



## Tips

### -for mushers who will participate in Polardistans for the first time

The week during Polardistans is a big social fellowship. The objective for the Polardistans organization is that as many as possible will carry out the race on a meritorious way and to gain a positive experience.

- It is important that you in advance decide on your level of ambition. If you are driving a long distance race for the first time, a good goal is to carry out the race on a well and reasonable way after your own conditions. Of course there is nothing keeping you from aiming at a place in the top three.
- It is important that you start exercising your dogs in good time and it is equally important that you are in good shape yourself. If you and your dogs have prepared yourself well, the conditions for success are good, and both you and your dogs are well-earned by that.
- There is nothing wrong with spending the night or taking a longer break between two checkpoints. It is a decision for you to make based on your self and your dogs ability.
- Make a driving plan which contains driving time and rest time between and at the checkpoint before the race. Also make a schedule for how often you will like to snack the dogs including what and how much you will give your dogs to eat and drink at rest. As careful as you are with your dogs' food you should be with your own eating and drinking.
- In good time before the start you should concentrate on your equipment. Check all the equipment that you are planning on using. Make sure that you test everything that you repair so that you know that it works. Also learn to handle all equipment that you buy new or borrow so that you know how to use it properly.
- It is very important that you know how your equipment works, how long it takes for you to stake out your dogs, put up your tent and lit your kitchen before you can come to rest yourself.
- Do not be afraid to ask experienced mushers for advice.
- An important part of long distance races is the ability to deal with different situations, often during pressured situations. What easily lowers your moral is fatigue and bad weather. One way to handle a pressured situation is to mentally work with positive visual pictures. In a positive visual picture you see yourself coping different situations, e.g. putting up your tent or lighting your kitchen when tired. These types of visual pictures are built on the experience that you gain from practicing different situations during the most varying conditions.
- During your preparations and during the race, make the most of the experiences and knowledge that you receive. Use this knowledge for your next long distance race.