



NEWSLETTER #2 NIAR VALHALLA

June 14th 2019

Updates, tips and trix!

HOLIDAY CLUB ÅRE

Official race hotel

We know that support of your family and friends is everything and we would like to invite them to experience the Nordic Islands Adventure Race too.

NIAR Valhalla supporters have 15% discount off the ordinary FLEX price online July 10 to July 14 2019. Use this code when you make your online reservation: NIAR19

NO Bike boxes in the corridors of the hotel. You can store them in the Arena at the hotel.

If you have any food allergies we need to know about, please send an email to sara@niargames.com.

When you arrive check in will be in the Lobby. You and your team will check in to your hotel rooms and the race at the official NIAR Check in. Just follow signs. You will find us in the Lobby. You can't miss us. Check in starts at 15:00 July 11th.

Hotel Address:
Holiday Club Åre
Åre Strand
837 52 Åre

GEAR CHECK

Gear check will be in your rooms. You will get the schedule for gear check when you check in on July 11th.

FOOTAGE

We like to promote you and your team. Please, if you have picture, moving footage and films from training or when you talk about your self, please send this to anna@mediemerah.com. See example on @nordicislandsar Instagram or Nordic Islands Adventure Race FB page from June 14th update.

UTE GUIDEN.COM

For your family, friends and biggest supporters who will follow you live along the course! But will get tired at the end, and want to explore and adventure on their own, we recommend to contact www.uteguiden.com to book a true Norwegian adventure.

IF YOU QUIT THE RACE

If you choose to quit NIAR Valhalla the organization will NOT pay for your accommodation until the last night between July 20-21st. If you quit the race organization will do their best to shuttle you to Ålesund but this can take time

depending on where you are on the course. You can only quit the race at designated TA:s. Exception is if you get hurt or injured.

WATER ON TA

NIAR strives to provide athletes with a true wilderness expedition style race and therefore organization will NOT provide water at TA. However, there is plenty of water along the whole course and option to heat water in each TA.

PASSPORT

Bring a sealed waterproof photocopy of your passport on the course ICE.

TA BAGS

Teams need to provide their own TA bags and bike boxes. 4 x 130 liter bags without wheels and one kayak bag (standard ARWS size, bring your ARWS paddle bag if you have one). Max weight on each bag and bike box is 25 kg.

MOSQUITOS

Mosquitos, Yes, there will be plenty of mosquitos on the course. We recommend to buy mosquitos repellent when you arrive here. "Myggan" is the one we recommend.

GROCERY STORES AND BIKE SHOP

There are two grocery stores in town to buy race food and snacks. They have a great selection of everything you might ask for. There are also two great Bakeries and plenty of small cozy cafes. Åre is also famous for its downhill biking; therefore it's easy to find bike shops. Everything is within walking distance from the hotel.

COURSE

This course will challenge even the best among racers. Norway and the Scandinavian mountain range is a harsh environment. Weather changes quickly and will be demanding in many ways.

The course is 672 km long with 15,386 meters of climbing and 16,578 meters of descending.

The course consists of 14 Legs and 38 checkpoints. (This might still change).

Some legs will require your full respect and focus. You will pass through steep mountainsides and slippery rocks with serious consequences.

REFEREE

Igor Dorotic will be the official ARWS referee at NIAR Valhalla. At NIAR Valhalla there will be random gear checks along the way. Igor will also do the gear check with all teams at their hotel rooms before the start.

FEET

Take care of your feet! There is a lot of descending and a lot of wetland/marshes to cross.

ASSISTANCE

- NIAR strives to provide athletes with a true wilderness expedition style race. As such teams will be responsible for their own first aid measures while participating in NIAR Valhalla. This includes foot care and initial first aid. First Response teams are available and dedicated to the event, however given the remote nature of the course, teams should anticipate managing the initial stages of an incident for 8-24 hours.
- In case of emergency you have to call 112, the emergency number in Sweden and Norway.
- In case you need NIAR First Response teams during the race, call Micke Hanell: +46706924550 (save this number to your race phone)
- Cell service varies along the course.
- Given the remote nature of the course Helicopter Rescue could realistically be the only viable and most appropriate resource during an emergency. Therefore each racer must have independent Helicopter Medical/Search and Rescue insurance in order to compete. Proof of insurance (photocopy) must be provided during registration.
- Participants who request helicopter response during the event will be responsible for all costs associated with helicopter services that the insurance provider fails to cover.
- Passport. Bring a sealed waterproof photocopy of your passport on the course ICE.

CELLPHONE

In Norway and in the mountains cell service varies. Be aware that ONE cellphone per team is allowed and it will be sealed before the start. If something happens two-team member have to seek cell service and contact help. Never leave a hurt person alone and never seek help by your self.

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.

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.

SCHEDULE

Nordic Islands Adventure Race Valhalla is scheduled from July 11th - 21st, 2019.

JUNE 28th, 2019 (Friday)

- Plan overview sent to teams via email with discipline and distance breakdown. Also available for download on website from this day.

JULY 11th, 2019 (Thursday)

We recommend all teams to arrive on July 11th. Registration and check in at Hotel Holiday Club Åre.

- 15:00 – and forward you can check in at the hotel
- 19:00 DINNER at Holiday Club Åre

JULY 12th, 2019 (Friday)

- 07:30 – 10:00 BREAKFAST
- 10:00-18:00 Gear Check
- 09:00-12:00 Late Check in and Gear Check
- 12:00 LUNCH at Holiday Club Åre
- 13:00-18:00 Media day
- 18:00 NIAR Daily Live
- 19:00 DINNER at Holiday Club Åre

JULY 13th, 2019 (Saturday)

- 07:30 – 10:00 BREAKFAST
- 12:00 LUNCH
- 12:30-16:30 Lock Down and Bag drop
- 16:30 Race Meeting
- 17:15 Walk to Start
- 18:00 Race STARTS / NIAR Daily Live

JULY 18th, 2019 (Thursday)

Winning team estimated to finish.

JULY 20th, 2019 (Saturday)

- 18:00 Course closes
- 20:00 Prize ceremony and Dinner

JULY 21st, 2019 (Sunday)

Shuttle to airport in Vigra, Ålesund.

*All meals mentioned above are included in the entry fee.