times from aid stations as soon as possible.

DISTANCE:

400km - mileage varies from year to year and can change at any time based on permitting, trail closures, and other influences outside of our control.

OVERALL CUT OFF:

Wednesday 7th juli 2021 at 08:00/8a.m. to Sunday, 11th July at 12:00/12 a.m. with 100 hours (4 days, 4hr) cut off

AWARDS:

All finishers get a unique, rocky medal and a finisher's print.

ENTRY REQUIREMENTS:

We might come up with something clever, until then, you're safe.

RUN CANCELLATION:

Danish Ultra reserves the right to cancel the run based on:

- (1) Extreme snowpack
- (2) Extreme weather during the event
- (3) Other extreme conditions
- (4) Unforeseen circumstances that make directing the race impossible. In the case of cancellation, race entries will not be refunded.

START/FINISH LOCATION LODGING:

Will be announced on [Facebook.com/DanishUltra](https://www.facebook.com/DanishUltra)



Registration Details

GRADUATE LEVEL RACE:

There are no race qualifications for the NorthWest400. We require each potential participant to read the runner's manual and determine if they are prepared to run this event.

Even though there are no race requirements, please note that this is a GRADUATE level race. This is a non-stop multi day event and as such it is very physically and mentally demanding. Runners often experience hallucinations and sleep deprivation. Extreme weather in the coastal environment (cold and wet) and in the forest/cities (hot) is normal. This race is not for the faint of heart. The Fyn area can be cold and wet.

Participants should be prepared to carry water and energy over long distances - even though there are streams/portable water sources besides the aid stations. In a few cases, participants must go over 32km/20 miles between resupply stations and water sources and carry important required and recommended gear and water. Mostly of the terrain is rugged and remote with out designated trail or trails rarely used. Participants are expected to know what to carry at all times and to carry extra clothing, food, and water -- even beyond what they think is necessary. Participants are expected to navigate along the coastal shores without course markers and have the racecourse GPX on them at all times.

REFUND AND TRANSFER POLICIES:

Due to the large number of emails, correspondence, time it took to deal with these, and the large number of runners asking for special treatment, we are unable to offer full refunds. Please keep this in mind before signing up for this event. No exceptions will be made. Please do not ask for one. The following dates & policies are when you can receive refunds/transfers:

Refunds:

Before 15th April 2021 a 50% refund of entry fee paid will be given. After that, no refund will be given.

Transfers of Entry to Next Year:

Before 1st April you may request a transfer of your paid entry fee to the following year's race with 100% of your race entry fee paid in 2021 going toward the next year's race. Any changes in entry fee prices from year to year will be charged as well. Transfers are only allowed to the following year, not to any other future year. Email info@dansihultra.com to request a transfer. No special treatment regardless of your situation. If you are unable to run the next year you will not be refunded for this transfer and you will be unable to transfer the entry again, one transfer allowed per paid entry.

When to Expect A Refund / International Refunds:

Refunds may take up to 1 weeks, and longer if requested while Danish Ultra Staff is on site organizing another race. International refunds can be up to 2 weeks. 5% fee for TransferfWise refunds internationally.

TransferWise Fee: Refunds do not include the TransferWise fee.



NAVIGATION:

MAPS:

No paper maps will be handed out.

DOWNLOAD GPS TRACKS (MANDATORY):

Your cheapest option is to download the GPX files to your phone via a mapping app. We recommend Outdooractive, Garmin, Gaia or similarly app.

If you have the funds to purchase a handheld GPS, we recommend visiting your local outdoor store to learn more. We do not recommend watch-GPS due to lack of capacity.

We will not be able to help you put GPX tracks on personal devices, however, we can advise you on how to installing them on your smartphone. This is by far the easiest and cheapest way to go and is extremely effective.

This is mandatory and we will check at race check-in to make sure you have the tracks. Do this ahead of time so that you don't end up having to figure it out last minute.

The GPX file will be announced throughout Facebook.com/DanishUltra and on this website 14 days before race start.

**Please note that mileages in the runner's manual are the most accurate.

COURSE MARKINGS:

We pride ourselves in choosing our racecourses extremely well. Part of the course is marked in surveyor ribbon and arrow signs; others consist mostly of unmarked trails along the beach of Jytland. We also have yellow arrow signs and "wrong way" signs to mark more confusing and complicated intersections. This is why we HIGHLY recommend having a GPS and/or good maps of the course so you can confirm.

Participants will need to know how to navigate and read a map for obvious and safety reasons. The course will partly be marked with wooden markers with reflectives and arrow signs and confidence markings some of the way. Although we mark the trails in some areas, runners will encounter sections with little to no markings due to natural causes, tampering, or differences in course marking styles. Please note that there are very exposed sections, dangerous cliffs, mud and rock fall, snakes, wildlife, and other hazards throughout the route. Participants should have ultra distance experience, experience fastpacking, and be incredibly well training, cold trained, and prepared up carry a heavy pack for days on end. Please consider all these factors before registering for this event.



Gear:

REQUIRED (MANDATORY) GEAR:

Due to extremely wet and cold nights, we have decided to make some gear mandatory at all times. Athletes will be checked several times throughout the race for mandatory gear and will be disqualified or penalized if they are not carrying it.

Device with GPX track of the racecourse on it (can be a phone) - charged and operable the entire event. To keep batteries charged many participants use battery packs in resupply bags.

- Cell Phone with installed LIVE-tracking APP
- GPX route track on handheld GPS or smartphone
- ID (Personal Identification with name, age, etc)
- List of Emergency Contacts with allergies and medical conditions listed either laminated or in plastic baggie
- Rain jacket with a hood
- Gloves and hat. Hat can be replaced by a buff.
- Pants (has to cover your legs)
- Reusable cup
- Space blanket
- Headlamp and extra batteries
- Whistle



Gear:

Recommended Gear to Carry at ALL Times:

We're serious you might, WILL need this stuff. Running in remote backcountry doesn't leave you with many options in the case of poor weather, injury, or other potential problems. In 2020 the temperatures varied from 13C at night in the coastal environment and 35C in forests.

PLEASE keep in mind that you will be traversing seaweeds and streams and it can get very wet and very cold quickly. Weather - wind and rain can come unexpectedly. If you were to get injured and have to slow or stop on course you would need food/water and extra layers and gear for your survival. We highly recommend you carry the following items at all times.

This is for your own safety and the safety of your fellow runners. If something were to go wrong during the race this gear will help you be more prepared to help yourself and your fellow runners.

In 2020 we expired low temperatures especially at night. Temperatures were measured as low as 13C and then add wet salty seawater. Please carry warm clothing at all times!

LIST OF RECOMMENDED GEAR TO CARRY/OR WEAR:

- Ability to carry 2L water at all times
- Gaiters
- Running pants/tights (for nighttime)
- Neck Gaiter - for warmth and protection from wind/cold/sun
- Extra Headlamp/waist light
- Ziplock baggies for your poo wipes
- One set of extra batteries for headlamp (or more)
- 200 extra calories (not to be consumed unless emergency)

YOU'LL BE GLAD YOU BROUGHT THESE ITEMS ALONG AS WELL:

- Personal medications,
- Compact first aid/foot kit
- Strong painkillers
- Hand bottle if you are only carrying a bladder since they are easier to use to fill up in streams than bladders (or in case your bladder breaks).



AID STATIONS:

WHAT'S AT OUR AID STATIONS

Aid Station:

Hot water to order (only in manned AID-stations), water, electrolyte drink, soda, cookies.

There will be toilets and running water. In a limit amount it is also possibility to charge phones and GPS.

Aid Sleep Station:

Hot water to order, water, electrolyte drink, soda, cookies, fruit and your own resupply bags.

First aid and medical personnel at all Sleep- stations and friendly volunteers!

There will be toilets and running water. In a limit amount it is also possibility to charge phones and GPS.

An Aid sleep station is a larger aid station with sleeping quarters for runners. A place to rest for a few hours.

Sleep stations are Slettestrand and Agger.

At sleep stations you will find Mountain Hardwear Trango tents with mattress. Tents will not be heated.

5-hour limit for sleeping, although we allow for longer if no one else needs the bed and if you can make the cut off time.

Highly recommended that runners have a warm down jacket and sleeping bag in their resupply bags for sleep stations.

Water Only Station:

There will be several Water Only station(s) that will just have drinkable cold portable tap water and toilet facilities. No volunteers are on site for water stations, just public dormitories and you will have to help yourself at these stations.

Build up areas:

As part of the route you will run/walk through cities. If you pass through in normal working hours 08:00-17:00/08 a.m. - 5 p.m. you are allowed to shop food etc. at shops, and you may receive gifts and service by people. However is off cause strictly illegal to use any kind of transportation except your own 2 feet's.

All civilians are informed that if they see a Danish Ultra participants cheating, they will get a reward - so don't even think about it.



RESUPPLY (or drop) BAGS:

LABELLING RESUPPLY BAGS:

Resupply bags should for your own sake be carefully marked with name.

Each resupply bag should contain food (bar and gel etc.) for the up-coming stage and everything you need of food/energy at the Aid station. Remember also pacer energy etc.

The maximum volume per resupply bags is 50L

Resupply bags is handed to the race staff at race check-in.

RECOMMENDED GEAR FOR RESUPPLY BAGS:

- Change of clothing: socks and shirts
- Hat & gloves - it could be very cold or warm, be prepared!
- Sleeping bag- if you plan to sleep at an aid station a sleeping bag would give you plenty of warmth.
- Hiking poles (if you aren't already using them)
- Electrolytes, caffeine pills & any medicine you might need. We do not carry ibuprofen or medications of any kind at aid stations. We will have electrolytes at all aid stations.
- Extra batteries/headlamp
- Extra water bottle (s)
- Blister/foot kit: moleskin, waterproof bandages, scissors, Sports Tape, Leukotape, antibiotic cream
- Your favorite foods, gels, snacks, drinks
- Any charger cords for phone, GPS
- Battery charger



RESUPPLY (or drop) BAGS:

RESUPPLY BAG DISCLAIMER:

The race organization is not responsible for anything that happens to your resupply bag. Please do not leave valuables or breakable items in resupply bags. If you choose to pack valuable items, you do so at your own risk. Although we offer the resupply bag option, please know that in very rare cases where vehicles may break down, bags may be lost or mishandled, resupply bags may not make it to your specified location. That being said, we will do our best to care for your bag and get it to each location. We do not mail resupply bags after the event! If you drop out of the race or run really fast and leave early you may need to drive to the aid stations to retrieve your bags as they will not return to the finish line until the aid station has closed. We also do not mail resupply bags if you forget them. We are unable to transport bags after the race, due to limited space in our trucks, so if you leave yours at the finish line, we will need to throw away/donate the items.

Resupply bags are optional. Runners may choose not to have resupply bags.

ACCES TO RESUPPLY BAGS AT THE FOLLOWING AID STATIONS:

- RP1 Slettestrand
- RP2 Agger

Race organization is not responsible for your resupply bags before, during, or after the race. Please don't put valuables in your resupply bags. Resupply bags that are left after the race will be donated to charity. We do not mail resupply bags! We suggest that you put an alarm on your phone to remind you to pick up resupply bags after the race.



RUNNER RULES:

- In addition to any previously mentioned rules, please follow these rules or you may be disqualified:
- Participants must be 18 years of age or older on race day to start the race. No runners under the age of 18 will be allowed. This is a graduate level race. We will not make any exceptions to this rule.
- You may not just poo anywhere. We ask that you abide by “leave no trace” by digging a 15cm/6” hole (NO TOILET PAPER OR WIPES CAN BE LEFT BEHIND), use public toilets or the aid stations toilets. In other cases please haul your waste out (and toilet paper). Anyone who does not follow these rules will be disqualified. We have a no tolerance policy for poo or wipes left on the loose!
- You must carry all your own gear. No pacer or other runner may mule your stuff for you.
- Mandatory gear must be carried at all times. Runners who do not have the mandatory gear will be disqualified or given a time penalty.
- Runners are required to carry additional calories and water and a rain jacket with them between aid stations for their own safety.
- Runners may only have a pacer from Slettestrand onward. You may have different pacers throughout, but only one at a time.
- Runners must complete the entire course on foot, without the aid of motors, bikes or any other mechanized or non-mechanized aid.
- Littering by leaving garbage, toilet paper, wipes, or other trash will not be tolerated and will be cause for disqualification. Garbage may only be left in trash receptacles and must be carried by participants between aid stations.
- Sportsmanship/Respect: We require that all participants treat the trails, our volunteers, and other participants and trail users with respect and kindness. Poor sportsmanship and disrespect for our volunteers or other trail users can be grounds for disqualification.
- If a runner requires IVs during the event they are automatically disqualified.
- If a racer requires the use of emergency services or SAR (Search and rescue) they will be disqualified. Runners must heed the advice of SAR and emergency services or they will be disqualified.
- Runners must make sure that their emergency phone through out the race has a minimum of 15% charge.
- Runners must follow the assigned course, no cutting the course in any way.
- Runners may continue even though that the aid stations is closed, but they will be relying on support crew or shopping food on the way.
- Runners must finish in the allotted time or they will be considered a DNF.
- Finisher medal are only awarded to finishes within the 100-hour cut off time.



RUNNER RULES:

- Runners may receive an ‘unofficial finish’ if they leave the last aid station at or under the cut off time but arrive at the finish over the cut off time. Unofficial finishes will receive a finisher print but will not receive a medal.
- This event is considered an “Endurance Run” and as such it is not considered a competitive event but rather a life accomplishment. We will record finish times and award top finishers but the accomplishment of the participants in running it is in the experience of it, not how fast you can finish it. Therefore, the spirit of the event is captured in the journey, rather than in each participant’s end result.
- If a runner receives a time penalty during the race they will not be eligible to receive any awards.



SCHEDULE OF EVENTS:

See program for time and location!

!Follow Facebook.com/DanishUltra to receive update messages!

RACE CHECK-IN:

Race HQ: Hotel Plasner, Holstvej 8, 9990 Skagen, Denmark

Race Check in: 7th July 2021 at 16:00-18:00

NO check in before Race check in opens. Bring ID/passport with photo and Mandatory gear.

RESUPPLY BAGS:

Runners may leave their resupply bags at Race check-in (Race HQ) for delivery to Sleep stations. Race check-in opening hours is the final cut off for race organization to receive resupply bags.

MANDATORY MUG SHOTS:

Every runner will get a race mugshot for live tracking and a photo for the 'before' and 'after' shots by the Danish Ultra Mediateam.

MANDATORY RACE MEETING FOR ALL PARTICIPANTS:

Mandatory for all runners and recommended for all crew and pacers (not required for crew/pacers, but they must know the rules). Pre-Race Talk at Race HQ. We will review important rules and course information and answer questions.

****Please note that we do not have a long course briefing for the NorthWest400****

AWARD CEREMONY:

Celebration of the journey.

Race Headquarters Blåvand: Dyrvigs Feriehuse, Tane Hedevej 12, 6857 Blåvand, Denmark



CREW & PACING ACCESS & INFO

Read Carefully!

CREW SELF SUFFICIENCY/FOOD AT STATIONS/INFORMING & TEACHING YOUR CREW

It's important that you inform you crew that they must be self sufficient at and between aid stations. Aid station drinks and gear is for registered race participants only.

Do you bring your own support crew they are very welcome at the aid stations. However we are not able to serve them any meals etc. except portable water and access to toilets. They will also have to sleep in their own van/tents in designated areas. For that we expect support crews to clean after them selves.

Anyone who does not follow these rules will disqualify their runner.

Pacers who are currently pacing may also drink at the aid stations. When not pacing, 'pacers' are considered 'crew' and we kindly ask that they also refrain from drinking at aid station if not currently pacing.

Crew are required to read and understand the website and Runner's manual.

Please also inform your crew that although unusual, LIVE tracking is not always accurate. Sometimes the devices do not work properly so they should plan to get to stations in head of when you expect them to be there.

It is the participant's job, not the race organization, to inform, teach, and make sure all crew and pacers follow the race rules and get to and from aid stations safely.

Post race food is for race participants everyone else is welcome but has to pay a small fee.

RULES FOR CREW/PACERS:

Crew & pacers can disqualify their runners if they do not follow these rules. Please make sure your crew and pacer(s) have copies of the runner's manual and understand the rules.

1. Crew are only allowed at CREW ACCESS areas at aid stations.
2. Pacers are only allowed to start pacing from aid stations 3 and onwards. Pacers may not meet their runner between aid stations for crewing or pacing. Runners who break this rule will be disqualified.
3. Beds at sleep stations are for runners first. If there are available beds and a pacer wants to take a nap that is fine, but they must give up beds to runners if the need arises.
4. If pacers are unable to keep up with their runner for whatever reason, the pacer needs to stop at the next aid station.
5. Pacers are not allowed to mule (carry stuff) for their runner. Pacers may not give their runner any aid, food, water unless it is an emergency situation, in which case the runner will be disqualified. Pacers are for safety, not for giving aid or gaining an advantage over fellow participants.
6. Crew and pacers must respect and follow the rules of the race, including following all rules/direction from the Aid Station Captains at each aid station. We ask that crew and pacers be respectful and nice to the volunteers.



CREW & PACING ACCESS & INFO

Read Carefully!

7. We do not keep track of pacers. You are responsible for your pacer.
8. Runners are only allowed one pacer at a time, no exceptions.
9. Pacers must be on foot. No bikes or other motorized/non motorized help.
10. Pacers must start from an aid station with crew access and only from Slettestrand and beyond. No meeting your runner on the trail between aid.

CREW ACCESS AID STATIONS:

Do you need crew? No. Many participants, including international runners, participate in our 400km race without crew or pacers. Our aid stations are well stocked and designed to runners without pacers and crew and each participant will be well taken care of.

Registered crews are allowed at all the aid stations. Please note where pacing is allowed. There is limited parking at all crew access aid stations except the start and finish location. Please consider carpooling with other crew if you can. Crew who break any of these rules will disqualify their runner. Please drive slowly and carefully on all roads following speed limits and rules of the road. No crew allowed at Gabet. Pacing is allowed from Slettestrand until the finish however pacers may only start at aid stations.

PACING INFO:

We encourage friends, family, and the running community to get involved in the race by pacing. Runners, keep in mind that you are responsible for your pacer. Pacers can be helpful, but they could also disqualify you if they don't know and follow the rules. Pacers must read and understand the runner's manual. Pacers are for safety and company only, not to gain any advantage over fellow participants. Pacers are not necessary, they are optional. Pacers may drink from the aid stations when they are pacing. We kindly ask that pacers do not drink from the aid stations when they are crewing only.

START PACING:

Runners may have a pacer from Slettestrand checkpoint and at any other aid stations after that point. Runners do not need pacers; they are an option not a requirement. More than 80% of our runners do the entire route without crew or pacers.

LEAVING THE COURSE:

Runners may sleep in their crew vehicles or RVs. Participants are not allowed to ride in cars or take other means of transportation at any time other than their own human powered 2 feet's. Participants must proceed on the course by foot only. Crew vehicles are only for sleeping in (if you like) or participants may take advantage of the Sleep Station's Cabin/tents. Runners must re-enter the course exactly where they left it. No cutting the course for any reason. If the course is cut by a participant that is grounds for an automatic disqualification.



General ROUTE

Hanstholm

Hirtshals

Start

Slettestrand

Agger

Final route will be announced
14 days before Race start!

Søndervig

Finish

- Aid Station (represented by a green oval)
- Sleep Station (represented by an orange oval)

