



Invitation



3.-5. May 2019

Kalas Rye 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 3. through Sunday 5. May 2019 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 is a new trail segment at the end of the blue and red courses – they wind closer to the arena and enable the spectators to see even more to the riders.

1. For **15-16, Junior** and **Elite** (19+) categories, we offer a three-day stage race. Each stage is also an individual Norwegian Cup race, so **riders can chose 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 chose 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 2019. 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 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.

Junior riders start in the Saturday stage based on the results after the Friday stage, and on Sunday based on their UCI points (Sunday is a C1 race), thereafter 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. Riders that did not compete on Saturday start behind those that compete both days.

*) 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 2019 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 until, and including, **22nd April 2019 23:59**. You find the link to register on https://signup.eqtiming.no/?lang=english&Event=Rye_terrengsykkelfestival.

If you are participating in:

- The 3-day stage race, register for XCT, XCC, and XCO
- The Junior XCO UCI race, register for XCO
- The mini stage race, register for XCC and XCO

Category	Ordinary registration	Late registration
6-9 years old	Kr 50	Kr 75
10-16 years old	Kr 170	Kr 255
Elite Junior	Kr 300	Kr 600
Elite Junior UCI race	Kr 350	Kr 700
Elite (19+)	Kr 450	Kr 900
Master/Sport	Kr 300	Kr 600

Late registration is possible for **all** categories until 1 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.

Contestant lists:

Friday: <https://live.eqtiming.com/44969#Contestants>

Saturday: <https://live.eqtiming.com/46611#Contestants>

Sunday: <https://live.eqtiming.com/46613#Contestants>

8. TEAM TENTS

Go to https://signup.eqtiming.no/?lang=english&Event=Rye_terrengsykkelfestival 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.

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 ACCOMODATION

We cooperate with a hotel and a hostel:

Thon Hotel Linne, Statsråd Mathiesens vei 12, 0598 Oslo. Telephone: +47 23 17 00 00, E-mail: linne@thonhotels.no, www.thonhotels.no (scroll down to the bottom to switch to English). The hotel is located in a residential area. It's about 15 min/25 min by car/bike to the race arena. From the hotel it's about 500 m to the bus stop for the airport coach and about 400 m to the subway.

Prices per night for	1 person	2 persons	3 persons
Double room w/breakfast	Kr 825,-	Kr 1025,-	Kr 1225,-

Safe storage of equipment. Evening buffet is offered and costs 205 kr/person. Parking at the hotel for 10 kr/hour or 150 kr/24 hours. Free street parking and at a parking lot about 300 m from the hotel. To get these prices give the tag "Sportsklubben Rye" when you book.

Haraldsheim Hostel, Haraldsheimveien 4, 0587 Oslo. You can book in one of the following ways:

- Live chat on www.haraldsheim.no
- Phone: 22 22 29 65
- Email: oslo.haraldsheim@hihostels.no

To get the special prices, give us the code RYE2019 when you book.

Prices for	Pr night
Single room w/private bathroom	Kr 720,-
Single room w/shared bathroom in the hall	Kr 640,-
Double room w/private bathroom	Kr 900,-
Double room w/shared bathroom in the hall	Kr 750,-
Room with four beds w/private bathroom	Kr 1520,-
Room with four beds w/ shared bathroom in the hall	Kr 1400,-

The prices also include: big breakfast buffet, towel, bed linen, free parking, wifi, access to guest kitchen and cool shared space with games, TV, and library. Safe storage of equipment.

The hostel is located in a residential area. It's about 10 min/20 min by car/bike to the race arena. From the hostel it's about 500 m to the bus stop for the airport coach and about 400 m to the subway.

Camping cars

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 2019, 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
		08:30	09:00	
Saturday	XCC	11:35	12:10	until 08:30 on the race day
		13:55	14:20	
Sunday	XCO	08:30	09:00	until 08:30 on the race day
		11:30	12:05	

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, 26. April. The courses for Friday and Saturday are fully marked on the morning of Thursday, 2. 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.

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

10.4. Equipment checks

Riders are responsible for using a helmet, bicycle, and race jersey according to regulations by UCI (Elite and Junior) or NCF (all other categories). Commissaires might check these items before or after the race.

- NCF requires a **minimum weight** for bicycles in the categories W/M 10-16 years, starting in 2019. Read about the rule in the [regulations](#). Make sure the weight of your bike is according to the rule before start. We have placed scales near the Secretariat so that you can check the weight of your bike yourself.
- For Norwegian riders, check the race jersey registered for your club/team at dommeroppsett.info

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.

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	2,4	1	2,40	0:05:30	18:33	19:10
M Junior	18:31	Orange	2,4	1	2,40	0:05:40	19:06	19:40
W Elite (19+)	19:04	Orange	2,4	1	2,40	0:06:20	19:25	20:15
W Junior	19:22	Orange	2,4	1	2,40	0:06:30	19:38	20:15
M 15/16	19:35	Orange	2,4	1	2,40	0:05:50	20:10	20:40
W 15/16	20:07	Orange	2,4	1	2,40	0:06:40	20:21	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 09:00								
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 09:00								
Novices 6-7	09:00	Green	1,3	1	1,3	00:07	09:07	09:50
Novices 8-9	09:05	Green	1,3	2	2,6	00:10	09:15	
M/W 10	09:20	Green	1,3	3	3,9	00:13	09:33	
W 11-12	09:40	Yellow XCC short	1,5	2	3,0	00:16	09:56	11:00
M 11-12	09:57	Yellow XCC short	1,5	2	3,0	00:12	10:09	
W 15-16	10:27	Yellow XCC	2,0	3	6,0	00:21	10:48	11:30
W 13-14	10:27	Yellow XCC	2,0	3	6,0	00:23	10:50	
W Master 30-34 and 35-39	10:27	Yellow XCC	2,0	3	6,0	00:23	10:50	
W Master 40-44 and 45-49	10:27	Yellow XCC	2,0	3	6,0	00:23	10:50	
W Master 50-54 and 55-59	10:27	Yellow XCC	2,0	3	6,0	00:23	10:50	
W Master 60+	10:27	Yellow XCC	2,0	3	6,0	00:23	10:50	
W Sport 17+	10:27	Yellow XCC	2,0	3	6,0	00:23	10:50	
M 13-14	10:58	Yellow XCC	2,0	3	6,0	00:21	11:19	
Training in yellow XCC course from 11:35 until 12:10 after the last rider, in the racing direction								
M Elite (19+)	12:14	Yellow XCC	2,0	5	10,0	00:28	12:42	14:00
M Junior	12:48	Yellow XCC	2,0	4	8,0	00:24	13:12	
W Elite (19+)	13:20	Yellow XCC	2,0	4	8,0	00:27	13:47	14:30
W Junior	13:21	Yellow XCC	2,0	3	6,0	00:21	13:42	
Training in yellow XCC course from 13:55 until 14:20 after the last rider, in the racing direction								
M 15-16	14:24	Yellow XCC	2,0	4	8,0	00:24	14:48	16:10
M Master 30-34 and 35-39	14:57	Yellow XCC	2,0	4	8,0	00:27	15:24	
M Master 40-44 and 45-49	14:57	Yellow XCC	2,0	4	8,0	00:27	15:24	
M Master 50-54 and 55-59	14:57	Yellow XCC	2,0	4	8,0	00:27	15:24	
M Master 60+	14:57	Yellow XCC	2,0	4	8,0	00:27	15:24	
M Sport 17+	14:57	Yellow XCC	2,0	4	8,0	00:27	15:24	

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 09:00 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 09:00									
M 11-12	09:00	Blue	No	2,6	2	5,2	00:16	09:16	10:30
W 11-12	09:20	Blue	No	2,6	2	5,2	00:18	09:38	
W 13-14	09:20	Blue	No	2,6	3	7,8	00:25	09:45	
M 13-14	09:50	Blue	No	2,6	4	10,4	00:29	10:19	
M 15-16	10:30	Red	No	5,4	3	16,2	00:54	11:24	12:15
M Master 30-34 og 35-39	10:32	Red	No	5,4	3	16,2	00:54	11:26	
M Master 40-44 og 45-49	10:32	Red	No	5,4	3	16,2	00:54	11:26	
M Master 50-54 og 55-59	10:32	Red	No	5,4	3	16,2	00:54	11:26	
M Master 60+	10:32	Red	No	5,4	2	10,8	00:40	11:12	
M Sport 17+	10:32	Red	No	5,4	2	10,8	00:45	11:17	
Training in the red course from 11:30 to 12:05 after the last rider, in the racing direction									
W Elite	12:10	Red	No	5,4	4	21,6	01:14	13:24	14:10
W Junior	12:13	Red	No	5,4	3	16,2	00:55	13:08	
W 15-16	12:13	Red	No	5,4	2	10,8	00:42	12:55	13:50
W Master 30-34 and 35-39	12:13	Red	No	5,4	2	10,8	00:48	13:01	
W Master 40-44 and 45-49	12:13	Red	No	5,4	2	10,8	00:48	13:01	
W Master 50-54 and 55-59	12:13	Red	No	5,4	2	10,8	00:48	13:01	
W Master 60+	12:13	Red	No	5,4	2	10,8	00:48	13:01	
W Sport 17+	12:13	Red	No	5,4	2	10,8	00:48	13:01	
M Elite	13:44	Red	No	6,3	5	27,0	01:17	15:01	15:40
M Junior	13:47	Red	No	6,3	4	21,6	01:06	14:53	

11. ARENA AND COURSES

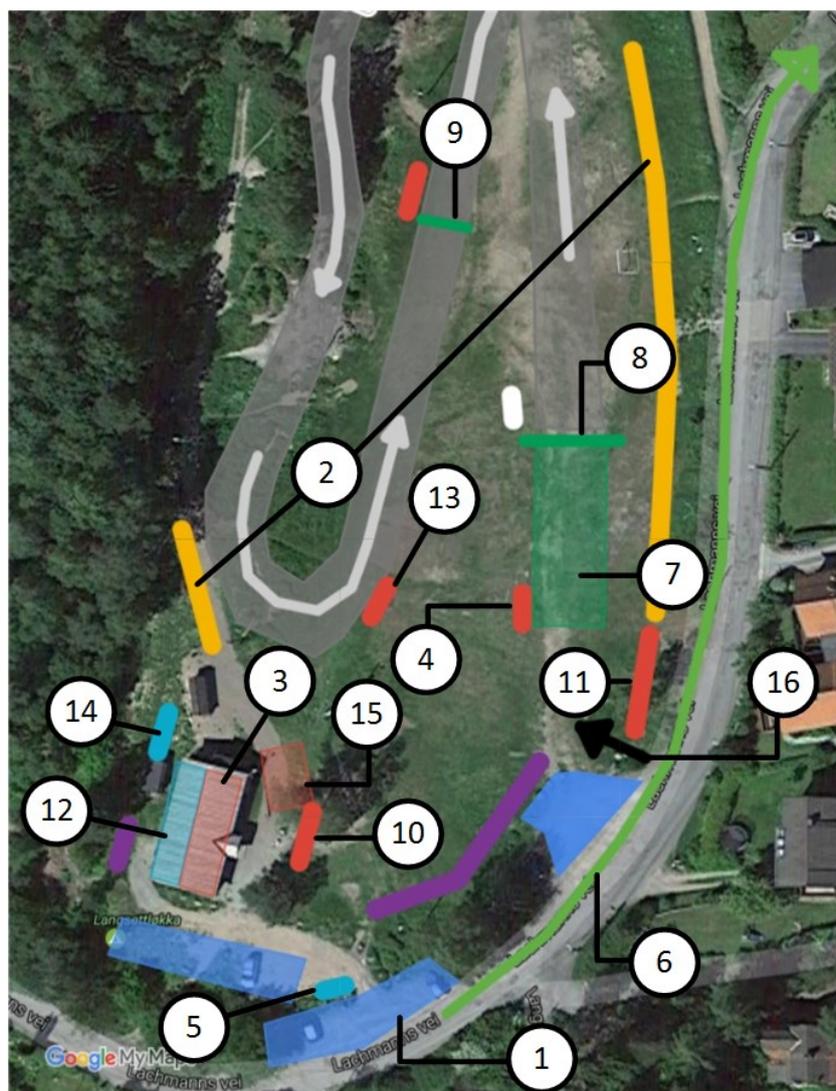
We have course marshals where the course crosses gravel roads. Their task is to keep other people out of the course and to contact the first aid personnel in case a rider needs help and treatment in the course. Riders are responsible for finding the way on their own and to know how many rounds they have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

Bicycle wash

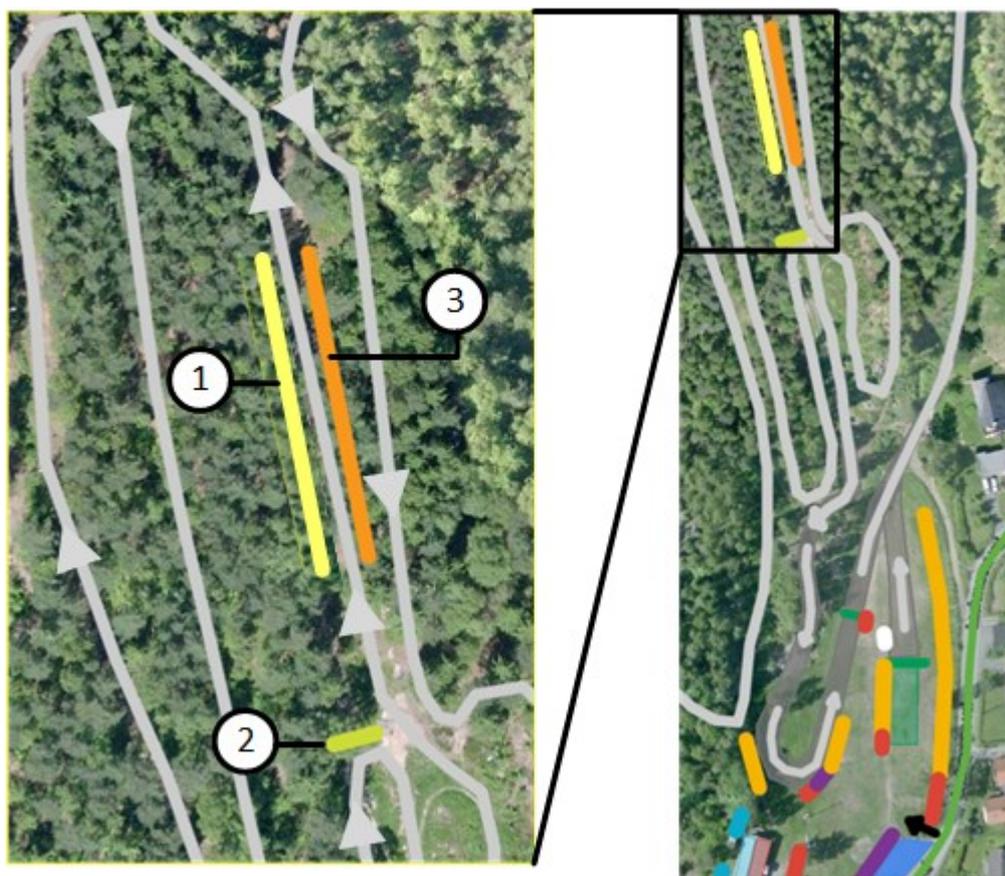
There are hoses for washing off bikes at the rear of the building.

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



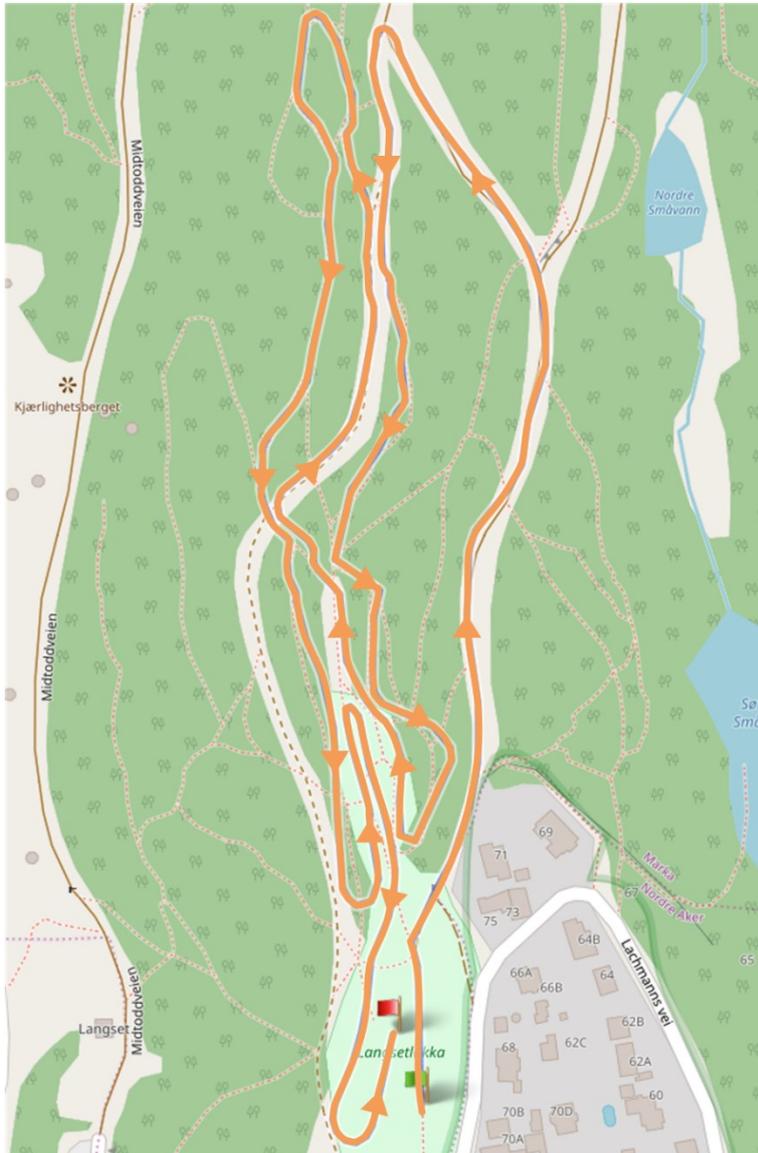
You can feed your riders from the right side of the course on the northward section (orange section on map).

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: <https://www.gpsies.com/map.do?fileId=srwmcyozkjrvtwz>

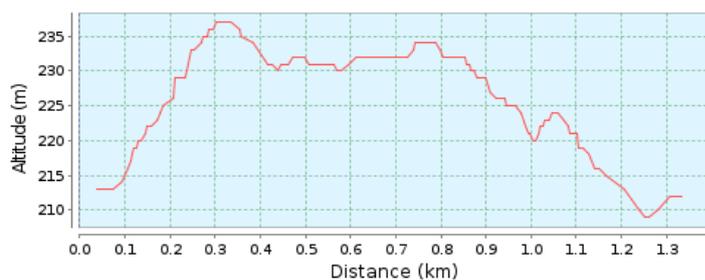


Altitude Profile (209 m to 237 m)

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

Green course

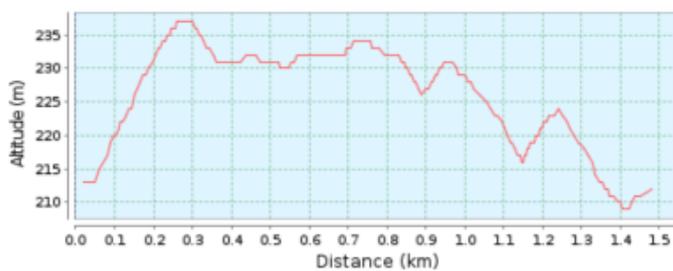
Everyone who is 10 years old or younger rides on this course. The picture gives an overview, use the link for the exact map and GPS track: <http://www.gpsies.com/map.do?fileId=pzlucuvfefvrstgh>



Course: Short yellow XCC

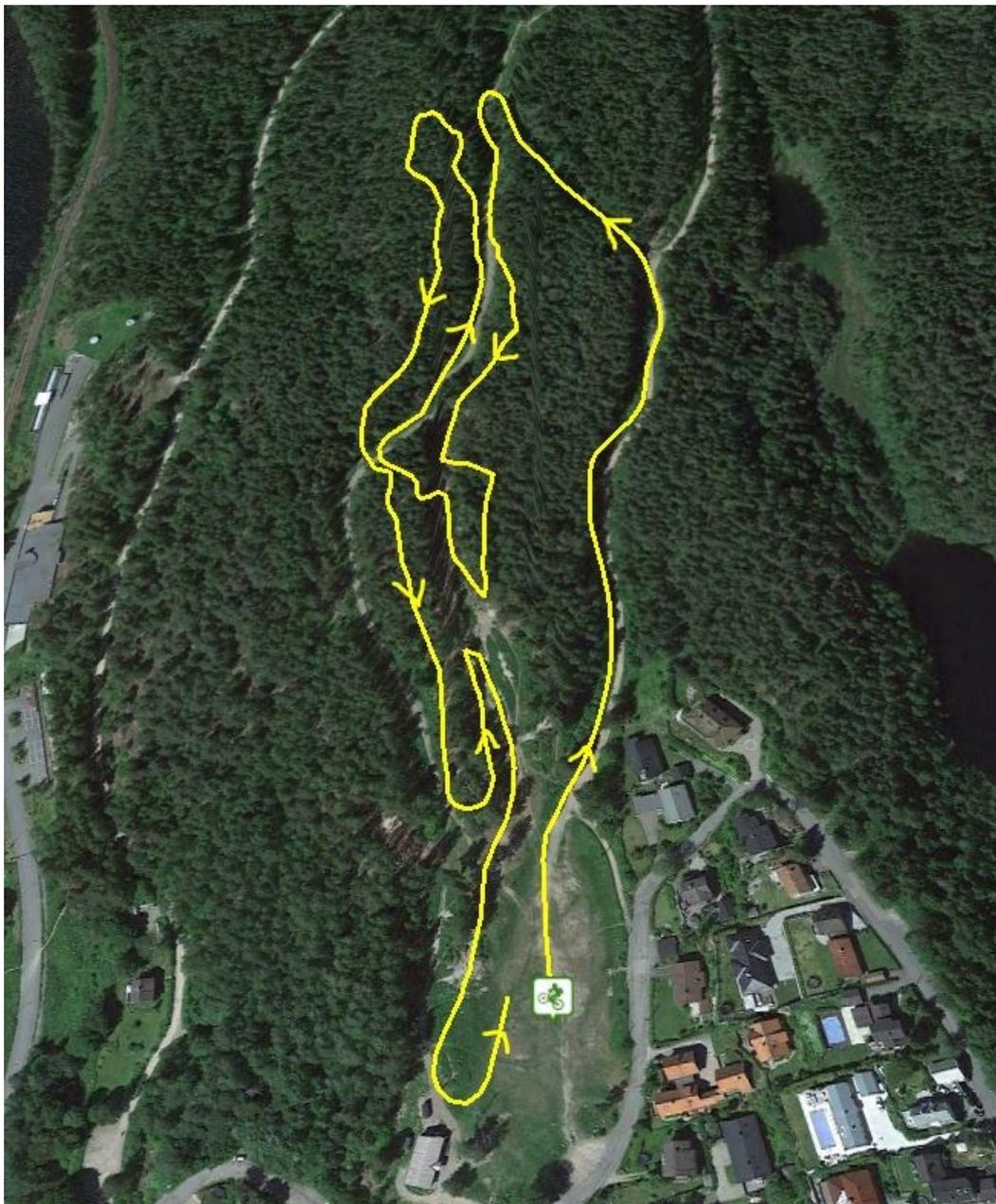
Categories women and men 11-12 ride on this course. The picture gives an overview, use the link for the exact map and GPS track:

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



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=wtmfczjxbvevzqnc>

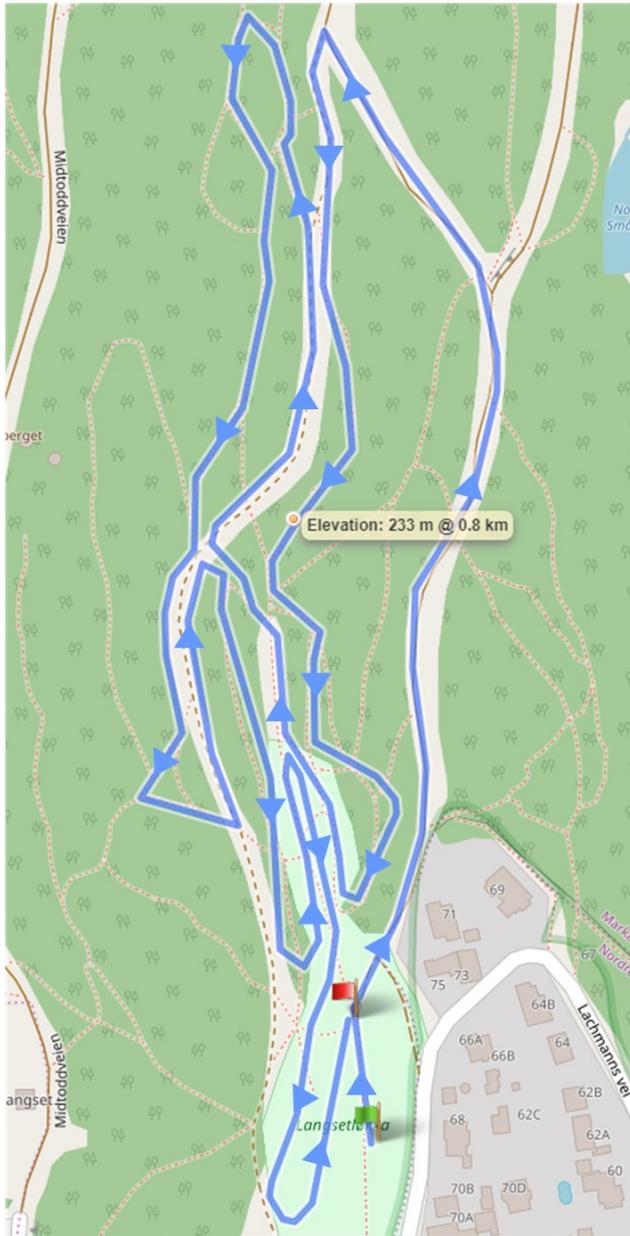


Altitude Profile (209 m to 237 m)

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: <https://www.gpsies.com/map.do?fileId=ijjfhuxufwybgtfh>

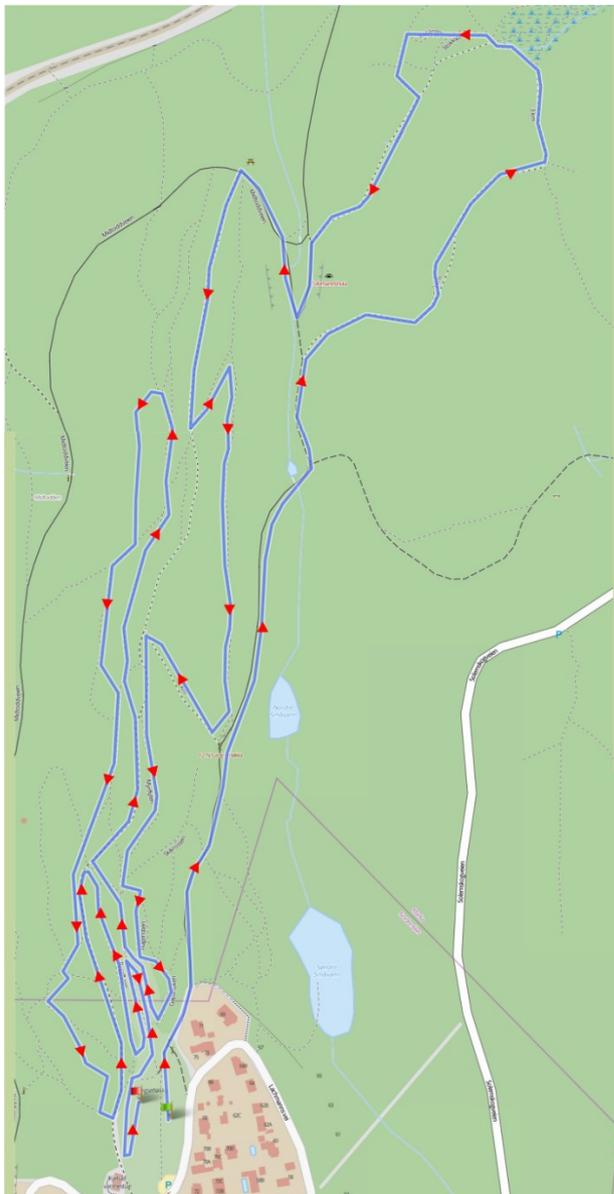


Altitude Profile (209 m to 237 m)

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:

<https://www.gpsies.com/map.do?fileId=vrvcjsiguykpfxmoc>



Altitude Profile (208 m to 252 m)

12. RESULTS

Live results:

- Friday: <https://live.eqtiming.com/44969#Contestants>
- Saturday: <https://live.eqtiming.com/46611#Contestants>
- Sunday: <https://live.eqtiming.com/46613#Contestants>
- Total standing: link will be added later

We will also post results at the arena as soon as they are ready.

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. 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!

A program for the day costs 50 kr, which you pay when you park. We accept cash and Vipps (517840).

[Parking on the road along the arena is not possible](#)

The road has recently been upgraded with a sidewalk and there is no longer space for parking here.

[Parking lots below the arena](#)

There is one **large** and one **small** lower parking lot, see the map. Use "Oset, Oslo" as the destination in Google Maps, or the address "Midtoddveien 34, 0494 Oslo" on GPS. Follow the main road "Ring 3" towards Storo. Note that the exit Storo is completely closed for cars due to road work. You have to take the exit at Nydalen (if you're coming from the west) or Sinsen (if you're coming from the east). Follow signs towards Kjelsås. The main street Grefsenveien is closed due to road work too. There are signs that guide you to the street Kjelsåsveien instead. Where Kjelsåsveien crosses the tram tracks, follow the tram tracks to the end station (about 100 m) and then continue in the same direction some hundred meters. The parking area is then on the left. Park efficiently so as many as possible get a space.

The road past the small parking lot is **private** and is a dead end. Driving or parking on this road is forbidden. Please respect the signs.

[Walking to the arena from the lower parking lot](#)

Walk on the mentioned private road (red on map), it's about 400 meters and takes about 6 minutes (uphill).

[Large parking lot above the arena](#)

There's a large parking lot in the wooded area about 2 km above the arena, this lot is named "Linderudkollen". There are two small parking lots on the side of the road to Linderudkollen as well. The map below shows where to start driving, then follow signs to "Linderudkollen". The driver should **bring a bike** for her/himself to bicycle the same way back to the parking lot on the road leading to the arena. The return by bike takes about 10 minutes and is mostly downhill.

[Have a lot to carry?](#)

If you have a tent, you're allowed to drive the road down to the arena and unload it there and immediately turn around to drive away and find parking. Be very careful when turning around. To get to here from the lower parking lot use the address «Lachmanns vei 59» as the destination in Google Maps.

Driving to Linderudkollen to park? Drop off your riders and any other luggage at our drop-point at the small, upper parking lot. They can bring the luggage down to the arena while you park. But bring a bike for yourself, it takes about 10 minutes to bike back down from Linderudkollen parking lot.



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 «Rye Bike Festival». You'll also find us on Instagram, @ryebikefestival.

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	Vigdis Winge	97 53 42 76
Race Office	Bjørn-Kåre Huseby	95 24 45 91
Registration support	Support desk	61 15 90 20
Timing support	Svein Erik Sneisen	97 69 09 04
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	Johny 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	Robert Gelo	Kroatia
PCP Assistant		
Jury member		
Jury member		
Assisting commissaire		
Assisting commissaire		

17. VERSION HISTORY

Dato	Endring
26.March	Version 1
31.March	Version 2. Added link to reserve space for team tents and corrected the link to register for the race.
7.April	Version 3. Corrected time for prize ceremonies and the distance of one lap in the green course.
12. April	Version 4. Added contact information for registration support.