



ELITE • MASTERS • 06/07/2019
KVAM • LILLEHAMMER • NORWAY

2019 UEC MTB MARATHON EUROPEAN CHAMPIONSHIPS

Women Elite
Men Elite

Women Masters
Men Masters



Technical guide
(v 2)

Kvam • Lillehammer • Norway
6 July 2019

Official sponsors



Institutional partners



OPPLAND
fylkeskommune



REGIONRÅDET FOR
Midt-Gudbrandsdal



Nord-Fron
KOMMUNE



Av oss. For oss.

ORGANIZATION

Furusjøen Rundt is organised by Kvam idrettslag (sports club)

Furusjøen Rundt AS, Parkvegen 7-9. N-2642 KVAM ([google maps](#))
+47 909 49 647
+47 907 78 999
post@furusjoenrundt.no

Event location: Kvam – 100 km north of Lillehammer.

The venue: In the mountains by Rondablikk at address Breiensdokka 9 ([google maps](#))

LOCAL ORGANIZING COMMITTEE

President/Race director
CEO
Event

Ole Kristian Rudland (NOR)
Ole-Petter Brendstuen (NOR)
Anette N. Lunde (NOR)

UEC REPRESENTATIVES

UEC President
UEC Vice President
UEC General Secretary
UEC MTB Commission President
UEC Technical Delegate
UEC Press Officer

Rocco Cattaneo (SUI)
Agata Lang (POL)
Enrico Della Casa (ITA)
Thierry Marechal (BEL)
Heiki Dahle (NOR)
Stefano Bertolotti (ITA)

COMPOSITION OF THE COMMISSAIRES PANEL

President of the Commissaires Panel: Andrey BESCHASTNOV (RUS)
Additional Commissaires: tba

ANTIDOPING CONTROL

Doping control Officer appointed by the CADF: Angela Brandewinder (GER)
Anti-Doping Norway: Per Inge Rustad (NOR)

Doping control station: Hotel Rondablikk ([google maps](#))

TIMEKEEPING

Official timekeeping
Time-keeping by Emit/EQ-systems
Use of Emit timing chip is required.



U E C O f f i c i a l S u p p l i e r s

GENERAL INFORMATION

TRAVEL AND ACCOMMODATION

Travel and accommodation expenses to and from Kvam (NOR) must be covered by the National Federations and Teams.

Nearest airports are:

OSLO AIRPORT GARDEMOEN

<https://avinor.no/en/airport/oslo-airport/>

Other transportations are:

	Distance to Kvam from arrival
Ferry from Kiel to Oslo	275 km
Ferry from Copenhagen to Oslo	275 km
Ferry from Hirtshals to Larvik	406 km
Oslo Airport Gardemoen	235 km

Transportation to Kvam from arrival:

TRAIN by NSB

<https://www.nsb.no/en/frontpage>

From Oslo Central Station (Oslo S) or Oslo Airport (Oslo Lufthavn)

From Larvik, one change/transfer at Oslo Central Station

BUS by NETTBUSS

<https://www.nettbuss.com/#/>

From Oslo to Nord-Fron (Kvam E6)

SHUTTLE SERVICE from the train/-bus station to your accommodation:

Kvam Taxi

Phone +47 61 29 41 47

HOTELS/ACCOMMODATION

	Distance to venue	Contact/booking/information
Hotel Rondablikk	0,3 km	post@rondablikk.no - Official Race hotel
Rondablikk Hytter	0,3 – 3 km	post@rondablikkhytter.no
Bjørgebu Caravan	0,5 km	niloye@online.no
Rondaplassen	1 km	post@rondaplassen.no
Kvamhytta	3 km	post@kvamil.no
Kirketeigen Camping	13 km	hm@tvemo.no
Vertshuset Sinclair	13 km	post@vertshuset-sinclair.no
Øvre Kjæstad	15 km	ok@rudland.no
Per Gynt Lodge	27 km	post@pergyntlodge.no
Rondane Fjellstue	45 km	fjellstue@rondane.no
Private cabins/houses for rental		post@furusjoenrundt.no

For information on accommodation and transportation you can contact:

Furusjøen Rundt, P.B. 61, N-2641 Kvam.

Visitingadress: Parkvegen 7, N-2640 Kvam

Phone and email:

Anette:

+47 909 49 647

anette@furusjoenrundt.no

Ole-Petter:

+47 907 78 999

post@furusjoenrundt.no

All participants must hold a valid passport or identity card. Visa obligations must be respected.

All riders and attendants must hold insurance valid in Norway.

Visas

Each Federation is responsible for obtaining documents for their delegation appropriate entries.

For all invitation letter requests, please contact the UEC: mail@uec.ch



Photo: Iver Røssum, 2017.

MEDICAL – EMERGENCY - LOCAL AUTHORITIES

OFFICIAL RACE DOCTOR Sanitary

To be designated
Nord-Fron Røde Kors Hjelpekorps (Red Cross)
Emergency phone, local Red Cross: +47 958 66 770

HOSPITAL

Sykehuset i Lillehammer
Anders Sangvigs gate 17
N-2609 Lillehammer

Phone: +47 915 06 200
([google maps](#))

Doctors office

Vinstra Legekontor
Nordre Byre 21
N-2640 Vinstra

Phone: +47 61 21 63 00
([google maps](#))

Emergency office, evenings/nights

Phone: 116 117

Local doctors office, outside the ordinary doctoral office opening hours.
If you need immediate help, call 113

Emergency ambulance

For emergencies and ambulances, call 113

POLICE

Vinstra lensmannskontor
Nedregate 1
N-2640 Vinstra

Phone: +47 62 53 90 00
([google maps](#))

Phone: 112

Emergency number only in case of emergency and in need of immediate help.



TEAMS / OFFICIALS ACCREDITATION

Teams and officials' accreditations can be collected starting from Thursday 4th July at the venue of the event, located at:

Rudland Fjellsenter
Breiendsokka 9
N-2640 Kvam [\(google maps\)](#)

Opening hours
Thursday, 4th July 3 pm – 6 pm
Friday, 5th July 10 am – 8 pm

Please ensure that you collect your accreditation before arriving at the venue as it will be required for access to all parts of the venue.
Accreditations must be worn and visible whenever you pass through accreditation controls.

Team area

Please use the team area booking form - <https://goo.gl/forms/axMowfK0C0s7ymuv1>

MEDIA

MEDIA PERMANENCE – UEC PRESS CENTER

The Media - and Press Room are located at:

Hotel Rondablikk
Rondablikkveien 1208 [\(google maps\)](#)
N-2642 Kvam

In order to access the UEC Press Center an accreditation is necessary.

MEDIA PERMANENCE – UEC PRESS CENTER OPENING HOURS

Friday, 5th July 2 pm – 4 pm
Saturday, 6th July 8 am – 8 pm
Subject to changes

Mixed zone

At the exit of the course after the finish line, there will be a Mixed Zone where media can have a short interview with riders they wish to do so.

Flash interview

Next to the Awards Ceremony podium, there will be organized a flash interview tent open for the media.

MEDIA ACCREDITATION

To apply for media accreditation, please visit the UEC website at <http://uec.ch/en/media>

Media accreditation can be collected at the venue of the event, located at:

Rudland Fjellsenter
Breiendsokka 9 [\(google maps\)](#)
N-2640 Kvam
Subject to changes

Opening hours
Thursday, 4th July 3 pm – 6 pm
Friday, 5th July 10 am – 8 pm

For any further inquire please contact: UEC Press Officer:
Mr Stefano Bertolotti - s.bertolotti@uec.ch



Only one kilometer from the finishline. The views are spectacular. Foto: Fredrik Weikle.

OFFICIAL MEETINGS

COMMISSAIRES PANEL MEETING

Friday, 5th July

8.00 pm – 9.00 pm, Hotel Rondablikk

CONFIRMATION / LICENCE CHECK / DISTRIBUTION OF RACE NUMBERS

The license check, the initial confirmation of riders, the check of the national teams clothing the distribution of race numbers and transponders will be organized on

Thursday, 4th July

3.00 pm – 6.00 pm

Friday, 5th July

10.00 am – 6.00 pm

At the race headquarters located at:

Rudland Fjellsenter

Breiansdokka 9

([google maps](#))

N-2640 Kvam

Team managers must confirm all starters, presenting all licences and providing a sample of the national teams' apparel.

Riders' numbers will be distributed during that procedure. A maximum representation of two representatives per team is requested to attend that meeting.

Timing transponders also will be handed out together with start numbers and must be returned immediately after the race to the Race Permanence. If a transponder is not returned a 130 € penalty will be applicable per transponder.

TEAM MANAGERS MEETING

Friday, 5th July

7 pm – 8 pm For all races, all age categories.

Team managers meeting room:

Hotel Rondablikk ([google maps](#))

COMPETITION SCHEDULE

Saturday, 6th July 2019

MTB Marthon European Championships

Men elite	12.00 am	90 km
Women elite	12.15 pm	70 km
Men masters	11.00 am	73 km
Women masters	11.05 am	57 km

Starting point

Rudland Fjellsenter
Breiendsokka 9
N-2640 Kvam

([google maps](#))

The venue – start and finish area:



RACE SPECIFIC REGULATIONS

1. GENERAL RULES

- 1.1 The 2019 UEC MTB Marathon European Championships are organized by the Union Européenne de Cyclisme (UEC) in cooperation with the Kvam idrettslag (sports club), with support of the Norwegian Cycling Federation.

Technical director: Mr. Ole Kristian Rudland (NOR)

- 1.2 The event will be organized in accordance with rules of the Union Cycliste Internationale (UCI) and these rules will be the reference for everything that is not mentioned in the current document.
- 1.3 The UEC MTB Marathon European Championships consist of the following races:
MTB Marathon (XCM) on the 6th July 2019

2. TYPE OF THE EVENT

- 2.1 The event is open to athletes in following categories:

✓ MTB Marathon	Men Elite
✓ MTB Marathon	Women Elite
✓ MTB Marathon	Masters Men 35-39 / 40-44 / 45-49 / 50-54 55-59 / 60-64 / 65-69 / 70/74 / 75+
✓ MTB Marathon	Masters Women 35-39 / 40-44 / 45-49 50-54 / 55-59 / 60+

- 2.2 It is entered on the UCI calendar as a Continental Championships event (CC) and Masters Continental Championships (CCM)

- 2.3 The following final classifications will be produced:

- 1. Men Elite***
- 2. Women Elite***
- 3. All masters categories***

*The 3 best riders of each category must attend the official awards ceremony.

3. PARTICIPATION

3.1 National teams (Elite riders only)

National Federations may enter the following riders per Championship **free of charge**:

Women Elite – max. 6 riders

Men Elite – max. 6 riders

These riders have to compete with their National jersey.

The National Federations have to register their riders directly on the UEC website (www.uec.ch).

Deadline for the registration: **Wednesday 26th June 2019 (24:00 CET)**

Applies to riders, staff and NF Official Delegates

Riders must compete in their national jersey.

3.2 Other riders

In accordance with the UCI regulations, the participation is open for European riders only with an annual licence issued by a National Federation affiliated to the UCI.

Registrations have to be done using the organiser's website: www.mtbmarathon.no

Direct link to registration: <http://www.furusjoenrundt.no/Rittet/Påmelding>

Group registrations: please contact by e-mail to post@furusjoenrundt.no

The registration form is available in our website and must be entirely completed, **also indicating the complete UCI ID.**

Payment for registration: Credit card or Invoice (fee applies) at the website

The registration fee:	Elite	NOK 450,- (approx. 47 €)
	Masters	1 st March- 29 th April NOK 590,- (approx. 61 €)
		30 April - 26 th June NOK 690,- (approx. 71 €)

Deadline for the registration: **Wednesday 26th June 2019 (24:00 CET)**

3.3 Start order

The start order will be made up applying UCI/UEC regulations.

The riders line up in the order in which they are to be called to the start line. The number of riders on each line is decided by the president of the commissaires' panel and supervised by a commissaire.

The rider himself decides which position on the line to take.

3.3.1 Start grid

1. the reigning XCM world champion
2. the reigning XCM European champion
3. the reigning XCO Elite world champion
4. the reigning XCO Elite European champion
5. the reigning Olympic mountain bike champion
6. the first 50 of the latest UCI MTB marathon series ranking
7. the first 50 of the latest UCI XCO individual ranking
8. other riders as per the latest UCI MTB marathon series ranking;
9. subsequently, as per the latest UCI XCO individual ranking;
by drawing lots for the other riders.

TECHNICAL ASSISTANCE

The following UCI Regulations will be applicable:

4.2.044

No rider may turn back on the course to reach a feed/technical assistance zone. Any rider doing so is disqualified. Only within the feed/technical assistance zone itself, a rider may turn back without obstructing other competitors

4.2.045

Technical assistance during a race is permitted subject to the conditions below.

4.2.046

Authorised technical assistance during a race consists of repairs to or the replacement of any part of the bicycle other than the frame.

Bike changes are not permitted and the rider must cross the finishing line with the same handlebar number plate that he/she had at the start.

4.2.047

Technical assistance can only be given in the feed/technical assistance zones.

4.2.048

Spare equipment and tools for repairs must be kept in these zones. Repairs and equipment changes can be carried out by the rider himself or with the help of a teammate, team mechanic or neutral technical assistance.

Small items such as an inner tube or a small tool may be handed up from the feed/technical assistance zones.

4.2.049

In addition to technical assistance in feed zones, technical assistance is permitted outside these zones only between riders who are members of the same UCI ELITE MTB team, UCI MTB team or of the same national team.

During the European Championships, it is only authorised between riders of the same national team.

Riders may carry tools and spare parts provided that these do not involve any danger to the rider himself or the other competitors.

5. AWARDS CEREMONIES

In accordance with articles 1.2.112 and 1.2.113 of the UCI Regulations, the 3 best riders of each category must attend the official awards ceremony, any interviews organized and the press conference.

Unless otherwise stated, riders shall appear at official ceremonies wearing competition clothing.

Riders must present themselves at the podium in a maximum of 10 minutes after crossing the finish line.

5.1 Awards and prize money

Jersey and medals

Every European Championship will be awarded with:

The 1st place: Champion(s) jersey and Gold medal

The 2nd place: Silver medal

The 3rd place: Bronze medal

Prize money list (Amounts in Euro):

	XCM – ELITE	
Place	Elite Men	Elite Women
1st	€ 625,00	€ 625,00
2nd	€ 375,00	€ 375,00
3rd	€ 250,00	€ 250,00

The prize money will be transferred by the UEC directly to the concerned National Federations.

6. ANTIDOPING

The UCI antidoping regulations and the specific Norwegian Antidoping laws are entirely applicable to the event.

The antidoping tests will take place at: Hotel Rondablikk ([google maps](#))

7. PENALTIES

The UCI penalty scale is the only one applicable.

8. RESPONSIBILITIES

The organizers and UEC will not, under any circumstances, be liable to any accidents or damage that occurs during training and competitions.

The organizers and UEC decline all responsibilities towards the riders and others in case of an accident.

For all cases not covered by these specific regulations, the UCI rules will apply. Any problems will be solved between the organizers, the Commissaires Panel and UEC officials.

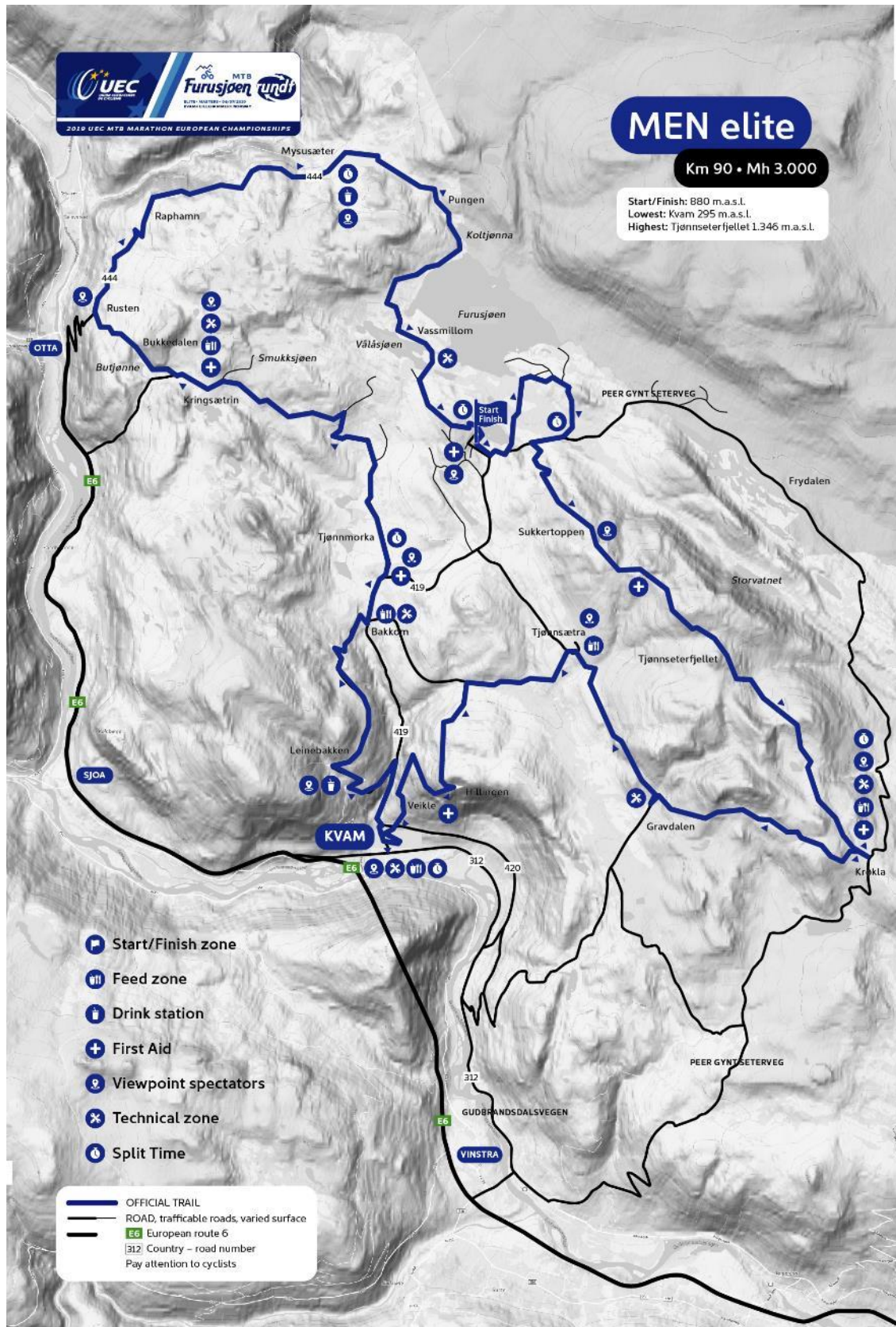
Kvam (NOR), 21st February 2019

www.mtbmarathon.no

Appendix 1	RACE COURSE MEN ELITE
Appendix 1.1	PROFILE MEN ELITE
	TIME TABLE
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	TIME TABLE
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Appendix 3.1	PROFILE WOMEN MASTERS
	TIME TABLE
Appendix 4	RACE COURSE WOMEN MASTERS
Appendix 4.1	PROFILE WOMEN MASTERS
	TIME TABLE

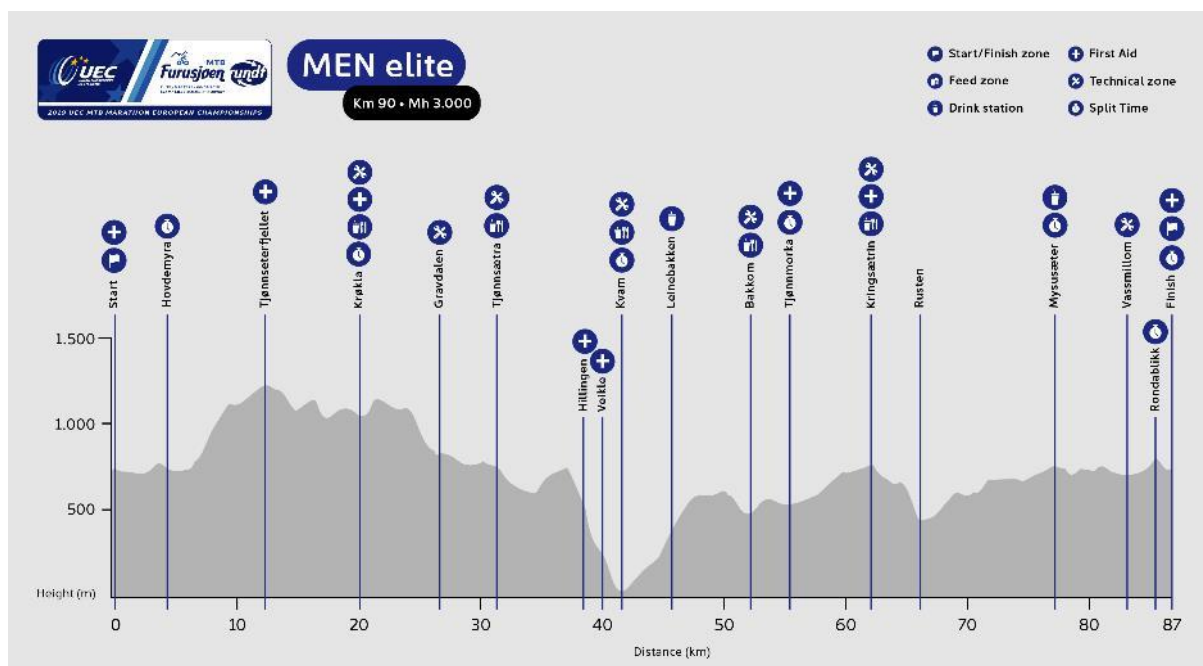
Appendix 1

RACE COURSE MEN ELITE




































Appendix 1.1

PROFILE MEN ELITE

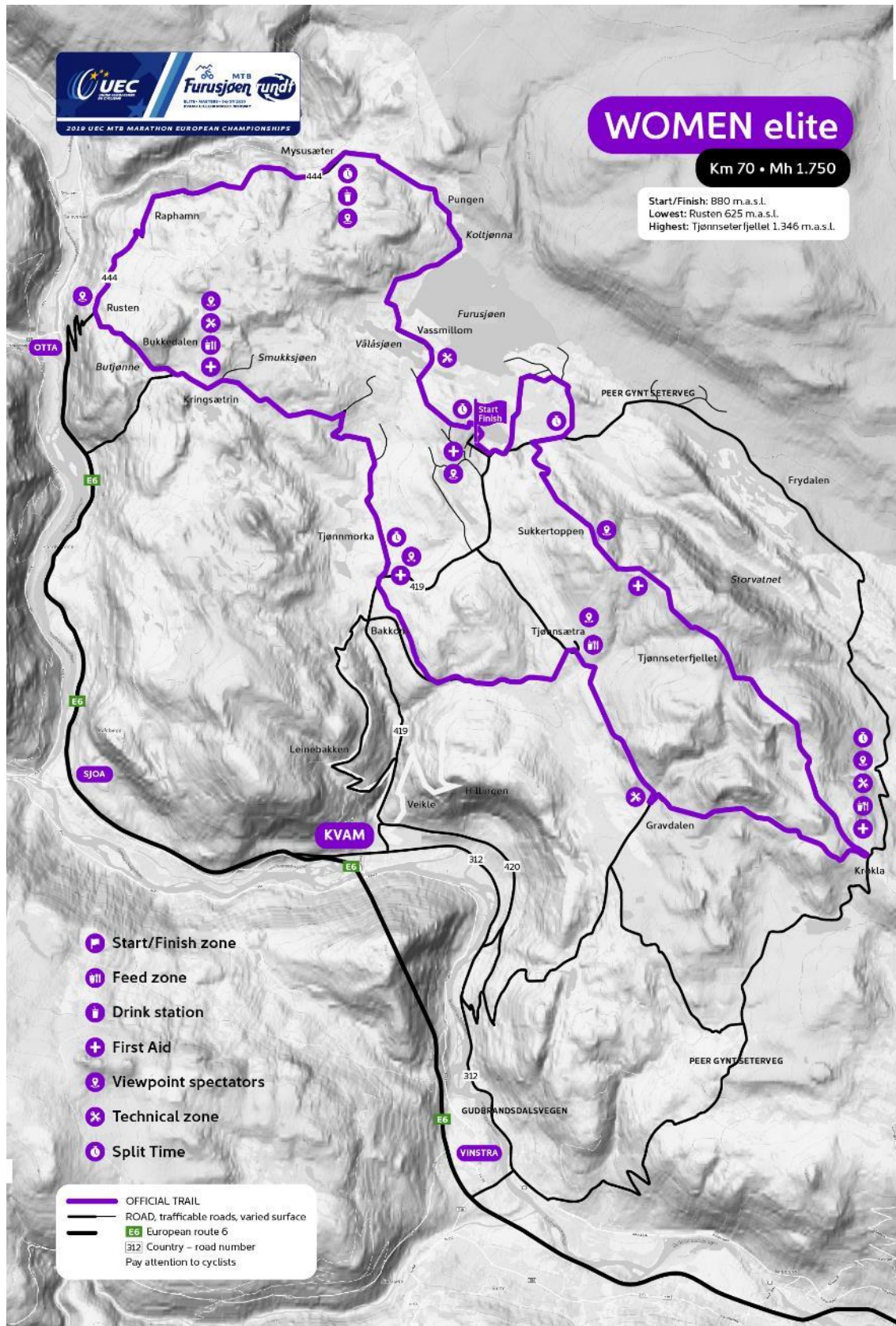


TIME TABLE

Race Office	Split time	First Aid	Feed Zone	Drink station	Technical Zone	Start / finish	Location	Above sea level	Kilometer from start	Based on experience; first rider for passing				Average speed			
										Km/h Split	Split time	Time	Average speed 21.93 km/h	22 km/h	20 km/h	18 km/h	15 km/h
							Start, Rondablikk	880	0			00:00	12:00				
							Hovdemyra	880	5	30	00:10	00:10	12:10	12:13	12:15	12:16	12:20
							Tjønnsæterfjellet	1346	12.5	16,5	00:34	00:44	12:44	12:32	12:36	12:43	12:52
							Krøkla	1157	20		00:21	01:06	13:06	12:54	13:00	13:06	13:20
							Gravdalen	962	26,5	21,5	00:17	01:24	13:24	13:10	13:18	13:26	13:44
							Tjønnsætra	921	31		00:13	01:37	13:37	13:24	13:33	13:43	14:03
							Kvam	295	42	19	00:29	02:06	14:06	13:54	14:06	14:20	14:48
							Leine gård	586	45,5		00:18	02:24	14:24	14:02	14:15	14:30	15:00
							Bakkom	656	51,5	26	00:08	02:32	14:32	14:19	14:33	14:50	15:24
							Tjønnmorka	750	53		00:07	02:40	14:40	14:24	14:39	14:56	15:32
							Kongsætrin	903	61	28	00:22	03:02	15:02	14:46	15:03	15:23	16:03
							Rondanevegen FV 444	625	65		00:21	03:24	15:24	14:57	15:15	15:36	16:19
							Mysusæter	856	74,5	28	00:12	03:36	15:36	15:21	15:42	16:06	16:56
							Vassmillom	866	82		00:15	03:52	15:52	15:43	16:06	16:33	17:28
							Haugsetra	930	84	27	00:04	03:56	15:56	15:49	16:12	16:40	17:36
							Finishline, Rondablikk	880	87		00:02	03:58	15:58	15:57	16:21	16:50	17:48

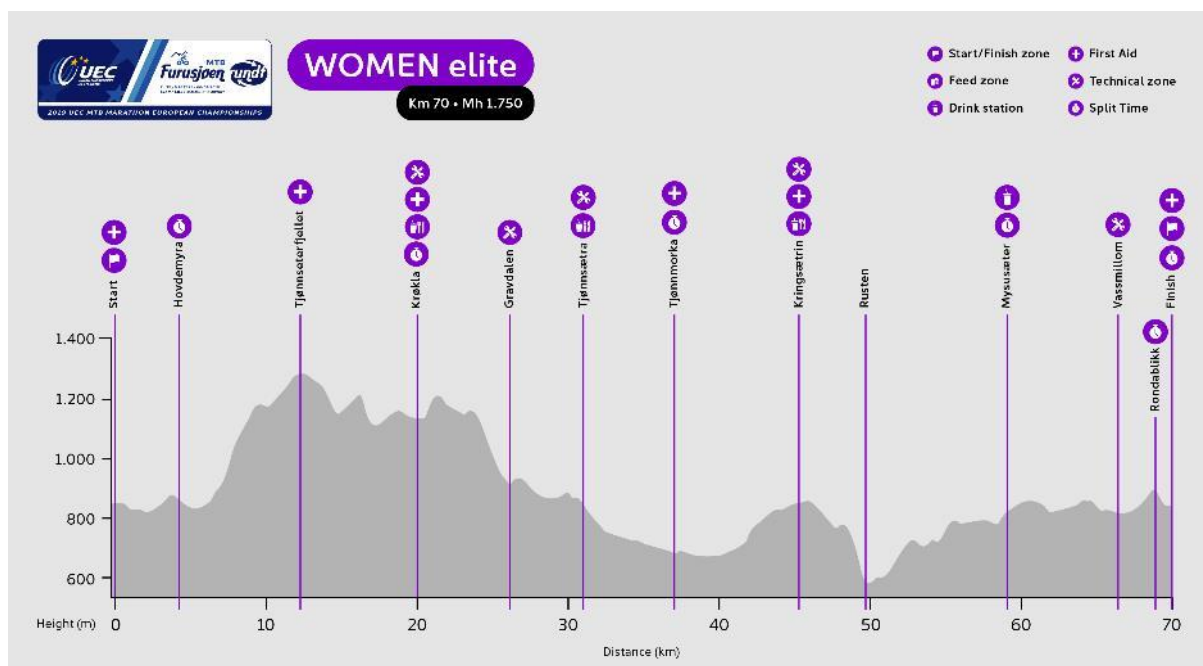
Appendix 2

RACE COURSE WOMEN ELITE



Appendix 2.1

PROFILE WOMEN ELITE

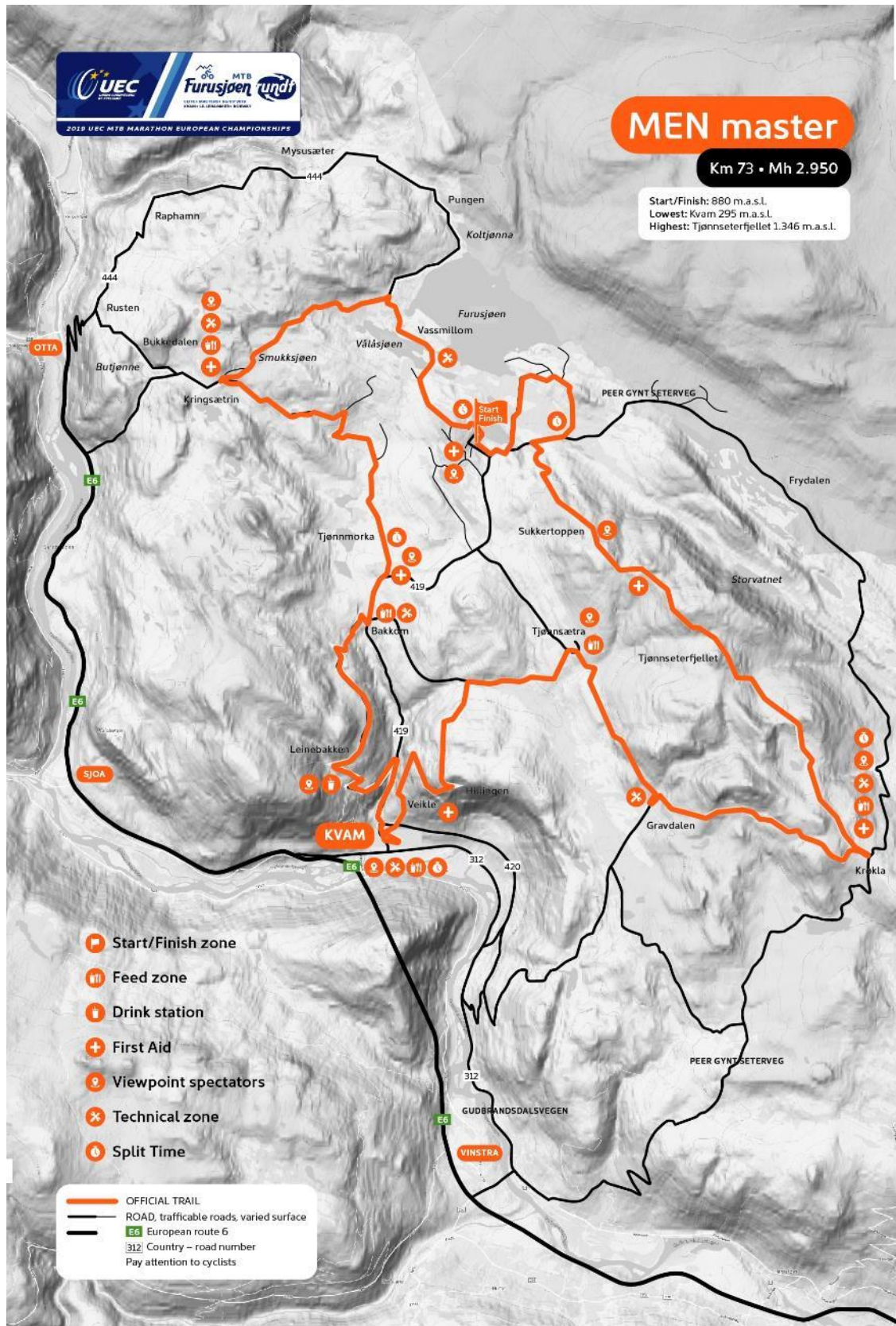


TIME TABLE

Race Office	Split time	First Aid	Feed Zone	Drink station	Technical Zone	Start finish	Location	Above sea level	Kilometer from start	Based on experience; first rider for passing				Average speed			
										ca. km/h Split	Split time	Time	Average speed 19.10 km/h	22 km/h	20 km/h	18 km/h	15 km/h
		+					Start, Rondablikk	880	0			00:00	12:15				
							Hovdemyra	880	5	29,5	00:11	00:11	12:26	12:28	12:15	12:16	12:20
		+					Tjønnsæterfjellet	1346	12,5	13,5	00:41	00:53	13:08	12:50	12:39	12:43	12:52
		+	+	+	+		Krøkla	1157	20		00:25	01:18	13:33	13:09	13:00	13:06	13:20
					+		Grøvdalen	962	26,5		00:19	01:38	13:53	13:25	13:18	13:26	13:44
			+	+	+		Tjønnsætra	921	31	19,5	00:15	01:53	14:08	13:39	13:33	13:43	14:03
		+	+	+	+		Tjønsmorka	750	37		00:18	02:11	14:26	14:39	14:39	14:56	15:32
		+	+	+	+		Kongsætrin	903	45		00:22	02:34	14:49	15:01	15:03	15:23	16:03
							Rondanevegen FV 444	625	49	23	00:24	02:59	00:00	15:12	15:15	15:36	16:19
		+					Mysusæter	856	58,5		00:15	03:15	15:30	15:36	15:42	16:06	16:56
					+		Vassmillom	866	66		00:15	03:30	15:45	15:58	16:06	16:33	17:28
							Haugsetra	930	68		00:09	03:39	15:54	16:04	16:12	16:40	17:36
		+	+	+	+		Finishline, Rondablikk	880	71	23,5	00:04	03:43	15:58	16:12	16:21	16:50	17:48

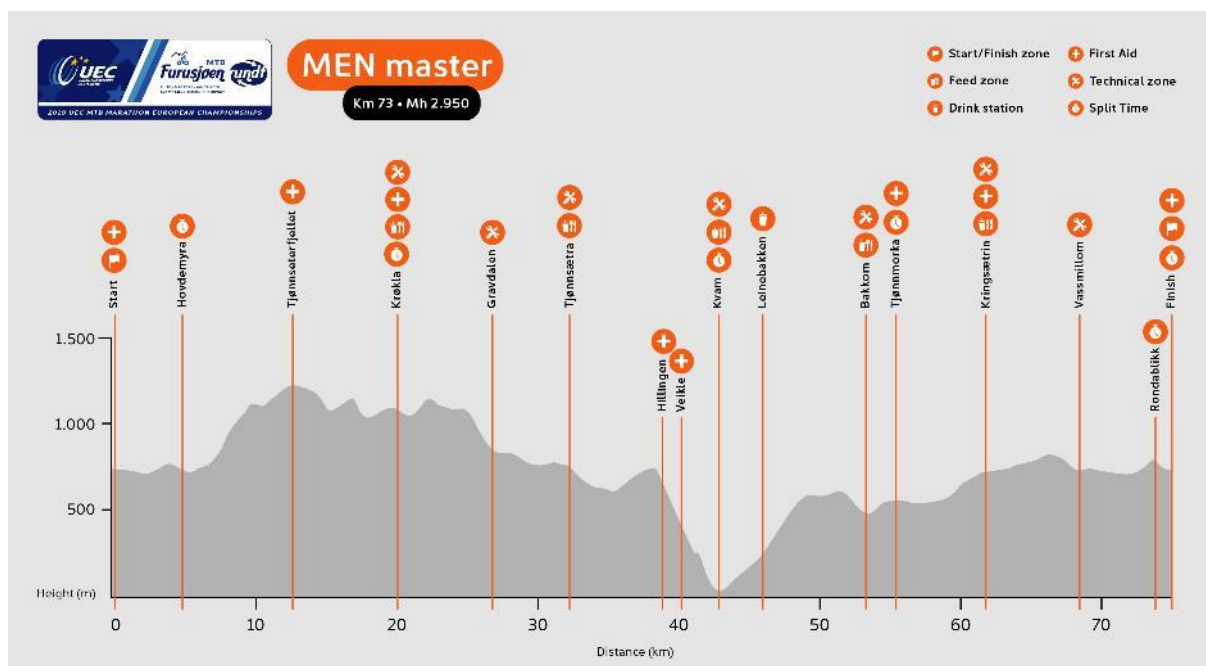
Appendix 3

RACE COURSE MEN MASTERS



Appendix 3.1

PROFILE MEN MASTERS

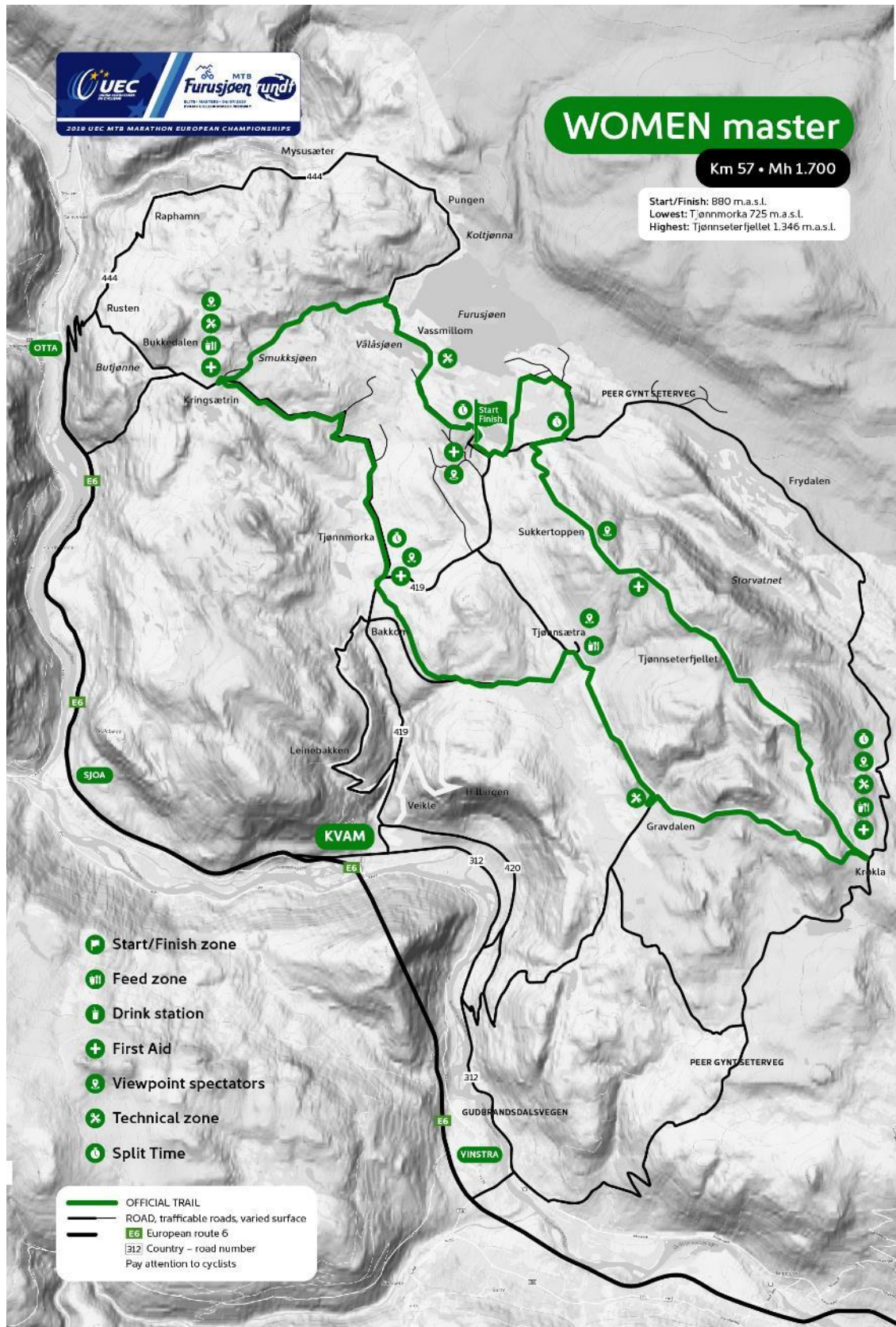


TIME TABLE

Race Office	Split time	First Aid	Feed Zone	Drink station	Technical Zone	Start / finish	Location	Above sea level	Kilometer from start	Based on experience; first rider for passing				Average speed			
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		+					Start, Rondablikk	880	0		00:00	11:00	11:00	11:00	11:00	11:00	11:00
	0						Hovdemyra	880	5	30	00:10	00:10	11:10	11:10	11:15	11:16	11:20
		+					Tjønnsæterfjellet	1346	12.5	16	00:39	00:49	11:49	11:32	11:36	11:43	11:52
	0	+	iii		×		Krøkla	1157	20	16	00:24	01:14	12:14	11:54	12:00	12:06	12:20
					×		Gravdalen	962	26.5	18	00:21	01:36	12:36	12:10	12:18	12:26	12:44
			iii		×		Tjønnsætra	921	31	18	00:14	01:50	12:50	12:24	12:33	12:43	13:03
	0	+	iii		×		Kvam	295	42	19	00:35	02:26	13:26	12:54	13:06	13:20	13:48
				ii			Leine gård	586	45.5	19	00:17	02:43	13:43	13:02	13:15	13:30	14:00
			iii		×		Bakkom	656	51.5	19	00:17	03:01	14:01	13:19	13:33	13:50	14:24
	0	+					Tjønnmorka	750	53	18	00:05	03:07	14:07	13:24	13:39	13:56	14:32
	0	+	iii		×		Kringsætrin	903	61	18	00:22	03:29	14:29	13:46	14:03	14:23	15:03
					×		Vassmillom	866	68	25	00:19	03:49	14:49	14:05	14:24	14:46	15:31
							Haugsetra	930	70	16	00:06	03:55	14:55	14:10	14:30	14:53	15:40
	0	+	iii				Finishline, Rondablikk	880	73	27	00:03	03:59	14:59	14:19	14:39	15:03	15:52

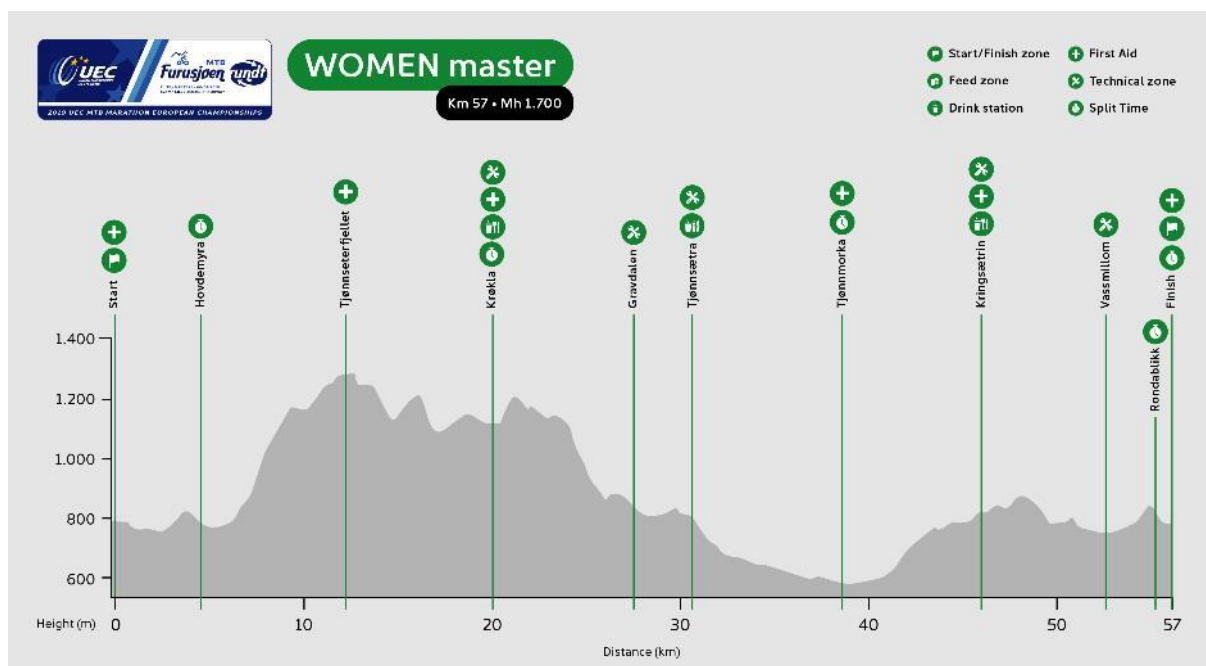
Appendix 4

RACECOURSE WOMEN MASTERS



Appendix 4.1

PROFILE WOMEN MASTERS



TIME TABLE

Race Office	Split time	First Aid	Feed Zone	Technical Zone	Start finish	Location	Above sea level	Kilometer from start	Based on experience; first rider for passing				Average speed			
									ca. km/h Split	Split time	Time	Average speed 15.06 km/h	22 km/h	20 km/h	18 km/h	15 km/h
		+				Start, Rondablikk	880	0			00:00	11:05	11:05	11:05	11:05	
						Hovdemyra	880	5		00:12	00:12	11:17	11:18	11:20	11:21	11:25
		+				Tjønnseterfjellet	1346	12,5	12,5	00:53	01:05	12:10	11:40	11:44	11:48	11:57
		+				Krøkla	1157	20		00:32	01:38	12:43	11:59	12:05	12:11	12:25
						Gravdalen	962	26,5	15	00:31	02:09	13:14	12:15	12:23	12:31	12:49
						Tjønnsætra	921	31	24,5	00:18	02:27	13:32	12:29	12:38	12:48	13:08
		+				Tjønnmorka	750	37,5		00:16	02:43	13:48	12:45	12:56	13:08	13:33
		+				Kringsætrin	903	45	16	00:28	03:12	14:17	13:07	13:20	13:35	14:05
						Vassmillom	866	52	21,5	00:22	03:34	14:39	13:26	13:41	13:58	14:33
						Haugsetra	930	54		00:26	03:38	14:43	13:32	13:47	14:05	14:40
		+				Finishline, Rondablikk	880	57		00:08	03:47	14:52	13:40	13:56	14:15	14:52