



TECHNICAL GUIDE

TEKNISK GUIDE



THE ADVENTURE OF RONDANE
EVENTYRET I RONDANE



Ole Kristian Rudland,
Chairman and Race Director.
Furusjøen Rundt AS.

Message from the Race Director

Welcome to Kvam, Rondane, and Furusjøen Rundt.

Internationalisation is a key theme for the Furusjøen Rundt races. Our mountains offer spectacular opportunities for MTB disciplines, and considerable efforts have been made to use trails, tracks, terrain, and altitude to create a course of international standard.

As host of the Norwegian Championships in 2014 and 2021, and of the Norwegian Cup for a number of years, the expectations placed on us have been high. Thanks to dedicated and enthusiastic volunteers from Kvam idrettslag and other associations, it is possible for us to take on an event of this scale.

As race director, it is my responsibility to ensure that participants, support teams, and spectators have an enjoyable experience, and we will be more than happy to welcome UCI and the World Series, and of course the MTB Marathon World Championships, in the future.

Let the Adventure of Rondane begin!



Contents

Message from the Race Director	2
Presentation Furusjøen Rundt	4
Organizing Committee	4
Contact information.....	4
Previous experience.....	5
Venue presentation	6
Registration and information	8
Registration	8
Registration fee.....	8
Race type and Classes	8
Feed/liquid stations.....	8
Timing chips.....	9
Secretariat/race-office	10
Accreditation and Press	10
Programme	11
Prize Ceremony.....	13
Prize list	13
Points scale.....	13
Competition venue.....	14
Men 73 kilometers, map and profile	14
Course description.....	15
Route description by car - technical zones/feed zones.....	16
Women 57 kilometers, map and profile	19
Course description.....	20
Route description - technical zones/feed zones	21
Competition rules	23
Safety	26
Medical and hospital	26
Presentation of the region	28
Welcome to Lillehammer og Gudbrandsdalen	28
Map and directions.....	29
Accommodations	30
Official hotel - Hotel Rondablikk.....	31
UCI MTB Marathon Series Calendar	32

Information in norwegian, see: www.furusjoenrundt.no

Presentation Furusjøen Rundt

Furusjøen Rundt is a triple containing:

- Cross country race (XC Skiing)
- Mountainbike race Maraton (MTB)
- Cross country running/walking (XC Running)

Furusjøen Rundt is organised by Kvam idrettslag.

Our slogan is “The Adventure of Rondane”.

Races are suitable for all levels; from top athletes to fitness enthusiasts and recreational exercisers.

The XC Skiing is seeding to the Birkebeinerrennet at Lillehammer and Vasaloppet in Sweden.

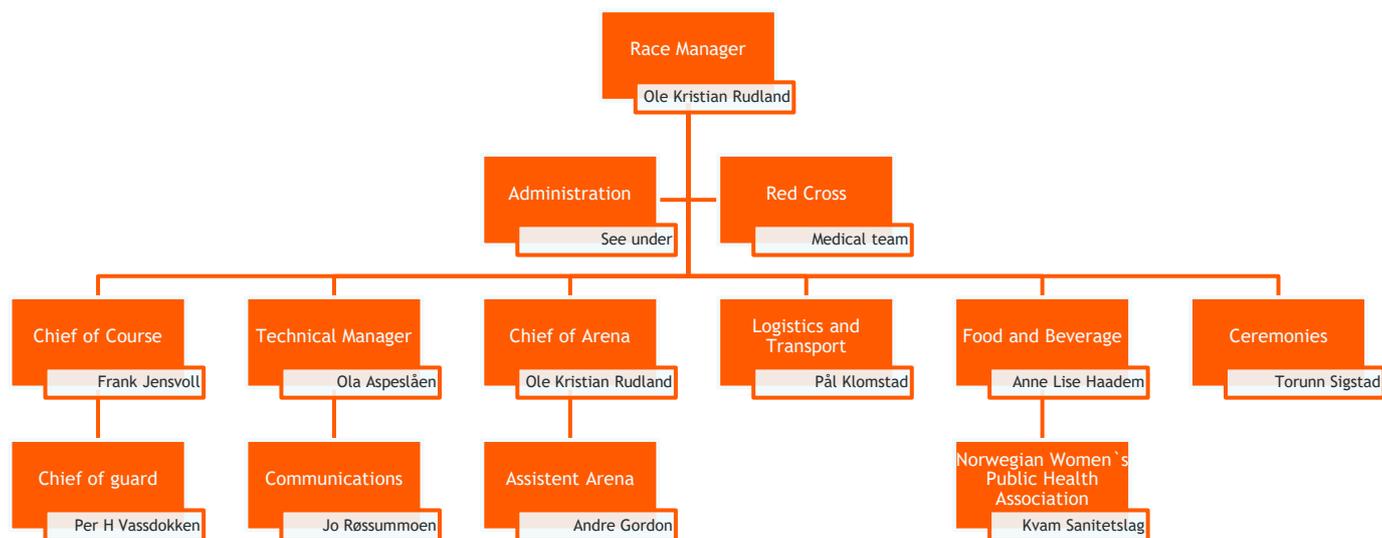
The MTB 70 km race is seeding to Birkebeinerrittet and Grenserittet.

The XC Running/walking has feedback from participants that this is the “finest track in Norway”.



From the lounge at Rondablikk to Rondane National Park.
Photo: Rondablikk.

Organizing Committee



Contact information

Furusjøen Rundt AS

Postbox 61

N- 2642 KVAM

Visiting adress: Parkvegen 7-9



www.furusjoenrundt.no



www.instagram.com/furusjoenrundt.no



www.facebook.com/FurusjoenRundt



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Administration



Previous experience

Furusjøen Rundt XC Skiing has been arranged 40 times:

- 1967 - 1995
- Every year since 2009
- Seeding to Birkebeinerrennet since 2012 and to Vasaloppet since 2013

Furusjøen Rundt XC Running has been arranged 15 times:

- 1966 - 1973
- Every year since 2011

Furusjøen Rundt MTB Marathon

- Every year since 2009
- 2009 we had a race for 25 invited to test our course
- Seedingrace to Birkebinerrittet since 2012, Grenserittet (between Sweden-Norway) since 2013 and to CykleVasa since 2016.
- Norwegian Cup Marathon in 2013, 2015, 2016, 2017, 2018 and 2019
- Masters Cup Marathon in 2014, 2015, 2016, 2017, 2018 and 2019
- National Championship XCM Marathon in 2014 and now in 2021
- UEC MTB Marathon European Championship in 2019



At Gravidalen. Photo: Egil Myhre

Venue presentation

Stadion, the main arena, is located at Rudland Fjellsenter by the Hotel Rondablikk. It is purpose-built for each event, and is small and compact with most facilities in close proximity to the START and FINISH.

- Changing rooms and shower facilities
 - Stadion - marquee with simple changing facilities
 - Hotel Rondablikk (300 m), NOK 50,- per person
 - Club house at Kvam Idrettspark (12 km), free
- Large, modern mobile toilet facilities in the arena
- Free parking close to the arena
- Kiosk and large catering tent with seating
- Bicycle wash



The venue at 2016; Rondablikk close by start- and finish. Parking and own area for the teams.



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

Straight across from the arena is Hotel Rondablikk, offering access to changing rooms and shower & toilet facilities. Towels can be rented from the hotel reception, or you can bring your own.

- NOK 50,- per person, payable at reception. The wardrobes can be closed without warning if hot water is left out.
- Shoes is removed outside the wardrobe. If the shoes are very dirty, they are taken out of the stairs.
- Pay attention to the other guests in the hotel, so that they do not change in the hallways, but only in the wardrobes.





FACTS	FOOD AND BEVERAGE	TECHNICAL ZONE	KILOMETERS FROM START/ METER ABOVE SEA LEVEL
MEN: Length 73 kilometers Hight meters approx. 3 000 Winning time approx. 3:30 hours	Krøkla -- Tjønnsæter Kvam Idrettspark*) Bakkom*)	Krøkla Gravdalen (only technical) Tjønnsæter Kvam Idrettspark*) Bakkom*)	20 km/1 155 m a.s.l
WOMEN: Length 57 kilometers Hight meters approx. 1 760 Winningtime approx. 3:05 hours	Kringsætrin Vassmillom Rudland Fjellsenter	Kringsætrin Vassmillom	31 km/916 42 km/270 51 km/667 61 km 46 km/869 69 km 53 km/857 73 km 57 km/881

*) Men only. Se the course for more details

Registration and information

Registration

Registration can only be completed online via our race website; <https://en.furusjoenrundt.no/rittet/>
The [online registration](#) will close at 23:59 on the Wednesday before the race.

Note! The registration for the national championship and UCI World Series will close on Monday before the race!

After this, registration is only possible during the Secretariat opening hours.

Registration fee

- NOK 450,- (aprox. €45)
- Late registration are not possible for the national championship and UCI World Series

Included is free liquid/sports drink and fruit, which you can get at the tracks liquid stations.
You also get a tomato soup with local bread at the finish line.

Registration fee for other MTB races at Furusjøen Rundt, see <https://en.furusjoenrundt.no/rittet/>

Race type and Classes

Cross-country marathon - XCM, Class 2 event

Cross-country marathon events are open to all riders aged 19 or over and include masters categories. No separate results must be submitted for under 23 or masters categories.

Feed/liquid stations

There are seven feed/drink stations along the course, depending on the race - please see route map. We can also offer basic bicycle service at each feed/drink station should someone find themselves in need of assistance.





Feed/drink station with technical zone. Photo: Stig Haugen

FoN = Fuel of Norway

FoN-Krøkla

FoN-Tjønnsæter

FoN-Kvam Idrettspark

Leinebakken Water post

FoN-Bakkom

FoN-Kringsætrin

FoN-Vassmillom

FoN-Finish

Cup with FoN sports drink and water, energy bar, banana

Drinks bottle with water, cup with FoN sports drink, energy bar, banana

Drinks bottle with water, cup with FoN sports drink, energy bar, banana

Cup with water, possible to fill up drink bottles

Drinks bottle with water, cup with FoN sports drink, energy bar, banana

Drinks bottle with water, cup with FoN sports drink, energy bar, banana

Cup with Cola and water, FoN energy bar, banana

FoN sports drink, water, banana.

Tomato soup w/bread in the catering tent for all participants.

Timing chips

Use of EQ Timing chip is required. The chip sit on the back of your BIB. Checking the chip is compulsory, and it is the participants' responsibility to have the unit tested. Riders without a functioning chip risk not being registered with a finishing time.

Time-keeping by EQ Timing-systems, used by the national cycling federation NCF.

Secretariat/race-office

Friday: At Kiwi Kvam
6 pm - 8 pm UCI

Saturday: At the venue
From 08.00 am

Collection of BIB up to one hour before start.
Licence check.

Race number (BIB) shall be displayed at the participant's back, and at the front of the bike.

For riders who did not finish (DNF) and did not start (DNS), the BIB removes and without crossing the finishing line.

Information will be provided on the information display in the arena (venue).

Accreditation and Press

Please e-mail us at: post@furusjoenrundt.no for accreditation.

Accreditation can be collected at the race-office or by appointment.
See programme for opening hours.



Photo: Stig Haugen

Programme

With reservation - adjustment of the starting time for classes with low participation

Thursday:

07:00 pm approx.

Startlist draw

www.furusjoenrundt.no

Friday:

09:00 am - 05:00 pm

Course recognition

Route 73 km and 57 km

06:00 pm - 08:00 pm

Race-office
Elite licence check and collection of race numbers (BIBs)
Information. Press. Accreditation

Kiwi Kvam

Saturday:

08:00 am - 05:00 pm

Race-office
Collection of BIBs

Rudland Fjellsenter - the venue

10:00 am

Start
MastersCup
Pathfinder

73 km | 57 km
73 km

11:00 am

START
UCI MTB Marathon World Series
NCF NM (national championship)

73 km men

11:05 am

START
UCI MTB Marathon World Series
NCF NM (national championship)
Junior MTB Marathon

57 km women
57 km men jr. 17-19 year

11:15 am

Start Snap
7-9 years old

Childrens race at the venue

11:30 am

Start Snoute
10-11 years old
From 11 years you can choose to bike the 12 km course

Childrens race at the venue

12:00 pm

Start Furusjøen Rundt

70 km men | women

12:15 pm

Start Furusjøen Rundt
Junior MTB Marathon
Youth MTB Marathon

32 km men | women
32 km women jr. 17-19 years
32 km men | women 15-16 years

12:30 pm

Start Furusjøen Rundt

12 km boys | girls | family | EL

12:35 pm

Start Snip
0-6 years old on tricycle or bike with training wheels

Childrens race at the venue

01:30 pm app.	First rider finish
01:20 pm app.	Award ceremony - for the first races
02:00 pm app.	First Masters finish
02:30 pm app.	First UCI MTB Marathon World Series and NM finish
02:40 pm app.	Official Award ceremony at the venue, UCI MTB Marathon World Series, NM Elite and Masters
06:00 pm	Venue closes (after last rider)



Photo: Iver Røssum, 2017

Prize Ceremony

Price ceremony at the venue, right after the race, approximately 02.40 pm

All participants: Furusjøen Rundt-multifunctional headwear and medal.

Prizes won in the prize draw can be collected at the prizetable by the ceremony.

Details will be provided on the information display in the venue. Prizes will not be forwarded by post.

Prize list

73/57 km NM and UCI MTB World Series Marathon Men/Woman		Approximately
1st place	NOK 5 000,-	€500
2nd place	NOK 3 000,-	€300
3rd place	NOK 2 000,-	€200
4th place	NOK 1 000,-	€100
5th place	NOK 750,-	€75
6th place	NOK 500,-	€50

Points scale

Top 40 men and women score points:

• 1st	100	• 6th	45
• 2nd	85	• 7th	40
• 3rd	70	• 8th	36
• 4th	60	• 9th	34
• 5th	50	• 10th	32
		• 11th-40th	30-1



Award ceremony. Photo: Jo Røssummoen

Competition venue
Men 73 kilometers, map and profile



Course description

MTB Marathon Men Senior - 73 km

This is probably one of the most challenging courses ever to form. In design and choice of course, we have focused on technical skills, altitude, and riding time, as well as fun, varied terrain.

Apart from a few kilometers at the start at dirt-tracks, you go out in the terrain all the way until the third feedstation at Kvam Idrettspark. The first 40 kilometers are in the mountains, woodland and flow paths. Then follows a 10 km climbing mainly on gravel, with little asphalt the first couple kilometers.

The rest of 22 kilometers follows the rest of the race in varied terrain at dirt-tracks and paths.

Approximately: asphalt: 3 km, gravel/dirt-tracks: 20 km, paths 50 km.

To provide the best possible description, we have split the course into different sections.

1. To Krøkla, 0-20 km.

After a gentle start on dirt-tracks for approx. 3 km, there is a relatively steep climb to the highest point of 1 264 m.a.s.l. Then there is a walking section, which gradually becomes a mountain trail. The course leads up and down through a spectacular mountain scenery, with a mix of trails and terrain. This section is not technically difficult, but the surface is challenging (rocks/moss/grass).

2. To Tjønnsæter, 20-31 km.

After the Krøkla feed station (1 155 m.a.s.l.), the course climbs towards Skarven and then to the start of the downhill stretch towards Gravdalen and Tjønnsæter. This section has highly technical trails early on, which gradually turns into fast flowing single-tracks down to Gravdalen. Runs on the upper side of Fjelltjønn. After Gravdalen, the course leads down to Tjønnsæter and the feed station where it changes character from mountain trail to forest track.

3. To Kvam Idrettspark, 31-42 km

From Tjønnsæter, there is a fast downhill section to where the course turns towards Kvam. This is where the most technically demanding part starts. After an uphill trail of some three kilometres, the course plunges down steep trails towards Kvam and the lowest point of the course (270 m.a.s.l.). This far, at 42 km, most of the course has been made up of trails and terrain.

4. To Bakkom, 42-51 km.

From Kvam Idrettspark, there is a steep dirt-road climb along Veikledalen, up to Leinebakken, and towards the feed station at Bakkom.

5. To Kringsætrin, 51-61 km.

From here, the course follows route 419 for approx. 400 metres to Tjønnmorka. This is where all the courses for the Furusjøen Rundt races meet. The first section is on dirt road, and then there is a short stretch across terrain before you reach the feed station at Kringsætrin.

6. To Vassmillom, 61-69 km.

This is the same course as for the rest of the Furusjøen Rundt races. First section is uphill towards Smukksjøen, and then across to Vålåsjøen. A good mix of fast-flowing trails and dirt roads, and spectacular views towards Rondane and Furusjøen.

7. To FINISH. 69-73 km.

From Vassmillom, there is a dirt-road climb towards Haugseter, then a downhill stretch towards Hotel Rondablikk and to the finish line. From Vassmillom to the finish line, all races follow the same course.

Facts:

Length: 73 km

High meters, approx.: 3 000

Estimated winning time: 3:30 h

Asphalt: 3 km Dirt-tracks: 20 km

Mountain tracks: 50 km

Tips:

Full suspension is recommended.

High-quality puncture-proof tyres.

Multi-tool and spare inner tube(s).

Bike in a good state of repair

Comments about the course:

Designing this course has been a long and enjoyable process. We have listened to participants, the cycling federation, and, of course, MTB enthusiasts. The Rondane and Kvamsfjellet area offers enormous biking opportunities.

We are able to present a course with a diversity and range never before seen at a Norwegian MTB Marathon. This is a course placing high demands on the rider, but at the same time is a fun experience. It is also used for the popular Pathfinder race - an open tour class.

Route description by car - technical zones/feed zones

1. Krøkla, 1 155 m.a.s.l. - 20 km

Route description: From the arena (venue), drive towards Nysæter and Sødorp and follow the Peer Gynt track. NOTE: This is the route to 70 km, and returning along the same route is not permitted. The road will remain closed until the last rider has passed through the 70 km point. This route continues down towards Gravdalen or Vinstra. The road will close in direction Vinstra - all teams continuing along the route will have to leave Krøkla before this. Ample parking available.

2. Gravdalen, technical zone only

Route description: From Krøkla, follow the way-marked 70 km course, or alternatively signs from Gardvegen south in Kvam. Ample parking available.

3. Tjønnsæter, 916 m.a.s.l. - 31 km

Route description: From the arena, follow way-marking for 32 km. From Kvam, follow route 419 by Stølane. NOTE! The road is closed in the opposite direction until the last rider has passed through the 32 km point, approx. 12:35 pm. Ample parking available.

4. Kvam Idrettspark, 270 m.a.s.l. - 42 km

Route description: Kvam centre/Kvamshallen. Ample parking available.

5. Bakkom, 667 m.a.s.l. - 51 km

Route description: From the arena, follow route 419 down to Bakkom. From Kvam, follow route 419 up to Bakkom. The zone is located close to the main road. Ample parking available.

6. Kringsætrin, 869 m.a.s.l. - 61 km

Route description: Location difficult to access, and can only be reached by car from Sel municipality. From the arena, follow route 419 down to Kvam. From Kvam, follow E6 towards Otta. Then turn off onto a country lane by Solhjem after approx. 17 km. Follow the road up towards Kringsæter. The zone is located by a farm track. Ample parking available.

7. Vassmillom, 857 m.a.s.l. - 69 km. Last before finish.

Route description: From the arena, follow route 419 towards Kvam. Then turn left towards Haugseter after approx. 600 m. Follow the road and signposting towards Vassmillom. The zone is located by a farm track. Ample parking available.

With local knowledge and two team cars, it is possible to reach your rider(s) by following the routes described. Many roads are private, and are closed with barrier. Please contact the race office, and we will arrange for tickets and permits in advance - no later than 1 week prior to start.

Team car 1:

Krøkla - Gravidalen - Kvam Idrettspark - Kringsætrin. Only limited time for the stretch between Krøkla and Gravidalen.

Team car 2: Stadion - Tjønnsæter - Bakkom - Vassmillom

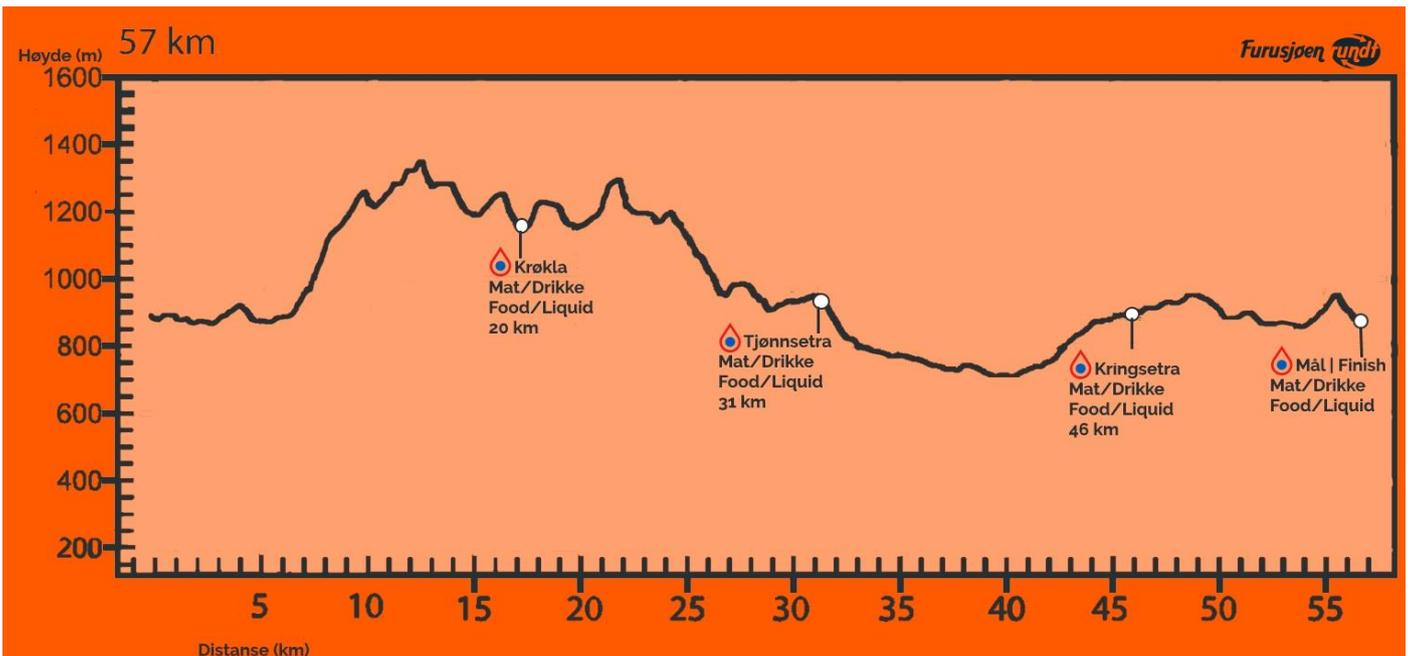
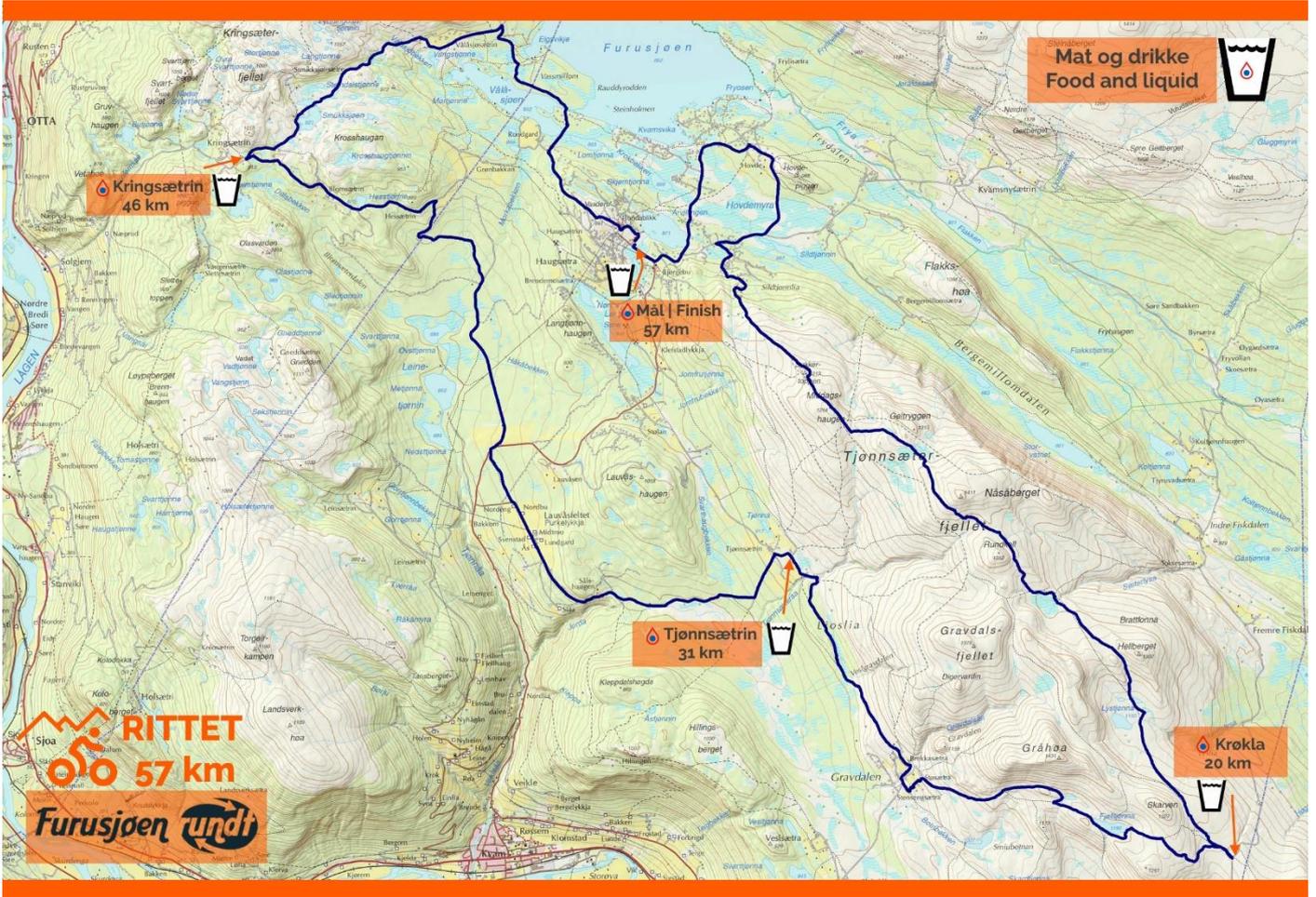


From the walking section, which gradually becomes a mountain trail. Foto: Fredrik Weikle.

From the tracks!



Women 57 kilometers, map and profile





Course description

MTB Marathon Women Senior - 57 km

This is probably one of the most challenging courses ever to form. In design and choice of course, we have focused on technical skills, altitude, and riding time, as well as fun, varied terrain.

Apart from a few kilometers at the start at dirt-tracks, you go out in the terrain all the way until the second foodstation at Tjønnsætra. The first 30 kilometers are in the mountains, woodland and flow paths.

The rest of 26 kilometers follows the rest of the race in varied terrain at dirt-tracks and paths.

Approximately: asphalt: 500 m, gravel/dirt-tracks: 16 km, paths 41 km.

To provide the best possible description, we have split the course into different sections.

1. To Krøkla, 0-20 km.

After a gentle start on dirt-tracks for approx. 3 km, there is a relatively steep climb to the highest point of 1 264 m.a.s.l. Then there is a walking section, which gradually becomes a mountain trail. The course leads up and down through a spectacular mountain scenery, with a mix of trails and terrain. This section is not technically difficult, but the surface is challenging (rocks/moss/grass).

2. To Tjønnsæter, 20-31 km.

After the Krøkla feed station (1 155 m.a.s.l.), the course climbs towards Skarven and then to the start of the downhill stretch towards Gravdalen and Tjønnsæter. This section has highly technical trails early on, which gradually turns into fast flowing single-tracks down to Gravdalen. The course has been changed slightly this year, and runs on the upper side of Fjelltjønn. After Gravdalen, the course leads down to Tjønnsæter and the feed station where it changes character from mountain trail to forest track.

3. To Kringsætrin, 31-46 km.

This is the same course used for the rest of the Furusjøen Rundt races. The first section leads down towards Lauvåsfeltet on fast-flowing forest trails, and then across towards Tjønnmorka.

4. To Vassmillom, 46-53 km.

A good mix of fast-flowing trails and dirt roads, and spectacular views towards Rondane and Furusjøen.

5. To the FINISH LINE. 53-57 km.

From Vassmillom, there is a dirt-road climb towards Haugseter, then a short downhill section towards Hotel Rondablikk and to the finish line.

Facts:

Length: 57 km

High meters, approx.: 1 760

Estimated winning time 3:05

Asphalt: 500 m, dirt-tracks: 16 km

Mountain tracks: 41 km

Tips:

Full suspension is recommended.

High-quality puncture-proof tyres.

Multi-tool and spare inner tube(s).

Bike in a good state of repair.

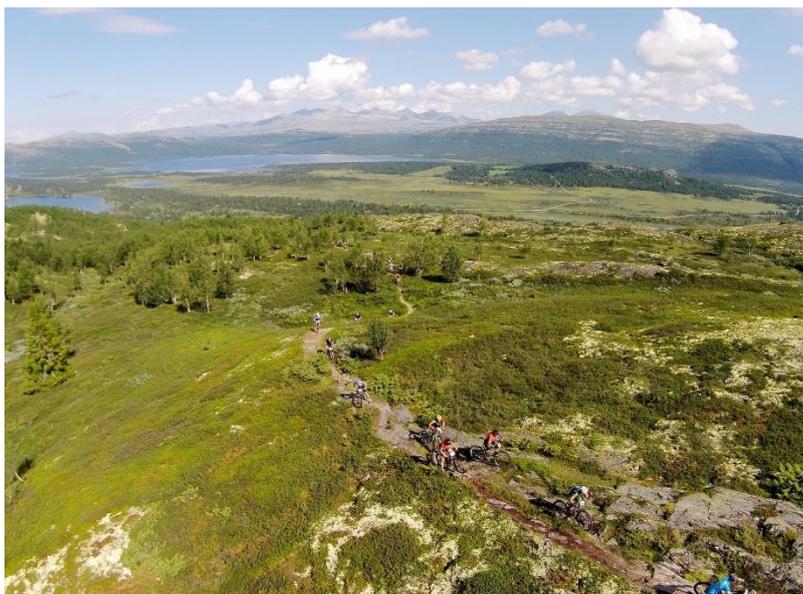


Comments about the course:

Designing this course has been a long and enjoyable process. We have listened to participants, the cycling federation, and, of course, MTB enthusiasts. The Rondane and Kvamsfjellet area offers enormous biking opportunities.

We are able to present a course with a diversity and range never before seen at a Norwegian MTB Marathon. This is a course placing high demands on the rider, but at the same time is a fun experience.

Welcome to the Adventure of Rondane!



Mountain trail with view! Photo: Fredrik Weikle



Route description - technical zones/feed zones

1. Krøkla, 1 155 m.a.s.l. - 20 km

Route description: From the arena (venue), drive towards Nysæter and Sødorp and follow the Peer Gynt track. NOTE: This is the route to 70 km, and returning along the same route is not permitted. The road will remain closed until the last rider has passed through the 70 km point. This route continues down towards Gravdalen or Vinstra. The road will close in direction Vinstra at 12:45; i.e. all teams continuing along the route will have to leave Krøkla before this. Ample parking available.

2. Gravdalen, technical zone only

Route description: From Krøkla, follow the way-marked 70 km course, or alternatively signs from Gardvegen south in Kvam. Ample parking available.

3. Tjønnsæter, 916 m a.s.l. - 31 km

Route description: From the arena, follow way-marking for 32 km. From Kvam, follow route 419 by Stølane. NOTE! The road is closed in the opposite direction until the last rider has passed through the 32 km point. Ample parking available.

4. Kringsætrin, 869 m.a.s.l. - 61 km

Route description: Location difficult to access, and can only be reached by car from Sel municipality. From the arena, follow route 419 down to Kvam. From Kvam, follow E6 towards Otta. Then turn off onto a country lane by Solhjem after approx. 17 km. Follow the road up towards Kringsæter. The zone is located by a farm track. Ample parking available.

5. Vassmillom, 857 m.a.s.l. - 69 km. Last before finish.

Route description: From the arena, follow route 419 towards Kvam. Then turn left towards Haugseter after approx. 600 m. Follow the road and signposting towards Vassmillom. The zone is located by a farm track. Ample parking available.

With local knowledge and two team cars, it is possible to reach your rider(s) by following the routes described. Many roads are private, and are closed with barrier. Please contact the race office, and we will arrange for tickets and permits in advance - no later than 1 week prior to start.

Team car 1:

Krøkla - Gravidalen - Kringsætrin. Only limited time for the stretch between Krøkla and Gravidalen.

Team car 2:

Stadion - Tjønnsæter - Vassmillom



Krøkla, 1 155 m.a.s.l. Photo: Stig Haugen.



Competition rules

We would like the Furusjøen Rundt race to be a positive experience for all involved, and ask everyone to familiarise themselves with the regulations.

UCI's regulations will apply.

Registration can only be completed online via our website.

Payment by credit card or on invoice is accepted, and the registration is binding.

When the entry application has been accepted and payment has been confirmed and registered, the participant will be added to our official start lists.

If changes are made after confirmed registration and the new option is cheaper, the difference will not be refunded.

Personal data

By registering, participants give the organiser their consent to use information linked to their name, club, category, and results online.

Registration also authorises the publication of images on our website, Facebook, Instagram, YouTube, and other image/video platforms. Images will be stored in our archive, and may be subject to future use by the event organiser or a third party in connection with our websites, newsletter, articles, adverts, and other promotional activity.

Illness/injury/unforeseen circumstances

In line with the general rules and regulations for scheduled events, no refunds will be given for unused tickets. This also applies in the event of illness. Please check with your own insurance company. You may be covered through your home insurance.

Cancellation/interruption

If an event is cancelled prior to the day for which it was scheduled, the event organiser is entitled to retain 50% of the race fee in order to cover expenses. If the event has to be moved to a different location on the same date, is cancelled and then held at a later date, or is moved to a different location on a new date, any participants registered for the original date, but who do not meet for start on the new date, are not entitled to a refund of any part of the race fee.

For cancellation due to interruptions on/during the day of the event, such as sudden changes in weather conditions or other "force majeure", the event organiser will retain the race fee.

Participants' responsibilities

- Participants have a duty to ensure that all personal details provided are correct.
- It is the participants' responsibility to ensure that registration details are correct in terms of course and category.
- Race packs must be collected in ample time prior to start.
- Participants may be asked for ID when collecting their race number.
- All riders must be in possession of a valid licence.
 - Licence is not required for persons who are aged 80 or over,
 - All participants aged 17 and over require a valid licence (full or one-time) through which the participant will also be covered by the event organiser's insurance in accordance with NCF's regulations.
 - Recreational riders require a provisional race license.
 - Youth aged (or turning) 13 to 16 the year the race is held, may apply for a youth licence.





- Participants with full race licence have to bring licencecard along when collecting their race number. Failure to produce this may lead to extra waiting time.
- Starting in a group other than the one assigned is prohibited.
- Participants are themselves responsible for attaching their race number and chip as per instructions.
- All riders participate at their own risk, and are obliged to comply with all road traffic regulations. In addition, the event organiser's way-marking and instructions must be followed from start to finish.
- All riders are expected to show good sportsmanship, and not in any way obstruct other participants.
- Riding under another person's name is strictly prohibited.
- Approved helmet is compulsory for all riders throughout the race.
- Changing bike, using support car, or in other ways receiving help (pushing or pulling) from external parties during the race are not permitted.
- Participants are themselves liable for any loss of /damage to bicycles or other equipment.
- Littering is strictly prohibited. Only marked waste zones shall be used.
 - Littering is punished with 10 minutes additional time.

Disqualification

Breach of one or more of the above terms and conditions may result in disqualification.

Cut-off times

Participants are free to continue without race number / chip, but will no longer be considered the responsibility of the event organiser.

Cut-off times for Furusjøen Rundt, all races.

- Riders reaching the Tjønnmorka at (approx. 21 km before finish) later than the cut-off time of 04:15 pm, will be eliminated from the race.

Cut-off time for Pathfinder, 73 km:

- Riders reaching Kvam Idrettspark at 42 km later than 02:30 pm will be eliminated from the race.

Nature and littering

Rondane and Kvamsfjellet are beautiful, but vulnerable. It is important that we, as organisers, ensure that Furusjøen Rundt does not have a negative impact on these surroundings.

DO NOT DROP LITTER ALONG THE COURSE! USE DESIGNATED WASTE ZONES.

- There is zero tolerance for littering along the route. Littering is punished with 10 minutes additional time.

Did not finish and/or injuries

All riders are asked to notify the secretariat immediately if they are unable to complete the race. This can be done by calling the telephone no. provided on the race number. This is important in order for us to look after all the riders, and to provide relatives etc. with any support needed.



Injuries

If you come across anyone injured during the race, please notify the nearest race officer or medical personnel. Try to establish the extent of the injury and the location. Alternatively, call the telephone no. provided (on race number).



Photos: Fredrik Weikle

Safety

Medical support during the races will be provided by Nord-Fron Røde Kors Hjelpekorps (the local Red Cross).

All medical services will be coordinated by an alarm centre on behalf of the medical supervisor. The alarm centre will comply with all guidelines provided by Emergency Call Centres (AMK) in terms of transport of patients. Positioning of medical teams in accordance with the emergency response plan, and the provision of staff and equipment, will be organised by the medical supervisor.

Nord-Fron Røde Kors Hjelpekorps will be stationed at the main arena, and at high-risk locations around the course. Race officers appointed by the organisers will be stationed at all large junctions, and in high-risk locations.

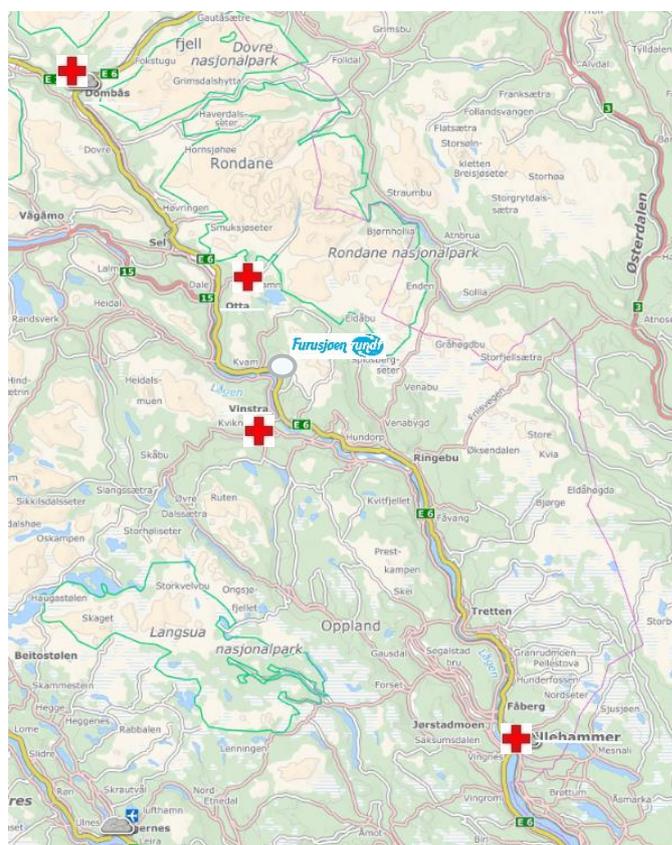
Their task is to report accidents and call for assistance; knowing the course route is each rider's own responsibility.

If a participant is involved in an accident but does not require assistance, the incident must be reported to the senior safety officer or the Race-office. This is important with regard to the licence scheme, and any possible insurance claims.

Medical and hospital

Kilometers from Kvam and the arrangement:

- 10 km - at Vinstra:
Ambulances and Medical offices
- 20 km - at Otta:
Nord-Gudbrandsdal Local medical center
- 65 km - at Dombås: Air Ambulance base
- 90 km - at Lillehammer: Hospital Innlandet





Red Cross. Photo: Ole-Petter Brendstuen



Photo: Egil Myhre

Presentation of the region

Welcome to Lillehammer og Gudbrandsdalen

Lillehammer - in the heart of Norway - is the ideal holiday destination for anyone in search of amazing adventures in the great outdoors. The town has some of the country's most spectacular scenery right on its doorstep, and Rondane, Jotunheimen and Langsua national parks are all within easy reach.

In the Lillehammer region, you can explore the very best of Norwegian countryside - from high mountains to forest-clad hills and cultural landscapes - in one single day. Your next adventure is never far away, and the opportunities for hiking, cycling, skiing or horseback riding are boundless.

Our museums and cultural centres, such as the spectacular Maihaugen, will leave you enriched and inspired. Lillehammer is renowned for its arts scene, and has a vibrant community of local artists from whom you can buy unique work.

Stay in urban Lillehammer town centre, or enjoy some peace and quiet up in the mountains - amidst spectacular scenery. Wherever in the region you are, your next adventure is never far away.

Summer as well as winter - Lillehammer and Gudbrandsdalen is a paradise for the active young family.

Welcome to Kvam

In the central part of Gudbrandsdalen, you will find a spectacular mountain hiking terrain as well as a host of cultural experiences in an authentic setting.

On the eastern side of the valley, just above the tiny village of Kvam, you will find Kvamsfjellet mountain - a gateway to Rondane National Park.

Kvamsfjellet forms part of Nord Fron municipality, and is home to numerous mountain farms as well as some 900 cabins - of which approx. 300 are furnished to a very high standard.

A fantastic area with hundreds of kilometers of tracks all year long from skiing, biking and hiking. The view of Rondane forms a poetic frame around Furusjøen Rundt-triple, with the slogan «The Adventure of Rondane».

All the events making up the Furusjøen Rundt triple-race are held in the area around Furusjøen - the largest of several lakes in the region.

Rondane is as made for mountain biking, and offers terrain for every taste.

Cycle map and GPS coordinates are available at www.furusjoenrundt.no

The centre of Kvam is located 260 metres above sea level, whereas the mountain areas vary from 850 to 1 350 metres altitude.

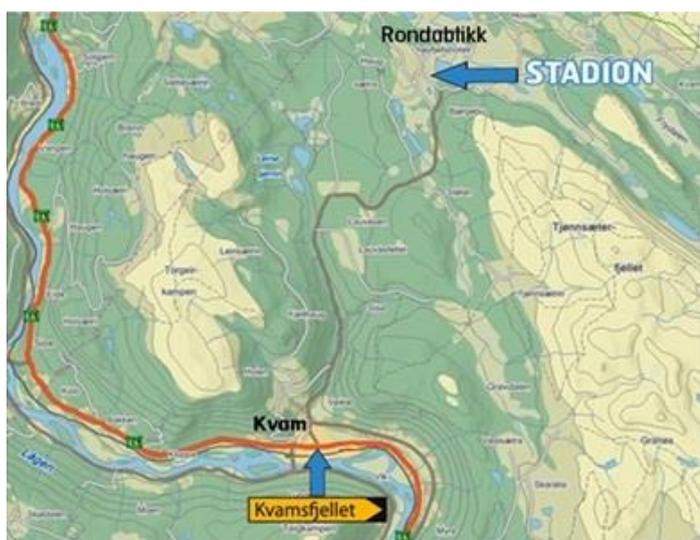


Photo: Rondaståk / www.rondastak.no - Mountain Music Festival.

Norway's climate is influenced by the Gulf Stream, the differences in altitude, and the great length of the country from north to south. Inland, the temperature is more directly affected by radiation from the sun; the reason why these regions have hot summers and cold winters. In this typical inland climate, also known as continental climate, winter temperatures are low enough for long periods of snow, whereas precipitation in summer is relatively limited. The reason for these drier weather conditions is the moisture from inflowing ocean air not reaching much further than the coast. Furthermore, the Langfjella mountains create a barrier against the rainfall in the west, and the inland hence enjoys more days of sunshine and warmer weather conditions. Our location in the westerly wind belt brings westerly and south-westerly winds. Another factor is the difference between land and sea, which creates monsoon-type conditions over Norway, with onshore winds in summer and offshore winds in winter.

Map and directions

Stadion, the main arena, is located at Rudland Fjellsenter by the hotel Rondablikk, 12 km from the E6. As you reach the centre of Kvam, leave the E6 and follow route 419 signposted Kvamsfjellet.



Distances:

- Oslo 280 km
- Trondheim 280 km
- Ålesund 280 km
- Drammen 280 km

Travelling 280 km = 3.5 hours

Transport/Communication:

	Distance to Kvam	Estimated time (by car or train)
Oslo Airport Gardemoen	235 km	3 hours
Ferry from Kiel to Oslo	275 km	3,5 hours
Ferry from København to Oslo	275 km	3,5 hours
Ferry from Hirtshals to Larvik	406 km	5-6 hours (transfer at Oslo Sentralstation)

Shuttle service from the train station to your accommodation:

Kvam Taxi (not included in the fee) Phone +47 61 29 41 47

Accommodations

There is good capacity for accommodation near the organizers.

In the immediate vicinity:

- Hotel Rondablikk with 75 rooms and 180 beds:
 - www.rondablikk.no
 - «Tinetunet» - appartement with 30 beds
 - Swimming pool
 - Fitness and activetyroomsss
 - Free Wi-Fi throughout the hotel
 - 28 rooms on the top floor has a private balcony
- Rondaplassen with 39 beds (can be divided into several appartements)
 - www.rondaplassen.no
 - All five appartements has its own TV (6 channels)
 - Wi-Fi
 - Basic goods: Toilet paper, household towels, detergents etc.
 - Bedding clohtes can be rented
 - Non-smoking. Dogs/pets only outdoors.
- Rondablikk Hytter
 - www.rondablikkhytter.no
 - Several high standard cabins
 - Self catering
- Kvamhytta with 27 beds
 - www.kvamil.no/kvamhytta
 - About 3 km from the venue
 - Self catering
 - Groundfloor:
 - 4 bedrooms with 3, 4, 4 and 6 beds
 - Changing and shower rooms, toilets. Infrared sauna - vending machine
 - 1st floor: 2 bedrooms with 4 and 6 beds
 - Large livingroom with fireplace, kitchen og eating
- Bjørgebu Caravan
 - <https://www.facebook.com/Bjørgebu-Hytter-og-Caravan>
 - Campgrounds for caravans and motorhomes.
 - Sanitary facilities with showers and toilets
 - Cafè

Kvam/Vinstra:

- Sinclair Jafs Cafe <https://sinclairjafscafe.no/>
- Kirketeigen with 13 room and 34 beds at the motel. Campgrounds with good capacity.
www.kirketeigen.no
- Peer Gynt Hotel & Spiseri www.peergynthotel.no

Otta:

- Thon Hotel Otta, www.thonhotels.no
- Rondane Høyfjellshotell, www.rondane.no

Official hotel - Hotel Rondablikk



Capacity:

- 75 rooms and 180 beds
- Restaurant: 180 persons
- Bar/celebration hall: 200 persons
- Course and conferences: 90 persons

Free wi-fi throughout the hotel. Telephone and TV. 28 rooms on the top floor has a private balcony

Restaurant/kitchen:

Restaurant offers fine cuisine and homemade food, built on years of traditions using only good quality ingredients.

We offer a full big breakfast buffet and also a dinner buffet, with hot and cold choices, as well as a desert table.

Please do also try out our delicious hot waffles with lovely choices of different topping and freshly brewed coffee.

Rondablikk offers a good selection of activities based in the area around the hotel.

For those who love to walk in the mountains, this is a paradise! There are short and long hikes, of varying difficulty.

More information and booking: www.rondablikk.no

| UCI MTB Marathon Series Calendar

Date	Competition	Country	Venue	Class
11.apr.21	Manavgat MTB Marathon Race	TUR	Antalya	2
09 May 2021	Costa degli Etruschi	ITA	Marina di Bibbona (LI)	2
23 May 2021	Jura Bike Marathon	SUI	Vallorbe	2
29 May 2021	BIKE Marathon	GER	Willingen (Upland)	2
30 May 2021	Douro Meda 100 Marathon	POR	Mêda	2
05.jun.21	Nova cup Skoda Auto Dolní Morava	CZE	Dolní Morava	2
05.jun.21	Mythic Chrono - Vélo Vert Festival	FRA	Villard De Lans	2
12.jun.21	International MTB Marathon Malevil Cup - XCM	CZE	Jablonne v Podjestedi	2
27.jun.21	Race Xcm Arica	CHI	Arica	2
10.jul.21	Furusjøen Rundt MTB - XCM	NOR	Kvam	2
31.jul.21	M ³ Montafon Mountainbike Marathon	AUT	Montafon	2
31.jul.21	Telluride 100 Mountain Bike Race	USA	Telluride, Colorado	2
01.aug.21	Transitapua Bike	PAR	Cambyreta/Nueva Alborada Itapua	2
17 Aug-21 Aug 2021	Swiss Epic	SUI	St. Moritz, Poschiavo, Davos	2
05.sep.21	Mátra Mountain Bike Marathon	HUN	Mátraszentistván, Sípark	2
05.sep.21	Atch Ruta De Los Abuelos	CHI	San Pedro De Atacama, Antofagasta	2
05.sep.21	XI Maraton BTT Sierra De Cazorla	ESP	Cazorla	2
05.sep.21	Transvallénne	FRA	Alpes Maritimes - Gréolières les Neiges / La Colle	2
11.sep.21	Mythos Primiero Dolomiti	ITA	Primiero San Martino di Castrozza - fiera di primiero (tn)	2
11.sep.21	Singletrack MTB Marathon Kosice	SVK	Kosice	2
12.sep.21	O-tour Bike Obwalden	SUI	Alpnach, Obwalden	2
18 Sep-19 Sep 2021	Internacional Estrada Real	BRA	Curvelo	2
09 Oct-10 Oct 2021	Desafio San Jose Vi. Marathon	CHI	Copiapo	2
16 Oct 2021	Bike Marathon - XCM	ITA	Riva del Garda TN	2
29 Oct 2021	HERO Dubai	UAE	Hatta	2



	FURUSJØEN RUNDT - LAUGET				FURUSJØEN RUNDT - GUILD	
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SPONSOR GOLD	Rondablikk Bytter	Furusjoen rundt			Gudbrandsdal Energi	TUNGEN BIL
SPONSOR SILVER	EIDSIVA bredbånd	Dyrens	RONDAstak	ELKJØP UTTA AS	elkonor Elektro+Montasje	kontorleverandøren
SPONSOR BRONZE	BAKKENS TREPRODUKTER	GAUSDAL LANDHANDLERI			GUDBRANDSDAL UNG & ENTREPRENØR AS	KARNEVIA SPILLEBORD
SPONSOR MEMBER	KVAM 21	ALI kaffe	Snaheita Regnskap	BJØRGEVU	BRØDRENE LIUM AS MASKINENTREPRENØR	Furusjoen rundt
PARTNERS	KVAM SANITETSLAG	RØDE KORS	RONDRAE - KVAMSPRILLET TURLØPELAG	Kompani Kvam	RUSTUGUSETRA	miljøskjente