



Technical Guide



Hanekamp / Rypejakta:

Nordic Championship and Norwegian Cup: Sunday September 15, 2024, Hanekamp / Rypejakta:

Organizer: Eiker CK





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1. Time and Place

On Sunday, September 15th, from 11:00 to 11:12, the start for the 6 groups will take place with 2 to 3 minutes intervals. The finish and start are at the MIF cabin. We appreciate carpooling and environmentally friendly transport, therefore participants who drive together to the race will be able to park right by the start and finish if there is space (at the MIF Cabin, see [Link](#)). Participants who drive to the start alone will be directed to park at Dalen parking near the SIF cabin (see [Link](#)) and must bike down to the MIF cabin, approximately 10 minutes away. If you are good at carpooling or cycling to the start, you have the opportunity to win some nice prizes from our sponsors. Those who contribute will receive 4 raffle tickets and others will receive 1 raffle ticket. PS there are many nice raffle prizes from our sponsors. If you can or want to carpool, you can arrange with friends or ask through our Facebook pages or use <https://gomore.no/rideshare>.

2. Race Description

Hanekamp/Rypejakta is designed for those who want to experience as much cool mountain biking as possible in a compact course filled with fun and challenging trails. Our promise to participants is that it should be rough, tough, and fun! We at Eiker CK believe that we have found the ultimate arena for mountain biking at “Mjøndalsskauen”. On the trails in “Mjøndalsskauen”, there are short distances between the highlights, of which there are many along the way. Some participants in the race have even ended up taking an extra half lap because the experience was so great.

Group	Length (km)	Length (km)	Start time
1	Male Active	80	11:00
2	JR. M Active	40	11:02
2	Master M40 - M49	70	11:02
3	Master M30- M39	70	11:05
4	Master M50 to +75	40	11:08
5	Female Active	70	11:10
5	JR. F Active	40	11:10
5	Master D30 to +75	40	11:10
6	Touring male under 2 hours	40	11:12
6	Touring male over 2 hours	40	11:12
6	Touring females	40	11:12

PS JR M/K is not the NC or Nordic Championship but a “practice program for championships”.

3. Race Regulations

The race follows the rules in the UCI and NCF regulations. Approved helmet is mandatory. All riders cycle at their own risk and must follow the organizer’s instructions. Use a helmet even when inspecting, training, and warming up. There is always a risk of accidents and collisions. A helmet protects; take helmet use seriously.



It is not allowed to throw trash along the course. Use the trash zones/food stations/feed zones. Violation of this can result in fines.

The race is a clean event. Anti-Doping Norway conducts unannounced checks at all NCF-registered races. We support Anti-Doping Norway in carrying out this. All riders and leaders must follow instructions given by representatives from Anti-Doping Norway.

Specific rules: parts of the course take place on a gravel road where riders cycle in both directions. Therefore, it is very important to keep to the correct side of the road (right) when cycling on the roads.

4. Classes and Nordic and Norwegian CUP

Female	Male
F Junior (17-18)	M Junior (17-18)
F Elite (Senior, 19+)	M Elite (Senior, 19+)
F Master 30-34	M Master 30-34
F Master 35-39	M Master 35-39
F Master 40-45	M Master 40-45
F Master 45-49	M Master 45-49
F Master 50-55	M Master 50-55
F Master 55-59	M Master 55-59
F Master 60-69	M Master 60-69
F Master 70 -75	M Master 70 75
F Master 75+	M Master 75+

5. Seeding

Riders who register within the regular registration deadline and have obtained a license for 2023 will be seeded. The latest published UCI ranking will be used as a basis for Elite and Junior, followed by NC.

Riders who register late will not be seeded.

6. License

Riders in the active, junior, and master classes must have an annual license; a basic license is not valid in these classes.

The licenses of registered participants will be checked. For Norwegian riders, this will be done against the NCF's register at registration. For more information about licenses, see the NCF [LINK](#).

Foreign riders must show their licenses to receive their start number.

7. Registration

Brief and concise information about registration:

F. eks lokale logoer fra sponsorer



For registration information, follow the [link](#) or visit our website [Hanekamp – Raske flystier på Mjøndalsskauen](#).

There is no late registration for official NC and Nordic Championship classes (senior and master).

Regular registration is open until September 8, 2022, at 23:59. Register here: [link](#)

Start fees for Norway Cup and Nordic Championship:

Klasse	Registration Fee (NOK)	Late Registration	Registration Deadline
Sr Active	450	Not possible for NC	September 8, 2024
Jr Active	450		September 8, 2024
Master and tour before june 30	590	Not possible for NC	September 8, 2024
Master and tour July 1 – July 31	690	Not possible for NC	September 8, 2024
Master and tour August 1 – September 4	790	Not possible for NC	September 8, 2024
Master and tour September 5 – September 8	890	Not possible for NC	September 8, 2024
Tour after 8 September	1000		

Late registration is possible for tour classes up to one hour before the start of the respective classes (10:00). Use EQ Timing for registration. All registrations are binding and can only be refunded upon presentation of a medical certificate.

8. Team Tents

To reserve a spot, do so on EQ's registration pages ([link](#)). The registration deadline is the same as for rider registration. Late registration for team tents will be double the price. Reserved spots will be marked with the club's name at the venue. If you forget to register for a team tent, we cannot guarantee space.

The price is 300 NOK per 3m x 3m tent module, i.e., 500 NOK for 6m x 3m and larger. Use the comment field if a space larger than 6m x 3m is desired or for any other requests.

It is not allowed to use personal power generators in the team tents due to fire risk and noise.



9. Accommodation options

nordisk mesterskap

I TERRENGSYKLING 14-15/9 2024

Our collaborate hotel for this event is Clarion Collection Hotel Tollboden.

Single room: 1340,- pr night
Twinbedded room: 1540,- pr night
The room rates includes breakfast and an evening buffet.

Sport lunch: 255,- pr person pr day
pasta bolognese
grilled chicken breast
with rice and bernaise sauce
salad buffet
bread
dressings

Parking in hotel garage for car: 250,- pr night
Washing facilities for bicycles in the garage, bring your own soap!

For reservations for rooms and lunch contact:
cc.tollboden@strawberry.no
tlf : +47 32805190

CLARION COLLECTION
Yours truly



10. Timetable and Laps

In this section, you will find all important times from when you arrive at the venue.

10.1. Secretariat Opening Hours

Start numbers are collected at the secretariat at the MIF cabin. The secretariat is open from 08:00 and closes at 10:30. **It is not possible to collect start numbers after 10:30.**

To collect the start number, the license for 2022 must be resolved. See [Feil! Fant ikke referansekinden.e](#) for provisions regarding the license. One-time licenses are **only valid for touring classes** and can be paid with Vipps. Foreign riders must show a license to receive their start number.

Securely fasten the start number to the bicycle handlebars. Active classes should also use a number on their back. The timing chip is glued to the back of the start number. In case of losing the number, a new number can be obtained at the secretariat for a fee of NOK 200.

10.2. Training Hours

Training and warm-up can take place on the track until 10:30 on the day of the race.

Rules for training on the track:

- During official training, the start number must be mounted on the bicycle.
- It is not allowed to cycle on the track while the race is in progress, regardless of the class cycling. Violation of the rule will result in disqualification.
- All training during the official training times should be in the direction of travel.
- It is not allowed to alter the track, such as moving marking tape/barriers or digging/moving parts of built elements. Violation of the rule will result in the rider being removed from the track and possibly disqualified.
- Be considerate of hikers.
- All training is done at your own risk.

10.3. Team Leader Meeting for Elite, Junior, and Master

The meeting will be at the MIF cabin at 10:00. The route will be reviewed by the race director. Surveying of challenging intersections will be offered to all riders who wish to.

10.4. Chip Check before Start

The rider is responsible for carrying out a chip check to check the timing chip (integrated in the start number) at least 30 minutes before your start time. The chip check is done at the secretariat.

10.5. Equipment Check before Start

Riders are responsible for having approved helmet, bike, and suit.

The NCF commissioner may choose to check this both before the start and after the finish. If you break the rules, you may be disqualified and/or fined (primarily applies to senior, junior, and master classes). Check your club's registered suit on dommeroppsett.info.



10.6. Roll Call before Start

Information regarding roll call and assembly before the start. The top 5 in the NC cup will be announced before the start to secure the best starting positions for them. Roll call for all classes at 10:45.

10.7. Schedule

The master cyclist starts the field approximately 1.4 km before the field is released just before an uphill. The gravel road is a small gravel road, with room for a maximum of 4 riders side by side. There is a 2-minute interval start so that we distribute the groups with consideration for level as much as possible, and men and women do not cycle in the same group. See the starting group schedule (chapter 2).

11. Venue and Courses

11.1. Venue Map

[See link.](#)

First Aid

The Red Cross is present on-site and at critical points in the course. Contact the race director at 97011026 / Red Cross at 407 45 402.

Locker Rooms and Toilets

There are toilets and locker rooms at the MIF cabin. The facilities are somewhat limited in size, so we ask riders to be patient and shower quickly and immediately after finishing, to help distribute the load.

Kiosk

The kiosk's availability depends on the prevailing infection control conditions in the nation.

Bike Wash

There is limited water at the MIF cabin, as the area is not connected to the public water supply. Therefore, there is only one bike wash station. Please be patient 😊.

11.2. Technical and Feed Zones

See the map for team tents and feed zones below, as well as the [link](#).

11.3. Course Map

Detailed descriptions of the race courses can be seen and read in the link below.

- Men active NM/NC will ride 83 km, see link for the [course map](#).
- Women active NM/NC and Master M30 – M49 will ride 70 km, see link for the [course map](#).
- JR M/F (practice program for championships), Master over M50, master women, Tour men, and women will ride 41 km, see link for the [course map](#).



It is important that everyone familiarizes themselves with the course before the race, before it is presented at the team leader meeting.

12. Results

For information regarding results and live updates, check [EQ Timing](#).

The results will be published later on <http://www.sykling.no> and [Hanekamp – Raske flytstier på Mjøndalsskauen](#).

13. Points and Prizes

Prizes for Hanekamp and Rypejakta for all active classes are according to the table below.

Prizes will only be awarded for NC in active classes. No prizes will be awarded for Master classes.

For the Nordic Championship, prizes will be awarded to all classes for Active and Master classes for 1st to 3rd place.

Class	Position	Medal	Prize	Prize
		Nordic Championship	Norwegian Cup	Hanekamp / Rypejakta
Active M/F-Elite	1	Yes	No	Yes
	2	Yes	No	Yes
	3	Yes	No	Yes
Nordic Championship and Norwegian Cup	1	Yes	No	Yes
	2	Yes	No	Yes
	3	Yes	No	Yes
Active M/F-Master	1	Yes	No	Yes
	2	Yes	No	Yes
	3	Yes	No	Yes
Nordic Championship and Norwegian CUP	1	Yes	No	Yes
	2	Yes	No	Yes
	3	Yes	No	Yes
Active M/F-Junior	1	No	No	Yes
	2	No	No	Yes
	3	No	No	Yes
Trial race for Championship	1	No	No	Yes
	2	No	No	Yes
	3	No	No	Yes



PS there are no monetary prizes in Nordic Championship.

If there are over 350 participants, the prize money is doubled

Group	Length (km)	Award Ceremony
1	Male Active	14:45 - 15:30
2	JR. M Active	13:45- 14:30
2	Master M40 - M49	14:45 - 15:30
3	Master M30- M39	14:45 - 15:30
4	Master M50 to +75	13:45- 14:30
5	Female Active	14:45 - 15:30
5	JR. F Active	13:45- 14:30
5	Master D30 to +75	13:45- 14:30

14. Parking and Directions

14.1. Parking and Directions

We appreciate carpooling and eco-friendly transportation. Therefore, participants who carpool to the race will be allowed to park right by the start and finish areas as long as there is space (at the MIF cabin, see [Link](#)). Participants who drive alone to the start will be directed to park at Dalen parking by the SIF cabin (see [Link](#)) and must bike down to the MIF cabin, about 10 minutes away. If you carpool or bike to the start, you have a chance to win some nice prizes from our sponsors. Those who contribute will receive 4 raffle tickets, and others will receive 1 raffle ticket. PS: there are many nice raffle prizes from our sponsors. If you can or want to carpool, you can arrange it with friends or ask via our Facebook page or use <https://gomore.no/rideshare>.

Parking costs 50 NOK per car, payable via Vipps.

Drive E134 to Mjøndalen, take the exit, follow 2770 (Orkideehøgda) up to the MIF cabin. Turn right to the MIF cabin.



15. Information

For more information, see our website [Hanekamp – Raske flytstier på Mjøndalsskauen](#)

16. Infection Control

If there are still considerations regarding infection control, see the links:

- [smitteverntiltak.pdf \(hanekamp.no\)](#)
- [QR hanekamp_rypejakta.pdf](#)

17. Contact Persons

17.1. Organizing Committee

Role	Name	Email	Phone
Race Director	Michael Helgestad	Michael.helgestad@ramboll.no	97011026
Chief of Security	Michael Helgestad	Michael.helgestad@ramboll.no	97011026
Course Manager	Michael Helgestad	Michael.helgestad@ramboll.no	97011026
Registration Manager	EQ timing	Michael.helgestad@ramboll.no	
Timing Manager	EQ timing	support@eqtiming.freshdesk.com	
Venue Manager	Jan Gulbrandsen	jan-gul@online.no	90896884
Secretariate Manager	Tonje Skuland	tonje.skuland@gmail.com	93243946
Food Station Manager	Grethe May O Steen	grethema@online.no	41644985
Canteen Manager	Geir Arne Merkesdal	geir.arne@condelica.no	
Communications Manager	Michael Helgestad	Michael.helgestad@ramboll.no	97011026
Media/Press Manager	Tom Christian Aasen	tcaasen@hotmail.com	90734115
Safety	Vidar Uthne	vidar@uthne.com	97093084
Announcer	Tommy	Tommy@kadens.no	97640973

Commissioners

Role	Name	Club	Notes
PCP/Chief commissioner			
MCP/Jury member			



MCP/Jury member			



Our Quality Promise!

The Norwegian Cyclists' Federation wants you as a participant to feel confident that the races you take part in will be safe and of proportional quality. We want you as a participant to know what to expect and what you will receive as a participant in our race.

Organizer **The race organizer is Eiker CK, affiliated with the Norwegian Cyclists' Federation (NCF) and the Norwegian Olympic and Paralympic Committee and Confederation of Sports (NIF).**

Insurance The race is on the official race calendar, which means that the race organizer has liability insurance through NCF/NIF, and you as a participant are insured through the annual license or one-time license that you use during the race.

Permits The race has obtained necessary permits from:

- ...

Notification The race has notified the surroundings through:

- Neighbour notification
- Press coverage
- Social media
- Postings

Regulations The race follows the laws and regulations of the NCF for conducting races. The race is required to follow traffic rules, and all road crossings are managed by qualified/trained personnel.

The Chief Commissaire has the ultimate responsibility for the competition.

Medical Services A doctor is present, as well as the necessary number of first aid responders.

Safety Manager Procedure for Accidents Contact information:
Guards must report all incidents to the Safety Manager. The Safety Manager should have a list of contact numbers for participants and their relatives. It is the participant's responsibility to provide this to the organizer.

Guards report actions to the Safety Manager. The Safety Manager notifies relatives and other authorities.

Participants who have accidents but manage on their own should report the incident to the Safety Manager or secretariat. This is for the sake of the licensing system and possible use of insurance.

Guards Info about guards.
It is the rider's responsibility to know the course and how many laps are to be completed.

Finances The participation fee covers costs including the above-mentioned measures, as well as commissaires, arena equipment, timekeeping, prizes, etc.
Profits from the event go towards the club's initiatives for:

- Children and youth activities in the club
- Further strengthening the sustainability and quality of the race

The club and the event are otherwise driven by voluntary efforts.