

Practical information to first time racers in Amundsen Race!

To compete in a long distance race requires a lot from both musher and dogs', being well prepared is therefore very important. The training and preparation starts several months ahead. Following are some advice to you who is a beginner of the Amundsen Race. Our goal is that as many participants as possible will fulfill the complete race from start to finish and also enjoy the ride.

The aim is to provide well prepared tracks along Amundsen Race, but there is no control of the weather condition so prepare both yourself and the dogs to train in all kinds of different weather.

Look into the equipment. Make sure that everything is working a head of start. Thoroughly consider what is useful to bring in the sled, and make sure you learn how to use your equipment. Use safety thinking! There is now point in bringing equipment that you don't know how to use if a situation occurs. Practice with the mandatory equipment in the sled and pack so you know where it is.

Read the regulations of the race.

Plan and prepare what you will need at every stop and check point and pack as much as possible ahead of time. Don't forget to inform your handler about your plans.

Make a race plan that is realistic for you and your dogs. Plan the time of racing, eating (both food and snacks) and resting. Try to stick to your plan, but also prepare an alternative plan (plan B) if the weather and wind conditions becomes extreme. Take it easy in the start and remember to also plan for your own sleep.

A long distance dog requires lots of energy. Feed the dogs with food they are familiar with. Changing to another food or snack just before the race is risking the health of your dogs. Learn what your dogs need in demanding conditions and try to calculate the proper amount of food for the entire race, both on track and at check points.

You as a musher also need to eat and drink while sledding. Bring a thermos that can preserve both warm and cold drink depending on the weather conditions and temperature. Always have a snack that is easy to grab within close reach, maybe in your inner pocket so it does not get frozen.

One thing that makes Amundsen Race an exceptional competition is the mass start of all the competitors. The start is on the ice of the Great Lake (Storsjön in swedish) where there will be plenty of space for all the dogs and mushers to take off. We recommend that everyone who might be a bit unsecure and who will not compete for the top positions will be careful and take it slowly during the start. There will be lots of volunteers and handlers on the ice so help is close at hand if you need it. We recommend you have an anchor hook that can grab onto the though ice, there might be a limited amount of snow on the ice depending on the weather. Sharpen the brakes before start so you have total control of your sled!

Make sure your car is working properly so that your handler doesn't get stuck on the road.

Think positive and keep the spirit up. This will motivate both yourself and your dogs. Set small goals for the race, and take one step at a time. Don't make any drastic decisions on an empty stomach and before having some time to rest. Amundsen Race is a great challenge and also a fantastic experience! Good luck with the race.