



INVITATION

UNO-X Tour te Fjells

6-10 July 2022

4-lap race



Welcome to Tour te Fjells

CK Valdres, leaders, officials and the public to The Norwegian Cup based at Storefjell Resort Hotel 6-10 July 2022.

4 stages/5 days - the only race of the season in NC. This is the fifth time we have been able to present a race in the Norwegian Cup. The trails are challenging, where long climbs and fun gravel sections are the key word. And not to forget - amazing views and nature!

Like the last few years, it's going to be a fast-paced last one. It runs on an 8km circular trail in Fagernes town, with several spurs.

There are sprints and climbing jerseys for all classes as in previous years, with their own Awarding.

Registration

Registration opens on 1 April at EQ-Timing.



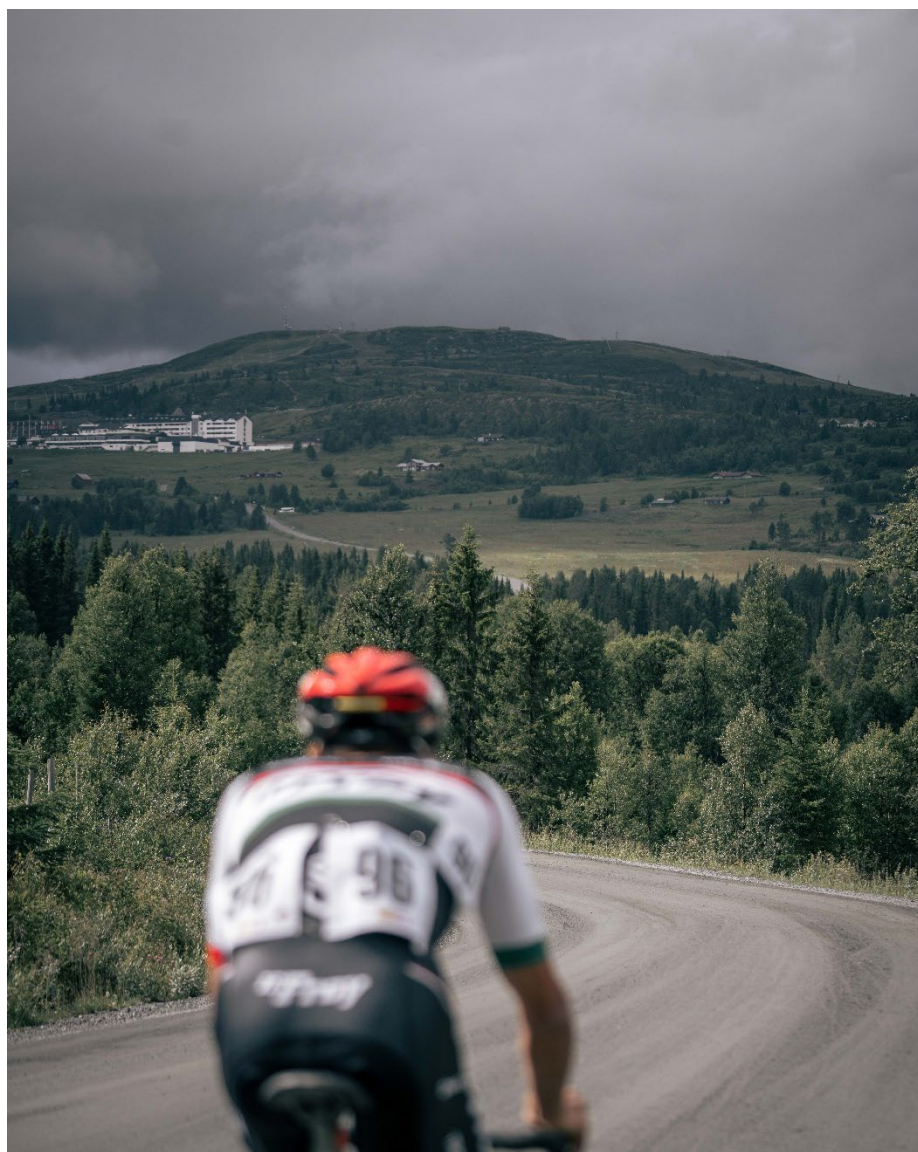
Wher too stay?

Tour te Fjells also has Storefjell Resort Hotel as a riding hotel this year. Golsfjellet, 3550 Gol.
Phone: +47 32 07 80 00
Enter the code TtF22 when booking a room at [Storefjell Resort Hotel](#)

Storefjell Resort Hotel offers all teams staying at the hotel, indoor bike parking/sink/mek.

There are some starts and finishes at [Oset Høyfjellshotell](#) (9 km from Storefjell) .

There are generally other good accommodation options in the surrounding area. Check [Visit Valdres](#) for accommodation.



Race programme 2022

Dato ▲	Day ▲	Stages ▲	Start ▲	Finish ▲	Class ▲	Race ▲	Length ▲
06/07/2022	30/03/2022	1.stage	Kl 14.00	Kl 15.30	Women Jr	Røn - Storefjell	44 km
06/07/2022	30/03/2022	1.stage	Kl 18.00	Kl 20.30	Menn Jr	Bagn - Storefjell	79 km
07/07/2022	31/03/2022	1.stage	Kl 09.00	Kl 11.30	Women Sr	Bagn - Storefjell	79 km
07/07/2022	31/03/2022	2.stage	Kl 14.00	Kl 16.00	Menn/Women Jr	Bakketempo - Storefjell	5 km
07/07/2022	31/03/2022	1.stage	Kl 17.30	Kl 20.30	Menn Sr	Herad – Bagn - Storefjell	123 km
08/07/2022	01/04/2022	3.stage	Kl 09.00	Kl 11.30	Menn Jr	Ryfoss - Oset	64 km
08/07/2022	01/04/2022	3.stage	Kl 14.00	Kl 15.30	Women Jr	Røn - Oset	50 km
08/07/2022	01/04/2022	2.stage	Kl 18.00	Kl 20.00	Menn/Women Sr	Bakketempo - Storefjell	5 km
09/07/2022	02/04/2022	3.stage	Kl 09.00	Kl 12.00	Menn Sr	Oset - Oset	122 km
09/07/2022	02/04/2022	3.stage	Kl 15.00	Kl 18.00	Women Sr	Oset – Fagernes	79 km
09/07/2022	02/04/2022	4.stage	Kl 19.00	Kl 19.45	Women Jr	Street race Fagernes	32 km
09/07/2022	02/04/2022	4.stage	Kl 20.30	Kl 21.30	Menn Jr	Street race Fagernes	46 km
10/07/2022	27/03/2022	4.stage	Kl 08.30	Kl 09.30	Women Sr	Street race Fagernes	46 km
10/07/2022	27/03/2022	4.stage	Kl 10.00	Kl 11.00	Menn Sr	Street race Fagernes	58 km



Awarding



Awarding as follows:

Awarding of each of the 4.				
Location	K Junior	K Senior	M junior	M Senior
1.	500	800	500	800
2.	350	600	350	600
3.	200	400	200	400

Victory ceremony for the top three every day takes place after the finish. Those who are going on the podium, and to attend the victory ceremony. At the Norwegian Cup race, the leader of the Norwegian Cup and leader of U23-23-2019 will be the leader.

Leader jerseys/point jerseys/climbing/climbing jerseys are handed out in all classes at the finish.

Awarding Norway's Cup Uno-X Tour te Fjells 2022 (overall):				
Location	K Junior	K Senior	M junior	M Senior
1.	2000	3000	2000	3000
2.	1000	2000	1000	2000
3.	500	1000	500	1000



Organizer

The race's organizer is **CK Valdres**. The club is affiliated with the Norwegian Cycle Association (NCF) and NIF

Insurances

The race is the terminator, which means on the race's organizer liability insurance through NCF/NIF and you who are insured the year-round license that you use during the race.

Permissions

The race has:

- Norwegian Public Roads Administration
- Police
- Landowners / Private road owners
- All affected municipalities
- Counties

Notifica

The race has been notified that:

- Pressure coverage
- Social media
- Lookup

Rules

The race follows ncf sinus lover and rules for the implementation of races.

Information about this will be provided at the mandatory team leader meeting, the night before the race starts, her can let the meeting leader electronically, on Teams (registration for this will be on the home page)

The Chief Commissioner has the ultimate responsibility for being deposed.

When the race is run as a contraction race, a running time of 10 minutes is set to complete the leg. If a man comes outside, you get taken out of the leg and get a time supplement of 30 minutes in winning time. This is at a team leader meeting.



Sanitat

Ambulance is present I target area and I run, with 2 full-fledged ambulance cars with Ambulance/Ambulance workers.
By the way, the local medical centre at Gol/Fagernes is with a doctor from 09:00-23:00 every day. Call 116117 if you need a doctor.

Security Manager Anniken Dygd Kvisgaard – 91389189

Security/Security

The race is run according to ncf/svv template, for active ride on the way. That is, the race should have dynamic roads, for oncoming and co-traffic.

2022 , 2 Ambulance, 1 MC medic and Racedoctor, follows the cortege.

The task of all guards is to keep unauthorised persons/cars unnatural, notify accidents and call for help.

It is more of a duty to know where the trail goes and how many laps to run. The trails were separated according to the normal sign code.

The Norwegian Cycle Association on you as a participant must be confident that the races you participate in must be safe and follow a proportionate quality. We want you as a participant to know what you can relate to and what you get as a participant in our race.

Liaison

Radiotour was run after normal procedures, on VHF radios. Judge cars, motorcycles and race management use emergency networks.



OUR SPONSORS



**WELCOME TO RACE THE
MOUNTAIN IN VALDRES AND
HALLINGDAL
6-10 JULY 2022**



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