



NEWSLETTER #1 NIAR VALHALLA

June 4th 2019

We would like to welcome you to Åre, Sweden and Ålesund, Norway 5 weeks from now!

Time is flying and we look forward to meeting you all in person over the next few weeks, and seeing you out on the amazing course between Åre, Sweden and Ålesund, Norway. It will be tough. Here follows some news and updates.

<CLIMBING / ROPE SKILLS

COMPULSORY EQUIPMENT FOR ROPE SECTIONS

- Rappel device; ATC, ATC Guide or Reverso 3 el. 4.
- Harness with belay loop.
- 2 pieces of 120 cm polyester or dyneema sling.
- 1 piece of 60 cm polyester or dyneema sling.
- 3 pieces of carabineers.
- Prussic: 135 cm long 6 mm rope when its not tied. Must be tied with double fisherman knot.
- Helmet: CE standard Bike Helmet.
- Gloves.

<GLACIER SECTION CANCELLED

The Glacier section of NIAR Valhalla is cancelled due to safety concerns. There is still plenty of fresh snow on the course and the complexity around this section is too great to ensure the safety we require. Because of this we have choose to cancel the Glacier and the technical climbing with jumars. This means you will NOT need:

- Jumars
- Ice Axe
- Crampons

WEATHER

Note; this race will have some natural challengers such as weather. The weather in this region changes VERY QUICKLY. Snow, strong winds and poring rain can be as common as sun and hot weather in the Scandinavian mountain range in July. Bring warm clothing and do choose your thicker Gore Tex layer for this race.

PACK RAFT

We recommend dry or wet suits on these sections but it will not be mandatory. Rivers are feed by glacier water. Certified helmets will be required for these sections.

TICKS

Ticks are common on the Norwegian side of the boarder. Read up about these animals and pay attention to rashes and look after ticks on each other's skin during and after the race.

TA BAGS

All information about TA bags will be sent out 14 days prior to start . You have to provide you own TA bags. Max weight/size will be 25 kg and 120 L.

INFORMATION

Note that all Newsletters and information contained in these are always those we will refer too as for latest updates.

SWIMRUN

There are NO Swimrun sections on NIAR Valhalla. However, there will be optional and mandatory swims, but no longer than 50 m.

KAYAK

You will use plastic K2.

SPORT IDENT

NIAR Valhalla will use Sport Ident for official timing. You are responsible for your timing chip/key that will be Zip Tided to your bib. In case of loss, you personally have to reimburse the chip/key to Nordic Island AB, 500 SEK.

ADDNATURE

15 % Discount for all participants at www.addnature.com. This is valid for one check out with our code; NIAR19ACDMY

It's valid to the start of NIAR Valhalla July 11th.

MAPS

You will get one set of waterproof maps. You can buy an extra set for 500 SEK. Please let us know by latest last of June (June 31st) at micke@niargames.com if you like to buy an extra set of maps.

REGISTRATION OPEN

Registration is open until June 20th 2019. We have now only 20 unique team spots due to permits and 11 teams have signed up. So push your friends to sign up last minute.

ENERGY

All Athletes has 15% discount on nutrition from www.traineatlive.se. You can pre order from the website and pick up your order by registration at the hotel in Åre. Use NIAR19 as code when you do your check out.

GOPRO

If you own a GoPro bring it to the race and we will supply you with batteries and memory cards. We want to help you to share your experience from the course.