



# Invitation



**3rd – 5th May 2024**

**Kalas Rye Bike Festival**

3 race days with UCI categories C3, C3, C1 (Norwegian Cup races 3, 4, and 5) for Elite (19+)

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

NCF Ranking race for 13-14 and masters

Novice races for 6-12

**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

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Friday 3<sup>rd</sup> through Sunday 5<sup>th</sup> May 2023 at [Langsetløkka](#) in Kjelsås in Oslo. For driving directions, see [Parking](#).

## 2. RACE DESCRIPTION

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Kalas Rye Mountain Bike Festival consists of three days of mountain bike races in the fun terrain in and around Langsetløkka.

1. Elite (19+): Three individual races with UCI status. Both UCI points and NCF points are awarded.
2. 15-16 and Junior: 3- day race. The results in the 3-day race are a ranking of the riders' overall time in the three races, minus bonus seconds. Riders who break one of the races, or doesn't start in a race, don't receive a total time in the 3-day race. Those who don't compete all three days, receive a result per race they participate in.
  - NCF points are awarded based on the riders overall time in the 3-day race and in each single race in the Junior classes and 15-16.
  - UCI points for the Junior classes are awarded based on the results for the XCO-race on Sunday.
3. The classes 13-14 and Master: 2 individual races.
  - NCF ranking points I 13-14.
  - NCF Master Cup points in Masters.
4. 6-12 year-olds: A circuit course on Saturday and Sunday with a mixture of gravel road and fine single-track that flows through the forest, with good overtaking possibilities. This spectator-friendly course means Mom and Dad can cheer on the hopefuls for large parts of the route.

### 2.1. Friday: NC 3 Short Cross-country Olympic (XCO)

The Elite category have a mass start and race one round in the purple course. This will be a short, intense race with a lot of shoulder-to-shoulder challenges. We will facilitate overtaking by marking corridors at suitable parts of the course.

The M 15-16 and M Junior categories start four at a time for one lap in the purple course. Riders are assigned to quartets based on their rank and the best ranked quartet starts last. The interim winner sits in the finish line throne until unseated by a new rider. The NCF MTB Committee has approved this format. It's exciting for riders and spectators.

Since W 15-16 and W Junior have fewer participants, they will start together with the W Elite mass start. This allows women to test themselves against the best.

The Friday results determine the start position on Saturday for the 15-16 and Junior categories, so race hard!

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

The short circuit race is on 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!

To avoid hindering a final sprint, we may remove lapped riders in M Elite. The decision will be taken in consultation with the Commissaire.

For 15-16 and Junior categories, “bonus seconds” are awarded to the first eight riders at each round and at the finish (20, 15, 11, 8, 5, 3, 2, 1 seconds). These “bonus seconds” are deducted when calculating the overall time in the 3-day race, and therefore have no effect on the results for the Short circuit race.

### 2.3. Sunday: 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 jumps and turns - which we think will appeal. Alternative lines are available for riders with less experience.

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.

## 3. RACE REGULATIONS

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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. 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 Short XCO	Saturday XCC	Sunday XCO
W 6-7 W 8-9 W 10	M 6-7 M 8-9 M10	No race	Novice race	Novice race
W 11-12 W 13-14	M 11-12 M 13-14	No race	Novice race Ranking race	Ranking race
W15-16	M15-16	NC race (NCF cat. 4)	3-day race (NCF cat. 3) NC race (NCF cat.4)   NC race (NCF cat. 4)	
W Junior (17-18)	M Junior (17-18)	NC race (NCF cat. 4)	3-day race (NCF cat. 3) NC Race (NCF cat.4)   NC Race (UCI cat.1/NCF cat. 4)	
W Elite (19+)	M Elite (19+)	NC race (UCI cat.3/NCF cat. 3)	NC race (UCI cat.3/NCF cat. 3)	NC race (UCI cat.1/NCF cat. 3)
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	Ranking race 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 2024. 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.

### Seeding on Friday

- M/W Elite og Junior: 1. UCI-points, 2. NC-points, thereafter random drawing.
- M/W 15-16: NCF-ranking points, thereafter random drawing.

### Seeding on Saturday

- M/W 6-12: random drawing.
- M/W 13-14: NCF-ranking points, thereafter random drawing.
- M/W 15-16 and Junior: based on their results after the Friday stage, including bonus seconds. Riders who did not compete on Friday start behind those who did, seeded according to their UCI or NCF ranking and thereafter randomly drawn.
- M/W Elite: 1. UCI-points, 2. NC-points, 3. result from Friday, thereafter random drawing.
- M/W Master: NCF-ranking for Masters Cup (across age categories, see Norwegian invitation), thereafter random drawing.
- M/W Sport: random drawing.

### Seeding on Sunday

- M/W 6-12: random drawing.
- M/W 13-14 and Masters: NCF-ranking points, thereafter random drawing.

- M/W 15-16: based on the results after the Saturday stage. Riders who have not competed both days start behind those who did.
- M/W Junior: 1. UCI points, 2. based on their results after the Friday and Saturday stages, thereafter randomly drawn.
- M/W Elite: 1. UCI-points, 2. NC-points, then random drawing.
- M/W Sport: random drawing.

## 6. LICENSE

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All riders who are 13 years old or older must have a valid license for 2024 and are thereby insured. Norwegian 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, sykling.no

## 7. REGISTRATION

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**Ordinary** registration is open until, and including, **29<sup>th</sup> April 2024 23:59**.

### [Registration](#)

Please note that the registration fee is for each race.

Category	Ordinary registration	Late registration
6-9 years old	Kr 50	Kr 75
10-16 years old	Kr 170	Kr 255
UCI Elite/Junior	Kr 350	Kr 700
UCI Elite C3	Kr 350	Kr 700
UCI Elite C1	Kr 450	Kr 900
Master/Sport	Kr 300	Kr 600

Late registration is possible for all categories until 1 hour 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.

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

Contestant lists all days:

### [Contestant list](#)

## 8. TEAM TENTS

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Reserve a place for your team or club tent by the ordinary registration date. 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. Contact the secretariat for your assigned tent space. If you forget to reserve, we cannot guarantee a tent space. Please ensure that your tent is secured against wind, particularly overnight.

Here are link for registration for tents:

[Reservation tents](#)

Size	Price
3 x 3 meter	Kr 300,-
3 x 6 meter	Kr 600,-
3 x 9 meter	Kr 900,-

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

## 9. OVERNIGHT ACCOMODATION

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Thon Hotel Storo, Vitaminveien 23, 0485 Oslo Telefon: +47 23 40 02 00 [Thon hotel Storo](#). The hotel operates with a discount for participants (use code .

Camping in Oslo: Topcamp Bogstad - Oslo | [Topcamp Bogstad Oslo](#)

## 10. TIMES AND ROUNDS

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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 8:00
Sunday	From 8:00

To collect the start number, you must have a license for 2022, take your license with you to the race.

You may purchase a one-race license at the Secretariat. It costs 50 kr.

Securely 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).

### 10.2. Training times on 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.

For training times please see timetables in chapter 10.6 to 10.8. In addition, if there are no delays, the course will also be opened for training on Saturday between 14:15 and 15:00.

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.
- All training during official training periods shall be done in the direction of the race.
- It is not permitted to modify the course. 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 during the course of Friday, 28th April. The courses for Friday and Saturday are fully marked on the evening of Thursday, 4th April. 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 will either be held in the same building as the Secretariat or outside the Secretariat.

Friday: 1630

Saturday/Sunday: 0830 and 1100



### 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. 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](http://dommeroppsett.info)

### 10.5. Calling to the start

Riders are called to assemble at the start no earlier than 10 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 10 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.

### 10.6. Timetable for Friday's race (NC 3) – Short Cross-country Olympic/XCO

Categories	Start	Course	Lap distance [km]	Laps	Total distance [km]	Expected winning time (dry)	Winner finishes	Prize ceremony
Training in the courses until 17:50								
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 16:30								
M 15/ 16 - Heat 4 riders	18:00	XCO Purple	4,1	1	4,1	00:14	18:30	Løpende
W-Elite	18:30	XCO Purple	4,1	1	4,1	00:15	18:45	Løpende
W-Junior + W 15/16	18:30	XCO Purple	4,1	1	4,1	00:16	18:46	Løpende
M-Elite	18:45	XCO Purple	4,1	1	4,1	00:13	18:58	Løpende
M-Junior - Heat 4 Riders	19:00	XCO Purple	4,1	1	4,1	00:14	19:30	Løpende

## 10.7. Timetable for Saturday's race (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
<b>Training</b> in the courses until <b>08:50</b>								
No traffic on bike in the parts of course where a race is underway. Breach of regulation might lead to <b>DQS</b>								
Team leaders' meeting at <b>08:30</b>								
<b>Rekrutter 6-7</b>	<b>08:55</b>	Grønn	1,3	1	1,3	00:07	09:02	<b>Continued</b>
<b>Rekrutter 8-9</b>	<b>09:03</b>	Grønn	1,3	2	2,6	00:10	09:13	
<b>M/K 10</b>	<b>09:20</b>	Grønn	1,3	2	2,6	00:09	09:29	
<b>Training</b> in the courses from <b>09:30</b> to <b>10:00</b> <b>after the last rider, in the racing direction</b>								
<b>M 11 / 12</b>	<b>10:05</b>	Gul XCC kort	1,5	2	3,0	00:10	10:15	<b>11:40</b>
<b>M 13 / 14</b>	<b>10:25</b>	Gul XCC kort	1,5	3	4,5	00:12	10:37	
<b>K 11 / 12</b>	<b>10:45</b>	Gul XCC kort	1,5	2	3,0	00:11	10:56	
<b>K 13 / 14</b>	<b>11:05</b>	Gul XCC kort	1,5	3	4,5	00:13	11:18	
<b>Lagledermøte 11:30</b>								
<b>Training</b> in the courses from <b>11:30</b> to <b>12:00</b> <b>after the last rider, in the racing direction</b>								
<b>M 15 / 16</b>	<b>12:10</b>	Gul XCC	2,0	4	8,0	00:21	12:31	<b>13:00</b>
<b>Training</b> in the courses from <b>12:40</b> to <b>13:10</b> <b>after the last rider, in the racing direction</b>								
<b>K-Elite</b>	<b>13:20</b>	Gul XCC	2,0	4	8,0	00:24	13:44	<b>14:15</b>
<b>K-Junior</b>	<b>13:20</b>	Gul XCC	2,0	3	6,0	00:18	13:38	
<b>K 15-16</b>	<b>13:20</b>	Gul XCC	2,0	3	6,0	00:18	13:38	
<b>K- Master 30-34 og 35-39</b>	<b>13:20</b>	Gul XCC	2,0	3	6,0	00:19	13:39	
<b>K- Master 40-44 og 45-49</b>	<b>13:20</b>	Gul XCC	2,0	3	6,0	00:23	13:43	
<b>K- Master 50-54 og 55-59</b>	<b>13:20</b>	Gul XCC	2,0	3	6,0	00:23	13:43	
<b>K- Master 60+</b>	<b>13:20</b>	Gul XCC	2,0	3	6,0	00:23	13:43	
<b>K Sport 17+</b>	<b>13:20</b>	Gul XCC	2,0	3	6,0	00:23	13:43	
<b>Training</b> in the courses from <b>14:00</b> to <b>14:45</b> <b>after the last rider, in the racing direction</b>								
<b>M-Elite</b>	<b>14:55</b>	Gul XCC	2,0	5	10,0	00:25	15:20	<b>16:15</b>
<b>M-Junior</b>	<b>15:30</b>	Gul XCC	2,0	4	8,0	00:21	15:51	
<b>Training</b> in the courses from <b>16:00</b> to <b>16:30</b> <b>after the last rider, in the racing direction</b>								
<b>M Master 30-34 og 35-39</b>	<b>16:35</b>	Gul XCC	2,0	4	8,0	00:22	16:57	<b>17:20</b>
<b>M Master 40-44 og 45-49</b>	<b>16:35</b>	Gul XCC	2,0	4	8,0	00:22	16:57	
<b>M Master 50-54 og 55-59</b>	<b>16:35</b>	Gul XCC	2,0	4	8,0	00:22	16:57	
<b>M Master 60+</b>	<b>16:35</b>	Gul XCC	2,0	4	8,0	00:22	16:57	
<b>M Sport 17+</b>	<b>16:35</b>	Gul XCC	2,0	4	8,0	00:22	16:57	

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

Categories	Start	Course	Start-lap	Km /runde	Runder	Km totalt	Antatt vinnertid (tørt)	Vinner i mål ca kl	Premie utdeling
<b>Training</b> in the courses until <b>08:50</b> No traffic on bike in the parts of course where a race is underway. Breach of regulation might lead to <b>DQS</b>									
Team leaders' meeting at <b>08:30</b>									
<b>Rekrutter 6-7</b>	<b>08:55</b>	Grønn	No	1,3	1	1,3	00:07	09:02	Løpende
<b>Rekrutter 8-9</b>	<b>09:03</b>	Grønn	No	1,3	2	2,6	00:10	09:13	
<b>M/K 10</b>	<b>09:20</b>	Grønn	No	1,3	3	3,9	00:13	09:33	
Training in blue course from <b>09:30</b> to <b>10:00</b> after the last rider, in the racing direction									
<b>M 11-12</b>	<b>10:05</b>	Blå	No	2,6	2	5,2	00:16	10:21	10:45
<b>K 11-12</b>	<b>10:25</b>	Blå	No	2,6	2	5,2	00:18	10:43	
<b>K 13-14</b>	<b>10:25</b>	Blå	No	2,6	3	7,8	00:25	10:50	12:00
<b>M 13-14</b>	<b>11:00</b>	Blå	No	2,6	4	10,4	00:29	11:29	
Team leaders' meeting at <b>11:30</b>									
Training in red course from <b>11:30</b> to <b>12:00</b> after the last rider, in the racing direction									
<b>M 15-16</b>	<b>12:05</b>	Rød	No	5,4	3	16,2	00:54	12:59	13:30
<b>M Master 30-34 og 35-39</b>	<b>12:10</b>	Rød	No	5,4	3	16,2	00:54	13:04	
<b>M Master 40-44 og 45-49</b>	<b>12:10</b>	Rød	No	5,4	3	16,2	00:54	13:04	
<b>M Master 50-54 og 55-59</b>	<b>12:10</b>	Rød	No	5,4	3	16,2	00:54	13:04	
<b>M Master 60+</b>	<b>12:10</b>	Rød	No	5,4	2	10,8	00:40	12:50	
<b>M Sport 17+</b>	<b>12:10</b>	Rød	No	5,4	2	10,8	00:45	12:55	
<b>M Sport 17+</b>	<b>12:10</b>	Rød	No	5,4	2	10,8	00:45	12:55	
Training in red course from <b>13:15</b> to <b>13:45</b> after the last rider, in the racing direction									
<b>K-Elite</b>	<b>13:50</b>	Rød	No	5,4	4	21,6	01:14	15:04	15:35
<b>K- Junior</b>	<b>13:50</b>	Rød	No	5,4	3	16,2	00:55	14:45	
<b>K 15-16</b>	<b>13:50</b>	Rød	No	5,4	2	10,8	00:42	14:32	
<b>K- Master 30-34 og 35-39</b>	<b>13:50</b>	Rød	No	5,4	2	10,8	00:48	14:38	
<b>K- Master 40-44 og 45-49</b>	<b>13:50</b>	Rød	No	5,4	2	10,8	00:48	14:38	
<b>K- Master 50-54 og 55-59</b>	<b>13:50</b>	Rød	No	5,4	2	10,8	00:48	14:38	
<b>K- Master 60+</b>	<b>13:50</b>	Rød	No	5,4	2	10,8	00:48	14:38	
<b>K Sport 17+</b>	<b>13:50</b>	Rød	No	5,4	2	10,8	00:48	14:38	
<b>K Sport 17+</b>	<b>13:50</b>	Rød	No	5,4	2	10,8	00:48	14:38	
Training in red course from <b>15:05</b> to <b>15:40</b> after the last rider, in the racing direction									
<b>M-Elite</b>	<b>15:45</b>	Rød	No	5,4	5	27,0	01:17	17:02	17:30
<b>M-Junior</b>	<b>15:48</b>	Rød	No	5,4	4	21,6	01:06	16:54	

## 11. ARENA AND COURSES

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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.

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

### 11.1. Arena map

Arena map depends on infection control requirements at the time of the race, visit [www.ryebikefestival.no](http://www.ryebikefestival.no).

#### 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. 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:

**Oslo legevakt, telefon 116 117, Trondheimsveien 233 (Aker sykehus), Oslo.**

#### Changing rooms and toilets

The changing rooms with showers are not open due to infection control regulations. There are several mobile toilets behind the building with the Secretariat.

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

#### Kiosk

The menu is fruit, sandwiches, cakes, waffles, hot dogs. We also offer smoothies, mineral water and coffee. Payment only by card or Vipps.

The kiosk opens right before the Team Managers' Meeting and closes after the last prizes are awarded.

#### Bicycle wash

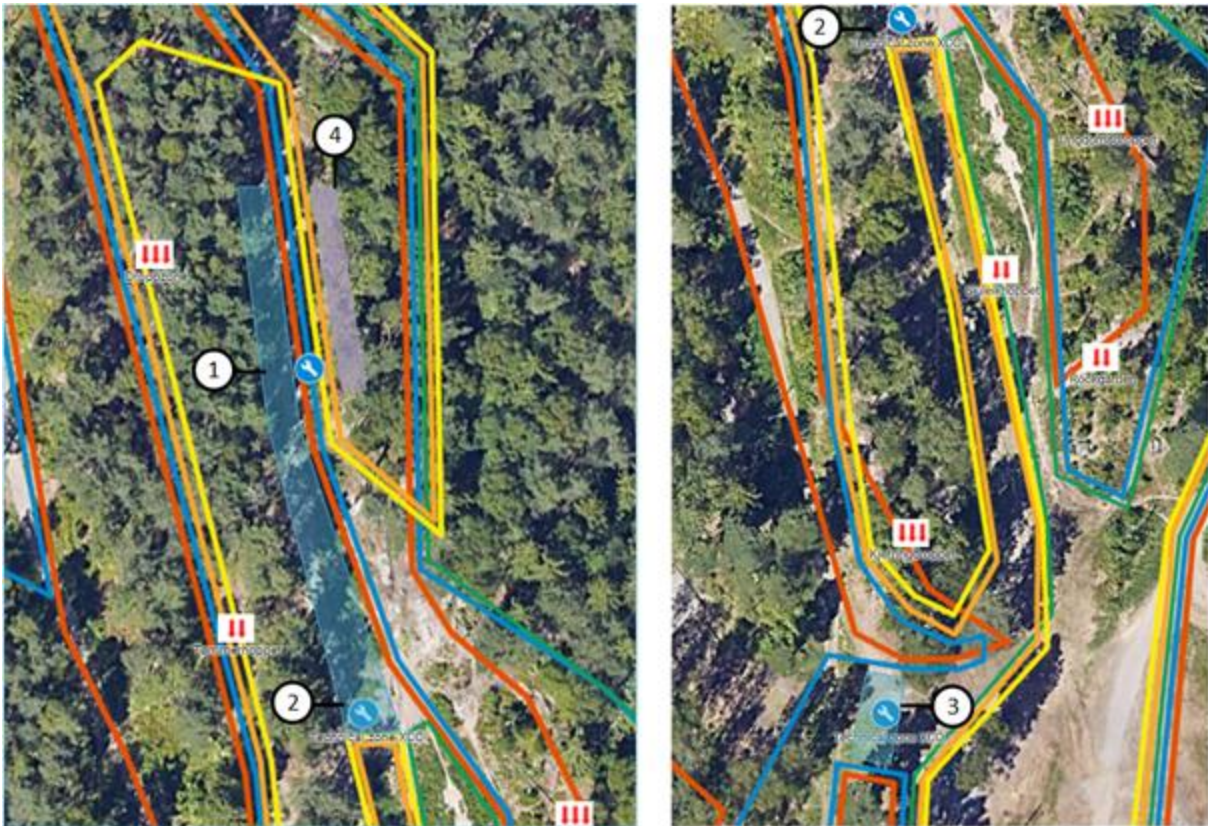
There are pressure washers for washing off bikes behind the small building.

### 11.2. Technical assistance and feed zone

We have three 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 visible carry an accreditation card. 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: Technical zone no. 3    4: Feeding zone



#### Technical zones

Technical zone 1 is the main zone and comes about halfway into the course. It is used in all three races. Technical zone 2 is connected to Technical zone 1 and is only used for the XCC race.

Technical zone 3 serves two parts of the red and blue courses for the XCO races.

#### Feed zone

The feed zone is in conjunction with Technical zone 1. You can feed your riders from the right side of the course on the northward section (purple section on map).

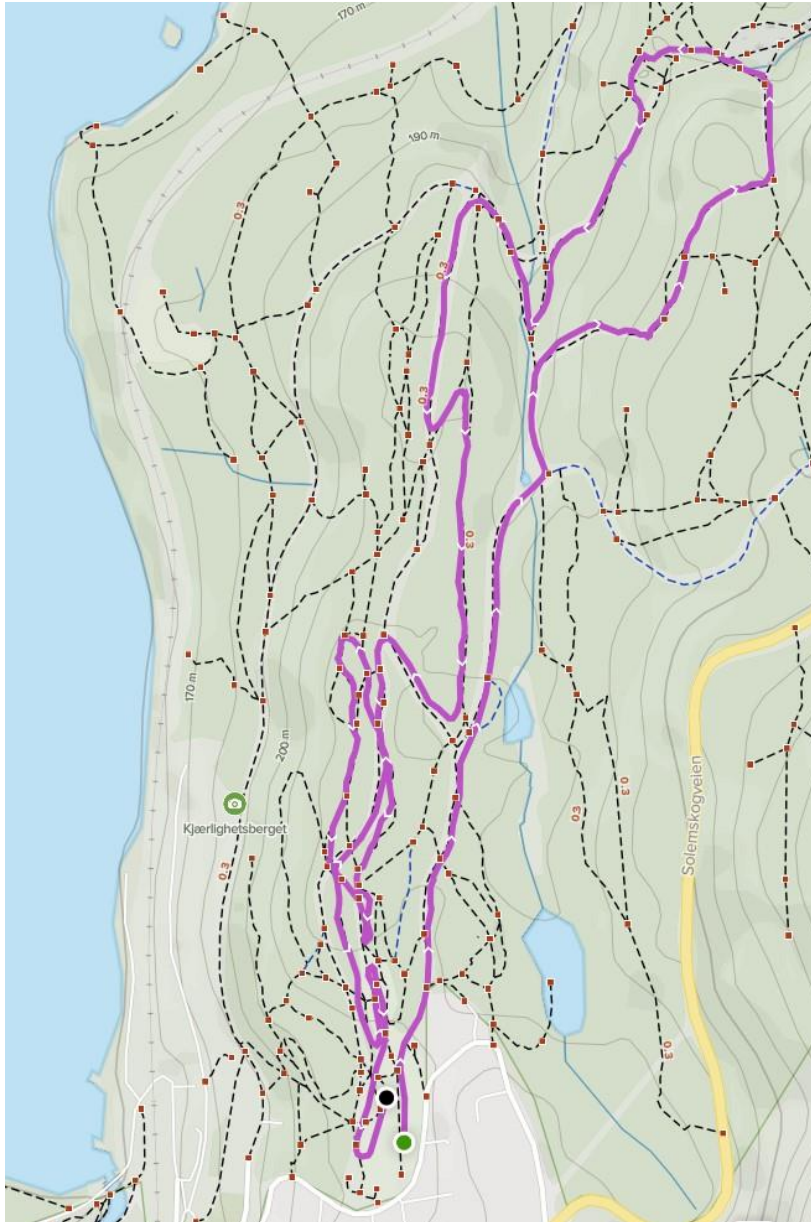
### 11.3. Technical elements

Element	XCO Short	XCC	XCO Green	XCO Blue	XCO Red
Skrent fra Trøstestien	A, B	-	-	-	A, B
Ungdomsdroppet	-	-	B	A, B	A, B
Rockgarden	-	-	B	A, B	A, B
Dropzone	A2, B	A2, B	-	A2, B, C	A1, B, C
Tømmerhoppet	A, B	A, B	-	A, B	A, B
Kjerringdroppet	B	B	-	A, B	A, B
Torjusberget - upper	-	-	-	-	A, B
Torjusberget - lower	-	-	-	A, B	B
Skileikkulen	Yes	Yes	Yes	-	-

### 11.4. Course map for Friday (NC 3) – Cross-country Olympic/XCO

Purple course

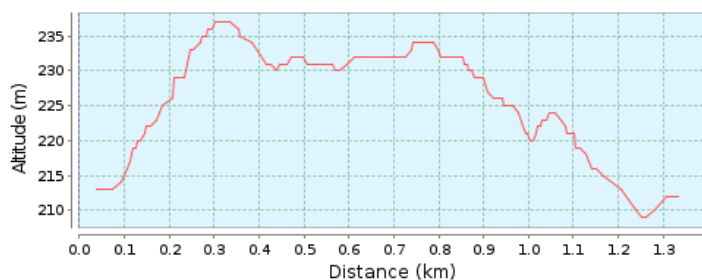
Categories 15-16, junior, and senior ride this course. The picture gives an overview, use the link for the exact map and GPS track: <https://www.alltrails.com/explore/map/map-621eb0b--46?u=m>



### 11.5. Course map for Saturday (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=pzluuvfefvrstgh>

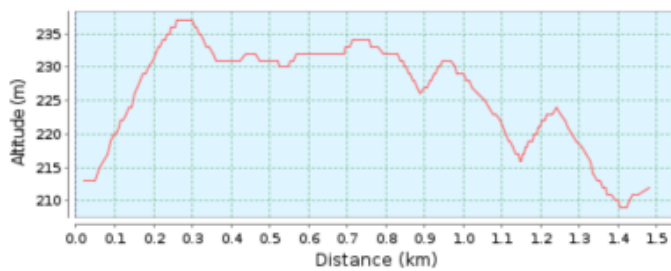




Course: Short yellow XCC

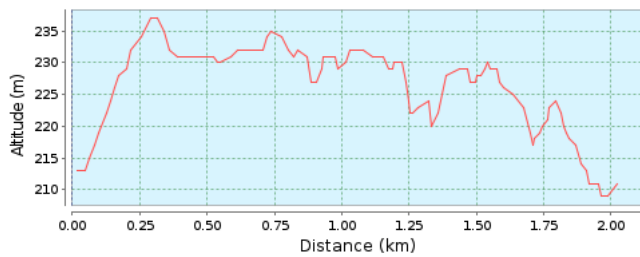
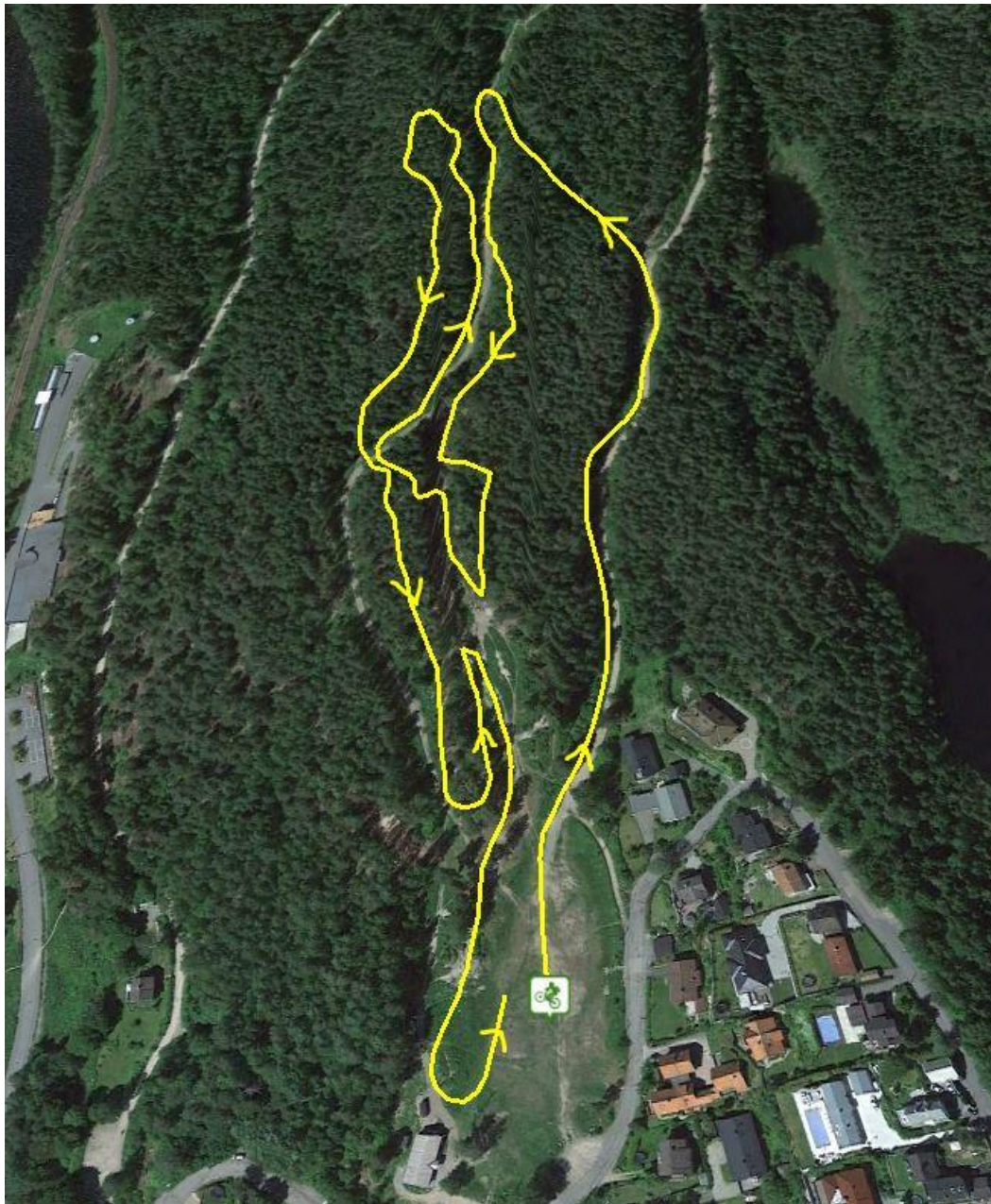
Categories women and men 11-12 and 13-14 ride on this course. The picture gives an overview, use the link for the exact map and GPS track:

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



Course: Yellow XCC

Categories women and men 15 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>

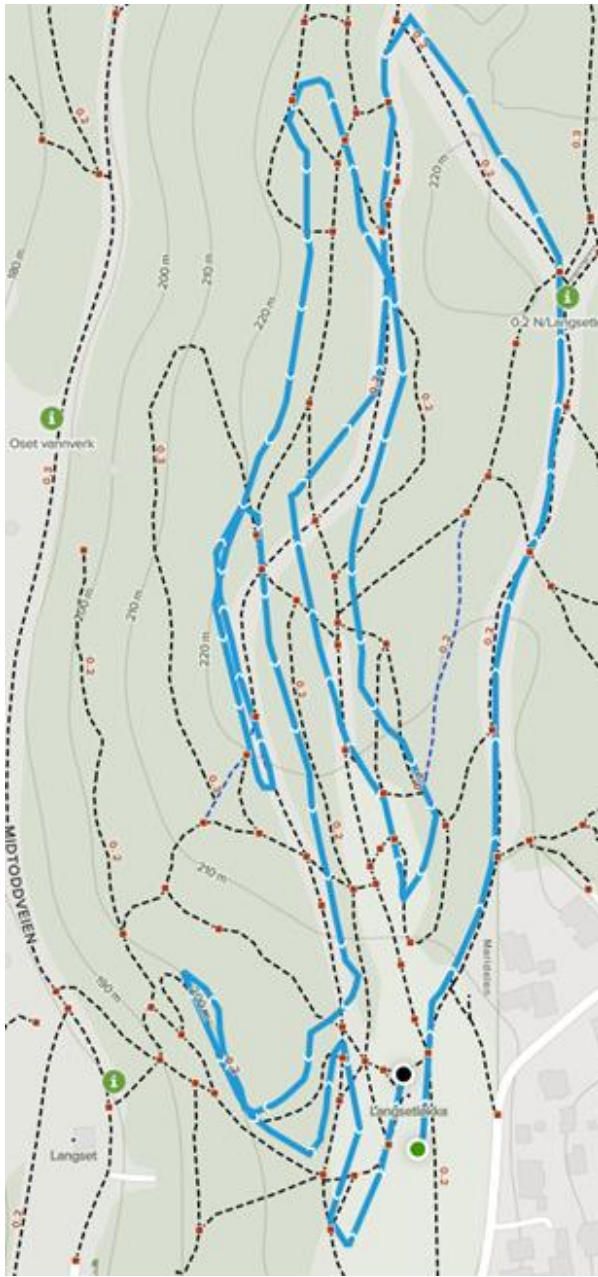


Altitude Profile (209 m to 237 m)

### 11.6. Course map for Sunday (NC 5) – Cross country Olympic/XCO

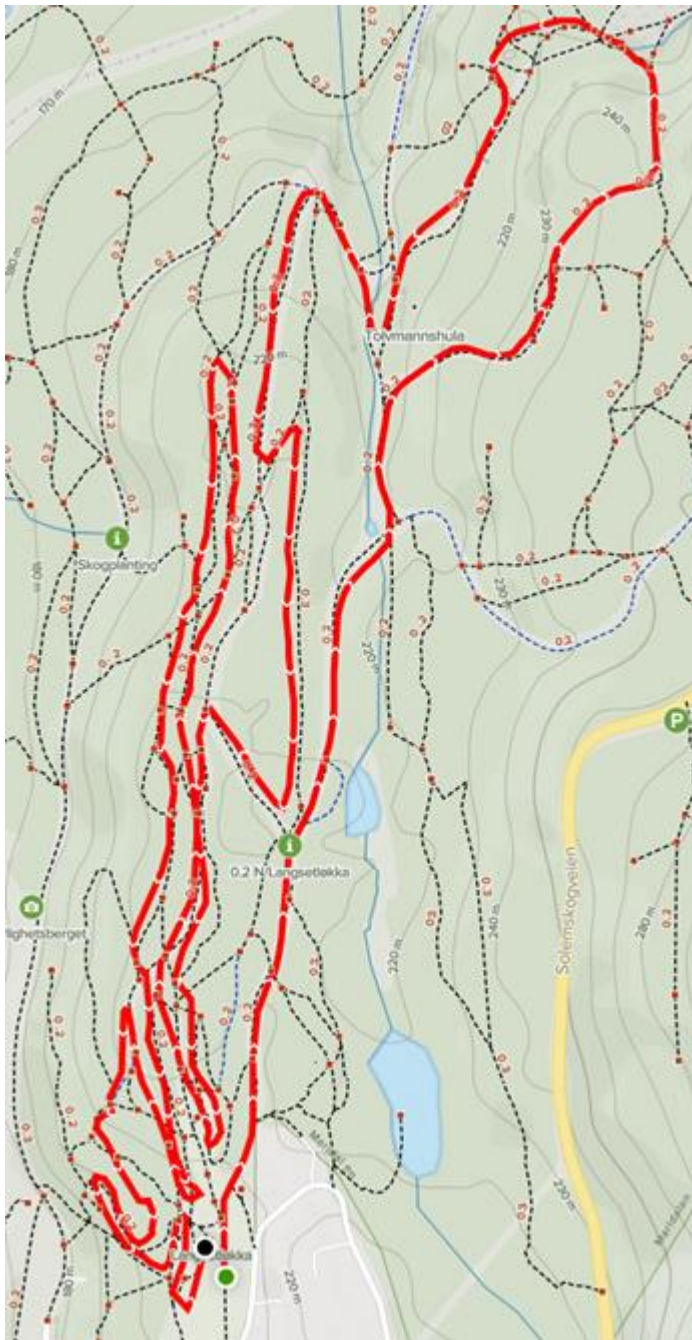
Blue course

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.alltrails.com/explore/map/map-ac9815b--52?u=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.alltrails.com/explore/map/map-249338e--38?u=m>



## 12. RESULTS

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Results and total standing for 15-16 and Junior, please see [Results](#)

## 13. POINTS AND PRIZES

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There are prizes and points both for the 3-day race and for each individual race. Prizes are awarded at the arena; see where on the [Arena Map](#).

### 13.1. Individual races

#### Elite (19+) categories

The best in Elite categories get UCI points in accordance with the UCI points system and NCF points in accordance with NCF point system for category 3. The best in Elite (19+) categories win the following monetary prizes:

Elite (19+) Short XCO		Elite (19+) XCC		Elite (19+) XCO	
Place	Prize	Place	Prize	Place	Prize
1	200 €	1	200 €	1	600 €
2	150 €	2	150 €	2	500 €
3	100 €	3	100 €	3	400 €
4	75 €	4	75 €	4	300 €
5	50 €	5	50 €	5	250 €
				6	200 €
				7	150 €
				8	125 €
				9	100 €
				10	50 €

#### Junior categories

The best in Junior get UCI points in accordance with the UCI points system for category C1 for the XCO race on Sunday and NCF points in accordance with NCF point system for category 4 for the Friday, Saturday, and Sunday races.

The best in Junior categories win the following monetary prizes:

Junior Short XCO		Junior XCC		Junior XCO	
Place	Prize	Place	Prize	Place	Prize
1	kr 1 000	1	kr 1 000	1	130 €
2	kr 600	2	kr 600	2	100 €
3	kr 400	3	kr 400	3	80 €
				4	65 €
				5	55 €
				6	45 €
				7	40 €
				8	30 €
				9	25 €
				10	20 €

On Friday and Saturday, we award other prizes from 4. place through the best one-third for NC3 and NC4, and on Sunday from the 11<sup>th</sup> place for NC5.

M/W 13-14 and 15-16 categories

The best in these categories get NCF points in accordance with NCF point system for category 4 and the best one-third gets a prize.

M/W 6-7, 8-9, 10, 11-12 categories

Each gets a prize.

Sport categories

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

Masters 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.

## 13.2. 3-day race

Junior categories

Riders with results in the 3-day race get NCF points in accordance with NCF category 3 races and the following monetary prizes:

Junior (NC)	
Place	Prize
1	kr 1 400
2	kr 800
3	kr 500

Other prizes are awarded from 4. place and through the best one-third

15-16 categories

Riders with results in the 3-day race get NCF points in accordance with NCF category 3 races. The three best riders get prizes and we randomly draw prizes among the rest of the riders.

## 14. PARKING

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[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!

Parking costs 75 NOK for one day, 150 NOK for two days and 200 NOK for all days including program. We accept Vipps.

**Parking on the road along the arena is not possible**

Parking lots below the arena

- For the large parking lot (124 places) use [Oset Utfartsparkering](#), Oslo as the destination in Google Maps, or the address [Midtoddveien 34](#) Oslo on GPS.
- The small parking lot is further up in Midtoddveien (10 places).

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.

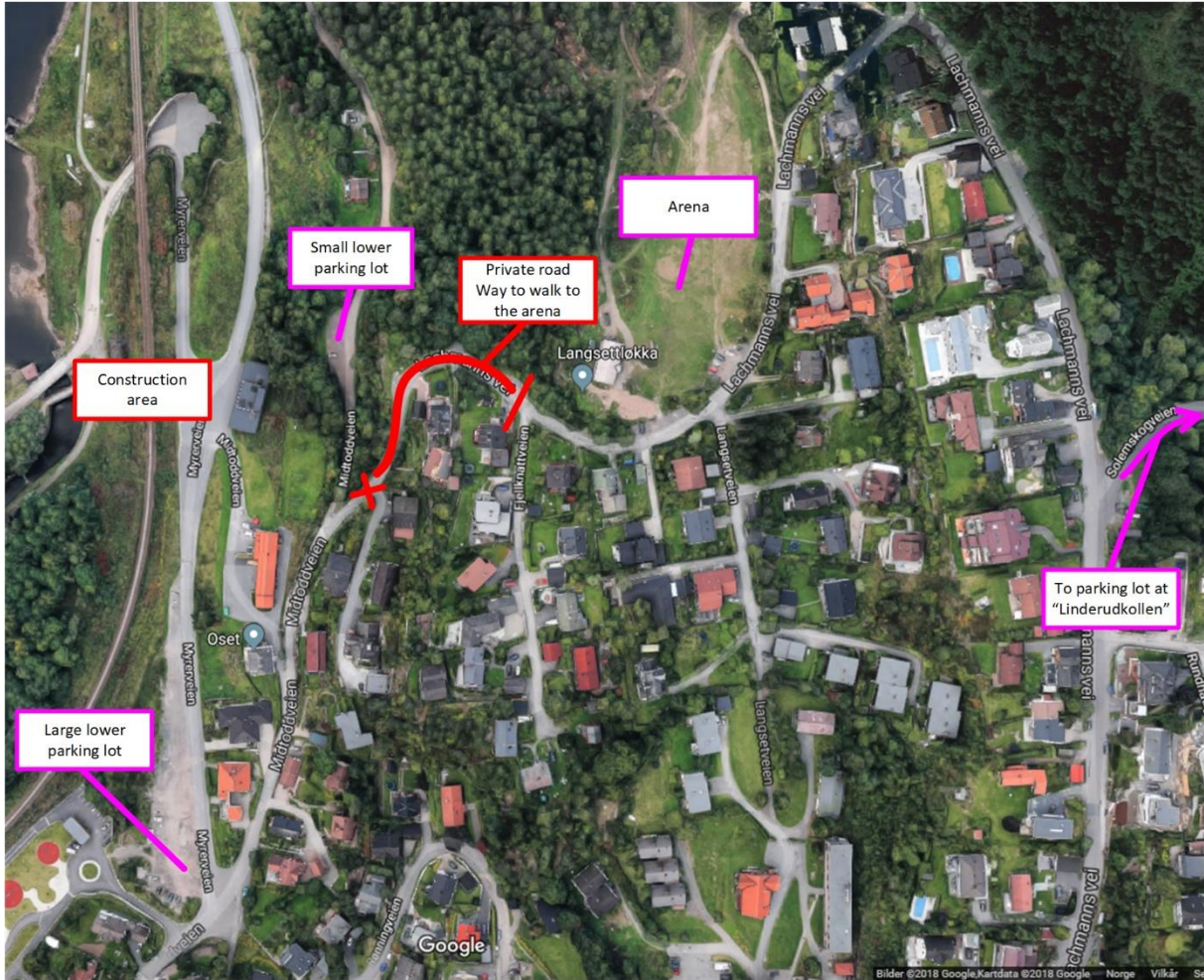
It is about 400 meters from the large parking lot up to the arena.

Large parking lot above the arena

[Linderudkollen](#) has a large parking lot in the wooded area about 2 km above the arena. There are two small parking lots on the side of the road to Linderudkollen as well. The return by bike takes about 5 minutes and is mostly downhill (do not use the gravel through the forest, it will take you directly onto the courses).

Have a lot to carry?

If you have a tent, access to the arena is from above. Talk with the parking volunteers to be allowed to drive down to the arena to unload, and immediately turn around to drive away and park elsewhere. Use the address [Lachmanns vei 59](#) as the destination in Google Maps.





## 15. INFORMATION, CONTACTS, COMMISSAIRES

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We update all the information about the race on our website [www.ryebikefestival.no](http://www.ryebikefestival.no). This invitation is also there. Important information about the race are also given at the Team Managers' meeting.

You find news about the race 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.

### 15.1. Organizing committee

Role	Name	Phone (+47)
Event Manager	Pål K. Lønseth	96501616
Course Manager	Øystein Heggelund Dahl	97198216
Arena Manager	Morten Aasebø	41577396
Press and Media	Tor Oliver	90096262
Race Office	Synne Syrrist	90743420
Time Keeper	Rittresultater.no	
Price Ceremony	Eva Aasebø	90057399
Parking/Transportation		
Food and beverages	Kristin Nordahl	41518755
Course Marshals	Baard Jensen	95070886
First Aid Service	Anne Vigdis Øksnes	99274965
Sponsoring		
Finance and accounting		

### 15.2. Commissaires

Role	Name	Club
PCP	Armando ESTEVES	UCI
Jury member	tbd	
Jury member	tbd	
Finish	tbd	
Assisting commissaire	tbd	
Assisting commissaire	tbd	
Assisting commissaire	tbd	

## 16. VERSION HISTORY

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Date	Change
5. April 2024	Version 1 – First publication of the invitation.