

ENDURE TRAIL

10 KM - 30 KM - 60 KM - 120 KM



INTERNATIONAL
TRAILRUNNING
ASSOCIATION



15-16 AUG 2020

This information may be subject to changes.

Vindekilde Strandvej 21B
4540 Fårevejle

Race-Information

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Dear competitor

At the time of writing, there are 14 days until Endure Trail 2020 takes place. To make sure we had the latest COVID-19 directives from authorities and DGI, we decided to delay giving out race information until now.

When you are active and have started running, you can have 50 persons at start and finish area, with a 2 meter distance between. Therefore family or guests must be limited in numbers start and finish areas, when there are a number of runners together.

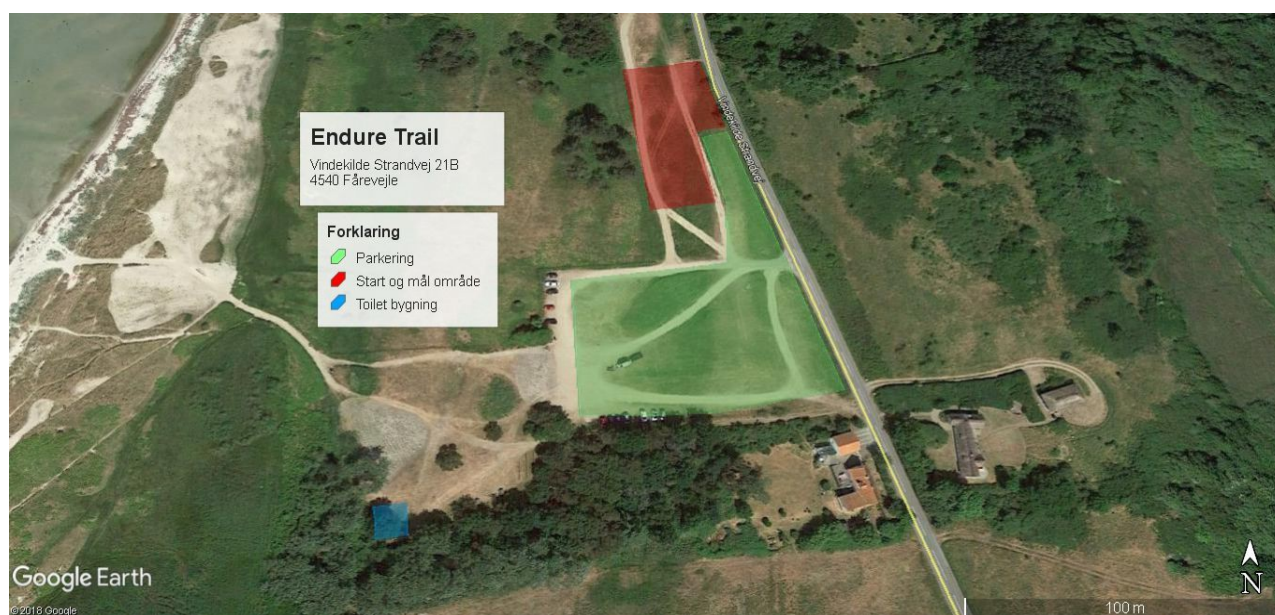
At the race briefing you will be supplied with information on conditions at the depot. For those running longer distances, you will be briefed on how to go about using your car as a depot and leaving through finish portal / timeregistering..

General COVID-19 conditions. Keep your distance and show consideration. One meters distance when you are not active (Before start and after finishing line, when your pulse has settled down). Two meters distance, when you are active/running. This will be in force at start and finish areas and out on the route. There are places on the route, where you will be quite close together when passing each other. If you don't have the possibility to side step then turn your head the other way.

1) Parking, start- and finish areas

Car Park by "Vraget Strand", Vindekilde Strandvej 21B, 4540 Fårevejle.

In the event of the above car park being full, you are advised to go to the car park on Kalundborgvej 26D, 4534 Hørve (Sanddobberne Camping). About 1 km from start and finish area Follow the gravel path on the west side of the campsite in a northerly direction. Der må ikke parkeres på Vindekilde Strandvej.



2) Program.

60 km.

Saturday . 15 AUG, 8.00am – 8.50am Registration / issuing of startnumber.

Saturday. 15 AUG, 9.00am Start 60 km.

120 km.

Saturday . 15 AUG, 9.05am – 09.50am Registration / issuing of startnumber.

Saturday. 15 AUG, 10.00am Start 120 km.

60 km Sunset to Sunrise (STS)

Saturday. 15 AUG, 7.30pm – 08.20pm Registration / issuing of startnumber.

Saturday. 15 AUG, 8.30pm Start 60 km. Sunset to Sunrise.

30 km.

Sunday. 16 AUG, 8.00am – 8.50am Registration / issuing of startnumber.

Sunday. 16 AUG, 9.00am Start 30 km.

10 km.

Sunday. 16 AUG, 9.05am – 9.50am Registration / issuing of startnumber.

Sunday. 16 AUG, 10.00am Start 10 km.

For all distances there will be a **racebriefing 10 min** before start.

Startnumbers can also be collected on Friday 14 AUG, 6pm – 8pm at the start-finish area

3) Routes and signage

10 km route, 1 loop: <https://tracedetrail.com/fr/trace/trace/88914>

Underlay: Gravel roads, sand beach, hiking paths, woodland paths and very little asphalt.

30 km route 1 loop: <https://tracedetrail.com/fr/trace/trace/106753>

Underlay: Gravel roads, sand beach, hiking paths, stone beach, woodland paths, MTB tracks, gravel paths and very little asphalt.

60 km route , 2 loops: <https://tracedetrail.com/fr/trace/trace/106752>

Underlay: Gravel roads, sand beach, hiking paths, stone beach, woodland paths, MTB tracks, gravel paths and very little asphalt.

60 km Sunset to Sunrise route, 2 loops: <https://tracedetrail.com/fr/trace/trace/106749>

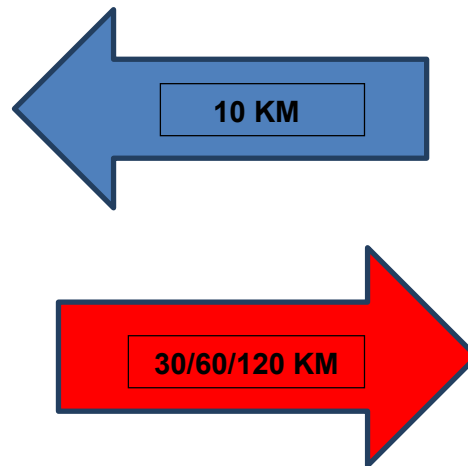
Underlay: Gravel roads, sand beach, hiking paths, stonebeach, woodland paths, MTB tracks, gravel paths and very little asphalt.

120 km route, 4 loops: <https://tracedetrail.com/fr/trace/trace/106750>

Underlay: Gravel roads, sand beach, hiking paths, stone beach, woodland paths, MTB tracks, gravel paths and very little asphalt.

All routes will be marked with Wireflag and directional signs. Directional signs will be posted, where the 10 km route and 30/60/120 km route follow each other, split up, and also the part of the route, where 30/60/120 km route is passed on the out and return way. Maximum distance between Wireflags is 100 m.

There will be **GIVEWAY** sign in place, where you come to Vindekilde Strandvej.



It is the participants responsibility to follow the marked route. If you haven't seen a WireFlag within the last 100m, then you must return to the last flag. Only orienteer yourself by the signs in the race direction.

Asphalt roads and the bigger gravel roads are not the most trafficed, but please be aware. Run on the left side of the road and please observe the highway code.

The area we are running in is a part of Geopark Odsherred, which on a lovely sunny day is very well visited. Please show consideration to the other visitors, especially in these COVID-19 time

4) Obligatory equipment for 30/60/60STS/120 km which you will bring with you during the full race.

- Charged and switched on mobile with race leadership's number listed in contacts.
- **Minimum 500 ml liquid container** (It is advised to have 1L capacity for 60/120 km distances).
- **Emergency whistle** (Usually sold with running vests but can also be bought in Outdoor shops).
- **Compression bandage** (Can be bought in most chemist shops).
- **Thermal blanket / Survival blanket** (Can be bought in Outdoor shops).
- **Folding cup or equivalent, minimum 150 ml. Single use packaging is not approved.**
- **Windproof jacket or wind and waterproof jacket, breathable.**
- **National health insurance card** (Blue health insurance card for EU citizen or equivalent for other foreign participants).
- **Head lamp + new batteries** (Only for 60 km STS and 120 km participants).
- **Red LED light or reflexband / vest with red LED** (Only for 60 km STS and 120 km participants).

Recommended equipment. Can be stored in droppag

- Wind and waterproof jacket, breathable (If not brought with running vest).
- Cap, visor or Buff.
- Materials for treatment of blisters.
- Materials for treatment of small cuts/scratches.
- Suncream.
- Cream for the preventions of chafing.
- Reserve headlight and small torch.

There are no obligatory equipment requirements for the 10 km. (But good sense, if an accident should happen).

- Charged and switched on mobile with race leadership's number listed in contacts.
- Health Insurance.
- Liquids container.

5) Depots and Dropbag zone

Because of COVID-19 it has been necessary to make some changes to the depot and dropbag zones. This means that we have closed the open buffet with fruit, crisps and other goodies. We will give out a goodie bag when you collect your start number, but you will need to bring some food yourself, energy bars etc. We still have Coca-cola, Tailwind energy drink, water and warm water in the depot. Only the volunteers in the depot are allowed to serve any of these drinks to participants.

You can only be served drinks in a folding cup, flask you have brought yourself.

Depot by the car park, Ordrup Strand: Depot is closed this year, but there is water available in the toilet building.

Dropbag zone

You should as far as possible use your own vehicle as a dropbag zone. There will still be a tent, where participants, who don't have a car, can store their dropbag. If there is space in the tent, then yes you can store there. Please ask at registration.

6) Cut-Off tider

10 km: None, but we do expect you to give it gas out on the trail.

30 km: 5 hours 00 min. 16 AUG kl. 2.00pm

60 km: 10 hours 00 min. 15 AUG kl. 7.00pm

60 km STS: 10 hours 00 min. 16 AUG kl. 6.30am

120 km: 1 cut-off: 60 km 11 hours 00 min. 15 AUG kl. 9.00p
2 cut-off: 120 km 22 hours 00 min. 16 AUG kl. 8.00am

We have decided, that you the participant should keep track of your own lap times as best you can. One lap only counts when you have exited from start- and finish areas, and are out on a new lap. Cut-off times **must** be held.

7) Timekeeping

We work alongside My.RaceResult regarding timekeeping, Bibchip i startnumber.

8) Safety

We take your safety during the race very seriously, and the obligatory safety equipment you must bring, is the most basic you will use, if an accident should happen. Small accidents should be reported to race organizers on the number you input to your mobile.

You have a duty of care to others who may be in need of help or are difficulties.

In the event of a serious accident call direct to 112, and thereafter to the race organizers. We know the area.

If for any reason you decide to drop out of the race out on the route, then please call race organizers or send an sms.

Race organizers: Mark Andersen +45 2250 9350 – Lars Laugesen +45 2579 7625

Vejrhøj Trail is aimed at everyone having a good day on the trail. So we urge you to always show good sportsmanship and fair-play.

9) Rules

- **To disobey orders or repeated warnings from race organizers, depot helpers, or doctors – disqualification.**
- **Missing obligatory equipment – disqualification.**
Failure to help others in distress or difficulties – disqualification.
- **Deliberately throw away rubbish on the route, depot or at start- finish areas – disqualification.**
- **Deliberately taking a shortcut, no matter the length - it is race organizers decision which time penalty will be given + return to the shortcut start**
- **You must not receive pace from outside, or have private depots out on the route – 15 min time penalty.**
- **Startnumber should be worn in plain sight, if not - 15 min time penalty.**

Anti Doping Danmark is informed of this race being held. Participants are obliged to, take part, if a doping inspection should take place in connection with the race.

10) Cancellation of the race due to unforeseen circumstances

With a cancellation of the race due to unforeseen circumstances, registered runners will receive a full refund of the registration fee. Race organizers will try to arrange a backup plan for completion of the race in case of external circumstances that may have an influence on the completion of the race. If this does not succeed, race organizers reserve the right to cancel the race.

11) Accommodation

We have agreed a discount rate with Sanddobberne camping for participants of Endure Trail. The campsite lies around 1 km from the start-and finish area. Inform them that you are a participant in the race when you book.

Sanddobberne camping: <https://sanddobberne-camping.dk/>

Skortskær B&B : <http://www.skortskaer.dk/>

Rosengården B&B: <http://rosengaardensbb.dk/>

Dragsholm slot: <https://www.dragsholm-slot.dk/>

11) Other information

There are toilets at start and finish areas and depot. No bathing facilities.

We have agreed a discount rate with Sanddobberne camping, where you can use the bathing facilities, price 15 kroner. You must bring documentation that you are a participant in the race, when you go to reception. Bring your own towel.

At the start and finish areas there is a sandy beach, where it is possible to cool off after the race, or the family can bathe while you sweat it out on the route.

Nearest supermarket / shop lies about 5 km from start- finish areas, Fårevejle or Ordrup.

In Ordrup as well as a shop there is a cafe, kiosk and eateries.

At Sanddobberne Camping there is a Cafe / kiosk.

/ Vejrhøj Trail