



Invitation



4.-6. May 2018

Optimera Monter Rye Mountain Bike Festival

Fun, challenging and exciting!

3-day UCI category S1 stage race (Norwegian Cup races 3, 4 and 5) for Elite (19+) categories

3-day stage race (Norwegian Cup races 3, 4 and 5) for junior and 15-16 year old categories

2-day mini-stage race for masters and age group categories

Rye Junior XCO

UCI category 1 XCO (Norwegian Cup race 5)

Sportsklubben Rye

Affiliated with the Norwegian Cycling Federation (NCF) and the Norwegian Confederation of Sports (NIF)

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1. TIME AND PLACE

Friday 4th through Sunday 6th of May 2018 at Langsetløkka. Langsetløkka is in Kjelsås in Oslo. For driving directions, see [Parking](#).

2. RACE DESCRIPTION

Rye Mountain Bike Festival consists of three days of mountain bike races in the fun terrain in and around Langsetløkka. Whether as a rider, support person, or spectator, you'll experience a stage race with an exciting, rare format.

New this year, we offer the Junior XCO UCI **C1** race, and that the short circuit race is on Saturday and the cross-country Olympic race is on Sunday.

1. For **15-16, Junior** and **Elite** (19+) categories, we offer a three-day stage race. Each stage is also an individual race, so riders can choose to participate only in one or two of the races. The results in the stage race are a ranking of riders' total time. Riders who do not finish all of the stages don't receive a total time, but they get a ranking in each stage they complete, and potentially a prize, as each stage is also an individual race.
 - UCI points are awarded in the **Elite** (19+) category based on the ranking of the riders' total time in the **stage race**.
 - In the **Junior** category, UCI points are awarded based on the results in the **XCO stage**.
 - NCF points are awarded based on the ranking of the riders total time in the **stage race**, as well as their ranking in each of the **individual stages** (Norwegian Cup races). Riders may therefore qualify for NCF points despite not participating in all three stages.

For an overview, see Points and prizes.

2. For riders in the categories **Masters, 13-14**, and **11-12** year old age group (see [Categories](#)), we offer a "mini stage race" over two days. Each stage is also an individual race, so riders can choose to participate only in one of the races. Finishing times for the Saturday and Sunday races are summed for each rider. The results in the mini stage race are a ranking of riders' total times.
 - Based on the results for each individual stage, NCF Master Cup points are awarded in the masters categories. No NCF Master Cup points are awarded based on riders' place in the mini stage race.
3. For the **youngest** riders (under 11 years), we offer a circuit course on Saturday with a mixture of gravel road and fine single-track that flows through the forest, with good overtaking possibilities. The course is also friendly for spectators, so Mom and Dad can cheer on the hopefuls for large parts of the route.

2.1. Friday stage: NC #3 Cross-country Time trial (XCT)

The time trial race consists of a short course which rewards swift riders with good technical skills. Here you have the opportunity to give it all you have in your fight against the clock. The results from this stage determine your seeding for the short circuit stage on Saturday, you better work hard to get a good position for the short circuit!

2.2. Saturday stage/race: NC #4 Cross-country Short circuit (XCC)

The short circuit stage gives a fast-paced, technically easy course that alternates among fun single-track, easy elements and fine gravel stretches. Expect shoulder-to-shoulder challenges in this course! There are

“bonus seconds” for the first eight riders at **each round** and at the **finish**. These “bonus seconds” are deducted when calculating the total time in the stage race, and therefore have no effect on the results for the individual stage/race.

Place	Bonus
1 st	20 seconds
2 nd	15 seconds
3 rd	11 seconds
4 th	8 seconds
5 th	5 seconds
6 th	3 seconds
7 th	2 seconds
8 th	1 seconds

To avoid a situation where a final sprint is hindered, we might choose to remove lapped riders from the race in the Men Elite (19+) category. We will estimate a finishing time for the stage for those riders who are removed. According to our simulations, this likely applies to very few riders. We will decide in consultation with the Commissaire and announce the decision on the race website and at the Team Managers’ Meeting on Saturday morning.

2.3. Sunday stage/race: NC #5 Cross-country Olympic (XCO)

The cross-country Olympic race takes place in our well-tested course, which has several long stretches of single-track, shorter gravel stretches, technical elements with alternative lines, and good overtaking opportunities. We also have segments that offer single-track, jumps, and turns - which we think will appeal.

In the cross-country course, riders usually spread out and the loop is long with capacity for many riders. Therefore, we do not plan to remove lapped riders in this race. We will decide in consultation with the Commissaire and announce the decision on the race website and at the Team Managers’ Meeting on Sunday morning.

3. RACE REGULATIONS

The race follows the rules in the UCI and NCF Regulations. It is compulsory to wear an approved helmet. All riders participate at their own risk and shall follow the instructions of the race organizer. We assume that it is obvious that you use a helmet also when you test, train, and warm-up. There is always a risk for accidents and collisions. Helmets protect. We ask riders, parents, and team leaders to take helmet use seriously.

This is a clean event. Anti-doping Norge performs unannounced controls at all NCF-registered races. We support Anti-doping Norge in implementing this. All riders and team leaders shall follow instructions given by representatives of Anti-doping Norge.

No littering in the course.

4. CATEGORIES

Women	Men	Friday XCT	Saturday XCC	Sunday XCO
W 6-7 W 8-9 W 10	M 6-7 M 8-9 M10	No race	Novice race	No race
W 11-12 W 13-14	M 11-12 M 13-14	No race	Stage race and Novice race Novice race	
W15-16	M15-16	NC race (NCF cat. 4)	Stage race (NCF cat. 3) and NC race (NCF cat.4)	NC race (NCF cat. 4)
W Junior (17-18)	M Junior (17-18)	NC race (NCF cat. 4)	Stage race (NCF cat. 3) and NC Race (NCF cat.4)	NC Race (UCI cat.1/NCF cat. 4)
W Elite (19+)	M Elite (19+)	NC race (NCF cat. 4)	Stage race (UCI cat. 1 and NCF cat. 3) and NC race (NCF cat. 4)	NC race (NCF cat. 4)
W Master 30-34 W Master 35-39 W Master 40-44 W Master 45-49 W Master 50-54 W Master 55-59 W Master 60+	M Master 30-34 M Master 35-39 M Master 40-44 M Master 45-49 M Master 50-54 M Master 55-59 M Master 60+	No race	Stage race and Master Cup (NCF MC cat. 2)	Master Cup (NCF MC cat. 2)
W Sport 17+	M Sports 17+	No race	Novice race	Novice race

5. SEEDING

We seed the riders who have registered for the race within the **ordinary** registration deadline and who have a valid license for 2018. We use the UCI/NC/NCF ranking points the riders have amassed at the beginning of the Festival. We don't seed riders who register after the ordinary registration deadline.

Category	Seeding by:
Elite (19+)	1.UCI points, 2.NC points, thereafter random drawing
Junior	1.UCI points, 2.NC points, thereafter random drawing
M/W 15-16	NCF ranking, thereafter random drawing
M/W 13-14 and younger	Random drawing *
Sport	Random drawing
Master	NCF ranking for Master Cup, thereafter random drawing

Riders in the Elite, Junior, and 15-16 categories start in the Saturday stage based on the results after the Friday stage, and on Sunday based on the total standing after two stages. The categories 11-12, 13-14 and Masters start in the Sunday stage based on the results after the Saturday stage.

*) In categories with many riders and big differences in rider speeds, we put riders in an order in the start field that secures good flow for the riders and reduces the risk of accidents.

6. LICENSE

All riders who are 13 years old or older must have a valid license for 2018 and are thereby insured. Riders up to and including 12 years of age are insured through the NIF's children's sports insurance. As organizers we are insured through NCF/NIF.

Norwegian riders in Junior, Elite (19+), and Masters categories must have extended full year licenses (EXT), whereas riders in age group categories (12 years and older) and Sports categories may choose

between a full year and a single race license. Foreign riders must show their license when they pick up their handlebar number.

We check the license of registered Norwegian riders against the NCF's registry immediately after the ordinary registration deadline. Norwegian riders who do not have a license when that check is performed will not be seeded (applies to categories with seeding). For further information on licenses, see the [NCF website](#).

7. REGISTRATION

Ordinary registration is open:

- For Elite, junior, and Master categories until, and including, **23rd April 2018**.
- For categories 16 years and younger until, and including, **29th April 2018**.

Register at <https://rittresultater.no/en/ryeterrengsykkelfestival>.

If you want to participate in:

- The 3-day stage race, tick NC #3, NC #4, NC #5
- The Junior XCO UCI race, tick NC #5
- The mini stage race, tick NC #4 and NC #5

Category	Ordinary registration	Late registration
6-9 years old	Kr 50,-	Kr 75,-
10-16 years old	Kr 160,-	Kr 240,-
Elite Junior	Kr 320,-	Kr 640,-
Elite (19+)	Kr 420,-	Kr 840,-
Master/Sport	Kr 260,-	Kr 520,-

Late registration is possible for **all** categories until 2 hours before start for your category. We do **not seed** riders who register after the ordinary registration. To register late, use the link provided above or go to the Secretariat. The Secretariat has a terminal for card payments and accepts Vipps.

Registration is binding and payment is refunded only upon presentation of a doctor's note that you are ill.

To see who has entered the race, go to <https://rittresultater.no/en/n325d>

8. TEAM TENTS

Go to <https://rittresultater.no/en/n327> to reserve a place for your team or club tent by the ordinary registration date. There is space for 30 tents in the arena. We have one neutral team tent for visitors travelling light. Those who have reserved a tent space may drive to the arena and offload the tent and any other equipment, before immediately driving to the parking area. Contact the secretariat for your assigned tent space. If you forget to reserve, we cannot guarantee a tent space. Can't remember if you reserved a space? See <https://rittresultater.no/en/n327d>

Size	Price
3 x 3 meter	Kr 300,-
3 x 6 meter or larger *	Kr 600,-

*Add a comment about the size tent in the reservation.

9. OVERNIGHT ACCOMMODATION

AirBnB, Hotels.com, Booking.com and similar services give a good overview of prices for accommodation in the vicinity of the venue. Look for areas like Sinsen, Ullevål, and Nydalen. Here are some possibilities:

Haraldsheim Ungdomsherberge (Youth hostel), Haraldsheimveien 4, 0587 Oslo, Telephone: +47 22 22 29 65, <http://www.haraldsheim.no/>

Thon Hotel Linne, Statsråd Mathiesens vei 12, 0598 Oslo, Telephone: +47 23 17 00 00, E-mail: linne@thonhotels.no, www.thonhotels.no

Thon Hotel Ullevål Stadion, Sognsveien 77C, 0855 Oslo, Telephone: +47 22 02 80 00, E-mail: ullevaalstadion@thonhotels.no, ullevaalstadion@thonhotels.no, www.thonhotels.no

Radisson Blu Nydalen, Nydalsveien 33, 0404 Oslo. Telephone: +47 23 26 30 00, E-mail: info.nydalen.oslo@radissonblu.com, www.radissonblu.com/no/hotellnydalen-oslo.

For parking of camping cars, please contact our parking manager.

10. TIMES AND ROUNDS

This section has all the important times from when you arrive in the arena till you depart.

10.1. Opening hours for the Secretariat

You collect your start number from the Secretariat, which is located in the small building at Langsetløkka (see [Arena map](#)). The Secretariat is open:

Day	Time
Friday	From 16.00
Saturday	From 08:00
Sunday	From 08:30

To collect the start number, you must have a license for 2018, take your license with you to the race.

Riders in age group categories may use either a full year or a one-race license. You may purchase a one-race license at the Secretariat. It costs 50 kr. We accept cash and Vipps. We also have a card payment terminal, but can't offer cash back.

Attach the start number in a visible location on the handlebar. Elite (19+) or Junior riders shall in addition wear a number on the back of their jersey (don't fold the number). A timing chip is glued to the back of the start number. You use the same start number/pair of numbers every day, so look after it/them. If you lose your start number, you may purchase a new one in the Secretariat (50 kr). **Note:** Start numbers usually fall off during transport outside a car; therefore, please remove the start number before you put the bike on the car.

10.2. Training times in the course

The official training times might be adjusted if there are delays in the race, listen for messages from the speaker. If riders are still **competing** in the course, you **can't train** in it yet.

Day	Course	Official training		Other training times
		From	To	
Friday	XCT	16:00	17:50	until 16:00 on the race day
Saturday	XCC	8:30	9:00	until 8:30 on the race day
		11:17	11:57	
Sunday	XCO	13:37	14:07	until 8:30 on the race day
		8:30	9:00	
		11:00	11:40	

Regulations for training on the course:

- Your start number must be fixed to your bicycle when you train during the official training periods.
- Training on a course while a race is underway is not permitted; this applies regardless of which category is cycling. Breach of this regulation might lead to disqualification. But you may for example train in segments of the red course that aren't used in the blue course while a race is underway in the blue course.
- All training during official training periods shall be done in the direction of the race.
- It is not permitted to modify the course, for example by moving a marker or digging/moving parts of a built element. Breach of this regulation leads to the rider being excluded from the course and possible disqualification.
- Respect walkers.
- All training is done at the rider's own responsibility and risk.

You find a link to the GPS track of all the courses in [Arena and courses](#). The courses are roughly marked in the course of Friday, 27. April. The courses are fully marked in the morning on Thursday, 3rd May. During the official training periods, first aid providers are at the arena.

10.3. Team managers' meeting

There is a Team Managers' meeting each day of the Festival. The meetings are held in the same building as the Secretariat. Note that UCI regulations require team leaders or their representatives to attend team managers' meetings in stage races (paragraph 4.1.026) – this applies to the Elite categories.

We stream the team managers' meetings on Saturday and Sunday, on the Facebook page UCI Mountain bike races in Norway (<https://www.facebook.com/UciMTBRacesInNorway/>)

Day	Time
Friday	16:30
Saturday	9:00
Sunday	9:00

10.4. Timing chip check before start

Riders are responsible for checking their timing chip (integrated in the start number). Do this at least 30 minutes before your start. We provide the equipment for you to check your timing chip yourself, find it right by the start field.

Riders are responsible for using an approved helmet, bike, and jersey. The NCF Commissaire may perform an inspection of **Norwegian** riders before and after the race. If you don't follow the regulations you might be disqualified or fined (applies to the Junior and Elite categories).

10.5. Calling to the start

On Friday we call each rider to start about 5 minutes ahead. The speaker announces the start of each category about 10 minutes ahead of the starting time for the first rider in the category.

On Saturday and Sunday, riders are called to assemble at the start **no earlier** than 20 minutes before the start. We will give more precise information at the team managers' meetings. In categories where riders are called and put in starting number order, we issue a warning 5 minutes before the assembly begins. Riders themselves are responsible to assemble at the start; if they arrive too late, they do not get the starting position corresponding to their start number. We provide information about which categories are called up and organized in starting number order on our website, and at the team managers' meeting in the morning.

In the Master categories we organize the riders according to their ranking points, but across the categories in the same start. Using Master men as an example, riders on the first row might come from several age categories. If two riders from different age categories have the same number of ranking points, we give the younger rider a position at the start line first. This means that we have some level of sorting across age categories in the same start. We do the same for Masters women.

10.6. Timetable for Friday's stage (NC #3) – Cross-country Time trial/XCT

Categories	First start	Course	Lap distance [km]	# laps	Total distance [km]	Expected winning time (dry)	Winner finishes	Prize ceremony
Training in the course until 17:50								
No traffic on bike in parts where a race is underway. Breach might lead to DQS								
Team leaders' meeting 16:30								
M Elite (19+)	18:00	Orange	2.0	1	2.00	00:05:30	18:38	19:10
M Junior	18:35	Orange	2.0	1	2.00	00:05:40	19:05	19:40
W Elite (19+)	19:03	Orange	2.0	1	2.00	00:06:20	19:21	20:15
W Junior	19:19	Orange	2.0	1	2.00	00:06:30	19:33	20:15
M 15/16	19:30	Orange	2.0	1	2.00	00:05:50	19:58	20:40
W 15/16	19:55	Orange	2.0	1	2.00	00:06:40	20:06	20:50

10.7. Timetable for Saturday's stage (NC #4)– Cross-country Short circuit/XCC

Notice that the course is based on two shorter versions of the time trial course from Friday. See [Course map for \(NC #4\) – Cross country short circuit/XCC](#).

Categories	Start	Course	Lap distance [km]	Laps	Total distance [km]	Expected winning time (dry)	Winner finishes	Prize ceremony
Training in the courses until 9:00								
No traffic on bike in the parts of course where a race is underway. Breach of regulation might lead to DQS								
Team leaders' meeting at 9:00								
Novices 6-7	9:00	Green	1.2	1	1.2	0:07	9:07	9:50
Novices 8-9	9:05	Green	1.2	2	2.4	0:10	9:15	
M/W 10	9:20	Green	1.2	3	3.6	0:13	9:33	
M 11-12	9:40	Yellow XCC short	1.4	2	2.8	0:12	9:52	10:45
W 11-12	9:40	Yellow XCC short	1.4	2	2.8	0:16	9:56	
W 15-16	10:10	Yellow XCC	1.9	3	5.7	0:21	10:31	11:10
W 13-14	10:10	Yellow XCC	1.9	3	5.7	0:23	10:33	
W Master 30-34 and 35-39	10:10	Yellow XCC	1.9	3	5.7	0:23	10:33	
W Master 40-44 and 45-49	10:10	Yellow XCC	1.9	3	5.7	0:23	10:33	
W Master 50-54 and 55-59	10:10	Yellow XCC	1.9	3	5.7	0:23	10:33	
W Master 60+	10:10	Yellow XCC	1.9	3	5.7	0:23	10:33	
W Sport 17+	10:10	Yellow XCC	1.9	3	5.7	0:23	10:33	
M 13-14	10:41	Yellow XCC	1.9	3	5.7	0:21	11:02	12:00
Training in yellow XCC course from 11:17 until 11:57 after the last rider, in the racing direction								
M Elite (19+)	11:57	Yellow XCC	1.9	5	9.5	0:28	12:25	13:40
M Junior	12:31	Yellow XCC	1.9	4	7.6	0:24	12:55	
W Elite (19+)	13:03	Yellow XCC	1.9	4	7.6	0:27	13:30	14:10
W Junior	13:03	Yellow XCC	1.9	3	5.7	0:21	13:24	
Training in yellow XCC course from 13:37 until 14:07 after the last rider, in the racing direction								
M 15-16	14:07	Yellow XCC	1.9	4	7.6	0:24	14:31	15:55
M Master 30-34 and 35-39	14:40	Yellow XCC	1.9	4	7.6	0:27	15:07	
M Master 40-44 and 45-49	14:40	Yellow XCC	1.9	4	7.6	0:27	15:07	
M Master 50-54 and 55-59	14:40	Yellow XCC	1.9	4	7.6	0:27	15:07	
M Master 60+	14:40	Yellow XCC	1.9	4	7.6	0:27	15:07	
M Sport 17+	14:40	Yellow XCC	1.9	4	7.6	0:27	15:07	

10.8. Timetable for Sunday's stage (NC #5) – Cross-country Olympic/XCO

Categories	Start	Course	Start loop	Lap distance [km]	Laps	Total distance [km]	Expected win time (dry)	Winner finishes	Prize ceremony
Training in the blue course till 9:00 in the rest of the course until 10:00									
No traffic on bike in the parts of course where a race is underway. Breach of this regulation might lead to DQS									
Team leaders' meeting 9:00									
M 11-12	9:00	Blue	No	3.7	1	3.7	0:12	9:12	10:30
K 11-12	9:08	Blue	No	3.7	1	3.7	0:15	9:23	
K 13-14	9:08	Blue	No	3.7	2	7.4	0:28	9:36	
M 13-14	9:25	Blue	No	3.7	2	7.4	0:24	9:49	
M 15-16	10:00	Red	No	6.0	3	18.0	0:52	10:52	11:35
M Master 30-34 and 35-39	10:12	Red	No	6.0	3	18.0	0:54	11:06	
M Master 40-44 and 45-49	10:12	Red	No	6.0	3	18.0	0:54	11:06	
M Master 50-54 and 55-59	10:12	Red	No	6.0	3	18.0	0:54	11:06	
M Master 60+	10:12	Red	No	6.0	3	18.0	0:54	11:06	
M Sport 17+	10:12	Red	No	6.0	2	12.0	0:45	10:57	
Training in the red course from 11:00 to 11:40 after the last rider, in the racing direction									
M-Senior	11:40	Red	No	6.0	5	30.0	1:20	13:00	13:40
M-Junior	11:43	Red	No	6.0	4	24.0	1:06	12:49	
K-Senior	13:15	Red	No	6.0	4	24.0	1:20	14:35	15:10
K- Junior	13:15	Red	No	6.0	3	18.0	1:03	14:18	
K 15-16	13:15	Red	No	6.0	2	12.0	0:41	13:56	
K- Master 30-34 and 35-39	13:15	Red	No	6.0	2	12.0	0:50	14:05	14:55
K- Master 40-44 and 45-49	13:15	Red	No	6.0	2	12.0	0:50	14:05	
K- Master 50-54 and 55-59	13:15	Red	No	6.0	2	12.0	0:50	14:05	
K- Master 60+	13:15	Red	No	6.0	2	12.0	0:50	14:05	
K Sport 17+	13:15	Red	No	6.0	2	12.0	1:00	14:15	

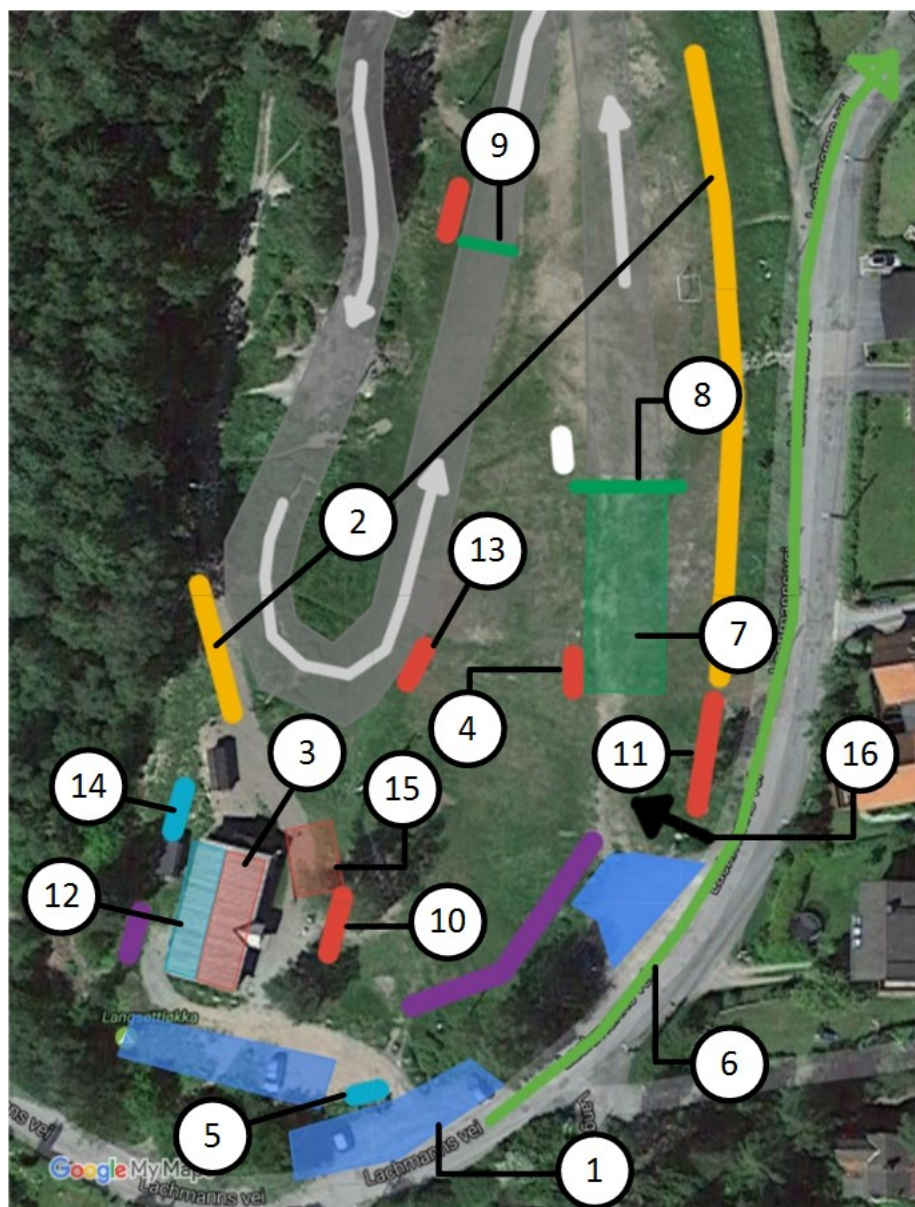
11. ARENA AND COURSES

We have course marshals where the course crosses gravel roads. Their task is to keep other people out of the course and to contact the first aid personnel in case a rider needs help and treatment in the course. Riders are responsible for finding the way on their own and to know how many rounds they have cycled and how many rounds they have left. Study the course maps and use the training times well.

11.1. Arena map

Here you can see the start of the course, the route through the arena for the laps, and the finish, as well as the location of the most important points of the arena.

Key to the map: 1. Unloading zone, 2: Team tents, 3: Secretariat, team managers' meeting, **two toilets**, and anti-doping station, 4: Timing chip checkpoint, 5: **Two toilets**, 6: To areas for warm up, 7: Start field, 8: Start, 9: Finish, 10: Kiosk, 11: Awards podium, 12: Showers/**one toilet**, 13: First aid station, 14: Bicycle wash, 15: Café tent, 16: Entry for ambulance



Team tent

Only those who have reserved a space may erect a tent in the arena. You may reserve a space for your tent at <https://rittresultater.no/nb/n241d> (new link coming). Make sure that you secure your tent against wind overnight.

First Aid

Our first aid team consists of qualified medical personnel. The team assists with scrapes and small injuries as well as coordinates with the public emergency services (telephone 113) if that should be needed. The first aid station is in a tent on the arena. Course marshals alert the first aid team in case of injuries in the course that need attention at the site of the injury. Riders and spectators can report injuries to the nearest course marshal or to first aid personnel. If you need further treatment, contact the emergency clinic in Oslo on +47 116 117. The address is Storgata 40, 0182 Oslo and is downtown, about a 15 minute drive from the arena. The clinic and the adjacent pharmacy are open 24 hours a day. They speak English. If you become sick during your stay in Norway and need to see a doctor, call the same number.

If a rider withdraws, the time keeper at the finish or the Commissar shall be informed as soon as possible.

Changing rooms and toilets

The changing rooms with showers are open on race days. The changing room and one toilet are in the basement of the building at Langsetløkka. Entry from the rear. There are two portable toilets outside the race office. There are two toilets on the ground floor of the building, entry adjacent to the Secretariat.

Please, don't use the neighbours' gardens as a toilet.

Kiosk

The menu is fruit, sandwiches, cakes, waffles, hot dogs and hamburgers. We also offer smoothies, mineral water and coffee.

We have a card payment terminal, but unfortunately cannot give cash back. We also accept cash and Vipps.

The kiosk opens right before the Team Managers' Meeting and closes after the last prizes are awarded. On Thursday afternoon the kiosk is open for self-service.

Bicycle wash

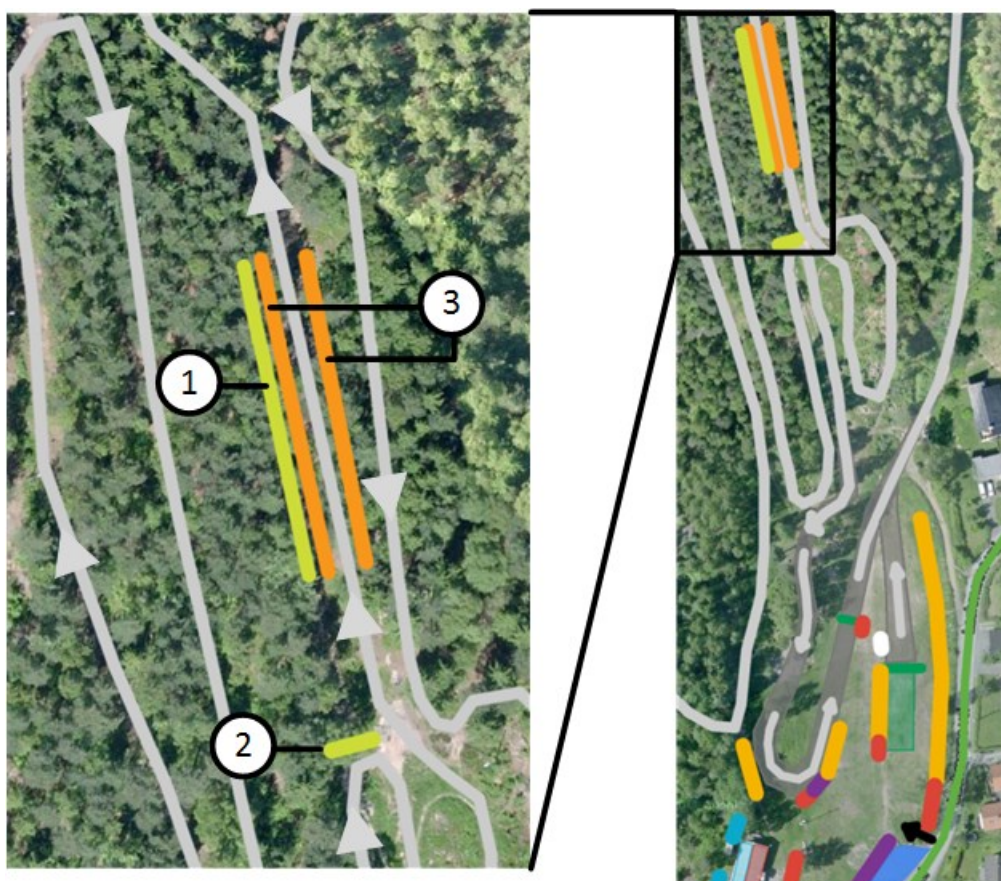
There are hoses for washing off bikes at the rear of the building.

11.2. Technical assistance and feed zone

We have two technical zones and a feed zone which partly overlap and are located near the arena. We use the same zones in all the races. Spectators can't enter these zones, but there are good areas for watching the race nearby. Foreign riders without supporting personnel can contact the race manager and we'll check whether other clubs can assist you in the feed zone.

Those supporting the riders in these zones must wear club/team wear. Those supporting riders in categories M/W Elite and M/W Junior must in addition carry an accreditation card visibly. Because W Masters race together with W Senior and W Junior, their supporters must follow the same rules. Clubs/teams pick up their accreditation cards, 4-5 per club/team, in the Secretariat. You must **hand the cards back** the same place after you're done in the zones because these cards are shared across all NC races.

1: Technical zone no. 1 2: Technical zone no. 2 3: Feeding zone



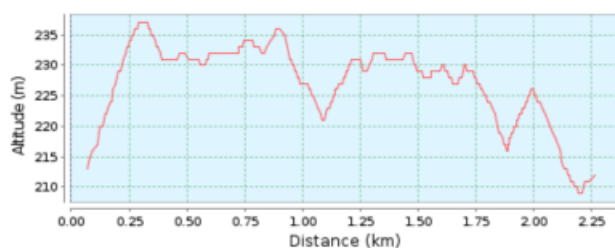
You can feed your riders from either side of the course on the northward section (orange section on map).

You can give your riders technical assistance at two places on the course, as shown in the map (yellow sections). point 1 is at about the half-way point of the lap and point 2 is at the end of the lap, after a drop/jump.

11.3. Course map for Friday's stage (NC #3) – Cross-country Time trial/XCT

Orange course

Categories 15-16, junior, and senior ride this course. The picture gives an overview, use the link for the exact map and GPS track: <http://www.gpsies.com/map.do?fileId=nizshhifplsiyhaa>

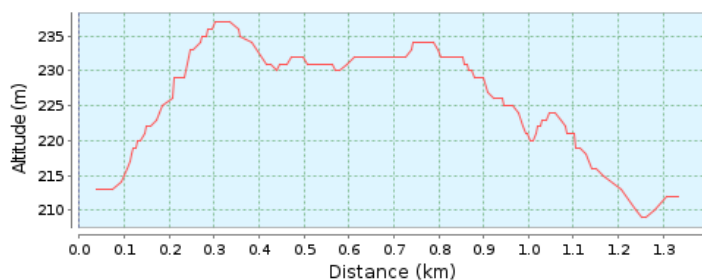


Altitude Profile (209 m to 237 m)

11.4. Course map for Saturday's stage (NC #4) – Cross country short circuit/XCC and novices

Green course

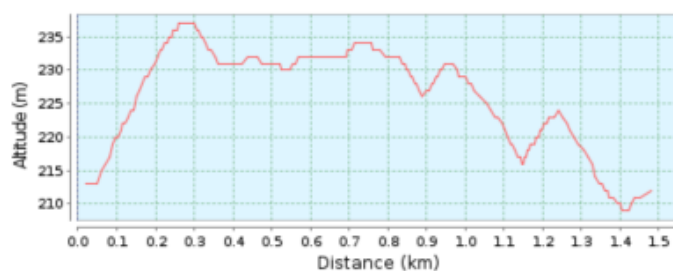
Everyone who is 10 years old or younger rides on this course. The picture gives an overview, use the link for the exact map and GPS track: <http://www.gpsies.com/map.do?fileId=pzlucuvfefvrstgh>



Course: Short yellow XCC

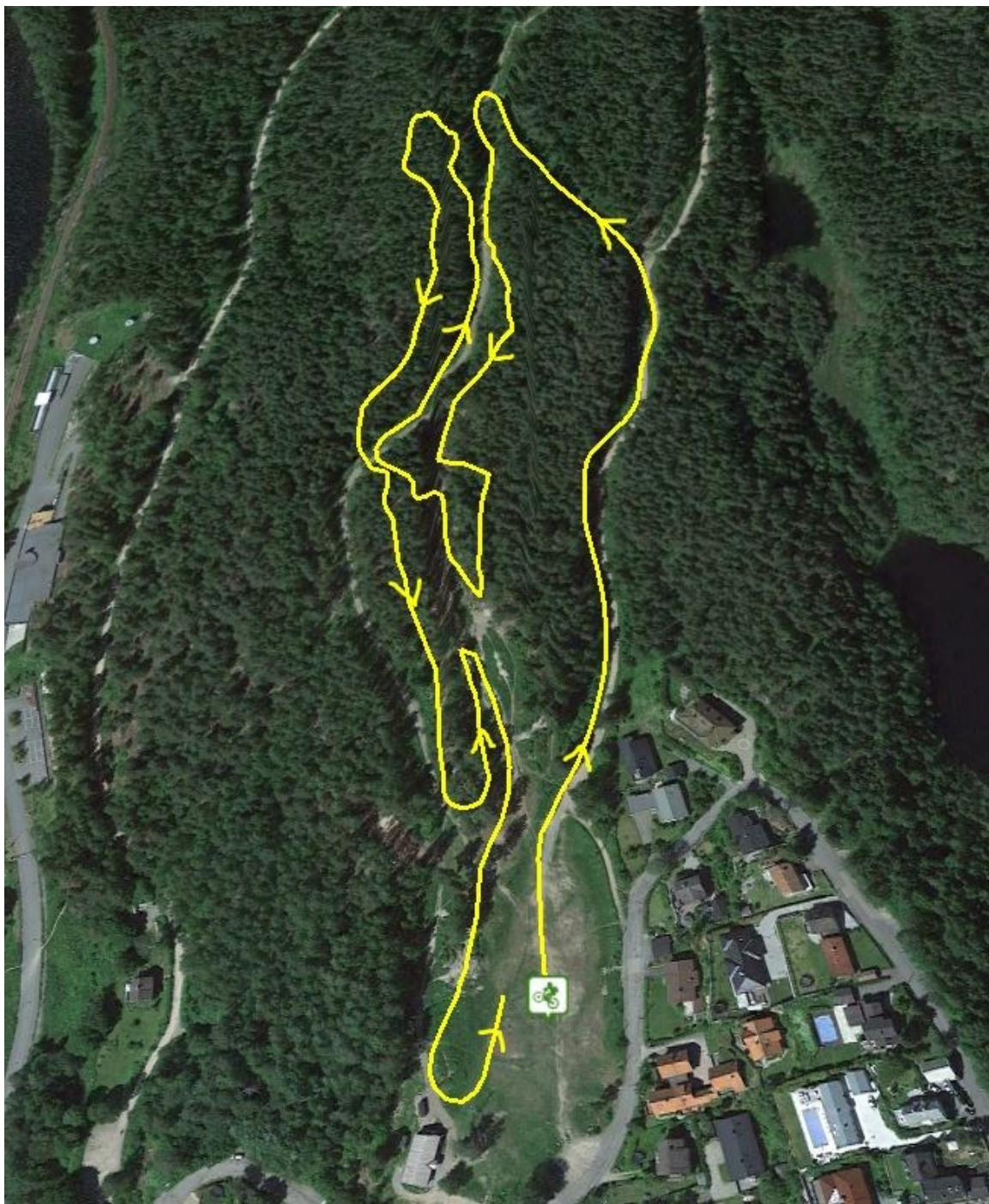
Categories women and men 11-12 ride on this course. The picture gives an overview, use the link for the exact map and GPS track:

<http://www.gpsies.com/map.do;jsessionid=AFA2D86037302B574FCB81862A5D63FE.fe3?fileId=bjiefqsyhchkanpl>



Course: Yellow XCC

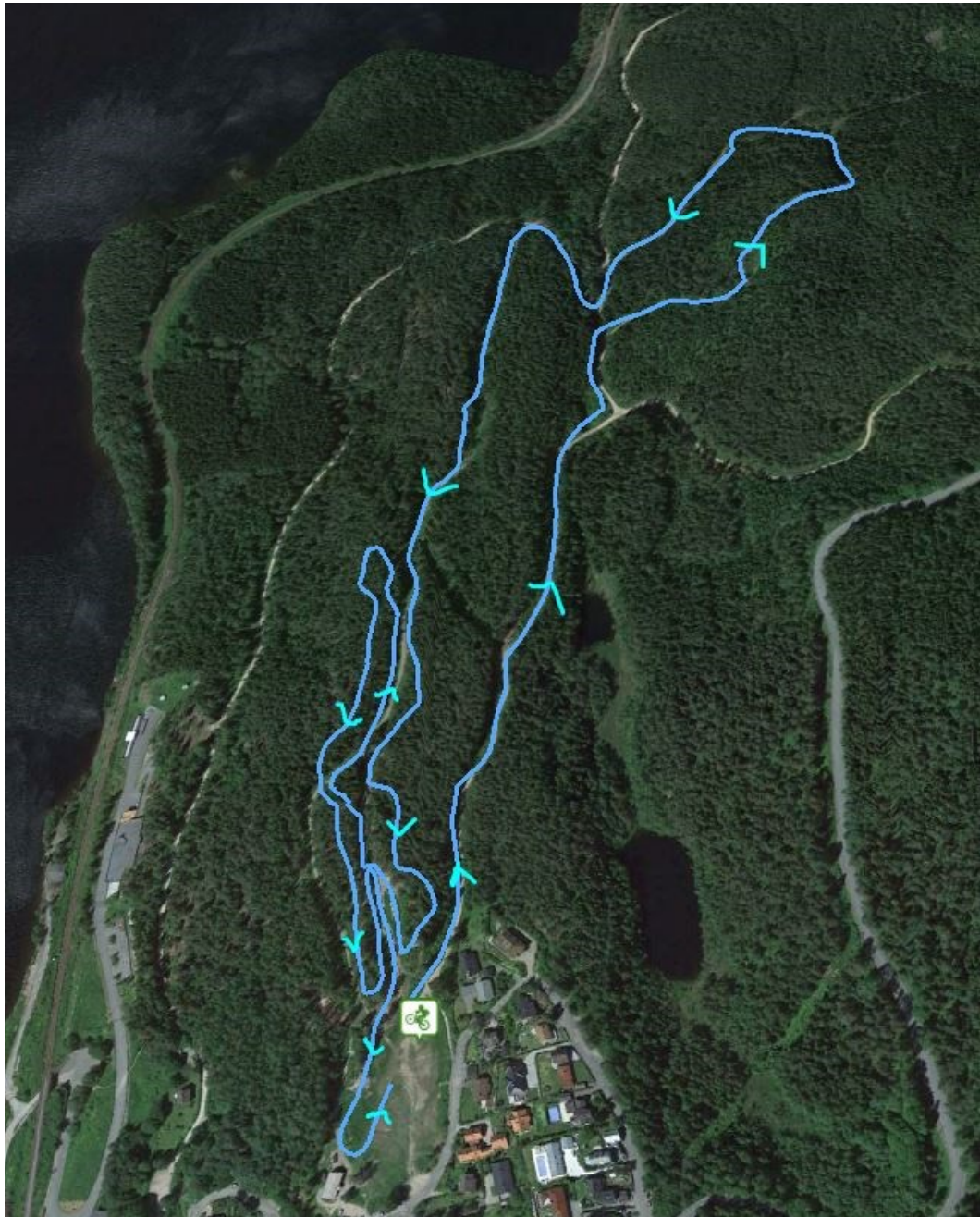
Categories women and men 13 and older ride on this course. The picture gives an overview, use the link for the exact map and GPS track: <http://www.gpsies.com/map.do?fileId=wtmfczjxbvezqnc>



11.5. Course map for Sunday's stage (NC #5) – Cross country Olympic/XCO

Blue course

Categories **women** and **men** 11-12 and 13-14 ride on this course The picture gives an overview, use the link for the exact map and GPS track: <http://www.gpsies.com/map.do?fileId=avvyizdrfumeayosx>



Red course

All categories for **women** and **men** 15 years and older ride on the red course. The picture gives an overview, use the link for the exact map and GPS track:

<http://www.gpsies.com/map.do?fileId=zkbxndjcknryyhgn>



12. RESULTS

Live results at <https://rittresultater.no/>:

- Friday's stage: https://rittresultater.no/en/sb_tid/1263
- Saturday's stage: https://rittresultater.no/en/sb_tid/1267
- Sunday's stage: https://rittresultater.no/en/sb_tid/1265
- Combined: https://rittresultater.no/en/sb_tid/1265/resultat/tidserie

We will also post results at the arena as soon as they are ready. Results are published later on www.sykling.no.

13. POINTS AND PRIZES

Below is an overview of the points and prizes for all categories. There are prizes and points both for the stage race and for each individual stage, as described in this section. Prizes are awarded at the arena; see where on the [Arena map](#).

13.1. Stage race (3-day)

Points

- Riders in **Elite (19+)** categories get **UCI points** in accordance with the UCI points system for category **S1** stage race.

Place	UCI points	Place	UCI points	Place	UCI points
1	120	13	30	25	10
2	100	14	28	26	9
3	80	15	26	27	8
4	75	16	24	28	7
5	70	17	22	29	6
6	65	18	20	30	5
7	60	19	18	31	4
8	55	20	16	32	3
9	50	21	14	33	2
10	45	22	13	34	1
11	40	23	12		
12	35	24	11		

- Riders in **Elite (19+)**, **Junior**, and **15-16** categories with results in the stage race get **NCF points** in accordance with [NCF category 3](#) races.

Prizes

- The best in **Elite (19+)** and **Junior** categories win the following monetary prizes:

Elite (19+) (UCI)		Junior (NC)	
Place	Prize	Place	Prize
1	900 €	1	kr 1,400
2	750 €	2	kr 800
3	600 €	3	kr 500
4	450 €		
5	375 €		
6	300 €		
7	225 €		
8	188 €		
9	150 €		
10	75 €		

- In the Junior category, we have other prizes from 4th place down to the best third.

- In the **15-16** category, the three best riders get prizes and we randomly draw prizes among the rest of the riders.

13.2. Mini stage race (2-day)

Riders in age group categories and masters' categories who finish both the Saturday and Sunday races are automatically entered into the mini stage race. No NCF ranking points are awarded in the masters' categories for the overall place in the mini stage race.

We award prizes in the mini stage race as follows:

M/W 11-12

We randomly draw prizes amongst the riders in each of these categories.

M/W 13-14

- The three best in each category get prizes.
- We randomly draw prizes among the rest of the riders in each category.

Masters categories

- The three best men and the three best women regardless of age get prizes.
- We randomly draw prizes among the rest of the male riders and among the rest of the female riders.

13.3. Individual races

Both riders who participate in **some** of the individual races (stages) and riders who participate in the **stage race** are awarded points and prizes in individual races as described below. Riders that don't finish one stage of the stage race **can still compete in the other stages for prizes and NCF points**.

Elite (19+), Junior, and 15-16 categories

Points

- The best in Elite (19+), Junior, and 15-16 categories get **NCF points** in accordance with [NCF point system for category 4](#).
- The best in Junior get **UCI points** in accordance with the UCI points system for category **C1** for the XCO race.

Place	UCI points
1	20
2	18
3	16
4	14
5	12
6	10
7	8
8	6
9	4
10	2

Prizes

- The best in Elite (19+) and Junior categories win the following monetary prizes:

Elite (19+) (UCI)		Junior (NC 3 and 4)		Junior (UCI and NC5)	
Place	Prize	Place	Prize	Place	Prize
1	200 €	1	kr 400	1	130 €
2	150 €	2	kr 300	2	100 €
3	100 €	3	kr 200	3	80 €
4	75 €			4	65 €
5	50 €			5	55 €
				6	45 €
				7	40 €
				8	30 €
				9	25 €
				10	20 €

In the junior category, we have other prizes from 4. place and through the best one-third for NC3 and NC4, and from the 11th place for NC5.

- In the 15-16 category, the best one-third gets a prize.

Categories M/W 13-14 and M/W Sport

The best one-third in each category gets a prize.

Categories from M/W 6 to M/W 12, inclusive

Each gets a prize.

Masters and Sport categories

Riders in the Master categories get Master Cup points in accordance with [NCF point system for Master Cup category 2](#). The best one-third in each category gets a prize.

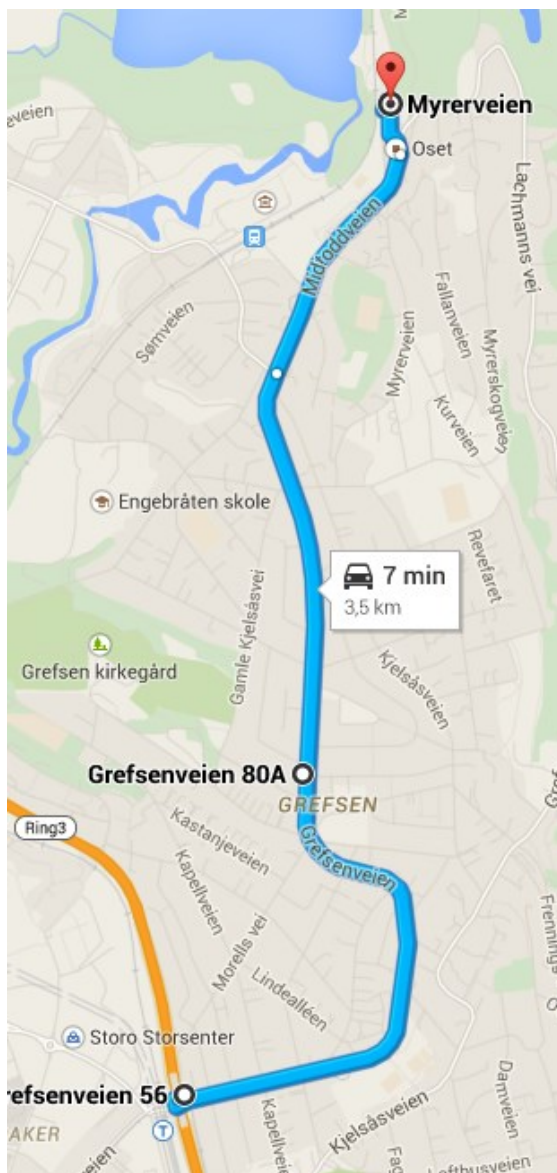
14. PARKING

Langsetløkka is in Kjelsås in Oslo, in a residential area with narrow streets.

Due to renovation of the roads below Langsetløkka, the parking situation is not clear yet. We will post updated information on where to park on our web page, in the English section closer to the race date – make sure to check there.

Note: It is not possible to park in the few ordinary parking spaces at Langsetløkka nor in the narrow streets by the arena.

All traffic to and from Langsetløkka disturbs the neighborhood residents. We wish to maintain a good relationship with the residents; please respect them when you visit the area for inspection and on the race weekend!



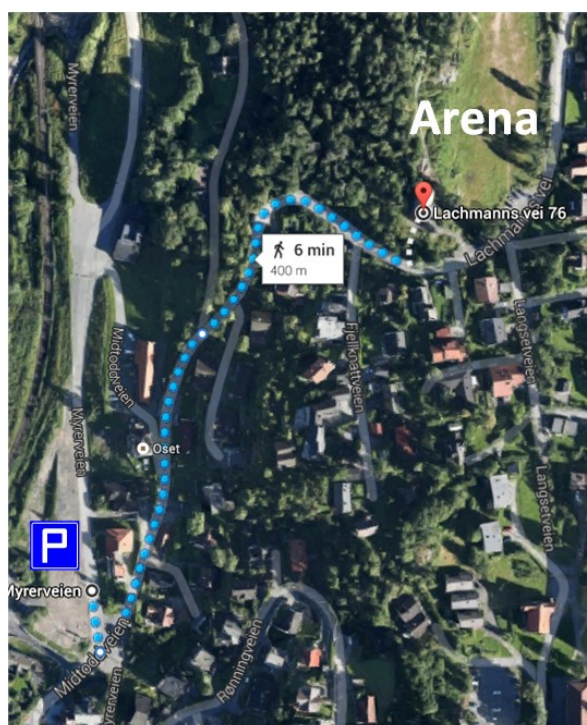
How to get to the parking lot:

Take Ring 3 to Storo. Exit at Storo, direction Grefsen. You should then be on Grefsenveien. Follow the road with streetcar tracks up to the street car's end station. Continue in the same direction past Kjelsåshallen. Immediately after Kjelsåshallen, the parking area is on the left.

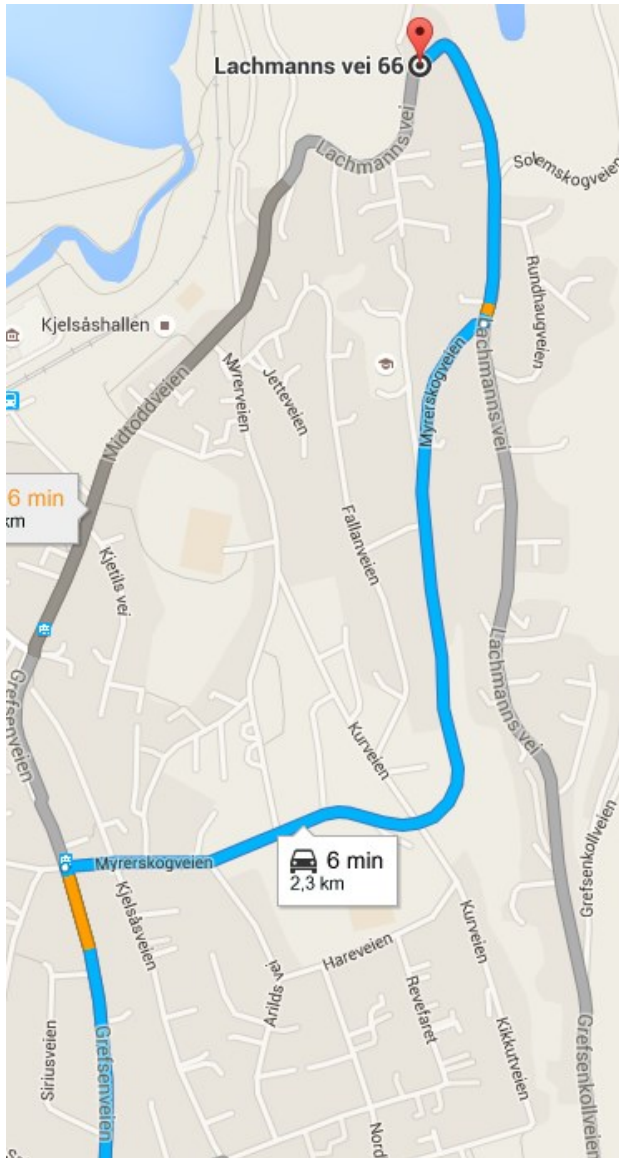
Use "Oset, Oslo" as the destination in Google Maps, or the address "Midtoddveien 34, 0494 Oslo" on GPS.

How to get from the parking area to the arena:

It's about 400 meters and takes about 6 minutes.



How to drive to the arena to unload tents:



Do **not** attempt to drive along the walking route, the road is private and no driving or parking is permitted.

When you drive up Grefsenveien from the Storo crossing (light regulated) turn right at the light regulated crossing at Myrerskogveien and follow this road until it ends and turn left into Lachmannsvei. Follow Lachmannsvei until you meet our parking staff and they'll guide you further.

15. INFORMATION

We update all the information about the race on our website: www.ryebikefestival.no. This invitation is also there. Important information about the race, for example changes in the technical assistance zone or the number of rounds, are also given at the Team Managers' meeting.

You find news about the race both on our website and on the Facebook groups «Norges Cup Terreng Rundbane», «Masters Cup Terreng», and «UCI Mountain bike races in Norway».

16. CONTACT PERSONS

16.1. Organizing committee

Role	Name	Phone (+47)
Event Manager	Tone Kristin Larsen	92 24 16 08
Course Manager	Tord Bern Hansen	95 13 56 07
Arena Manager	Jan Arild Brandt	90 97 69 29
Press and Media		
Race Office	Bjørn-Kåre Huseby	95 24 45 91
Registration and Timing	Ståle Berg	90 94 99 19
Prize Ceremony	Sally van Siclen	94 28 97 18
Parking / transportation	Knut Bergmann	90 19 06 38
Food and beverages	Anne Størseth	99 47 60 04
Course marshals	Johnny Norland	90 60 85 55
First aid service	Anne Vigdis Øksnes	99 27 49 65
Sponsoring	Tord Bern Hansen	95 13 56 07
Finance and accounting	Per Langseth	90 96 71 54

16.2. Commissaires

Role	Name	Club
PCP	María Jesus Gonzalez de La Rosa	Spain
PCP Assistant	Heikki Dahle	Kongsberg IF
Jury member	Camilla Frederich	Fana IL
Jury member	Pål Gulliksen	IF Frøy
Assisting commissaire		

17. VERSION HISTORY

Dato	Endring
29. March	Version 1