



Around Norway 2024

#BIKEPACKINGAROUNDNORWAY

#AROUNDNORWAY

Please read the manual completely and save it. It contains all the info!

Only way to contact us is via mail please.

Make sure you receive our mails. Check your spam folder to not miss any infos.

Our only email address is info@adventurebikeracing.com

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About

„Around Norway“ is a self-supported ultra cycling event around the southern area of Norway leading the riders to the most scenic places of the country!

Around Norway is a do-it-yourself challenge. You are your own “ride organizer”. No assistance means that you are on your own. No one will help a rider if things go wrong for him in any ways. You can only count on yourself. Understand that this is a personal challenge against the clock. Not against others!

GPS tracking is mandatory and provided but is simply showing the rider’s location on the map and to make sure no one is bending the rule. It is nothing more than a web-based framework to present rider progress based on correct use of a tracking device.

The event starts and finishes in Oslo close to the famous City Hall at the harbor.
Start: July 27th at 14.00!

Official finish closes: August 11th at 18.00!

Distance of the event is around 3100km which makes it possible to finish it in around 15 days.

The Event has two categories - solo and pair



Registration, Fee and what you get for it

Limited rider field of 100 riders. First come - first serve registration.

Early Bird Registration!

Early Bird Registration opens September, 1st 2023 and closes December, 30th 2023

Fee for Early Bird Registration Solo and Pair category is 230 Euro.

For the pair category both riders have to register and pay.

Please tell us your riding partner.

Late Registration if not sold out!

Late Registration opens January, 1st 2024 and closes April 1st 2024

Fee for Late Registration Solo and Pair category is 270 Euro.

For the pair category both riders have to register and pay.

Please tell us your riding partner.

What we provide for the fee?

- Media car riding along on the route!
- Provided Tracker for the duration of the Event
- Official Event cap
- Provided tracking site
(linked here: <https://adventurebikeracing.com/aroundnorway>)
- Bag storage during the event is +25Euro (bike boxes and clothing)
- Pictures we made during the event
(we cannot guarantee we have yours but we will try)
- Welcome at the finish in Oslo
- Publishing individual times on our website
<http://adventurebikeracing.com/aroundnorway>



The Route

The Route is around 3100kilometers and has an elevation gain of around 38000meters.

It will lead you to the most scenic places in Norway.

Start and Finish will be in Oslo. The Route will be ridden clockwise.

Download the Route on our website!

Ferrys

On Route Ferries:

Ferry C after 1200k (around 80k behind Bergen)

Sløvåg - Leirvåg

<https://www.norled.no/en/maps-and-schedules/ferry/hordaland/>

Ferry D after 1230k (around 110k behind Bergen)

Rysjedalsvika-Rutledal

<https://www.fjord1.no/Ruteoversikt/Sogn-og-Fjordane>

Ferry E after 1370k (around 250k behind Bergen)

Dragsvik-Hella

<https://www.fjord1.no/Ruteoversikt/Sogn-og-Fjordane/Dragsvik-Hella-Vangsnes>

Ferry F after 1660k (around 340k behind Bergen)

Eidsdal-Linge

<https://www.fjord1.no/Ruteoversikt/Moere-og-Romsdal/Eidsdal-Linge>

Note that info about the ferrys could be updated daily!

Please check online for any schedule changes!



Tunnels

There will be tunnels on the route!

Be prepared to ride thru it:

We want you to wear a reflective vest while riding thru tunnels!

Turn on your lights while riding thru tunnels!

Often a small gravel path leads you around the tunnel.

We advice to take it for your own safety!

Take a look at the tunnel locations via google street view to be prepared!

Note that these are not all tunnels on the route. This list will be updated!

58.270416, 6.739842 Gaupastunnelen 310 meters(detour closed)

59.926655, 6.579386 Torgilsholtunnelen 189 meters (no detour)

60.033745, 6.564916 Lausasteintunnelen 679 meters (bike path around)

60.102079, 6.550948 Tyssedaltunnelen 2000 meters (no detour)

The Tunnel has a small walking path. Our advice is to use the path to walk your bike thru the tunnel in heavy traffic situations)

61.386205, 7.293303 Roneidtunnelen 657 meters(gravel path around)

61.391391, 7.314630 Raumtunnelen 514 meters (gravel path around)

61.456523, 7.511772 tunnelen 500 meters (small gravel path around)

61.468691, 7.538931 tunnelen 500 meters (bike path around)



Route option and gravel section info

01 Route option Lysebotn:

If you do not want to ride around the Lysefjord and better spent some time on a boat here is a chance ;-)

The Route goes east and this “Route option“ goes North to the ferry here:

Coordinates: 58.779318, 6.317835

Ferry A after **689 kilometers** from the start in Oslo

Lauvvik - Oane

<https://www.norled.no/en/maps-and-schedules/ferry/rogaland/>

Ferry B (More a cruise than a ferry and just 2 options every day)

Note you have to book this in advance to secure a spot for you and your bike!

Forsand-Lysebotn

https://booking.visitflam.com/en/to-do/a822992/fjord-cruise-lysefjord-fit/showdetails?_ga=2.53652013.484918078.1536835874-1891446516.1536835874

Info Route Section from Vinstra:

From Vinstra the route has a 40 kilometer light gravel section.

Here is a street view link to get an idea of the conditions of the path!

<https://www.google.com/maps/@61.339427,8.8260555,3a,75y,80.41h,95.48t/data=!3m8!1e1!3m6!1sAF1QipM3ynN0Qo4vZgj-CdTWtEm4TeJK1a8UA3JZk7NW!2e10!3e11!6shttps:%2F%2F5.googleusercontent.com%2Fp%2FAF1QipM3ynN0Qo4vZgj-CdTWtEm4TeJK1a8UA3JZk7NW%3Dw203-h100-k-no-pi-1.257782-ya19.499998-ro-0-fo100!7i4506!8i1595>



Sign up // Start // Finish

Sign up, pre briefing and start location will be here:

City Hall Plaza Oslo, Norway (At the Oceanside in front of the Statue)

Coordinates: 59.910596, 10.734149

Briefing and Tracker Handout: 1200 local time - July 27th, 2024

Start: 1400 local time - July 27th, 2024

Finish location is at the opera house!

Official Finish closes: 18.00 local time - August 11th, 2024

Riders who finish later still get ranked in the general classification with their individual time! They will need to ship the tracker to the Tracker company in Belgium.

The shipping address will be communicated after the event!





BAG DROP

Bag drop location will be here:

City Self-Storage avd. Vika

Observatoriegata 10, 0254 Oslo, Norway

Bag drop opens: 10.00 local time - July 27, 2024

Bag drop closes: 10.30 local time - July 27, 2024

Note that we can just take a bike box and clothes
(Valuable stuff will not be insured)

Bag return opens with the first finisher!

There will be just one bag return every day! Around 8.00PM local time!

The exact time will be communicated in Oslo at the finish line!

Bag return closes August 11th, 2024 19.00

Note that we do not provide a bag return before the first finisher!

Note that Adventure Bike Racing is not responsible for organizing any extended luggage storage after the official bag return closed!



Rules

1. Riders must complete the full course under their own power.

Riders may ride any type of human-powered bike. Except any kind of Electronic-bikes.

It is fine to go off course to resupply or for emergency reasons (mechanical or medical). Riders must return to the exact point of departure from the route to recommence their ride and any meter of the race route.

2. Riders must be fully self-supported.

Accept no help that others could not receive along the way.

i.e : Should your route take you through your hometown, you would not be ok sleeping in your bed, neither in your garden.

Using any form of social media to broadcast requests for help is forbidden.

Riders are responsible for finding food, water, accommodation, laundry, bike store services and anything else they may need along the way.

Any service utilized must be available to all riders.

Friends and family are welcome to visit riders during the event to offer encouragement or take pictures but they must not offer any material support or food of any kind.

Pair category:

Riders in the pair act as a unit and may share food, equipment, information and resources between themselves and help each other but no support is to come from outside the pair and resources cannot be shared outside the pair. To all intents and purposes the pair shall act as a solo rider and interact with others outside of the pair as such.

3. No Drafting at any time.

(Pair riders are allowed to draft each other)

Inevitably a rider may travel at the same pace as another rider. When riding together

riders should ride side-by-side.

Riding in a group, even when not drafting, is significantly easier than riding solo.

Riders will be asked to declare the extent of group riding after the event and this data may change the final results. We will monitor riders closely using the GPS tracking devices and mapping.



4. Riders must follow the local laws at any time.

The rider has to inform himself prior to the race and enquire about the cycling laws in the countries he intends to cross for the time the event takes place.

5. All bikes have to pass a check up before the start.

- Two white front lights and two red tail lights must be available for use.
- We strongly advise you to have two different power sources.
- A reflective ankle strap on each ankle must be worn at all times.
(Reflective socks are not an option)
- Reflective tape must be applied to crank arms, seat stays, wheels and helmet on all sides.
- **Riders must wear a reflective vest or another kind of reflective garment at all times!**

Further Recommendations:

It is strongly recommended that riders run their lights at all time!

It is strongly recommended that riders use an extra helmet light in addition to their normal lights at night.

It is strongly recommended that riders add reflective tape or stickers to their bikes and attach reflective straps to their bags to assist with visibility from behind.

6. Riders are required to use a provided GPS

Tracking is simply showing rider locations on a map. It is nothing more than a web-based framework to present rider progress based on correct use of a tracking device. Unless a rider organizes it, no one will be tracking rider locations - riders alone are responsible for their own safety on course and for the logistics of their own ride.

The event will be tracked through an online tracking service, using rider supplied tracking devices. Final positions will be based on tracking data and riders will not be included in final results if a tracker is not used. Riders are responsible for ensuring the correct use of their tracking devices. Riders with devices that are switched off or not active for long periods may be excluded from the final results.

7. Results and classification

A fair event is only possible with fair riders. We cannot enforce the rules without your entire support. The rules apply to all riders. Time penalties may be imposed and riders may not appear in the final results due to rule violations. Penalties for violations will be decided after a rider has completed the course, or quit the event. Riders should self-police the rules. It is honourable to declare any rule violations and self-disqualify or suggest a fair time penalty.



Insurance

Adventure Bike Racing does not provide any kind of insurance. You have to make sure you are well covered (valid traveling insurance) and have a complimentary rescue insurance. You will be asked to give us copy of your valid insurance on sign up day in Oslo.

Adventure bike racing can not be held responsible and is not reliable for an adverse event that may occur to you.

Event Cancellation

“Around Norway“ will be cancelled by Adventure Bike Racing and their officials if instructed to do so by local authorities. The event will also be cancelled in case of force majeure or in any other case when Adventure Bike Racing believes that it is irresponsible to let it go forward. This decision is entirely up to Adventure Bike Racing and is final. If “Around Norway“ is cancelled, no results will be published. In a formal sense, each participant is their own ride organizer.

Liability / Applicable law

Adventure Bike Racing of any other party involved at the event will never be liable towards the participants, their heirs and other people, for what material damage and/or personal injury of whatever nature and size whatsoever, that the participant and other parties can experience.

The participant takes part at his own risk and is responsible for any damage he might suffer. Adventure Bike Racing advises the participant to make sure they have a legal liability insurance.

In case there will be a liability for Adventure Bike Racing, the liability is only for the direct damage and is maximized to the amount that the insurance company will pay.

German Law is applicable to the event and to the agreement.



Tracker

At the start we will turn the tracker on for you! It`s battery will last around 5 days.

You will be given a cable to charge it frequently in the event.

Please test your tracker and cable as soon as you can after sign up!

Website link to follow the event will be published here:

<http://adventurebikeracing.com/aroundnorway>

Do not turn off the tracker at any time during the event!

If the rider decides to scratch from the event or arrives at the finish after 6pm local time on August 11th, 2024 she/he needs to ship the device to us on her/his own costs.

You have to contact us as soon as possible via mail to manage the shipping details!

Note that if the tracker gets lost or did not arrive 30 days after the shipping information was provided we have to charge 180,- Euros plus vat!

Own Tracker:

In case you want to use your own spot tracker we will refund 15,- Euros.

If you have your own tracker we have to add it to our event map and need the following information before June 1st, 2024.

XML feed:

Note that we can just add a Spot or Trace Tracker.

We can not add any other tracker on our event map!



Next of kin

All riders are required to give details of their next of kin, so that they can be contacted if the event organization becomes aware of any incident involving the participant.

Participant: _____

Participant Phone number: _____

Next of kin: _____

Relation to rider: _____

Email: _____

Phone number _____



Participant agreement

I vow to act as an ambassador for the event and the route. I understand the self-supported ethos is mostly based on a code of mutual respect and self-enforcement. I have read the rules, both on the website and in the event manual. Furthermore, I have read the entire event manual and understand what it implies.

I understand I must pay the registration fee to join the event.

I understand that the way to contact the organization is to email info@adventurebikeracing.com. Social media is not the way to contact the organization of the event about any issues.

I agree to unlimited usage of my images or videos from the event for event media.

I understand the entry fee guarantees just a place in the event and the official cycling cap.

I understand that ABR is never liable for anything, since they online provide a route and a cap. In the unlikely case that ABR will be held liable, the liability is maximized to the amount to which the insurance policy gives coverage.

I agree to abide by the safety requirements listed in the event manual.

I agree to show up for the safety and equipment check on July 27th 2024.

I agree to sign a hard copy of the agreements in person at the safety and equipment check.

I understand that if I do not show up for the safety and equipment check that I will not be eligible to the event.

I will seek the event organization's expressed authorization before attempting to use the logo in any goods for sale (in any fashion including), but not limited exclusively to fundraising.

I will remain solely liable for payment of all and any taxes, surcharges, levies, imposts, fines, penalties or similar charges incurred by myself in the connection with the participation of myself in the event

I will not make or permit to be made any public announcement(s) in relation to this agreement without prior consent of Adventure Bike Racing nor (save as required by law) disclose to any third-party information concerning the terms or subject matter of this agreement from the date here of.



I understand that I have been warned repeatedly to buy third-party travel insurance to ensure coverage for evacuation services or repatriation of remains.

I understand something catastrophic may cause the event to be unable to function and that I will be guaranteed nothing in case of an event of force majeure, natural disaster, political situation, etc.

I understand that Adventure Bike Racing retains all rights over intellectual property, this includes, but is not limited to name, logos, photos and films.

I understand that it's just a bike riding event and if I make problems for myself, that's on me.

I agree to all decisions by Adventure Bike Racing in the management and execution of the event.

I understand that I can be ejected from the event if I am found to be in breach of the terms outlined in the event manual and the agreements. Decisions made by the event organization will be final.

I understand that German law is applicable to the event and that German law regulates the agreement between me and Adventure Bike Racing.

I understand that if I decide to scratch from the event, I must report this as soon as possible by emailing info@adventurebikeracing.com.

I understand that if the tracker gets lost or did not arrive 30 days after the shipping information was provided I have to pay 150,- Euros for the device!

Name: _____

Signature: _____

Date: _____



Participant Release and Waiver

Around Norway: In consideration of being allowed to participate in any way in the Adventure Bike Racing events, trainings and activities, I acknowledge, appreciate and agree that:

The risk of injury from many activities is significant, including the potential for permanent paralysis and death, while particular skills, rules equipment and personal discipline may reduce this risk, the risk of serious injury does exist. I understand the risks and I am prepared to bear the consequences.

I knowingly and freely assume all such risks, both known and unknown, even if arising from negligence of releases or others and assume full responsibility for my participation.

I understand that I am responsible for my actions. I will examine and inspect the activity in which I participate. If I observe any condition, which I consider to be unacceptably hazardous or dangerous, I will refuse to take part in the event until the condition has changed to my satisfaction, through my own actions or otherwise.

I understand that participation in the event may be extremely demanding both mentally and physically. I am qualified, in good health, and in proper physical and mental condition to participate in the event.

I fully understand that the event is unsupported, which means that I will be responsible for organizing, planning and executing my own ride during the event.

I fully understand there will be no on-the-ground organization by the releases during the event.

I fully understand I will be participating in the event alone and that the releases named below may not assist me in any scenario and may not even be contactable during the event.

I fully understand I will be responsible for sourcing my own assistance if I deem it necessary.

I fully understand any participant GPS location tracking service offered as part of the event will be provided as nothing more than a web-based framework to present participants progress based on correct use of the tracking device.

I fully understand, unless I organize it, no one will track my location during the event.



I willingly agree to comply with the stated and customary terms and conditions for participating. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless Adventure Bike Racing, officials, directors, coordinators, agents and/or employee's, other participants, sponsoring agencies, sponsors, advertisers and any other party involved("releases"), with respect to all injury, disability, death or loss or damage to person or property, whether arising from the negligence of releases or otherwise, to the fullest extent permitted by law.

I agree to having my information shared if needed. I consent to the release by any third-party to the release and their insurance carriers of my name and medical information that may relate solely to an injury I may suffer arising from the activity.

I understand that ABR and people of ABR that are involved in this event, are never liable towards the participants, their heirs and other people, for what material damage and/or personal injury of whatever nature and size whatsoever, that the participant and other parties can experience.

I have read this release and liability and assumption of risk agreement, fully understand its terms, understand that I have given up substation rights by signing it, and sign it freely and voluntarily without inducement.

Name: _____

Signature: _____

Date: _____



AROUND NORWAY 2024 // online Bike Check

We want you to do these checks previous to the event and provide us some pictures as evidence!

Note that this is the minimum we want you to do. Any extra effort to make your bike/ride safer is more than welcome!

Name:

Bike Check

Handlebar (check for play)

Brake check

Wheels (check for play)

Reflective tape - crank both sides (3cmx12cm minimum length) ☐

Reflective tape - seat stays (2cmx20cm minimum both sides) direction to the back and side ☐

Reflective tape - fork (3cmx20cm minimum both sides) ☐

Reflective tape - wheels (2x 2cmx7cm minimum) ☐

Reflective tape has to be attached on both wheels and each sides!

Reflective tires would be a good addition!

Alternative: Spoke reflector (2x2 cat eyes)

Alternative: Reflective spoke clips (minimum 9 each wheel in 3x120° steps!)

2x Front lights ☐

Both must be fully functional lights.

One has to be mounted. The second can be in your bag!

Day riding lights will not be excepted as a spare light

2x tail lights ☐

One has to be mounted. The second can be in your bag!

Clothing Check

2x Anklestraps ☐

Note: Ankle straps must be worn at night time.

Alternative: Reflective tape on shoes plus reflective tape on crank arm wrapped around min. 12cm

Note that in the event when shoe covers are worn you need to put reflective ankle straps

over the shoe cover or you need to put equivalent amount of reflective tape on the shoe covers!

Reflective socks would just be an addition...no alternative!

Helmet (Reflective Tape left, right and back!) ☐

(Reflective tape 2cmx7cm minimum)

Reflective Garment/Vest - must be worn at all times while riding. ☐

Recommendations!

Additional Helmet light: ☐

Signature. _____

Date _____



Riding in difficult conditions

There is a few things you need to be prepared for:

Weather can be changing very quickly and temperatures dropping down to single digit in a couple of hours. Exhaustion can amplify the cold factor, especially when riding at night. Pack additional clothing as appropriate (warm gear, muff, leggings, gloves, wind-stopper gilet, waterproof windbreaker...)

Sun can be scorching hot as well. Make sure to pack a cap and sun cream.

Above 1000m it is not unusual to feel more fatigued due to relative hypoxia and muscle exhaustion. Always listen to your body.

Behind every pass and climb there is a descent. Riding fast downhill in the wilderness might bring extra danger, such as fallen rocks, animals.

Always be prepared for the unexpected and remember to also enjoy the landscape you will be 'cruising' through.

Contact Adventure Bike Racing

Register here: <http://adventurebikeracing.com/aroundnorway>

Main contact:

mail: info@adventurebikeracing.com

Fun contacts:

Facebook: www.facebook.com/adventurebikeracing/

Facebook Group: <https://www.facebook.com/groups/694553574233811/>

Instagram: www.instagram.com/adventurebikeracing/

Sincerely,

Michael Wacker

Founder Adventure Bike Racing