

## *Max Marta Outdoor AdVentures*

Questo blog è stato creato per raccontare le mie avventure all'aria aperta. E da quando è nato nel 2016 sono state tante: UTMB e Diagonal Des Fous 2016. Rovaniemi150, Trofeo Rollandoz e UTMB\_CCC 2017. Iditarod Trail Invitational 130 nel 2018. Ma in questo blog c'è molto altro: test di materiali, descrizioni di percorsi di trail e scialpinismo, interviste ad atleti internazionali e suggerimenti per vivere al meglio tutte le vostre... outdoor adventures. Spero che vi piaccia, Max IG @maxmarta64

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### ***English Version \_ Rovaniemi 300: Interview with Race Director Alex S. Casanovas***



This year, it will be a record edition, considering the number of people in the three different distances. Can you share with us what surprised you more in terms of number of participants, their nationalities or the good gender mix, by the way are there more ladies than in the past attending Rovaniemi? In which distance? By ski, foot or bike?

- Next Rovaniemi150 have a total of 134 participants. Only 30 of them are women. It's true this is more than other years but still a few participation for both sexes considering that this is Europe. Notice that in this edition participants or foot are much more than fatbikers, so seems that fatbike is not growing enough in Europe, and as a usual mystery really few will participate with skis.

Also as usual participants from UK and Italy are most and in next edition there are more Finnish that ever, a total of 21.

I believe than in two year many things changed in the Ultrarunning panorama. Participants fell less superheroes and are looking more for a unique experience in an unforgettable landscape and isolated places.

What's your view on that? Is this more clear amongst the 300km participants than in the 66 or 150? Did you experience memorable positive and negative stories/examples?

- Sorry I didn't experienced yet any memorable positive or negative stories. Anyway everywhere you go is normal to find at least one stupid which feel like a superheroe.

However, at the same time, there are also few people that rather than trusting their own abilities and capabilities look for external support – sometimes a team of experts – of nutritionists, trainers, psycologists. This is a sort of boost of performances, but at the same time, I feel that people may push over and above their natural limits and get in trouble more easily. What's your view on this?

- It's interesting and a good way to learn to look for external support as a nutritionists, trainers and etc. Some people push too much thinking that is the end of the World and forgetting that they always can come back next year if their are not enough fit. If experienced and very very fit people push themselves to death is their own bussiness. As a organizer, If they have injury or heard attack, we will do our best first aid and will try to evacuate as soon as possible in the way to safe his/her life.

What about the selection process, did you always find the preparation of the participants in line with their cv experience? Did you find dramatic ability overselling?

- first question: Yes. second question: No



Have you ever experienced, as a Race Director, participants trying to get external support during the race? I believe this is really self-humiliating, how did you react?

- At the moment never. And if somebody did he/she did it very well because we didn't notice. If we find a participant cheating himself, of course will be disqualify.

The Rovaniemi300 is made by two very different Sections, the first 150km and the second 158km. in the first part, participants may find a fire with some hot water, as well. The second part is instead in full autonomy. However, are there – in the second part - places where it is better to camp, to light a fire, to eat and to rest? Do you recommend to bring a stove with white gasoline to be fully independent?

- First section, if they arrive before the checkpoint close they can use the fire and take water. About the

second section, there are only one shelter in the way, the other shelters are away of the track. Participants have all the information in our web page and they have to organize themselves where to stop, sleep or eat. Of course it is recommended to bring stove, even if possible to find firewood in the shelters.

In both Trails like ITI and Rovaniemi, a Satellite Tracking Device is used. But a GPS Tracking – like SPOT – with SOS is not allowed in ITI, whilst in Rovaniemi300 is compulsory, what's the reason? Participants may have to buy one between Spot e Garmin inReach, what's the best and why?

- Don't know if it is mandatory but in the last years ITI participants are allowed to use a Satellite Tracker Device (STD) and all of these devices have SOS button. In Rovaniemi300 a Satellite Tracker Device (STD) is mandatory because we want to know where they are and because there are no checkpoints, only mandatory waypoints where they have to do a check-in with the STD.

I don't know how good it is the Garmin inReach but I think it is the same as DeLorme system that is very good. About SPOT, it works well and is not so expensive. SPOT is limited in remote places as Antarctica and maybe some other place that I don't know.

Even some models of STD have a GPS, I prefer to carry separate devices: GPS and STD just in case.

From an organization point of view, is it for you more challenging managing the security for many 150/66 participants or for the few attending the 300? In the 300 there is a wilder environment, but participants should be much more ready to face potential weather challenges, what's your view?

- It's more challenging to manage the security of 150 km race. Rovaniemi300 have few participants and all of them have experience.



Not sweating and a good hydration are the key priorities for taking part safely to Rovaniemi 66/150/300, as you correctly stated two years ago. For the first time starters, did you see any major mistakes – things to be avoided – made during the race? Did you see different mistakes made by bikers, runners and skiers? Your answer here could really help first-starters.

- Basically the most common winter beginner's mistake is that they don't have experience how to dress, keep warm body temperature without sweating. This is something that people acquire with practice, testing which is the best clothes and the best combination of layers. And of course hydration is very important as usual.