

Nuukap Extreme Running Race

3 stages / 3 nights in the camps

Tour Arranger: Greenland Arctic Xplorers

Participants:

See the separated list

About the tour:

Nuukap Extreme Running Race is an arrangement with three different races which starts in the first week of July. All three races are internationally approved by the ITRA ultra running association. You can either run 110 km separated into three days/stages from Nuuk to Kapisillit, 110 km straight in one set from Nuuk to Kapisillit or you can settle for the 70 km straight from Nuuk to Qooqqut. The routes are extremely demanding and you get up to a lot of elevation (1000 m).

It is very important that you eat a solid breakfast before start and that you don't bring too much to carry during the run.

Generally:

It is expected that you are in a good physical shape, that you are fit and have a good physical and mental health. You will have to keep a high tempo throughout the route so you are rested and ready for the next etape. Underneath it is written what you should bring, what the rules are and a small description of the three stages.

We need to make you aware that it can be slippery after rain so we highly recommend that you bring foot wear which matches the terrain in the mountains and that you bring a small first aid package for blisters, scars and small tears.

Those who are wandering and running the 110 km separated into 3 stages start the 4th of July and the 110 and 70 km straight runners will start the day after July the 5th.

A safety wish from our side:

It is requested from the arrangers that you don't listen to music with headphones during the tour because it is important that you are fully focused on the route and that you can react if someone is shouting for help. Also for your own safety, there can be rockslides on some areas.

A short explanation of the route:

1. The first stage from Nuuk to Kangerluaarsunnguaq starts from "jerndumpen" which is at the end of the airport. You then have to cross under the prison at the terrain, then up through Kuanninnguit and down "nedkørslen". On this route there is a rock slide (don't worry it doesn't slide anymore there is just big rocks that you have to cross) where you have to follow a certain path. There is a rope that you have to follow as well. At this point it is important that you walk with

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others if you haven't tried the route before. After the rockslide the rest of the route to the first camp Kangerluaarsunnguaq is by the beach.

The staff will set up tents where the participants will sleep and there will be coffee, tea and cooked dinner. Around 9 pm there will be a meeting where we will describe the route for the next day.

2. Day two is the most spectacular stage with an elevation of 1300 meters on one point. There are snow covered terrain on some parts of the stage and beautiful views to the fiord Ameralik. On this stage you can get some beautiful pictures.

In Qooqqut you will have to cross a river and you will see the tents and the houses where the finish will be. If you are running 110 km straight you won't have to go to the houses and tents you just have to cross the river and keep going straight. Alike day one there will be tea, coffee and dinner ready for the participants. The tents will also be ready and you will have to pick up your personal bag which we load off by the beach. After a bit of relaxing we will have the meeting about the next and final day from Qooqqut to Kapisillit.

3. Day three is the longest route, but it doesn't have as many hills and it isn't as demanding as day two. On this route you will be able to enjoy the view of the Ameralik fiord since you will be running/hiking along it. You will then reach to Itinnera and from there on to Kapisillit. If you are lucky and make it to the beach while the tide water is low, you can run by the beach between Itinnera and Kapisillit. You will arrive to Kapisillit Saturday evening/night.

On the finish area in Kapisillit there will be Kapisillit festival with Greenlandic bands where the locals will be having fun. A lot of people from Nuuk usually also sail to Kapisillit from Nuuk to enjoy the festive atmosphere. In Kapisillit you will be able to get a warm shower and there will be really good Greenlandic food ready for you. Here you can sleep in the tents or you can sleep in one of the houses.

You will then be sailed to Nuuk from Kapisillit the day after on Sunday with a tourist charter. Here you can enjoy the beautiful Nuuk fiord where you also will be able to see whales and/or seals if you are lucky! The day after arriving to Nuuk when you are a bit rested all the participants and the staff will eat together and we usually talk about our experience and enjoy some good food.

Practical information, this brochure consists of:

- 1. Suggested equipment/gear**
- 2. Rules and demands**
- 3. Navigation**
- 4. Security**
- 5. Camping**
- 6. Phone list**

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7. Accept and signing

1. Suggested equipment/gear

- We suggest that you bring the following equipment for your run/hike.
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- Hiking boots or terrain running shoes.
- Wool underwear that transports sweat away quickly and that dries fast. (Doesn't have to be wool).
- General light wear running clothes.

- **Backpack with a cover for possible rain.**
The backpack should contain (you can pack it in plastic to keep it dry):
- Extra running socks (Compression)
- Running pants, running clothes (in case it gets cold or starts to rain/snow)
- Hat/Cap, gloves, buff
- Warm technical thin jacket
- Rainclothes in case of rain (we will be checking the podcast for rain/snow the day before)
- Sunglasses and sunscreen
- Water bottle (you can fill it up on the rivers along the route)
- Flute for emergencies
- Mobile phone and Power Bank
- Trash bag (plastic)
- Alu foil for protection, heat
- Toilet paper

Food

- Lunch packs for three days during the run which you have to bring yourself:

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- We suggest that you pack it into three portions and measure what to bring on the different days, easy to get and ready for the next route. You can put the rest into your bag that we will transport to the finish area/next camp.
- **Bread, dry fish, nuts, raisins, Proteinbars, energy bars, or something like that. chocolate (dark is good)**

NB:

- *There will be breakfast, dinner, tea and coffee, milk in the camps.*

2. Rules and demands

During the meetings we will explain and describe the environments characters which all of the participants has to respect and know. You have to know how it is and you have to have tried to run at least 25 km on demanding terrain.

Rules:

- Minimum age: 15 years. You have to be with an adult if you are under 18.
 - All participants has to fill out a form about their medical history and write a number of a contact person in case of emergency.
 - The participants has to be sure that they pass all the check-points. This is very important so that we know that they are okay and that they aren't lost.
 - It is forbidden to walk outside of the route.
 - In the unfortunate case of injuries or sickness it is obligated that all the participants help each other in every possible way.
 - It is strictly forbidden to throw trash or garbage in the nature on the route.
 - If you choose to stop you have to inform this to the staff on one of the check-points. Notice that it is only possible to be picked up by the boat in certain areas.
 1. In the first stage by the beach in Kobbefjorden (it is marked on the map).
 2. In the third stage Tuapagassuit in Ameralik and in Timmiannugit Qooqut.
 3. In the 2nd stage Aqajamerngit / Itivdleq / Eqaugialik in Ameralik (see map).
- Remember** if a big accident happens, push the S.O.S. button to contact the police and hospital.
- Participants has to respect and prioritize others who isn't in the event as well as the nature and wild life.
 - The instructor of the event has the right to:
 1. Cancel the event if the conditions are too dangerous.
 2. Change the course of the route if the weather conditions demands it.
 3. Stop a participant from continuing if his/her condition is in danger to the participant.

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3. Navigation:

- Compas
- GPS + extra batteries (batt. are suggested)
- A marked map (this will be given to all of the participants a couple days before the start.

4. Security

- Follow the weather podcasts (we will check several to be sure)
- First aid kit (plaster, Pamol, Ipren etc).
- Ass. Compeed (for blisters)
- Alu foil

Suggested:

- Wander poles
- Lighter
- Pocketknife
- Gaiters

Satellit GPS/S.O.S.

All participants has to have a satellite GPS tracker with a S.O.S. button. We offer a Spot Gen 2 for you to rent. You can also use your own but then you have to inform us about the brand, the operator and the registration number. It is obligatory to have a satellite GPS device with you. You can read a little about Spot Gen 2 here:

Spot Gen 2, Satelite GPS Messenger

Off-the-grit messaging, emergency alerts and SPS tracking all done via satellite.

The SPOT Satellite GPS Messenger provides a vital line of communication with friends and family when you want it, and emergency assistance when you need it. Using 100% satellite technology, SPOT works virtually anywhere in the world, even where cell phones don't – all with the push of a button.

Functions:

SOS: Use this function In the event of a life threatening or other critical emergency to notify emergency services of your GPS location and that you need assistance. The GEOS International Emergency Response Center alerts the appropriate agencies worldwide – for example contacting 9-1-1 responders in North America and 1-1-2 responders in Europe.

Help: In the event of a non-life threatening emergency, you can use this function to notify your personal contacts that you need assistance. Additional SPOT S.O.V. (Save Our

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Vehicle) can be purchased and programmed to your Help button as well. When activating SPOT S.O.V., the Help button will notify professional roadside services. SPOT has partnered with Nation Safe Drivers (NSD) to provide a vehicle assistance program like no other.

Check-in/OK: This feature allows you to let your friends and family know that all is OK with a pre-programmed message along with your GPS location. With a push of a button a message is sent via email or SMS to up to 10 pre-determined contacts and your waypoint is stored in your SPOT account for later reference. Your stored waypoints can be easily integrated into a SPOT Shared Page or SPOT Adventure account.

Custom Message: This feature allows you to let your friends and family now receive a custom message along with your GPS location with a push of a button. Use this feature as a secondary OK message or transfer your personal help alert to this message function if you are using SPOT S.O.V. on your Help button.

Tracking: Start/stop tracking at any time using your SPOT device. You can also mark a Reference Point or send Check-in/OK messages from specific locations while in Track Progress mode.

Power: To turn SPOT on simply press and hold the ON/OFF button until the button blinks green. SPOT performs a self-diagnostic test. When power is ON, the button will blink green every 3 seconds. This is helpful for making SPOT more visible in the dark. To turn SPOT off, press and hold the ON/OFF button until the light stops blinking.

Self Test: SPOT performs a self-test when you initially turn on your SPOT. If all visible lights flash red, the SPOT self-test has found a failure, and SPOT will not send a message. If the On/Off light, GPS light and Message Sending light all blink red, SPOT has a GPS failure, but SPOT may still be able to transmit an SOS or HELP message without your GPS location.

Specifikationer:

- Aktivering: Manuel eller Automatisk
- Vandtæt til 1 meter
- Batterier: 4 AAA lithium (included). Kan også være drevet af genopladelige Ni- Mh eller direkte via USB-stikket
- Dimension: 85x64x25 mm
- Weight: 90 g

Notice that the subscription is an extra service. This costs 150 danish kroners pr. month, we register and pay for this online www.spotadventures.com. So if you need to rent a GPS device we will register it and you will get it before the last meeting before the start. We will show you how it works on this meeting.

5.Camping

This will be brought with the boat:

- Sleeping bag
- Sleeping pad

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- Toilet stuff
 - Extra clothes for three days
 - Shoes
 - Plate, cup, cutlery
 - Headlight / spare batteries is suggested
- *There will be breakfast and dinner in the camp.*

6.Phone list:

Funktion	Navn / Ateq	Mobil	Fam. / Ilaqut.	Tlf. nr.
Arrangør	Jens Kristian Berthelsen	+299 55 81 28		
Mad				
Tidtager	Nuunu	+299 220140		
Tidtager				
Guide				
Guide	Niviaq	+299 278660		+
Guide				+
Guide	Qooqu	+299 260720		+
Guide				
		+		+
		+		+
Iridium (Jens Kr. Berthelsen)		+88 1641 4824 14		
Iridium		+88 1641 4323 21		
Boat coordinator Jakob Larsen Iridium nr.		+88 1651 4875 57		
Alarm central		+299 113		
Fire station (region)	Nuuk Brandstation	+299 113		
Aasiaat radio	Aasiaat Radio	VHF Kanal 16		
Police (region)	Politi	+ 299 70 14 48		
Hospital (region)	SANA	+299 34 41 12		

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7. Accept and signing:

You are kindly asked to read the following below, and if you accept it you can sign and return this form to the arrangers.

Personal information:

Name: _____ Birth date ____/____/____

Adress: _____

Town: _____ Postnr.: _____

Phone. nr.: _____

Contact person: _____

Phone nr. In case of emergency: _____ Relation: _____

Accept og underskrift / Akuersineq atsiorterlu:

I, who signed this form, am aware of my health and physical shape, and I know that my participation in any activity in this event can be harmful for my health, and I participate voluntarily in this event therefore it is **my own responsility**.

With this writing I hereby recon that the arrangers, representatives, agents and people who is participating, can not stand responsible of my damage compensation if I should get any injuries or sickness, which I can get by participating in the concerned activity. I hereby take all risks connected and I agree for my participation in the mentioned extreme activity.

I accept to inform the arrangers about eventual physical limitations, injury or chronic illness, like astma, allergies or other, which can affect my ability to participate in this physical demanding activity.

As a participant in this event, you must be responsible of insurance questions.

Have a nice tour!

On behalf of
Nuukkap Extreme Running Race / the event organisers:

Date; ____/____/-____

Sign