



## **5<sup>nd</sup> TROLL CHALLENGE IN NORWAY**

**From August 12th to 17th, 2024**

**Trail running in 3 days**

**70 km (+4200M -3200M)**

**or 55KM in 3 days (+3400M -2500M)**

this 5<sup>th</sup> edition will take place in the region fjords in Øvre-Årdal, 200 km from Bergen.

- A free pace race (open to walkers) in 3 stages 70km or 55km
- Each stage will be self-food sufficiency. The organization supports breakfasts and dinners

The race follows mountain trails and the course is of a demanding level; it is open to trail runners and walkers

**PRICE: 890€** for registrations received before February 28

**940€** for the following - 500 € for +1 (no runners).

**THIS INCLUDES** Registration for the race - 5 overnights camping (you need to bring your tent) Possibility to rent 4-person bungalows and beds in a refuge for **150 € for 5 nights** - Breakfasts and dinners

- The meal at the Award evening - technical & medical assistance - Repatriation insurance - A t-shirt & a finisher medal.

- **DOESNT INCLUDE:** flight - (Possibility of coming with your vehicle)

**Every subscription must come with 200€ deposit check or a transfer to the bank account of Raids and Adventure (100€ for +1 - no runners)**

For every cancellation: 50 € will be no refundable. After May 25, 2024, no refunds will be given for cancellation.

The remaining balance of the price of the race must be paid before Jun 28th, 2024.

For any cancellation occurring after this date, the totality of the price of the raid will be acquired.

**Essential running equipment:** A backpack / food for the race (1000 calories per day) / rain clothes / sweater / a survival blanket / whistle / reflective armband / a headlamp / a kamel back/ one "aquatab" box to purify water.

**NON-essential equipment:** a sleeping bag and self-inflating mattress (for those who have planned to sleep in tents).

**Essential Documents:** A validated passport (for at least the next 6 months). If you are not part of the European community, please verify the documents needed at the Norway Embassy of your country. A medical certificate proving you are healthy to participate to this race (less than 3 months old) or a license.

## **Program Trolls Challenge 2024**

**Monday August 12<sup>th</sup>** Airport transfer *Oslo Gardermoen - Øvre-Årdal*

**Tuesday August 13<sup>th</sup> ;**  
Distribution of bibs and control of bags. In the evening Briefing and Pasta party

**Wednesday August 14<sup>th</sup>**  
1st stage 13KM / overnight at Øvre-Årdal campsite

**Thursday August 15<sup>th</sup>**  
2nd stage 37KM or 27KM / Overnight at Lake Tyin

**Friday August 16<sup>th</sup>**  
3rd stage 17KM or 12KM / In the evening, meal and prize giving / Overnight at Lake Tyin

**Saturday August 17<sup>th</sup>**  
Transfer to Oslo Airport Gardermoen

THIS PROGRAM IS GIVEN AS AN INDICATION - IT CAN BE MODIFIED

## **Rules:**

- 1 / The "Trolls challenge" is a race organized by the association "Raids & Aventure". This trail is a free pace race and it is open to anyone age 18 or over.
- 2 / A medical certificate dated less 3 months before the race or a license is required for each participant. The certificate must be submitted no later than the day before the first stage. Failing this obligation, you will not participate at the event.
- 3 / Each participant will receive two bibs. They must be worn in front and behind in a visible way. It Is forbidden to cover a bib.
- 4 / Classification: General men & Women
- 5 / For your safety, control points are planned along the race
- 6 / The doctors present on the raid will be entitled to disqualify a competitor they deem unfit to continue the race on the medical level. Their decision will be final.
- 7 / The course will be marked. It is imperative to follow the markup. If a competitor gets lost, he will not held the organization responsible and his time will be not changed. In case of dispute, refer to section 8 of this regulation
- 8 / Claim shall be presented to the Director of the race.
- 9 / The route may be altered or shortened depending on the weather. The organization cannot be held responsible for problems related to the weather.
- 10/ Having a backpack with mandatory equipment is imperative. Backpacks will be checked before departure.
- 11 / Photos will be proposed to each participant. All participants agree that the association "Raids & Adventure" has the right of their name and their individual or collective image for the promotion and information about Raids & Aventure.
- 12/ Competitors commit to respect these regulations by the mere fact of their registration.

# REGISTRATION FORM TROLL CHALLENGE 2024

RunnerHikker+1 (non runner)

☐ Runner ☐ Walker ☐ Accompanying ☐ 70KM ☐ 55KM

**Sleeping:** ☐ Attempted ☐ Bungaloow and refuge (+ 150€)

LAST NAME : \_\_\_\_\_

FIRST NAME : \_\_\_\_\_

ADDRESS : (zip code, city & country) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

SEX: ☐ M ☐ F Size T-Shirt: ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

NATIONALITY: \_\_\_\_\_ JOB TITLE : \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Every subscription must come with 200€ deposit check or a transfer to the bank account of Raids and Adventure (100€ for +1 - non runners)

**BANK DETAILS:** Name of the bank : LCL

NAME: Raids et Aventure

IBAN: FR98 2004 1010 1240 9942 5M03 356

B.I.C: PSSTFRPPSCE

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[www.instagram.com/raids\\_aventure](https://www.instagram.com/raids_aventure)