

HELGI OLAFSON'S TRIPLE CROWN OF 200s

AN EPIC JOURNEY TO BENEFIT THE SPONDYLITIS ASSOCIATION OF AMERICA



A Benefit for Spondylitis Association of America

by: Helgi Olafson

Dates TBD (Early August – Mid October, 2021)

2858.33 human-powered miles in 68 days

[*\(2020 Trans Triple Crown of 200s\)*](#)

Stage 1: Bigfoot 200

Stage 2: Bigfoot 200 Finish Line to Tahoe 200 Start Line

Stage 3: Tahoe 200

Stage 4: Tahoe 200 Finish Line to Moab 240 Start Line

Stage 5: Moab 240

Helgi Olafson, 2018 Triple Crown of 200s finisher is looking forward to pushing his limits once again in what will certainly be a battle to keep one foot in front of the other to complete such a daunting attempt. Helgi aims to not only run the Triple Crown of 200s in 2021, but also to run between the three races to connect them all by foot within the 68-day span from the beginning of Bigfoot 200 until he finishes at Moab 240.

This is a fundraiser for the Spondylitis Association of America (SAA), a 501c3 Nonprofit Organization. SAA Mission: *“To be a leader in the quest to cure ankylosing spondylitis and related diseases, and to empower those affected to live their lives to the fullest.”*

SAA hopes this project brings together not only those who have ankylosing spondylitis and arthritis, but also anyone with the interest in living healthy and active lifestyles, where mindful exercise is at the forefront. The community will grow stronger as the project unfolds and SAA can't wait to cheer Helgi on at the finish line of this 68 day journey, where in order to finish, he will have to trek an average of 40.5 miles per day with an average of 5,600 feet of climbing per day, though some of the days will be much longer distances (some more than double), in order to build in "zero" days and to add in a few FKT attempts along the way.

Helgi Olafson has been working with the Spondylitis Association of America since his start into endurance sports at the age of 28 in 2011, raising awareness through social media, newspaper articles, speaking engagements, and community outreach surrounding his racing career to promote exercise as medicine for people suffering from ankylosing spondylitis and arthritis.

Helgi's project will have a few objectives. Raising funds for SAA is the first objective. The second objective is to create a documentary that will focus on the will to succeed despite the ever-changing and ever-challenging atmosphere associated with traversing deep forest, mountain and high dessert, where there are no invariables. The film will not only portray Helgi's runventure from start to finish, but also will focus on the teamwork and camaraderie that could very well make or break this supported attempt. The film will also be a vehicle to promote sponsors.

In order to be successful at this attempt, Helgi will need all of the help he can get. That's why he is reaching out to the community for pacers and crew, particularly during the segments between the three races. To set the expectations for those who are willing to help for one, or multiple days, the outline below has been created.

Pacers:

Pacers in general should come fully equipped with gear and supplies to run for the given day that they sign up for. If only one pacer signs up for that day, it is the pacer's choice to run the entire day or just for certain segments. The important thing is that each pacer has transportation to where they would like to pace from as well as from where they want to stop pacing. Please refer to the [Google Spreadsheet](#) with all of the crew access points and comment in the slot where you are interested in pacing. Keep in mind that these dates will be changed to reflect the new 2021 dates, as soon as they are announced. Please note that some days, especially those during the Oregon PCT FKT and Nevada ADT FKT are VERY long days and may take more than 20 hours. The ideal situation for each day is that a team of two or more pacers with a vehicle switch on and off with driving, crewing and pacing for that day.

If the pacer would like to stay with us for a week or more, and doesn't have a ride out, it is

possible for us to make exceptions, as we have room to sleep/drive/feed four people in the designated crew vehicle and there will be room for at least one extra person at all times and at most two extra people. The vehicle would then be able to drop off pacers/crew at a nearby location close to the route where those folks would figure out their next steps in getting home. The main point here is that the crew vehicle needs to focus on moving forward along the route and giving aid to Helgi and his current pacers.

Crew:

Folks who are interested in crewing should have their own transportation and may join at any crew access location. Please also refer to the [Google Spreadsheet](#) for these locations and comment in the slot where you may be interested in crewing. These dates will be adjusted slightly to the new dates for 2021 once announced.

***** If Crew or Pacers are interested in pacing or crewing long term (a week or more) we will cover your food and offer you a place to sleep and may even be able to pay for return transportation. Please reach out with your thoughts regarding what time and energy you feel you are able to donate to this project. We need your help. Thanks so much!**