

RACE REGULATIONS

OSLO - LÆRDAL

Last updated: 27.02.2019

Definition of a cyclo sportive race:

Cyclo sportive races are an offer for bike enthusiasts, and its purpose is to inspire to exercise.

ARTICLE 1: ORGANIZATION

Oslo – Lærdal is organized by Styrkeprøven AS, Ekebergveien 101, 1178 Oslo. The race will be held on September 7, 2019, starting in Oslo (Bogstad Camping).

ARTICLE 2. PARTICIPATION

The ride is open to all participants who turn 17 or more in 2019. All riders must either have an annual tour license via National Cycling Federation or alternatively purchase a one-time tour license from the organizer. License fees are collected on the behalf of the Norwegian Cycling Federation and are mandatory in Norway.

ARTICLE 3. OTHER CONDITIONS

Participants must carefully familiarize themselves with the current traffic regulations and regulations provided by Styrkeprøven.

Participants start at their own risk and are solely responsible for

any violations of applicable traffic regulations. Participants are responsible for the timekeeping chip being attached as described by the organizer. The timer chip must follow the rider from start to finish. In the event of a DNF situation, the time chip must be removed immediately. Riders are obliged to abide by instructions given by the Police or Styrkeprøven representatives. Riders who, due to lack of experience or physical inadequacy, represent a danger to others can be removed from the race. If you are DNF you may be offered seat in one of our buses following the race, but you are solely responsible for your own transportation if you by chance leave the race and the organizers are unable to provide transport.

Riders who fall behind will be taken out of the broom wagon as follows:

Start at 5:00.

Station	Kilometer	Time
Jevnaker	71	08:59
Nestgutua	140	11:51
Leira	214	14:56
Øye	283	17:49

These abovementioned times are based on maximum time to Lærdal at 16 hours and an average speed of 24 km/h. Riders who are taken out of the race may continue to Lærdal on their own discretion or take a seat in the broom wagon, but are no longer

regarded as participants in the race. Participants have an unconditional obligation to strictly comply with applicable traffic regulations.

ARTICLE 4. EQUIPMENT

All participants must ensure that their equipment is in accordance with the rules below.

Helmet

Full helmet is required. The helmet should be padded and have a solid chinstrap. Participants who do not wear a helmet will not be allowed to race.

Internal communications

Radio link or other communication equipment is prohibited.

Clothing

All riders must use a jersey with sleeves and pants or alternatively a TT speedsuit. Jersey without sleeves is prohibited. The definition of a suit is jersey and pants.

Bicycle

A bicycle is a vehicle with two wheels of the same diameter. The front wheel must be controllable; the rear wheel must be driven through a system consisting of pedals and chain. It is not allowed to use tempo cycles and / or bicycles fitted temp equipment.

Light

All participants must have mounted light on the bike both white light facing forwards and red light facing aft. The white light must provide a minimum of 400 lumens.

ARTICLE 5. FRONT VEHICLE / SUPPORT VEHICLE

The organizer provides a front vehicle. Individual support vehicles are not allowed. The organizer has neutral service vehicles that follow the race. Participants must calculate that it may take some time to get assistance from these. If technical service is needed – please call +4790667191.

ARTICLE 6. FOOD / DRINK

There are four food stations that are distributed as follows:

Station	Kilometer
Jevnaker	71
Nestgutua	140
Leira	214
Øye	283

ARTICLE 7. IN THE PELOTON

Any rider who intentionally hangs onto vehicles, purposely runs down a competitor, intentionally touching other racer obstructing others, or otherwise exposing his fellow competitors to danger, will be penalized under applicable law.

ARTICLE 8. PREMISES

The ride provides gift prizes.

ARTICLE 9. ANTI DOPING

Norwegian Official anti-doping regulations apply to the event. Participants must, in case of suspicion of doping, accept that samples of their food and or drinks are taken for chemical analysis and they must undertake to accept to undertake any tests that authorities may deem necessary. Participants must accept random testing.

ARTICLE 10 PENALTIES

The following penalties apply to this race.

1. If a rider acts negligently, unsportsmanlike or do not follow road traffic regulations, the organizer can disqualify or deny the rider to compete.

2. Any rider who throws bottles, hoses, tires, paper or other garbage will be supplemented on time or disqualified, alternatively fined.

3. If a rider is found to have used a support vehicle, the rider will receive a time penalty or disqualification.

ARTICLE 11. RELATIONSHIP TO EXTERNAL ENVIRONMENT

Oslo – Lærdal has a total non-acceptance for littering along the route. Riders are only allowed to dispose of litter at the Food Stops.