

# REGULATIONS AND CONDITIONS

Updated 12.11.2020

These regulations and conditions apply to participation in the race Oslo Trail Challenge. The website of the event is located at [langtoglenge.org](http://langtoglenge.org).

## PARTICIPATION

To participate in the race event one has to be at least 18 years of age as of 1 January, in the year of the event.

Participation in the race event is at the participant's own responsibility and risk. The organizer is not to account for expenses that may arise if a participant is exposed to injury, illness or other matters in the context of the event.

The participant is committed to study and understand all written information given by the organizer.

The participant has to follow directions given by the organizer.

It is mandatory to help if an other participant gets into an emergency situation. In such a case the organizer must also be informed.

The participant has to follow the specified route for the race event.

The participant must not leave litter of any kind along the route.

The participant's full name, club name, nationality, and year of birth may be published in result lists and participant lists.

Pictures may be taken of the participant during the event. Such pictures may be published on the website and in social media.

Enrolment is binding. If an enrolled participant is not able to take part in the race, for whatever the reason, the starting fee will not be refunded.

In the case of a complete cancellation of the race event, 50% of the starting fee will be refunded.

The participant needs to store the number of the organizer on the mobile phone to be carried during the race. The phone must be turned on during the whole race.

The participant must carry a powerbank and/or spare batteries with sufficient capacity to support the phone and other equipment requiring electricity (GPS unit, headlamp, etc.).

The participant has to carry obligatory equipment in accordance with a detailed list, which is published on the website. The obligatory equipment has to be carried by the participant along the whole route from start to finish.

If a participant chooses to use poles, these have to be carried along the whole route from start to finish.

The race is based on the principle of self-support, which means that each participant must carry all food, drink, and equipment needed along the route. To receive support is in general not allowed. Exception: The 200 km participants may receive support at Myllydam.

To create or use depots along the route is not allowed.

Pacing (to be accompanied by someone not participating in the race) is not allowed.

A participant deciding to leave the race with status DNF (did not finish) must immediately inform the organizer. Note that the organizer does not have capacity to pick up and transport participants that do not finish.

## **CHANGES**

These regulations and conditions can be modified, should it be needed.

Changes and clarifications will take effect immediately upon their posting on the website.