

TOUR OF NORWAY. UCI CAT. 2HC

RACE MANUAL

17th to 21st of May 2017



Photo: Mario Stiehl



interspons
SPONSORING MEDIA EVENTS

Norges Cykleforbund

UCI  **EUROPE TOUR**

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ORGANIZER

Interspons A/S, Fjordveien 3, 1363 Høvik.

Key contacts:

Race director:	Birger Hungerholdt	Phone: +47 99007004
Technical director:	Anders Eia Linnestad	Phone: +47 90068423
Administration manager:	Lasse Martinsen	Phone: +47 90018034
Medical manager:	Runar Granstad	Phone: +47 90013000
Race doctor:	Knut Rønning	Phone: +47 48007463
Safety director:	Henning Skau	Phone: +47 99286683
Accommodation manager:	Anette Johansen	Phone: +47 93412651

ORGANIZATION:

Race director: Birger Hungerholdt

Technical director: Anders Eia Linnestad

Administration manager: Lasse Martinsen

Safety director: Henning Skau

Safety coordinator: Bjørn Erik Tuv

Safety coordinator: Håkon Fosshaug Holst

Route manager: Vidar Vatningen

Regulator: Mario de Wandel

Transport manager: Hans Petter Trondsen

Medical manager: Runar Granstad

Chief of press: Morten Olsen

Accommodation manager: Anette Johansen

Race Headquarters/permanence: Hanne Hatlelid

Timekeeping and photo finish:

Cedric Fonteneau (Votrecourse.com)

Communication manager: Arne Leo Bertoia

Arena manager: Øyvind Lillehagen

Arena coordinator, finish: Cato Andre Granseth

Arena coordinator, start: Marius Jørgensen

Arena announcer: Kjell Erik Kristiansen

Radio Tour: Skjalge Kraglund

Arena producer: Erik Marthinsen

Chief of Marshalls: Rune Olsen

Head of Police: Even Klund

COLLEGE OF COMMISSAIRES:

President of the commissaires panel: Philip Pollard (GBR)

Member of the jury: Michael Anderson (SWE)

Member of the jury: Kenneth Simonson (SWE)

Moto commissaire 1: Gregory De Schrijver (BEL)

Moto commissaire 2: Laurent Genetelli (BEL)

Finish judge: Jempi Jooren (BEL)

Timekeeper: Inger Ness (NOR)

Assistant commissaire: Erik Kriek (NOR)

Broom wagon commissaire: Øyvind Nilsen (NOR)

Doping control officer: Ton Verhagen (NED)

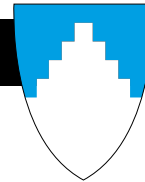
Moto commissaire 1 pilot: Vincent Van Impe (BEL)

Moto commissaire 2 pilot: Miguel Deruyck (BEL)

ANTI-DOPING CONTROLS:

Anti-doping controls will be held at a mobile Anti-doping unit close to the finish line on each stage. A list of riders required to attend in order to give a sample will be posted at the finish line and at the entrance to the Anti-doping unit.

The riders on the list will also be notified in person by a chaperon after crossing the finish line.



Welcome to Akershus!

It is with great pleasure that I welcome all participants and partners in the Tour of Norway competition to the county of Akershus.

Akershus is a county of big contrasts, and it is currently experiencing substantial growth. Although it is one of Norway's smallest counties in terms of geographical extension, it is one of the biggest in terms of population. It comprises some of the leading technological resource centres, research institutions, consulting firms and companies in the country, as well as Norway's main airport Gardermoen.

At the same time Akershus is the biggest producer of grain in Norway, with rich natural resources and endless possibilities for outdoors' recreational activities. The coast along the Oslo fjord, the countryside and vast forest areas all offer exciting outdoors'

experiences. And – all of this is located in close proximity to the nation's capital. Some of this the riders and spectators will get to experience during the race.

The County Council has adopted a strategy to make it more appealing for our citizens to travel by bicycle. We hope that more of them - as you - will discover the joy of bicycling, not only as a healthy way to stay in shape but as an environmentally friendly and efficient way to travel.

Tour of Norway - welcome to the bicycle county of Akershus!

Anette Solli
County Mayor of Akershus



Welcome to Østfold!

Østfold is a county with a diverse natural beauty — rivers, quiet lakes and forests in the interior behind a beautiful coastline. Here you can fish, bathe, sail, paddle and sunbathe on polished granite rocks. Situated by the Oslo Fjord, everything this county has to offer is located within a one-hour drive, and is also wonderful to experience by bicycle.

In Østfold you can visit charming towns and villages filled with exciting history. Two of the biggest tourist attractions are Fredriksten Fortress and The Old Town in Fredrikstad, which is considered to be the best preserved fortress town in Scandinavia.

If you feel the need to wind down and enjoy fresh air and nature, we recommend a trip out in our beautiful countryside nature — with or without a bicycle!

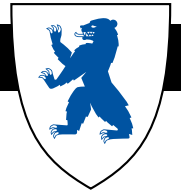
If you want to experience Østfold, visit www.visitoslofjord.com for more information.

Welcome to Østfold and we hope to see you again!

Ole Haabeth
County Mayor of Østfold



BUSKERUD



Welcome to Buskerud!

It's a great pleasure for me to welcome cyclists, collaboration partners and guests to our county. This race has become a joyful recurrence in Buskerud. The race's journey will take us through urban areas by the coastline of the Oslo Fjord in the south-east.

A steadily increasing number of people discover the great opportunities of Buskerud both as a region to visit as well as to live the Good Life. The urban areas in the south experience the fastest growth in the country. In the north of the county we find Norway's biggest tourist region with major ski destinations visited by a lot of international guests during the season. We are also proud of our innovative businesses and clusters in various sectors; hi-tech, subsea, bio-economy and health. Buskerud attracts both talents and investments to a thriving business life.

From the Oslo Fjord to the mountain plateau of Hardangervidda, Buskerud comprises the best of Norwegian scenery. During the summer season there are great possibilities for water sports, climbing, hiking, fishing and not to forget; cycling. Our ski resorts offer exciting tracks for downhill cycling, and if you want to go inside the mountain there are opportunities for joining mine safaris in old cobalt and silver mines.

We are proud that Buskerud has opportunities for everyone, and it is therefore a great honour for me as Chairman of the County Council of Buskerud to see our county as an arena for this race.



Roger Ryberg
County Mayor of Buskerud



HEDMARK



Welcome to Hedmark!

It is a great pleasure to welcome you all to Hedmark, Norway's third largest county. Hedmark is known for its rich natural resources and has a varied topography with both lowlands and mountainous areas.

Norway's longest river, Glomma, runs through the county, Lake Mjøsa is Norway's largest lake, and our surroundings offers exciting possibilities of recreational activities like hiking, fishing and canoeing. Hedmark is also a paradise for skiing activities with Trysil and Sjusjøen which are among the most popular skiing destinations in Norway.

Having the nation's largest agricultural areas, Hedmark is a leading manufacturer of grains, potatoes and poultry. With unique resources within agriculture and forestry, Hedmark has become a leading bio economy center for innovations in sustainable food production. Furthermore biotechnology, computer gaming, local food and adventure based tourism are areas identified as high growth potential.

Our region harbours both research institutions and businesses that are competitive internationally. In addition, the region enjoys comparative advantages regarding corporate and institutional goodwill, infrastructure and raw materials related to biotechnology.

We are looking forward to presenting exciting sites which will be included in some of the stages of Tour of Norway. Athletes and spectators will have the opportunity to explore our beautiful nature and be a part of a bicycle friendly region as Hedmark offers several tracks suitable for both downhill and road biking. Important investments have been made to make it possible to use the bike as an environmentally friendly and efficient way to move around.

If you want to experience Hedmark visit www.visitnorway.com/places-to-go/eastern-norway/hedmark for more information

Good luck – and we would love to welcome you back to Hedmark!



Per Gunnar Sveen
Chairman of the County Council





Welcome to Oppland!

Oppland – in the heart of Norway – is the ideal holiday destination for anyone in search of amazing adventures in the great outdoors.

It is a great pleasure to welcome you all to our mountainous county. 80 percent of the total area is 600 meter above sea level. Oppland has the highest mountaintop in Norway, Galdhøpiggen (2469 m), as well as most of the other 2000-meter peaks in the country.

You can explore the very best of Norwegian countryside, from high mountains to forest-clad hills and cultural landscape. Your next adventure is never far away, and the opportunities for hiking, cycling, mountain biking in, skiing, rafting in Sjøa, horseback riding, fishing or dog sledging are boundless.

You can explore the famous Besseggen hike, take a trip with the paddle steamer Skibladner from 1856 on Norway's biggest lake Mjøsa, visit Norway's oldest Glassworks in Hadeland. In Gjøvik you may visit chocolate factories or join activities for children between 1 and 100 years at our science centre.

Charming wooden buildings create a beautiful framework for a shopping experience in our cities. Lillehammer's Olympic heritage is alive and well, and all the arenas used for the various events

are open to the public. Lillehammer houses the biggest literature festival in the Nordic area, in the Gudbrandsdalen valley Henrik Ibsen's drama "Peer Gynt" is celebrated in one of Norway's largest cultural festivals. In Valdres Vinjerock draws several thousand people up into the mountains every summer. You can also visit the many stave churches or join us on a tour 60 meters into the ice-6000 years back in time in Mimisbrunnr climate park by Galdhøpiggen.

In Oppland active outdoor pursuits and cultural experiences go hand in hand. Welcome to Oppland and we hope to see you again!

Even Aleksander Hagen
County Mayor of Oppland



Foto: Kirsti Hovde



Photo: Visit Lillehammer/Esben Haakenstad



Photo: Mario Stiehl

PERMANENCE AND HQ HOTELS:

May 16: Sundvolden hotel

Address: Dronningveien 2, 3531 Krokkleiva

GPS coordinates: Lat: 60.062433
Lng: 10.310428

May 17: Sundvolden hotel

Address: Dronningveien 2, 3531 Krokkleiva

May 18: Scandic Hamar

Address: Vangsveien 121, 2318 Hamar

May 19: Scandic Hamar

Address: Vangsveien 121, 2318 Hamar

May 20: Quality hotel Sarpsborg

Address: Bjørnstadveien 20, 1712 Sarpsborg

The mobile permanence will also be localized at all start and finish areas.

PERMANENCE OPENING HOURS:

May 16th	14:00 - 19:00	Sundvolden hotel	May 19th	17:00 - 19:00	Finish area
May 17th	12:00 - 13:30	Start area	May 20th	12:00 - 14:00	Start area
May 17th	17:00 - 19:00	Finish area	May 20th	17:00 - 19:00	Finish area
May 18th	12:00 - 13:30	Start area	May 21st	10:00 - 11:30	Start area
May 18th	17:00 - 19:00	Finish area	May 21st	14:30 - 17:30	Finish area
May 19th	12:00 - 13:30	Start area			

PROGRAM:

May 16th

13:00

Commissaries meeting.
Sundvolden hotel.

May 16th

15:30-16:30

Confirmation of starters and distribution of identification numbers. Licence check.
Sundvolden hotel.

May 16th

17:00

Team managers' meeting.
Sundvolden hotel.

May 21st

15:30

Return of the time transponders.
Race HQ, Oslo



Photo: Mario Stiehl

HOSPITALS:

Stage 1, first part:

Ringerike sykehus
Arnold Dybsjords vei 1, Hønefoss.
Phone: +47 32 11 60 00

Stage 1, mid part:

Drammen sykehus
Dronninggata 28, Drammen.
Phone: +47 91 50 35 25

Stage 1, last part:

Bærum sykehus
Sogneprest Munthe-Kaas vei 100, Gjøttum.
Phone: +47 67 80 96 00

Stage 2, first part:

Ahus
Sykehusveien 25, Lørenskog.
Phone: +47 91 50 29 00

Stage 2, mid part:

Sykehuset innlandet Gjøvik
Kyrre Grepps gate 11, Gjøvik.
Phone: +47 91 50 62 00

Stage 2, last part:

Sykehuset innlandet, Hamar
Skolegata 32, Hamar.
Phone: +47 91 50 62 00

Stage 3, first part:

Sykehuset innlandet, Hamar
Skolegata 32, Hamar.
Phone: +47 91 50 62 00

Stage 3, last part:

Sykehuset innlandet, Lillehammer
Anders Sandvigs gate 17, Lillehammer.
Phone: +47 91 50 62 00

Stage 4, first part:

Ahus
Sykehusveien 25, Lørenskog.
Phone: +47 91 50 29 00

Stage 4, last part:

Sykehuset Østfold
Kalnesveien 300, Grålum.
Phone: +47 91 50 86 00

Stage 5, first part:

Sykehuset Østfold
Kalnesveien 300, Grålum.
Phone: +47 91 50 86 00

Stage 5, mid part:

Ahus
Sykehusveien 25, Lørenskog.
Phone: +47 91 50 29 00

Stage 5, last part:

Ullevål sykehus
Bygg 17, 1 etg. Kirkeveien 166, Oslo.
Phone: +47 22 11 73 50

ENVIRONMENTAL CARE

**Please respect the environment, and behave responsibly during the race.
The race route goes through many areas of vulnerable nature.**

Waste disposal - no littering!

During the race your waste must be disposed in the designated zones, occurring before and after the feeding zone. In addition a waste zone will occur 20 km before the finish, or at the beginning of the last climb. Please use the litter bags places at all start and finish sites. It is mandatory for the riders to dispose their waste in the waste zones

No idling of cars more than one minute.



TEAM HOTELS:

16 - 17 May

Sundvolden Hotel

Dronningveien 2, 3531 Krokkleiva
+47 32 16 21 00

Cannondale-Drpac Pro Cycling Team
Lotto - Soudal
Orica - Scott
Team Dimension Data
Team Lotto NL - Jumbo
Aqua Blue Sport
Caja Rural - Seguros RGA
CCC Sprandi Polkowice
Gazprom-Rusvelo
Manzana - Postobon
Roompot - Nederlandse Loterij
Sport Vlaanderen-Baloise
Veranda's Willems-Crelan
WB Veranclassic Aqua Protect
Furtuneo Vital Concept
Joker Icopal
Team Coop
Team FixIT.no
Team Sparebanken Sør
Team VéloCONCEPT
Uno-X Hydrogen Development Team

17 - 18 May

Sundvolden Hotel

Dronningveien 2, 3531 Krokkleiva
+47 32 16 21 00

Cannondale-Drpac Pro Cycling Team
Lotto - Soudal
Orica - Scott
Team Dimension Data
Team Lotto NL - Jumbo
Aqua Blue Sport
Caja Rural - Seguros RGA
CCC Sprandi Polkowice
Gazprom-Rusvelo
Manzana - Postobon
Roompot - Nederlandse Loterij
Sport Vlaanderen-Baloise
Veranda's Willems-Crelan
WB Veranclassic Aqua Protect
Furtuneo Vital Concept
Joker Icopal
Team Coop
Team FixIT.no
Team Sparebanken Sør
Team VéloCONCEPT
Uno-X Hydrogen Development Team

18 - 19 May

Scandic Hamar

Vangsvegen 121, 2318 Hamar
+47 21 61 40 00

Cannondale-Drpac Pro Cycling Team
Team Dimension Data
Aqua Blue Sport
Caja Rural - Seguros RGA
CCC Sprandi Polkowice
Gazprom-Rusvelo
Roompot - Nederlandse Loterij
Joker Icopal
Team Coop

Scandic Ringsaker

Kåtorpveien 1, 2320 Furnes
+47 62 35 01 00

Lotto - Soudal
Orica - Scott
Team Lotto NL - Jumbo
Manzana - Postobon
Sport Vlaanderen-Baloise
Veranda's Willems-Crelan
WB Veranclassic Aqua Protect
Furtuneo Vital Concept
Team FixIT.no
Team Sparebanken Sør
Team VéloCONCEPT
Uno-X Hydrogen Development Team



Photo: Mario Stiehl

TEAM HOTELS:

19 - 20 May

Scandic Hamar

Vangsvegen 121, 2318 Hamar
+47 21 61 40 00

Cannondale-Drapac Pro Cycling Team
Team Dimension Data
Aqua Blue Sport
Caja Rural - Seguros RGA
CCC Sprandi Polkowice
Gazprom-Rusvelo
Roompot - Nederlandse Loterij
Joker Icopal
Team Coop

Scandic Ringsaker

Kåtorpveien 1, 2320 Furnes
+47 62 35 01 00

Lotto - Soudal
Orica - Scott
Team Lotto NL - Jumbo
Manzana - Postobon
Sport Vlaanderen-Baloise
Veranda's Willems-Crelan
WB Veranclassic Aqua Protect
Furtuneo Vital Concept
Uno-X Hydrogen Development Team

Birkebeiner Hotel & Apartments

Birkebeinervegen 24, 2618 Lillehammer
+47 61 05 00 80

Team FixIT.no
Team Sparebanken Sør
Team VéloCONCEPT

20 - 21 May

Quality Resort Sarpsborg

Bjørnstadveien 20, 1713 Sarpsborg
+47 69 10 15 00

Cannondale-Drapac Pro Cycling Team
Lotto - Soudal
Orica - Scott
Team Dimension Data
Team Lotto NL - Jumbo
Aqua Blue Sport
Caja Rural - Seguros RGA
CCC Sprandi Polkowice
Gazprom-Rusvelo
Manzana - Postobon
Roompot - Nederlandse Loterij
Sport Vlaanderen-Baloise
Veranda's Willems-Crelan
WB Veranclassic Aqua Protect
Furtuneo Vital Concept
Joker Icopal
Uno-X Hydrogen Development Team

Quality Hotel Entry / Tårnåsen

Lienga 11, 1410 Kolbotn
+47 66 99 78 00

Team Coop
Team FixIT.no
Team Sparebanken Sør
Team VéloCONCEPT



Photo: Mario Stiehl

DISTANCES TO START FROM THE HOTELS

Stage 1:

Hotel to start:

Sundvolden hotel: 12 km (14 minutes)

Stage 3:

Hotel to start:

Scandic Hamar: 1,4 km (4 minutes)
Scandic Ringsaker: 5,6 km (10 minutes)

Stage 5:

Hotel to start:

Quality hotel Sarpsborg: 34 km (25 minutes)
Quality hotel Entry: 50 km (36 minutes)

Stage 2:

Hotel to start:

Sundvolden hotel: 86 km (1 h 20 minutes)

Stage 4:

Hotel to start:

Scandic Hamar: 109 km (1h 13 minutes)
Scandic Ringsaker: 111 km (1 h 14 minutes)
Birkebeiner Hotel & Apartments : 167km (2 hours)

DISTANCES FROM FINISH TO THE HOTELS

Stage 1:

Finish to hotel:

Sundvolden hotel: 37, 3 km (35 minutes)

Stage 3:

Finish to hotel:

Scandic Hamar: 62 km (50 minutes)
Scandic Ringsaker: 56 km (47 minutes)
Birkebeiner Hotel & Apartments : 2km (10 minutes)

Stage 2:

Finish to hotel:

Scandic Hamar: 17, 5 km (17 minutes)
Scandic Ringsaker: 10 km (13 minutes)

Stage 4:

Finish to hotel:

Quality hotel Sarpsborg: 5 km (7 minutes)
Quality hotel Entry: 81 km (55 minutes)



Photo: Mario Stiehl

PRIZE MONEY SCALE

ALL AMOUNTS IN EUROS

Place	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Ind. gen. cl
1	€ 3615	€ 3615	€ 3615	€ 3615	€ 3615	€ 9037,50
2	€ 1805	€ 1805	€ 1805	€ 1805	€ 1805	€ 4512,5
3	€ 905	€ 905	€ 905	€ 905	€ 905	€ 2262,5
4	€ 455	€ 455	€ 455	€ 455	€ 455	€ 1137,5
5	€ 365	€ 365	€ 365	€ 365	€ 365	€ 912,5
6	€ 269	€ 269	€ 269	€ 269	€ 269	€ 672,5
7	€ 269	€ 269	€ 269	€ 269	€ 269	€ 672,5
8	€ 180	€ 180	€ 180	€ 180	€ 180	€ 450
9	€ 180	€ 180	€ 180	€ 180	€ 180	€ 450
10	€ 92	€ 92	€ 92	€ 92	€ 92	€ 230
11	€ 92	€ 92	€ 92	€ 92	€ 92	€ 230
12	€ 92	€ 92	€ 92	€ 92	€ 92	€ 230
13	€ 92	€ 92	€ 92	€ 92	€ 92	€ 230
14	€ 92	€ 92	€ 92	€ 92	€ 92	€ 230
15	€ 92	€ 92	€ 92	€ 92	€ 92	€ 230
16	€ 92	€ 92	€ 92	€ 92	€ 92	€ 230
17	€ 92	€ 92	€ 92	€ 92	€ 92	€ 230
18	€ 92	€ 92	€ 92	€ 92	€ 92	€ 230
19	€ 92	€ 92	€ 92	€ 92	€ 92	€ 230
20	€ 92	€ 92	€ 92	€ 92	€ 92	€ 230

SIMPLYER GEN. CL. BY POINTS: NORWEGIAN SALMON K.o.M:

1.	1870 €	1.	1870 €
2.	930 €	2.	930 €
3.	600 €	3.	600 €

JOKER U23 CLASSIFICATION TEAM CLASSIFICATION

1.	1100 €	1.	3400 €
2.	540 €		
3.	360 €		



Photo: Mario Stiehl



Photo: Mario Stiehl

TEAMS



Team Dimension Data
UCI WorldTeam
ZAF



Team Lotto NL - Jumbo
UCI WorldTeam
NED



**Cannondale-Drpac
Pro Cycling Team**
UCI WorldTeam
USA



Lotto - Soudal
UCI WorldTeam
BEL



Orica - Scott
UCI WorldTeam
AUS



**CCC Sprandi
Polkowice**
UCI Professional continental team
POL



Caja Rural - Seguros RGA
UCI Professional continental team
ESP



**Furtuneo
Vital Concept**
UCI Professional continental team
FRA



Gazprom-Rusvelo
UCI Professional continental team
RUS



Aqua Blue Sport
UCI Professional continental team
IRL



**WB Veranclassic Aqua
Protect**
UCI Professional continental team
BEL



**Sport Vlaanderen-
Baloise**
UCI Professional continental team
BEL



Manzana - Postobon
UCI Professional continental team
COL



**Veranda's Willems-
Crean**
UCI Professional continental team
BEL



**Roompot - Nederlandse
Loterij**
UCI Professional continental team
NED



Team Sparebanken Sør
UCI Continental team
NOR



Team Coop
UCI Continental team
NOR



Team FixIT.no
UCI Continental team
NOR



Joker Icopal
UCI Continental team
NOR



**Uno-X Hydrogen
Development Team**
UCI Continental team
NOR



Team VéloCONCEPT
UCI Continental team
DEN

JERSEYS:



Uno-X yellow jersey



Simployer points jersey



Norwegian salmon
KOM jersey



Joker youth jersey



Icopal most active
riderjersey



Photo: Mario Stiehl

SPECIAL INSTRUCTIONS

LAST 1000 M

The last 1000-m is marked with an inflatable arch with a red triangle or signs with a red triangle (In case of heavy wind).

RACE RESULTS

Results will be distributed from the race HQ as soon as possible after each stage, at all official hotels and on the organizers web site (www.tourofnorway.com). Please register your mobile number and e-mail address at the permanence in order to receive e-mails and sms with results.

COMMUNICATIONS EQUIPMENT

Hand-held radios will be issued on Tuesday 16 May at the permanence for teams without radios. Radios will be individually signed for and are the responsibility of the holder, and must not be interchanged or loaned out at any time. Radio Tour frequency: 154.925 Mhz.

PHONE NUMBERS

A list of phone numbers will be Distributed from the permanence on Tuesday 16 May.

RESPONSIBLE DRIVING

Obligatory

SWITCH ON YOUR LIGHTS

Low-beam headlights are required at all times (even if your vehicle is equipped with daytime running lights).

ALWAYS WEAR A SEATBELT

Seat belts are mandatory for occupants in both the front and back seats of the vehicle.

CHECK YOUR SPEED

30 kph or 50 kph max in built-up areas, dependent on signs. 50 kph maxon stretches of road where there are large numbers of spectators 80 kph maxoutside built-up areas, even if there are few members of public.

Prohibited

MOBILE TELEPHONES

The use of hand held mobile phones while driving is prohibited

U-TURNS

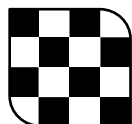
Driving in the wrong direction on the course is strictly prohibited, even if only for a short distance.

ALCOHOL AND DRUGS

Zero alcohol limit: 0,0g/litre of blood. Alcohol and cannabis uptake tests to be carried out during the event.



Start line



Finish line



K.o.M cat 1



K.o.M cat 2



K.o.M cat 3



Feeding zone



Intermediate sprint



Circuit entrance

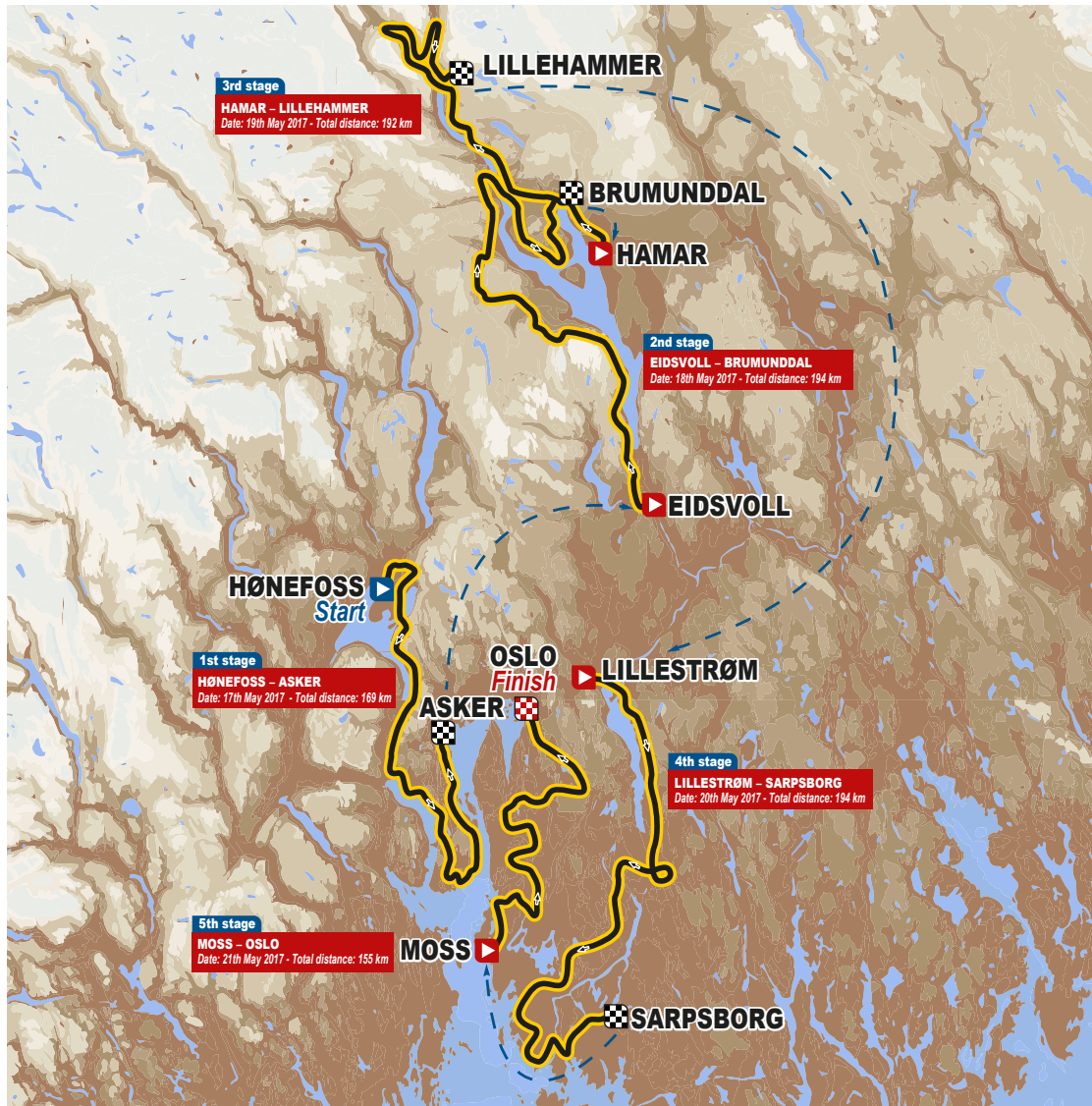


Km 0



Last km

RACE MAP



Obligatory passing point



VIP/guest parking



Team parking



Technical zone



Media parking



Media centre



Organisation parking



HØNEFOSS

Once upon a time ... This is how many of the famous Norwegian fairy tales collected by Jørgen Moe and Peder Christian Asbjørnsen begin. The two good friends sat down in Ringerike in the middle of the 19th century to write them down. And the landscape stretching from Sollihøgda in the south to Sør-Aurdal in the north really seems to be part of a fairy tale. Fjords, plains, forests and mountains inspire the visitors to look for trolls and gnomes. From "Kongens utsikt" (The Kings viewpoint) you can gaze out on this beautiful landscape. Many kings have lived here. The region has a rich history that includes six kings from the old sagas.

The Ringerike Region has 43.000 inhabitants and includes the municipalities Ringerike, Hole and Jevnaker. Hønefoss is the capital of the region. The forests and lakes have been very important for the region's development. In the 1300s, Hønefoss started building its industries along the exceptional waterfall where people lived and worked. The water driven sawmills along the Hønefoss waterfall were the beginning of the city. The waterfall can still be impressive at times. In the middle of it stands the "Oppgangssaga", ("The water driven sawmill"), a sculpture by Knut Steen. Hønefoss officially became a city in 1852, and has become an important connection between the east and the west of Norway. Both the railroad and the main roads go through Hønefoss.

Hønefoss is a vital city. You can walk from the South Square to the river and to the recreational areas in the outskirts of the city. Many people enjoy spending time in their boats on the rivers and lakes. Fishing is a lot of fun; you can even catch delicious crayfish in the right season. The charming yacht, Dronning Tyra, provides lovely sightseeing tours in the summer. Both lake Tyrifjorden and lake Steinsfjorden have many islands, which are rich in many different plants and animals. The geology of these islands is interesting, with rare rocks and fossils.

Hadeland Glassverk is one of the most popular tourist attractions in Norway. The glassworks was founded in 1762 in Jevnaker, and is the oldest handicraft factory in Norway. Kistefos Træsliberi was founded beside the Kistefos waterfall in the river Randselva in 1889, and is now a museum. Here you can see how the old tree grinding factory worked, and enjoy the many sculptures in the park around the old buildings. Christen Sveaas has spent many years developing this unique activity centre.

For sports lovers, the possibilities are many and varied. We have a modern soccer stadium, a swimming hall, an outdoor skating arena, a ski jumping hill, an athletics arena, an ice hockey arena and a large indoor sports arena with many facilities including a climbing wall. All these facilities are possible because the municipalities, the county and private donors cooperate in building and maintaining them.

We also have a broad spectrum of cultural events. Norway's largest summer revue can be enjoyed in Hønefoss. There is a children's show on Gladtdved pier, and the show Jailhouse Rock takes place in the garden of the cultural foundation Fengeelet (The Jail). A variety of other events take place in the culture centre and other local stages all year round.

For even more information, visit www.ringerike.no





ASKER, RØYKEN OG HURUM

On behalf of Asker, Røyken and Hurum municipalities, we wish Tour of Norway a warm welcome to our region, on May 17th, our Constitution Day. Congratulations to you all.

Asker together with Bærum comprise the western side of Akershus county and are geographically separated from the upper reaches of the county, bordering Oslo in the northeast and Buskerud in the southwest where you find the municipalities of Røyken and Hurum. All three municipalities have a fantastic location by the Oslofjord.

Asker was originally named Askar, which in the old Norwegian was the plural of "ash tree". Asker has a well developed communications network. The Airport Express train has one of its stop in Asker center on its way to the Oslo Airport and the the E18 runs through the community

Even though Asker is one of eastern Norway s most densely populated municipalities, there is still a great deal of unspoiled wilderness

From the fields to the fjord Asker is distinctly green. Characteristic of Asker's landscape are the 350 meter tall ridges Vardåsen and Skaugumåsen, many rolling hills, lakes and ponds and a beautiful coastline. Silence and natural beauty can be found along Semsvannet ("Lake Sem"); one of the "portals" to Vestmarka, a beloved hiking area all year round. Culture lies in both the historical and the contemporary. An important part of Asker's vibrant culture is linked with the Hvalstad valley, also known as "Artists' valley". Today Asker is both a city and a village with Asker Centre at the heart of the municipality.

It has a population of roughly 60.000 living on an area of 101 km². The private sector consists mostly of technology, shipping, goods and commercial services. Røyken and Hurum comprise the coastal district in the county of Buskerud. The coastline extends from the Oslofjord to the Drammensfjord, features smooth rocks and beaches, marshy land and villages, farmland, islets and skerries. A marked coastal trail from Asker to Holmsbu via Røyken brings you past treasures like charming white villages of Vollen, Nærnes and Holmsbu. Along this unique coastline you will

find in fine combination natural qualities together with cultural areas, like great locations for a barbeque, restaurant facilities, beaches and attractions. One of the main attractions in Røyken is the Geologicenter in Slemmestad. Here you can find Octopuses, trilobites and 900 million years in one turn.

Slemmestad is a key part of the Oslo field and has a particularly complex geology. This is probably one of the best places in Norway which is most commonly used geological studies. Here you will find in a small area rich deposits of fossils and a wide range rocks from the prehistoric era and antiquity.

Southeast of Hurum you can find among the warmest and botanical most diverse areas in all of Norway, and you will also find the very rare mistletoe.

Røyken municipality has a population of roughly 20 000 living on an area of 113 km² and Hurum municipality has a population of 9 500 on an area of 163 km² and are located on the Hurmhalvøya, which is the peninsula between the Oslofjord and the Drammensfjord. The administrative center of Røyken and Hurum municipalities are the villages of Midtbygda and Sætre. Røyken and Hurum are the coastal district in the county of Buskerud and are connected to the eastern side of the Oslofjord via one of the longest undersea tunnels of its kind in Northern Europe, the Oslofjord tunnel. The tunnel is 7,2 km long and connects Hurumhalvøya with the county of Akershus on the southside.

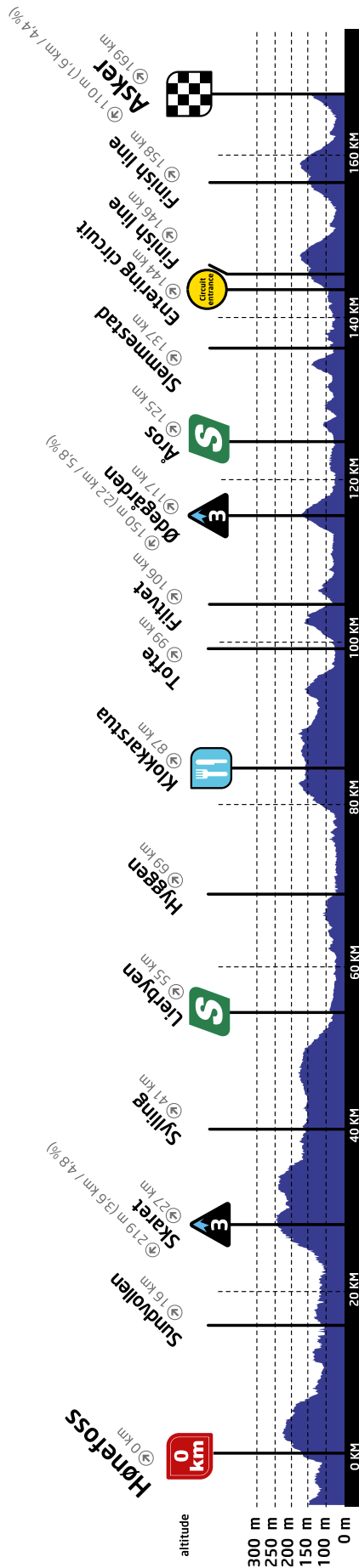
In Asker, Røyken and Hurum awaits a world of enjoyable experiences, for residents and visitors alike. The area is a microcosmos of Norway, with luscious valleys, forests, farms, and the mountains, Skaugumåsen, Vardåsen . Cultural events and urban activities are primarily located in central Asker, Slemmestad, Holmsbu and in the area around, and don't miss out on the Hvalstrand Festival, which takes place in August every year. The cultural centers have a rich array of exhibitions and events; there should be something for everyone. The intimate marketplace in Asker, Slemmestad, and Holmsbu offer a wide variety of shopping, cafés and restaurants.

It is our pleasure to welcome you to an active Asker, Røyken and Hurum.



STAGE 1: HØNEFOSS - ASKER

Stage profile



STAGE 1: HØNEFOSS - ASKER

Start area

PPO: Address: E16 at the Hønefoss exit.
GPS coordinates: Lat: 60.146320 Long: 10.256296



STAGE 1: HØNEFOSS - ASKER

Race route

Feeding Zone: Close to Klokkarstua

GPS Coordinates: Lat: 59.601172, Long: 10.474805

Media centre address: Bleiker videregående skole

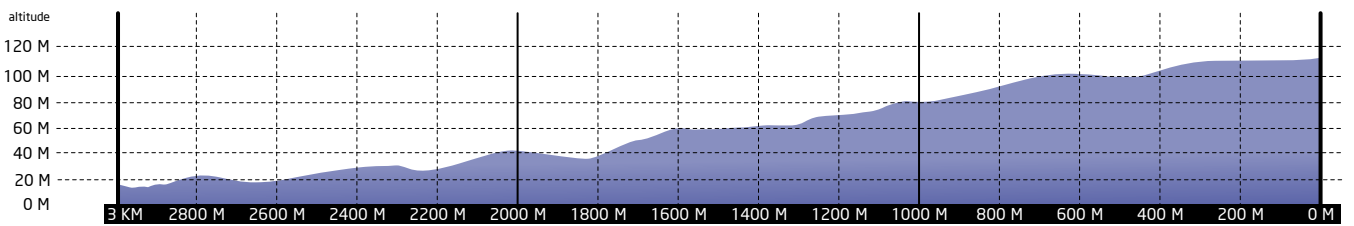
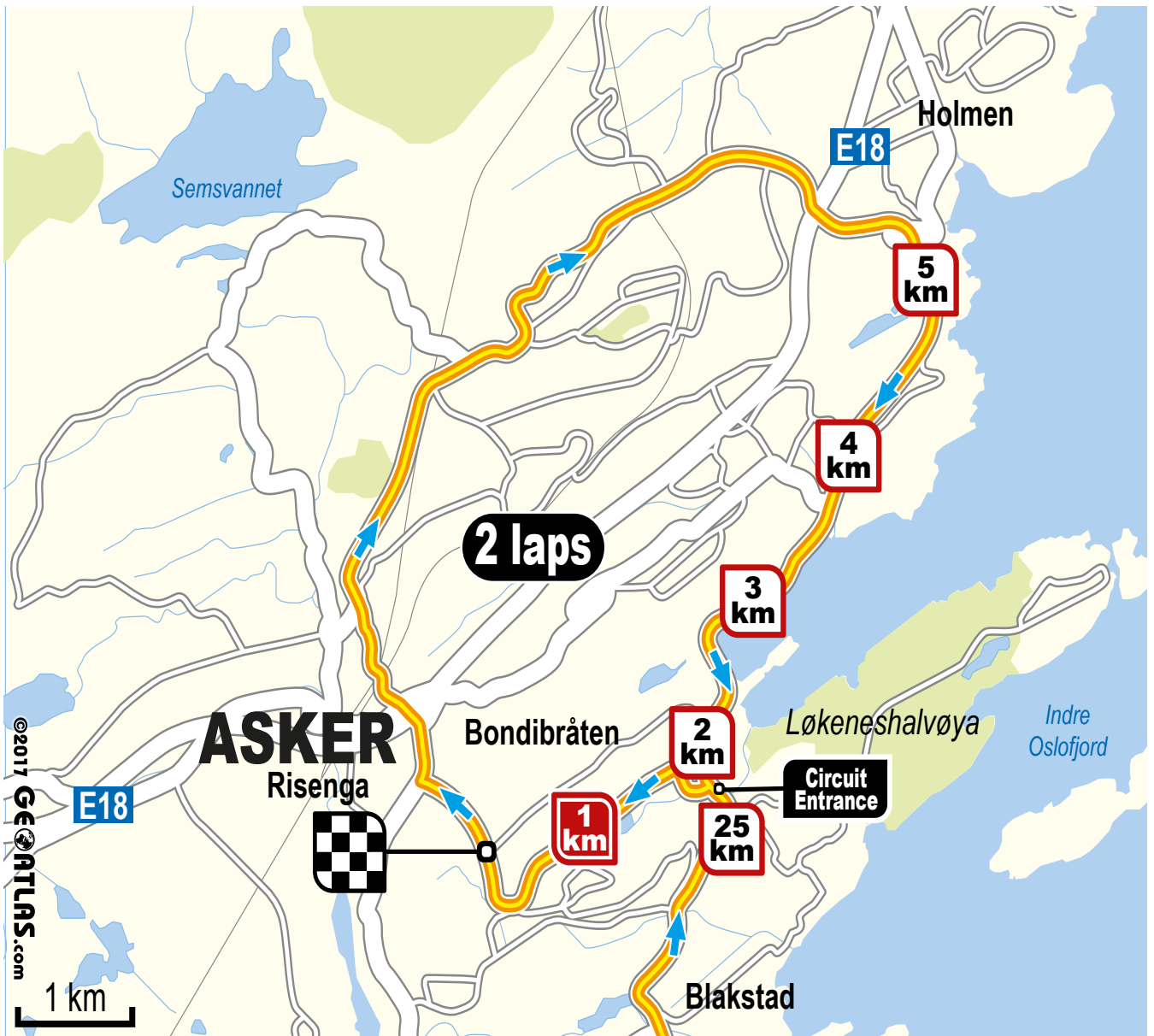


Off-Race Route Follow E16 direction Oslo. In Sandvika after 40km, follow the signs direction Drammen. Then take exit 18 direction Slemmestad. Now entering the final circuit. Follow the race route to the race deviation point in the finish area. SEE MAP (road has this colour █)

Distance: 50km
Online map: tourofnorway.com
Kml: tourofnorway.com

STAGE 1: HØNEFOSS - ASKER

Last kilometres



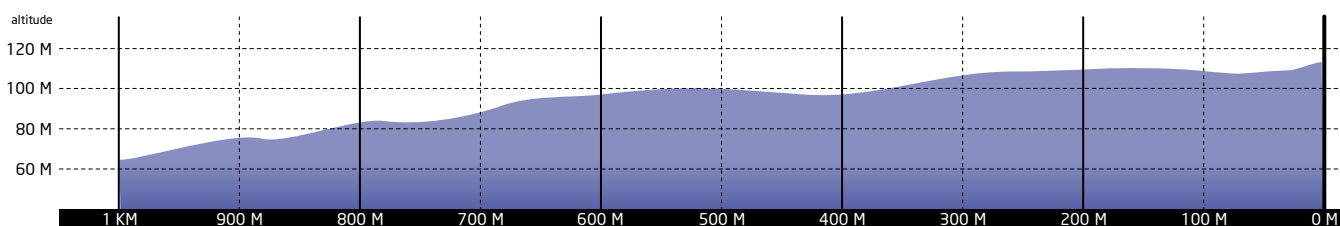
STAGE 1: HØNEFOSS - ASKER

Finish

Finish straight: 350 meters uphill.









Width: 6 meters.

Address finish line: Brages vei 1, Asker. Lat: 59.826131 Long: 10.445916



STAGE 1: HØNEFOSS - ASKER

Route description

	KM from start	KM to end	KM/H	KM/H	KM/H
			44	42	40
Start Hvervenmoen - Hønefoss			14:15	14:15	14:15
6,2 km neutral zone					
 Official start - Vesternbakken	0	169,4	14:30	14:30	14:30
Klekken	2,1	167,3	14:32	14:33	14:33
Hønen	6,8	162,5	14:39	14:39	14:40
Entering Hole municipality	8,5	160,9	14:41	14:42	14:42
Vik	12,8	156,6	14:47	14:48	14:49
Sundvollen	16,4	153	14:52	14:53	14:54
KOM climb start	23,9	145,5	15:02	15:04	15:05
 KOM cat. 3 - Skaret	27,4	141,9	15:07	15:09	15:11
Skaret	28,3	141,1	15:08	15:10	15:12
Entering Lier municipality	31,2	138,2	15:12	15:14	15:16
Sylling	41,4	127,9	15:26	15:29	15:32
Lierbyen	54	115,3	15:43	15:47	15:51
 Intermediate sprint - Lierbyen	55,3	114,1	15:45	15:48	15:52
Entering Røyken municipality	65,9	103,5	15:59	16:04	16:08
Hyggen	69,8	99,6	16:05	16:09	16:14
Entering Hurum municipality	77,2	92,1	16:15	16:20	16:25
Klokkarstua	84,6	84,8	16:25	16:30	16:36
Live TV feed(est.)	84,6	84,8	16:25	16:30	16:36
 Feeding zone	86,8	82,6	16:28	16:34	16:40
Tofte	100	69,4	16:46	16:52	17:00
Filtvet	106,2	63,2	16:54	17:01	17:09
KOM climb start	114,7	54,6	17:06	17:13	17:22
 KOM cat 3 - Ødegården	117	52,4	17:09	17:17	17:25
Sætre	122	47,4	17:16	17:24	17:32
Entering Røyken municipality	123	46,4	17:17	17:25	17:34
 Intermediate sprint - Åros	125,3	44,1	17:20	17:28	17:37
Nærsnes	133,3	36	17:31	17:40	17:50
Slemmestad	137,4	32	17:37	17:46	17:56
Entering Akershus county	138,5	30,9	17:38	17:47	17:57
Entering Asker municipality	138,5	30,9	17:38	17:47	17:57
Vollen	141,1	28,3	17:42	17:51	18:01
 Entering final circuit	144,7	24,6	17:47	17:56	18:07
Finish line - First passing	146,6	22,8	17:49	17:59	18:09
Holmenkrysset - first passing	152	17,4	17:57	18:07	18:17
Finish line - 1 lap to go	158	11,4	18:05	18:15	18:26
Holmenkrysset - last passing	163,4	6	18:12	18:23	18:35
 Finish Asker	169,4	0	18:20	18:31	18:44



EIDSVOLL

It is a great pleasure to welcome the Tour Of Norway to the constitution village, Eidsvoll. Eidsvoll plays a major part in Norwegian history with Eidsvollsbygningen being the foremost national symbol, where the constitution of Norway was drafted and signed in 1814. In the park around Eidsvollsbygningen the National Day Of Norway, 17th of May, is celebrated. One of Norway`s most renowned authors, Henrik Wergeland was the first to organize the 17th of May celebration in Eidsvoll. In 1845 Henrik Wergeland gifted the people of Eidsvoll a silver cup, that is used every 17th of May to bring "Wergelands greetings" to the people.

Eidsvoll is centrally located with short distance to Gardermoen Airport and only 30 minutes from the capital city Oslo. In 1854, Eidsvoll became the endpoint of the first railway line in Norway from Oslo. In Eidsvoll you will also find Mjøsa, which is Norway's largest lake. Here, Skibladner sails, also known as the "White Swan", which is the world's oldest paddle steamer still in timetabled service. Next to leisure boating and fishing we have opened a new bicycle route "Mjøstråkk", which is a 250 km long distance route around Mjøsa.

Our community with 25,000 citizens has a large annual population growth, and a rich sports and cultural life with many

volunteer organizations that contribute to a living community. The city center is a small pearl located next to the river Vormå, and in summer the place fills up with happy people during the annual festivals. Eidsvoll can provide lots of experience for children and adults, with everything from mining for emeralds to tours and historical plays of the ironwork history in Feiring Iron Works, till touring in our open-air museum that shows how the life used to be back in the days. You can go cross country skiing in winter, or visit one of the many swimming areas in the summer. If you prefer waterslides, driving boards or hot swimming pools is Råholt Swimming pool the place.

With all our small and big arrangements during the year we are looking forward to Tour of Norway setting their mark on the village on the 2nd stage from Eidsvoll centrum.

We warmly welcome you to Eidsvoll!





RINGSAKER

The municipality of Ringsaker offers a variety of attractions and experiences. Traditionally a rural area, Ringsaker is an important area for Norwegian food production. This municipality is the largest on agriculture in Norway, and the agricultural produce in Ringsaker is very diverse. Ringsaker's long traditions in agriculture have secured strong food traditions, and sustainable, non-travelled local foods have become increasingly popular both with the inhabitants of Ringsaker and with our many tourists and visitors.

The agricultural traditions become evident in the landscape surrounding the route through Ringsaker in this year's Tour of Norway. With their rolling landscape and the proximity to the lake Mjøsa, the area of Nes and the inland island Helgøya are often referred to as "the Tuscany of the north". Nes and Helgøya are popular destinations especially during the summer time.

In Ringsaker, the great outdoors is right on your door step. The proximity to the ski-destination of Sjusjøen makes skiing, whether you prefer cross-country or downhill skiing, possible from October to April each year. This attracts international skiing athletes, and many national teams spend weeks each winter in what have been referred to as the best cross-country trails in Norway. The mountain area in Ringsaker is a popular site for cabin owners as well, and Ringsaker has the highest amount of cabins in Norway – 7.000 and counting.

Ringsaker is home to almost 34.000 inhabitants. The two largest towns are Moelv and Brumunddal.

Brumunddal

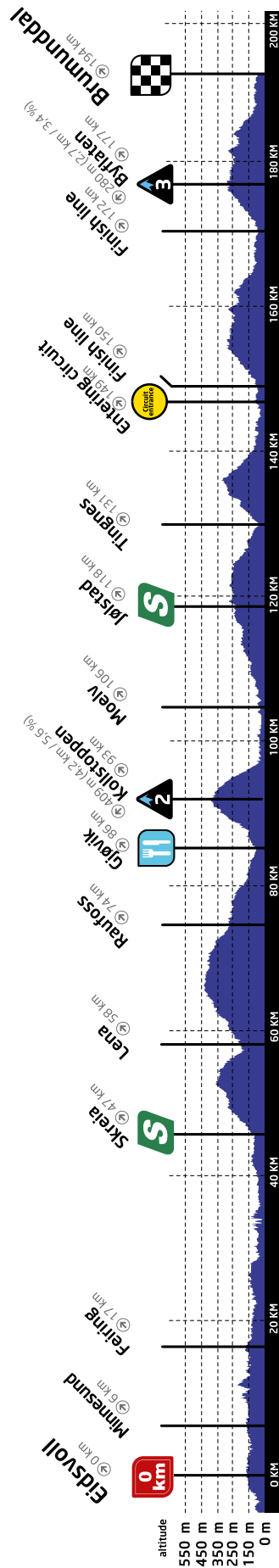
Brumunddal is the administrative centre of Ringsaker, and home to approximately 10.000 inhabitants. Brumunddal has undergone great changes the past ten years, and comes across as a charming town centre with thriving shops and busy streets.

Brumunddal is an ever-expanding town, and on the banks of the lake Mjøsa, a whole new district is under construction. Headed by the erection of what will become the world's largest wooden building, "Mjøs Tower", an area for recreation and pastime activities is created on the shore. Beaches, skateboard ramps and play areas alongside with boat docks will give this area a new dimension. Right next door, a plot of lakeside land is regulated for housing establishments, and many of the projected apartments and houses have already been sold.



STAGE 2: EIDSVOLL - BRUMUNDDAL

Stage profile



STAGE 2: EIDSVOLL - BRUMUNDDAL

Start area

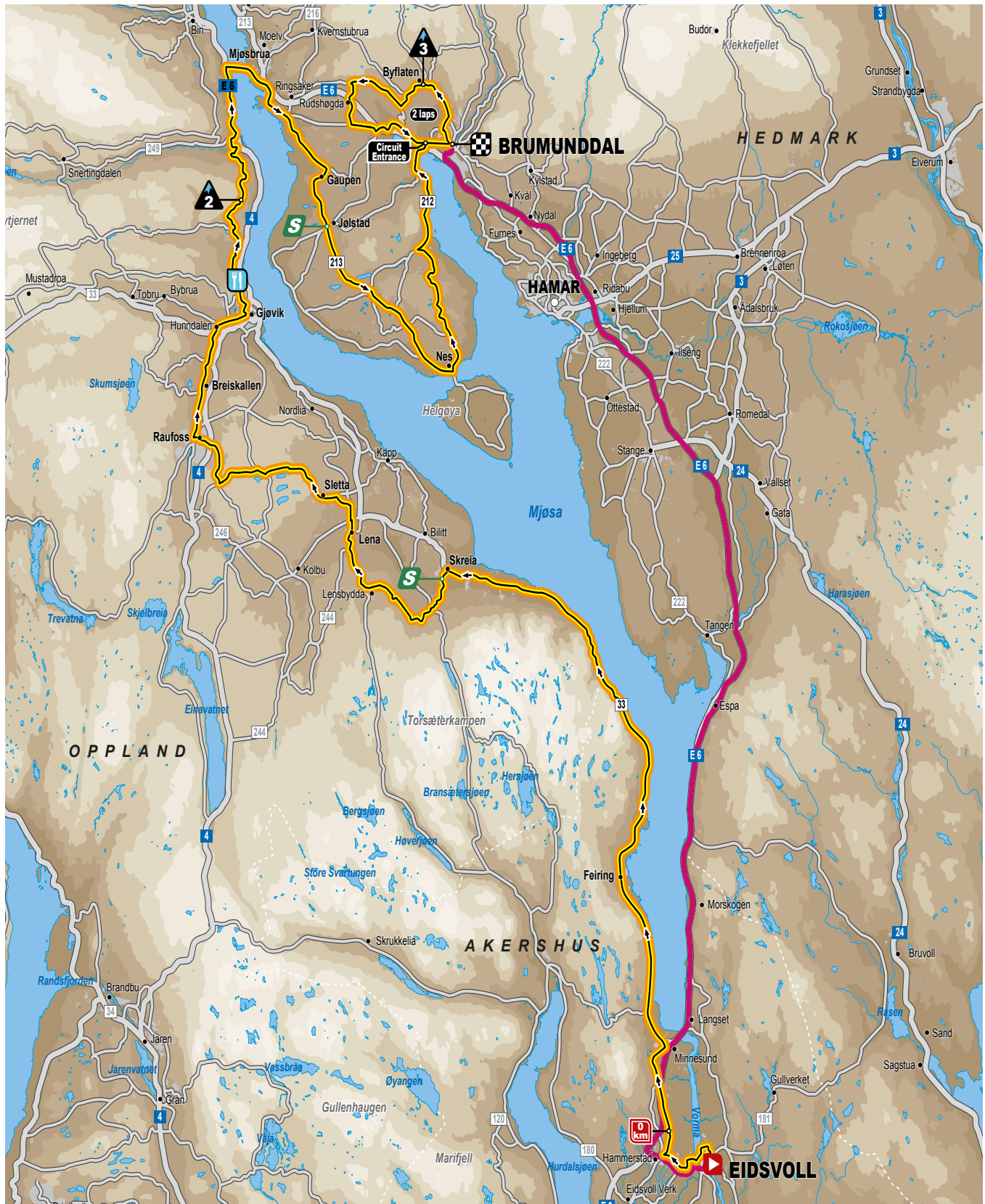
PPO Address: Garmo, Eidsvoll
GPS coordinates: Lat: 60.328738 Long: 11.205578



STAGE 2: EIDSVOLL - BRUMUNDDAL

Race route

Feeding Zone: Trondhjemsvegen 6 2, Gjøvik
GPS Coordinates: Lat: 60.807450 Long: 10.682528
Media centre address: Ringsaker rådhus

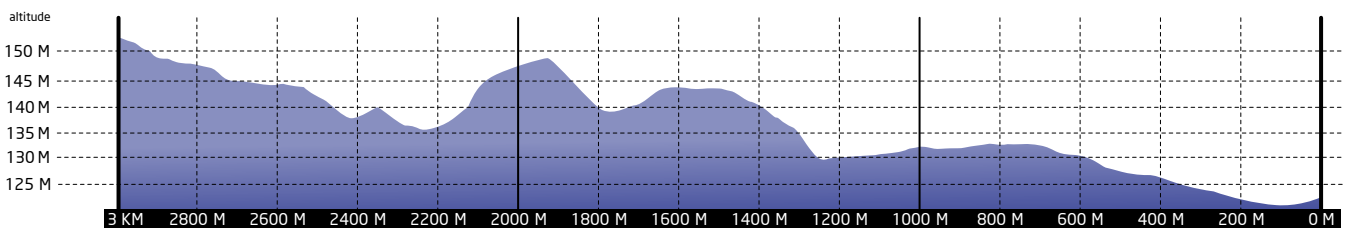


Off-Race Route Follow the race route back towards the PPO. Follow signs direction E6. Follow signs direction Trondheim, E6. Enter E6. Stay at E6 until exit 72, Brumunddal. Follow Nils Ambli's veg until arriving in the finish area. SEE MAP (road has this colour █)

Distance: 79km
Online map: tourofnorway.com
Kml: tourofnorway.com

STAGE 2: EIDSVOLL - BRUMUNDDAL

Last kilometres



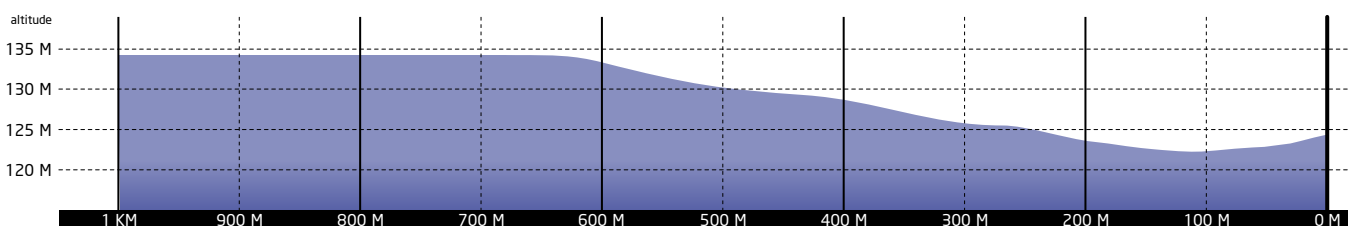
STAGE 2: EIDSVOLL - BRUMUNDDAL

Finish

Finish straight: 500 meters slight downhill flattens out at the final 200 meters.









Width: 6 meters.

Address finish line: Ringsakervegen 13, Brumunddal Lat: 60.886473 Long: 10.934734



STAGE 2: EIDSVOLL - BRUMUNDDAL

Route description

	KM from start	KM to end	KM/H	KM/H	KM/H
			44	42	40
Start Eidsvoll			13:10	13:10	13:10
6,3 km neutral zone					
 Official start - Smestad	0	194,2	13:25	13:25	13:25
Minnesund	6	188,2	13:33	13:33	13:33
Feiring	17,3	176,9	13:48	13:49	13:50
Entering Oppland county	32,2	162	14:08	14:10	14:13
Entering Østre Toten municipality	32,2	162	14:08	14:10	14:13
Totenvika	41,3	152,9	14:21	14:23	14:26
Skreia	45,7	148,5	14:27	14:30	14:33
 Intermediate sprint - Skreia	46,5	147,6	14:28	14:31	14:34
Lena	58,2	136	14:44	14:48	14:52
Entering Vestre Toten municipality	63,8	130,4	14:51	14:56	15:00
Raufoss	74	120,2	15:05	15:10	15:16
Attention: Railway crossing	74,7	119,5	15:06	15:11	15:16
Entering Gjøvik municipality	77,8	116,3	15:11	15:16	15:21
Hunndalen	81,4	112,8	15:15	15:21	15:27
Gjøvik	84,1	110	15:19	15:25	15:31
 Feeding zone	86,4	107,7	15:22	15:28	15:34
Bråstad	88,7	105,5	15:25	15:31	15:38
KOM climb start	88,7	105,4	15:26	15:31	15:38
 KOM cat. 2 - Kollstoppen	93	101,1	15:31	15:37	15:44
Attention: Fast decent - narrow road	93,1	101	15:32	15:38	15:44
Redalen - RV4	98,6	95,5	15:39	15:45	15:52
Mjøsbua	103,4	90,8	15:45	15:52	16:00
Entering Hedmark county	104,2	89,9	15:47	15:53	16:01
Entering Ringsaker municipality	104,3	89,8	15:47	15:54	16:01
Live TV feed(est.)	108,6	85,5	15:53	16:00	16:07
Gaupen	113,5	80,7	15:59	16:07	16:15
 Jølstad - intermediate sprint	117,9	76,3	16:05	16:13	16:21
Stavsjø	123,5	70,7	16:13	16:21	16:30
Tingnes	130,9	63,2	16:23	16:32	16:41
Nerlia	140,8	53,3	16:37	16:46	16:56
 Entering final circuit	148,6	45,5	16:47	16:57	17:07
Finish line - first passing	150,1	44,1	16:49	16:59	17:10
Byflaten - first passing	155,4	38,7	16:56	17:07	17:18
Rudshøgda - first passing	162,3	31,8	17:06	17:16	17:28
Passing circuit entrance point	170,6	23,5	17:17	17:28	17:40
Finish line - one lap to go	172,1	22,1	17:19	17:30	17:43
KOM climb start	174,6	19,5	17:23	17:34	17:46
 KOM cat. 3 - Byflaten	177,4	16,7	17:26	17:38	17:51
Rudshøgda - last passing	184,4	9,8	17:36	17:48	18:01
 Finish - Brumunddal	194,1	0	17:49	18:02	18:16



HAMAR

We welcome the Tour of Norway 2017 to Hamar, the city with a beachfront location near Norway's biggest lake, Mjøsa.

Hamar is located an hour and a half north of Oslo. The city has 30.000 inhabitants and serves as a regional centre for an area with a population of about 90.000.

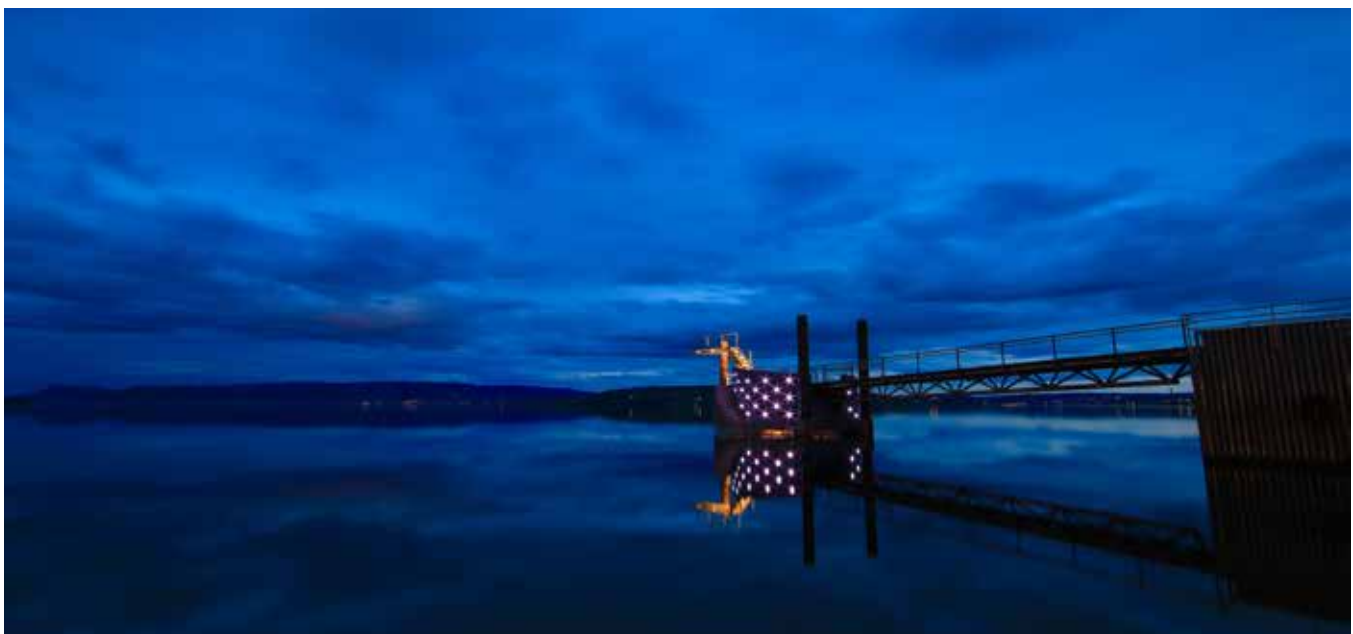
The month of June hosts various festivals every year; a children's cultural festival, jazz festival, Medieval Festival and a festival for classical music celebrating Kirsten Flagstad, the world famous opera singer who had her origins in Hamar. Even a Beer festival is often held in the main square.

Hamar Kulturhus has a wide programme within music, theatre, dance and family events. This cultural institution also hosts a modern library, the regional theatre Teater Innlandet, cinema and a gallery. Literature lovers will find the area interesting, as the important Norwegian writers Rolf Jacobsen and Knut Faldbakken grew up here. You can walk in the steps of writers impacting Norway's literary landscapes.

From the city centre there is walking distance to the city beach and recreation area Koigen with the world famous diving tower – an architectural landmark. The diving tower also serves as venue for gigs - last year for a magical sunrise concert with Hamar's own trumpeter Ole Edvard Antonsen.

Hamar offers countryside exploration and long walks in beautiful nature. The beautiful highlands are just a short drive away, for hiking in the summer and cross-country and downhill skiing in the winter time. Along Mjøsa you find various beaches with potential activities; kayaking, kiting and renting rib boats. Ankerskogen svømmehall is a popular modern swim spa with features for children and adults.

The cycling route Mjøstråkk makes cycling the easiest way of exploring Hamar's best features – including the medieval heritage in the museum area Domkirkeodden.





LILLEHAMMER

It is indeed a privilege and a pleasure to welcome Tour of Norway to Lillehammer. The Lillehammer region has a special place in many people's hearts, thanks to the Winter Olympics in 1994 – one of the largest and most successful sporting events in modern Norwegian history. In 2016 Lillehammer once again manifested its position as a supreme Olympic city, when hosting the second winter Youth Olympic Games.

Lillehammer is the ideal place for combining wonderful nature and countless activities – both summer and winter. An increasing number of people discover the great opportunities Lillehammer holds in terms of both living and visiting. We have vibrant businesses and a growing start-up environment, becoming ever more important in offering a variety of job opportunities.

Lillehammer is well known for its ski terrain and excellent winter sport facilities. Inhabitants and visitors enjoy a spectacular network of cross-country ski trails all winter. The historically important buildings in the well-known pedestrian street, "Gågata", in the city of Lillehammer, provide a charming and vibrant shopping environment. Furthermore, the town also offers a variety of interesting museums and cultural centers for all ages.

Despite being a small city, Lillehammer has fostered several cyclists competing in world championships, both on junior, U23 and senior level. Lillehammer Cycle Club has a strong emphasis on developing talents, providing them a good and solid training environment. There's also plenty to choose from for the cycling enthusiast. While visiting you can experience Lillehammer from a bicycle seat and enjoy the fantastic nature in and around Lillehammer at your own pace! With urban bike paths, beautiful mountain trails, and downhill cycling trails, there is lots of fun just waiting for you!

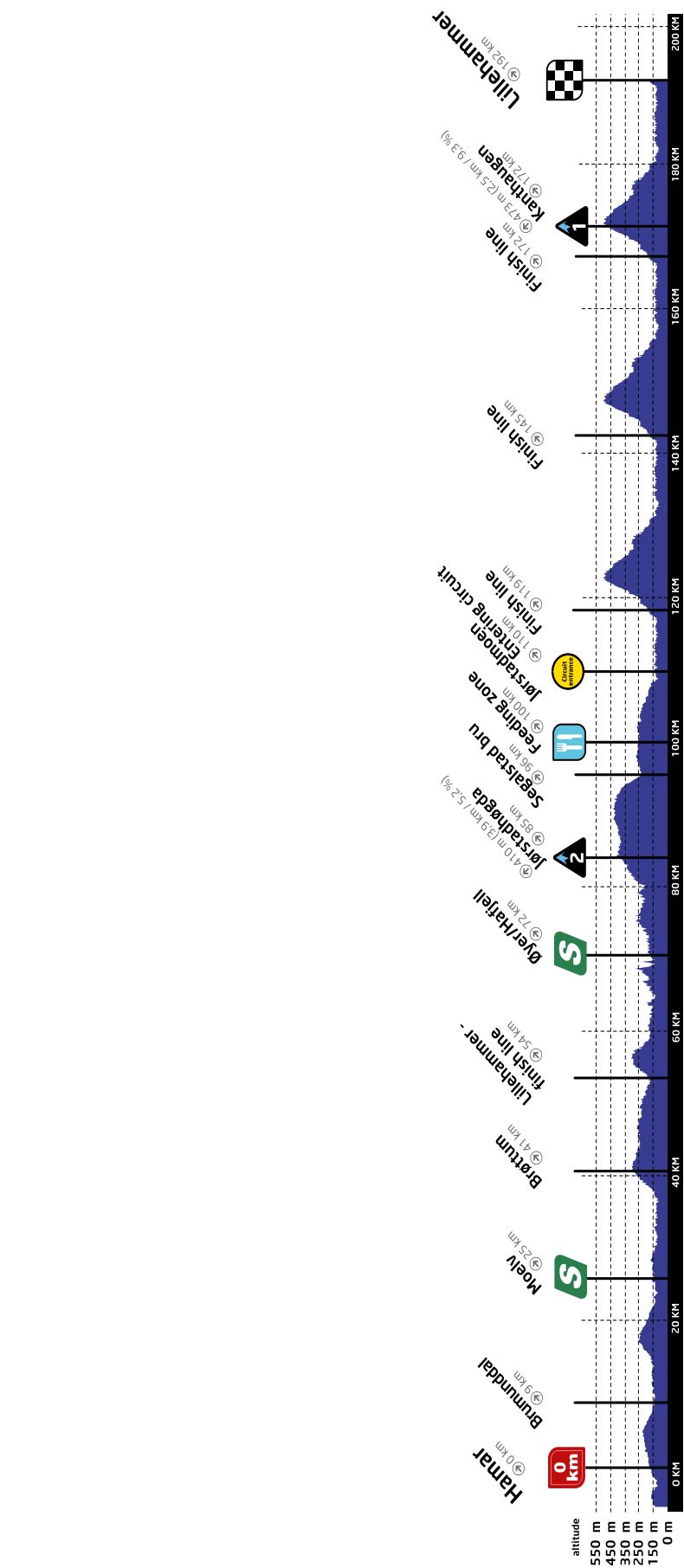
Enjoy stage three of Tour of Norway here in Lillehammer. I hope to welcome you back soon.



Photo: Mario Stiehl

STAGE 3: HAMAR - LILLEHAMMER

Stage profile



STAGE 3: HAMAR - LILLEHAMMER

Start area

PPO Address: Aluvegen 24, Hamar.
GPS coordinates: Lat: 60.805238 Long: 11.062465



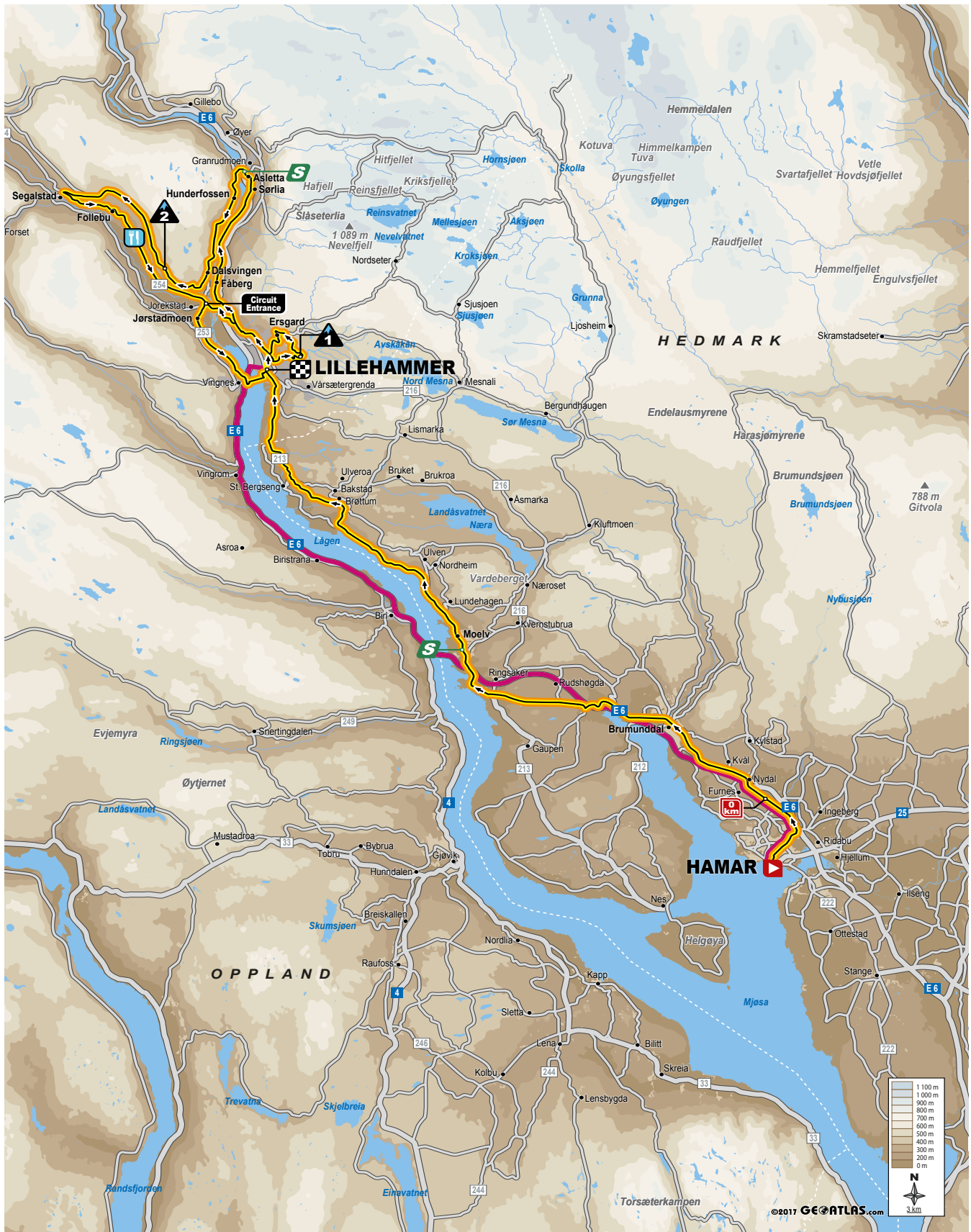
STAGE 3: HAMAR - LILLEHAMMER

Race route

Feeding Zone: Gausdalsveien, Follebu

GPS Coordinates: Lat: 61.203728 Long: 10.301958

Media centre address: HubLHMR (GD-bygget) Jernbanegata 13

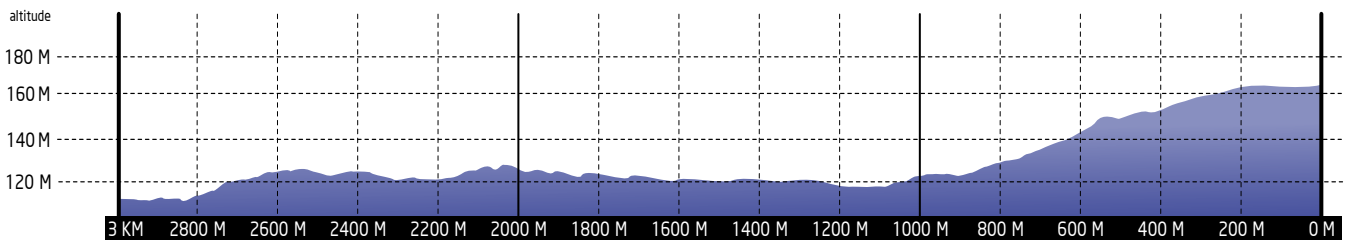


Off-Race Route Follow the race route towards E6. Enter E6 direction Lillehammer. Stay at E6 until arriving in Lillehammer. Take the exit direction Lillehammer. Follow signs towards sentrum.
SEE MAP (road has this colour █)

Distance: 61km
Online map: tourofnorway.com
Kml: tourofnorway.com

STAGE 3: HAMAR - LILLEHAMMER

Last kilometres



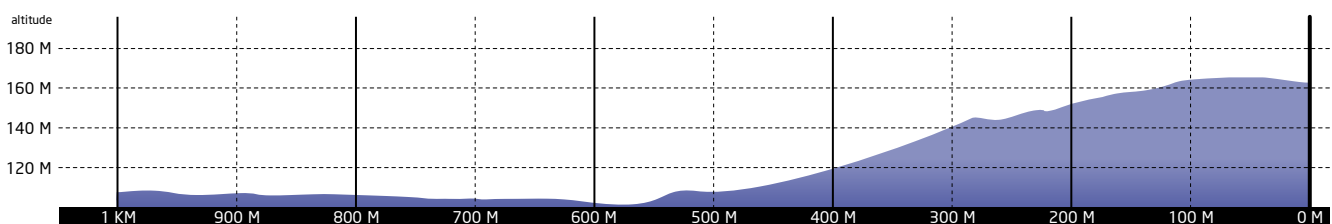
STAGE 3: HAMAR - LILLEHAMMER

Finish

Finish straight: 250 meters slight uphill.









Width: 6 meters.

Address finish line: Kirkegata 69, Lillehammer Lat: 61.115220 Long: 10.463509



STAGE 3: HAMAR - LILLEHAMMER

Route description

	KM from start	KM to end	KM/H	KM/H	KM/H
			44	42	40
Start Hamar			13:00	13:00	13:00
5,5 km neutral zone					
 Official start - Olrud	0	192,5	13:15	13:15	13:15
Attention: Fast decent	4,8	187,7	13:21	13:21	13:22
Brumunddal	8,9	183,5	13:27	13:27	13:28
Moelv	24,9	167,5	13:49	13:50	13:52
 Intermediate sprint - Moelv	26,2	166,3	13:50	13:52	13:54
Brøttum	40,8	151,7	14:10	14:13	14:16
Entering Oppland county	47,5	144,9	14:19	14:22	14:26
Entering Lillehammer municipality	47,5	144,9	14:19	14:22	14:26
Attention: Fast decent - speed bumps	50,9	141,6	14:24	14:27	14:31
Finish line 1. passing	53,8	138,6	14:28	14:31	14:35
Fåberg	63	129,5	14:40	14:44	14:49
Entering Øyer municipality	64,9	127,5	14:43	14:47	14:52
Øyer	71,6	120,9	14:52	14:57	15:02
 Intermediate sprint Øyer/Hafjell	72,1	120,4	14:53	14:57	15:03
Entering Lillehammer municipality	73,6	118,9	14:55	15:00	15:05
Hunderfossen	74,8	117,7	14:56	15:01	15:07
KOM climb start	80,8	111,7	15:05	15:10	15:16
 KOM cat. 2 - Jørstadhøgda	84,7	107,7	15:10	15:16	15:22
Entering Gausdal municipality	88,7	103,7	15:16	15:21	15:28
Attention: Fast decent	93,6	98,9	15:22	15:28	15:35
Live TV (est.)	94,9	97,6	15:24	15:30	15:37
Segalstad bru	96,1	96,4	15:26	15:32	15:39
Follebu	99,8	92,7	15:31	15:37	15:44
 Feeding zone - Follebu	101,7	90,7	15:33	15:40	15:47
Entering Lillehammer municipality	101,8	90,6	15:33	15:40	15:47
Jørstadmoen	109,4	83	15:44	15:51	15:59
 Entering final circuit	109,5	82,9	15:44	15:51	15:59
Vingnes - first passing	116,5	76	15:53	16:01	16:09
Finish line 3. laps to go	118,7	73,8	15:56	16:04	16:13
Kanthaugen, first time	123,1	69,3	16:02	16:10	16:19
Attention: Gravel road section - 800 m	123,1	69,3	16:02	16:10	16:19
Attention: Fast decent	124,1	68,4	16:04	16:12	16:21
Passing circuit entrance point	134,1	58,3	16:17	16:26	16:36
Jørstadmoen	134,1	58,3	16:17	16:26	16:36
Vingnes	141,1	51,4	16:27	16:36	16:46
Finish line - 2. laps to go	143,3	49,2	16:30	16:39	16:49
Kanthaugen, second time	147,7	44,7	16:36	16:46	16:56
Attention: Gravel road section - 800 m	147,7	44,7	16:36	16:46	16:56
Attention: Fast decent	148,7	43,7	16:38	16:48	16:58
Jørstadmoen	158,7	33,7	16:51	17:01	17:13
Vingnes	165,7	26,8	17:00	17:11	17:23
KOM climb start	169,6	22,8	17:06	17:17	17:29
 KOM cat. 1, Kanthaugen	172,1	20,3	17:09	17:20	17:33
Kanthaugen last time	172,3	20,1	17:09	17:21	17:33
Attention: Gravel road section - 800 m	172,3	20,1	17:09	17:21	17:33
Attention: Fast decent	173,3	19,1	17:11	17:23	17:35
Jørstadmoen	183,3	9,1	17:24	17:36	17:49
Vingnes	190,3	2,2	17:34	17:46	18:00
 Finish - Lillehammer	192,5	0	17:37	17:49	18:03



LILLESTRØM

Lillestrøm has been named Norway's best city for cycling five times in a row. Cycle races, fun rides and cycling festivals have been held in Lillestrøm over the past 5 years. Facilities have been organised for cyclists, and people of all ages to use their cycles all year round. Whether you cycle in urban areas, natural surroundings or beside our waterways, you will have many kilometers of experiences, exercise and recreation at your disposal.

Lillestrøm is centrally located in the County of Akershus, mid-way between the main airport Gardermoen and Oslo. The Municipality of Skedsmo has been developing strongly for many years, with the town of Lillestrøm as a local, regional and national meeting place.

The region is one of the fastest growing capital regions in Europe, and the municipality has about 53,000 residents. Lillestrøm public transport terminal is one of the country's busiest railway stations and is a hub for the airport train.

Our goal is to be the finest place to live in East Norway for those who love culture or sport. There are many clubs and associations, together with a wide range of sporting activities. We offer a

good range of cultural activities, with concerts, exhibitions, festivals and other events. There are lively cafés, and the restaurants offer culinary treats from many countries.

The exhibition centers, Norges Varemesse in Lillestrøm, and Exporama in Hellerudsletta make us Norway's trade fair capital. Some of the country's largest public exhibitions for travel, boats, education, housing, hobbies and agriculture, are held here. Our central location between and excellent rail and road networks, give us the best infrastructure in the country, and an attractive venue for major events.

Lillestrøm Business Area is one of the country's foremost research and technology parks. The businesses located here are among the country's foremost in energy and environmental research. Knowledge and information is an important part of our history. Steam engines, cars, buses, aircraft and trains have all been developed and manufactured here.

We are looking forward to seeing you in Lillestrøm, and hope you have time to experience what our municipality and town has to offer!





SARPSBORG

Sarpsborg is a town rich in attractions. It can look back on 1000 years of history, and yet is an energetic town in constant development. 'From Saga to Science' – this is a motto admirably suited to both Sarpsborg and its county of Østfold. We can boast the largest standing rock carving in Scandinavia and many other ancient monuments, magnificent manor houses, churches, museums, sculptures, parks and natural attractions.

Sarpsborg is the home of INSPIRIA Science Centre. Here you can explore the wonders of science through 70 interactive exhibitions. The centre, which is on the E6, also has a planetarium, weather studio and excellent meeting and conference facilities. The outdoor area is now enlarged with its own cycling track, equipped with traffic lights, zebra crossings and roundabouts, and both bikes and other self-propelled vehicles can be hired. On schooldays the cycle track is used by classes wishing to improve their cycling skills, but in the evenings, weekends and holidays it is open for anyone to use – even when the Science Centre is closed.

Anyone who enjoys the outdoor life will love Sarpsborg. There is something for everyone – huge forested areas with a myriad

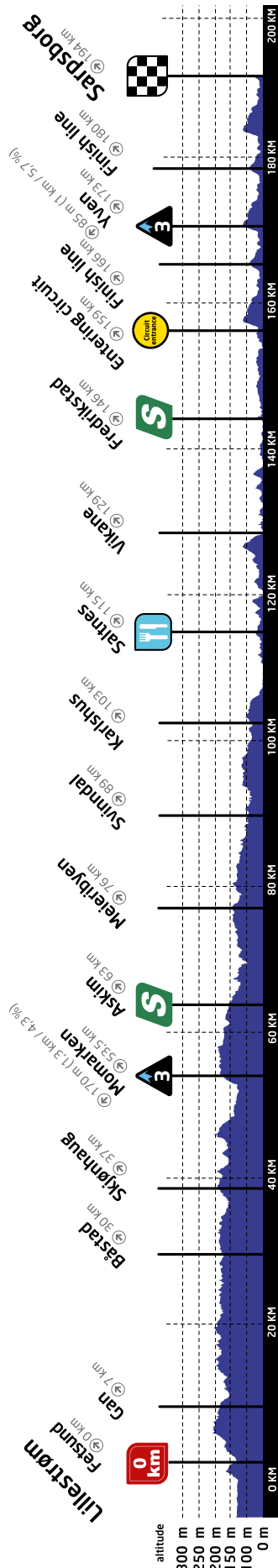
of footpaths, a network of trails for cross-country skiing, cycle paths and alpine skiing centres. Within the borders of the municipality there is also an enchanting coastline offering all sorts of maritime activities. Enjoy a day or two by the sea, fishing and sailing, or lying on our sandy beaches or scoured granite rocks. The countryside around Sarpsborg, Skjeberg and the woods of Tune and Varteig are criss-crossed with signposted footpaths. In winter, cross-country skiers take to the trails of Trøsken, and alpine skiers to the slopes of Kjerringåsen Alpine Centre.

Even in the town centre there are signed footpaths through the Kulås Park, where you can round off your walk with a session on the park's gym apparatus. On one day every March the park is transformed into a Ski Carnival, with skiing activities for all ages. Among the ski celebrities who made an appearance this year were Marit Bjørgen, the Northug brothers, Maiken Caspersen Falla, Johannes Høsflot Klæbo, Finn Hågen Krogh and Emil Iversen. Sport has always had a special place in the hearts of Sarpsborg's people – whether they are taking part themselves or watching the town's football and hockey teams, among the best in Norway.



STAGE 4: LILLESTRØM - SARPSBORG

Stage profile



STAGE 4: LILLESTRØM - SARPSBORG

Start area

PPO Address: Fetveien 175, Kjeller.

GPS coordinates: Lat: 59.967863 Long: 11.052077



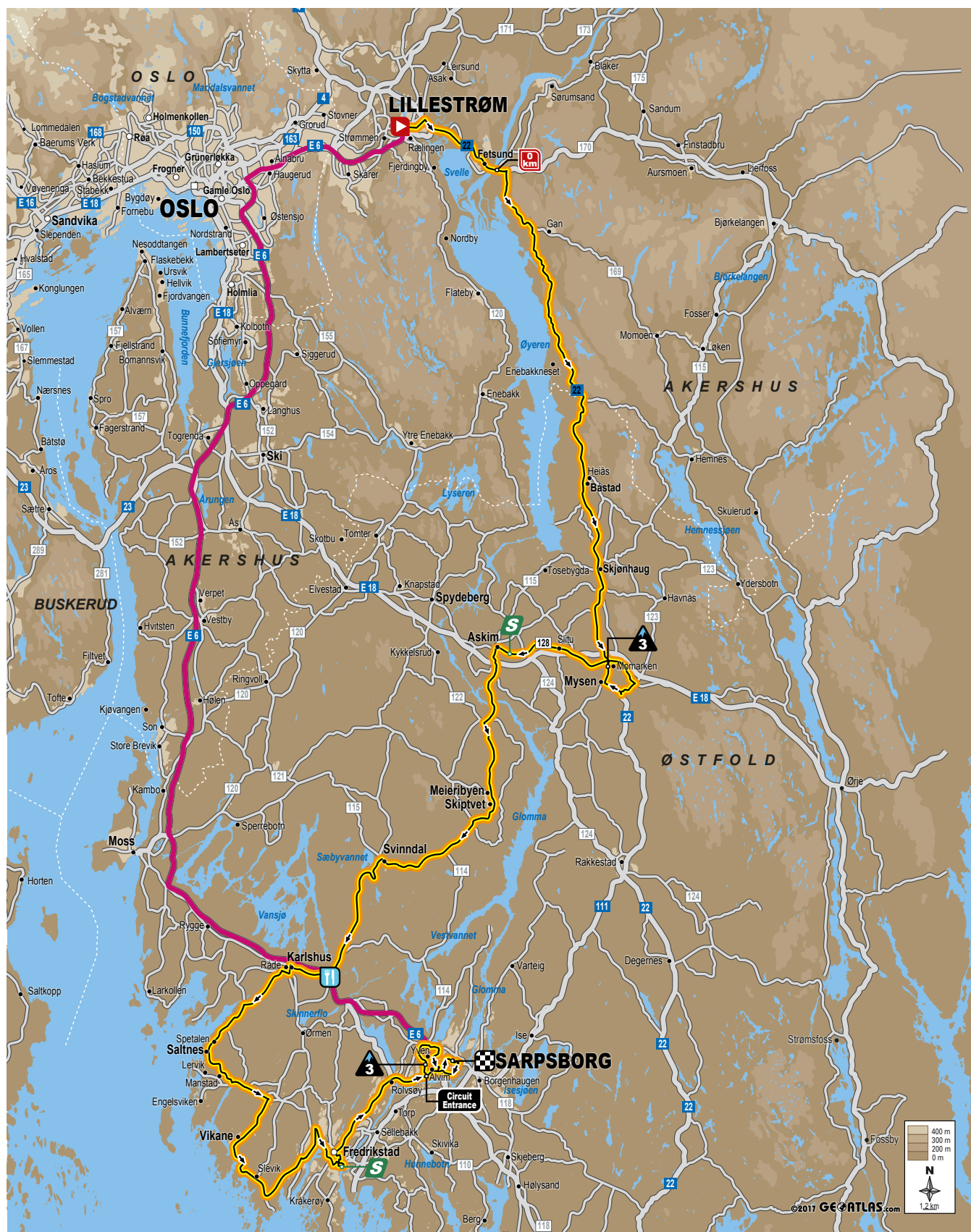
STAGE 4: LILLESTRØM - SARPSBORG


Race route

Feeding Zone: Missingmyr.

GPS Coordinates: Lat: 59.345883 Long: 10.919562

Media centre address: Festiviteten, Sarpsborg

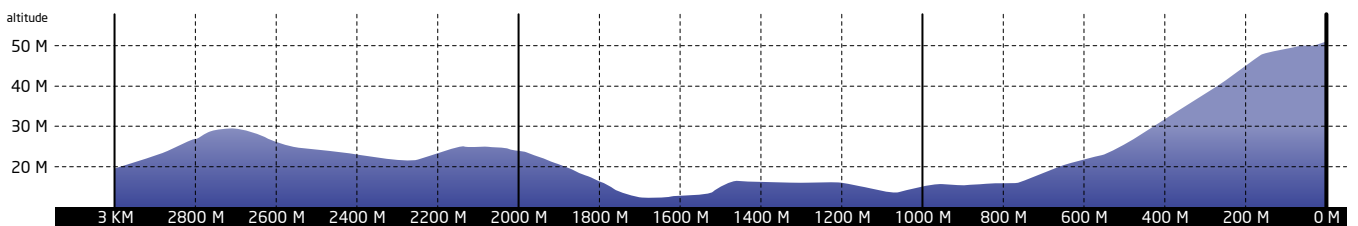


Off-Race Route Follow signs direction Oslo. Enter RV159 direction Oslo, and enter E6 direction Oslo after 9km. Stay at E6, follow signs direction Gøteborg. Stay at E6 until exit 6, direction Sarpsborg. Follow the race route to the race deviation point in the finish area. Bus access to team parking: Go through the following route: Sandesundsveien B3 to Sandesundsveien 13. SEE MAP (road has this colour )

Distance: 113km
Online map: tourofnorway.com
Kml: tourofnorway.com

STAGE 4: LILLESTRØM - SARPSBORG

Last kilometres



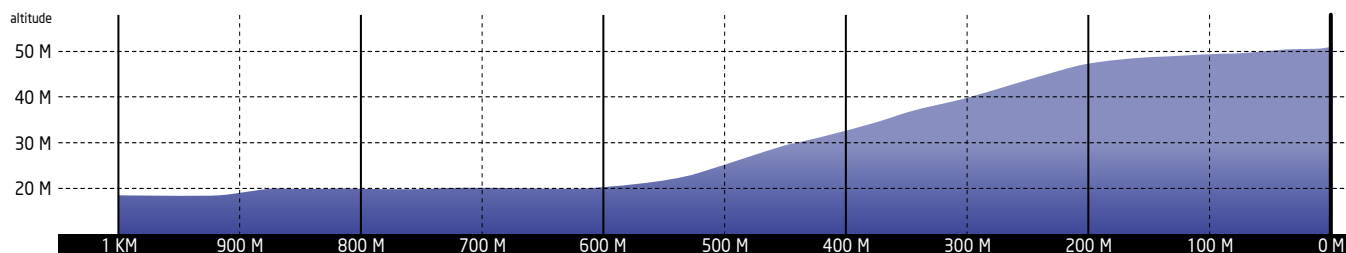
STAGE 4: LILLESTRØM - SARPSBORG

Finish

Finish straight: 400 meters slight uphill









Width: 5,3 meters.

Address finish line: Korsgata 4, Sarpsborg Lat: 59.282328 Long: 11.108041



STAGE 4: LILLESTRØM - SARPSBORG

Route description

	KM from start	KM to end	KM/H	KM/H	KM/H
			44	42	40
Start Lillestrøm			13:10	13:10	13:10
7,7 km neutral zone					
 Official start - Fetsund	0	193,8	13:30	13:30	13:30
Fetsund	0,6	193,2	13:30	13:30	13:30
Gan	7	186,9	13:39	13:39	13:40
Enebakneset	18,1	175,7	13:54	13:55	13:57
Entering Østfold county	22,9	170,9	14:01	14:02	14:04
Entering Trøgstad municipality	22,9	170,9	14:01	14:02	14:04
Båstad	29,7	164,2	14:10	14:12	14:14
Skjønhaug	37,1	156,7	14:20	14:23	14:25
Entering Eidsberg municipality	45,4	148,4	14:31	14:34	14:38
Momarken	45,9	148	14:32	14:35	14:38
Mysen	50,8	143	14:39	14:42	14:46
KOM climb start	52,3	141,5	14:41	14:44	14:48
 KOM cat. 3 - Momarken	53,5	140,3	14:42	14:46	14:50
Momarken	53,8	140	14:43	14:46	14:50
Slitu	58,2	135,6	14:49	14:53	14:57
Entering Askim municipality	59,6	134,2	14:51	14:55	14:59
Askim	62,9	131	14:55	14:59	15:04
 Intermediate sprint - Askim	63	130,8	14:55	15:00	15:04
Entering Skiptvet municipality	69,3	124,5	15:04	15:09	15:13
Meieribyen	76,5	117,3	15:14	15:19	15:24
Entering Våler municipality	82,6	111,3	15:22	15:27	15:33
Svinndal	89,1	104,7	15:31	15:37	15:43
Entering Råde municipality	96	97,8	15:40	15:47	15:53
Missingmyr	101,9	92	15:48	15:55	16:02
 Feeding zone	102,8	91	15:50	15:56	16:04
Karlshus	105,1	88,7	15:53	16:00	16:07
Live TV (est.)	105,5	88,3	15:53	16:00	16:08
Saltnes	114,6	79,2	16:06	16:13	16:21
Entering Fredrikstad municipality	116,7	77,1	16:09	16:16	16:25
Mossik	123,5	70,3	16:18	16:26	16:35
Vikane	128,8	65	16:25	16:34	16:43
Gressvik	139,2	54,6	16:39	16:48	16:58
Fredrikstad	142,7	51,1	16:44	16:53	17:04
 Intermediate sprint - Fredrikstad	146,2	47,6	16:49	16:58	17:09
Entering Sarpsborg municipality	156	37,8	17:02	17:12	17:24
 Entering final circuit	158,6	35,2	17:06	17:16	17:27
Yven - first passing	159,8	34	17:07	17:18	17:29
Grålum	161,7	32,1	17:10	17:21	17:32
Tune church	162,8	31	17:12	17:22	17:34
Alvim	164,6	29,2	17:14	17:25	17:36
Finish line - 1 passing	167,3	26,5	17:18	17:29	17:40
Passing circuit entrance point	171,8	22	17:24	17:35	17:47
KOM climb start	172,1	21,7	17:24	17:35	17:48
 K.o.M cat. 3 - Yven	173	20,8	17:25	17:37	17:49
Yven - second passing	173	20,8	17:25	17:37	17:49
Grålum	174,9	18,9	17:28	17:39	17:52
Finish line - 2 passing	180,5	13,3	17:36	17:47	18:00
Yven - last passing	186,2	7,6	17:43	17:56	18:09
Grålum	188,1	5,7	17:46	17:58	18:12
 Finish Sarpsborg	193,7	0	17:54	18:06	18:20



MOSS

Moss is an exciting town on the east bank of the Oslo fjord with a population of approx. 32 000.

The city has developed from being built on industry, into a modern, provident and attractive city.

Moss can offer beaches, marinas, a dynamic cultural life, important historical sites and well-preserved ancient manor houses and monuments.

Many people are attracted to the region because of the vibrant cultural life of the town and the closeness to the sea. In many parts of the municipality, there are heritage sites, nature reserves and hiking areas. Beautiful spots such as Jeløy, Mossemarka and Vansjø have to be experienced.

Jeløy is one of the largest islands in the Oslo fjord. With it's beautiful views, many beaches and listed buildings, it's easy to see why it's known as "the pearl of the Oslo fjord". Gallery F 15 is

an art gallery with international reputation. If one explores Jeløy by following its coastal paths, you will discover one of the richest floras in the country.

Møllebyen by the waterfall, was the focal point of the town's industrial epoch, and retained this status right up to 1970. Møllebyen was the old centre of the town. Most buildings were active mills, but there was also other activities such as brewing beer. Today Møllebyen is restored and given life to vibrant cultural communities, with cafés and restaurants, galleries, a state-of-the-art cinema complex, Moss town and industry museum and Moss brewery museum. Møllebyen got awarded the national Award for building Excellence in 2003.





OSLO

At the inlet of the Oslofjord lays the capital of Norway, Oslo. Surrounded by the fjords and the forest, Oslo is a pulsating city where you can do everything! The oldest capitol in Scandinavia with 1000 years of exciting history is one of Europe's fastest growing cities. With close to 700.000 inhabitants it is the largest city in Norway, and Oslo has something for every taste.

You want skiing in beautiful slopes during the winter, Oslo got it. You want swimming in the ocean during summer, Oslo got it. You want city life with exciting bars and restaurant, Oslo got it. You want culture in the shape, well Oslo has amazing museums, a beautiful opera and everything a culture soul would love.

The city has something that makes it attractive all year long, and that is the beauty of the city. Oslo has since the city was named capital in 1814 transformed into a global city with a feeling of big city life while also maintaining the relaxed atmosphere and the feeling of being in a smaller town. The city center is compact and accessible for exploration by foot or by bike. The public transport system is also a possibility, efficient bringing people around the city or to nice sceneries, like the famous Holmenkollen, around the center of Oslo.

The capital is the seat of the Norwegian Government and the Norwegian parliament, and also the home of the royal family. The Royal Palace is a popular place to take a selfie when you are catching a break from the world class shopping street, Karl Johan, located right beside it.

Besides being a metropolitan city you will find excellent hiking opportunities in the forests that are surrounding the city. 15 minutes with the public transport, and suddenly you are located in the nature with countless of possibilities. Another option to get some nature experience in Oslo is by using one of the public boats to one of the 40 smaller island located in the Oslofjord. The municipality is covered with many greens parks even in the city center, nature and peace will not by hard to find when you visit Oslo.

Down by the sea just 5 min walk from the Royal Palace, located



next to the great Akershus Fortress you find Aker Brygge and Tjuvholmen. Peaceful at day and vibrating at night, this dock has it all. Want to go for a swim in the middle of the city center; this is where you will go. The beautiful clear water of the Oslofjord is perfect for a swim during a hot summer day. Take a leap for the pier, and go for a lunch at one of the great restaurant when you need to catch some break from the sun.

The climate is mild in Oslo when you compare it to other parts of Norway. The temperature in the summer gives you the feeling of being much further south, and the temperature during winter makes it the perfect skiing destination.

If you are more of the type that enjoys inside activities, Oslo is happy to please you as well. Enjoy world class opera at the modern and beautiful Norwegian Opera & Ballet. Visit Bygdøy to follow the tracks from famous Norwegian explorers like Thor Heyerdahl in the museums located by the sea. Visit the National Museum of Art, Architecture and Design or the amazing Astrup Fearnley Museum. And if you are more into movies, Oslo has 7 cinemas you can visit, including the eye catching Colosseum Cinema from 1928.

Did we also mention that Oslo has an amusement park? Tusenfryd with over 30 attractions is the place to bring children if they want a different experience in Oslo.

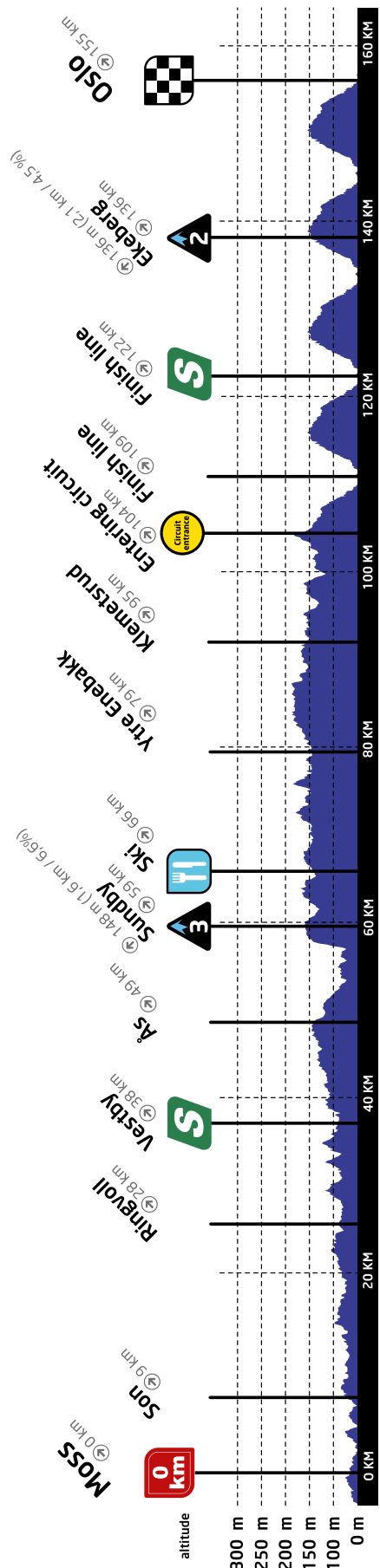
The inhabitants of the city are friendly and open to everyone, and even better, they all speak at least Basic English. The city has a safe atmosphere, which makes is friendly to families with children and an ideal city to visit to get a good experience for people in all ages.

There is so much to see and to discover in Oslo, and the list of activities and sights would be long. The city has something for everyone. You just cannot be bored while visiting Oslo. A big city so intimate is Oslo is difficult to find all around the world. The capital of Norway will guarantee match your interests and personal tastes.



STAGE 5: MOSS - OSLO

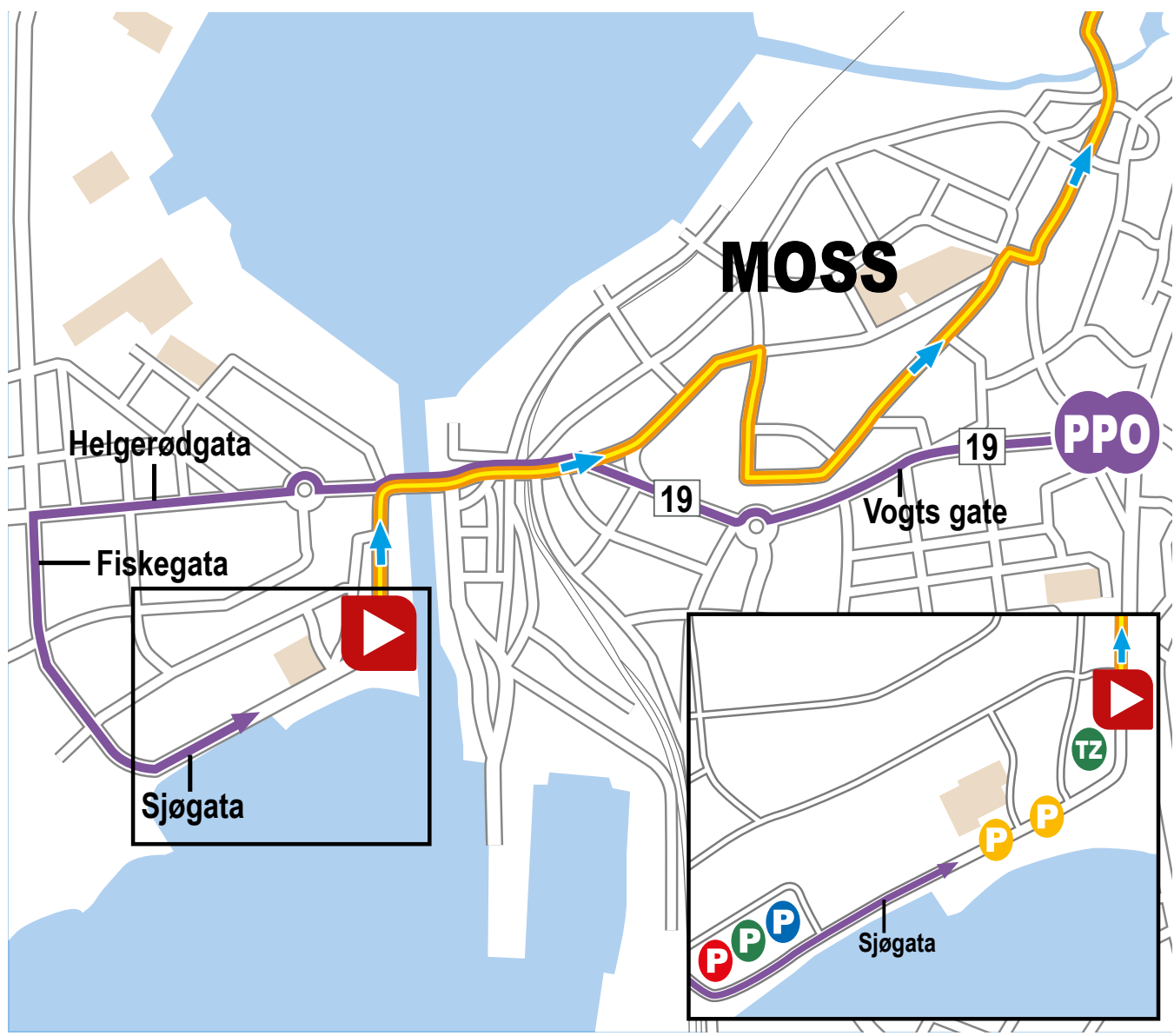
Stage profile



STAGE 5: MOSS - OSLO

Start area

PPO Address: Kongens gate 42, Moss
GPS coordinates: Lat: 59.434458 Long: 10.670160



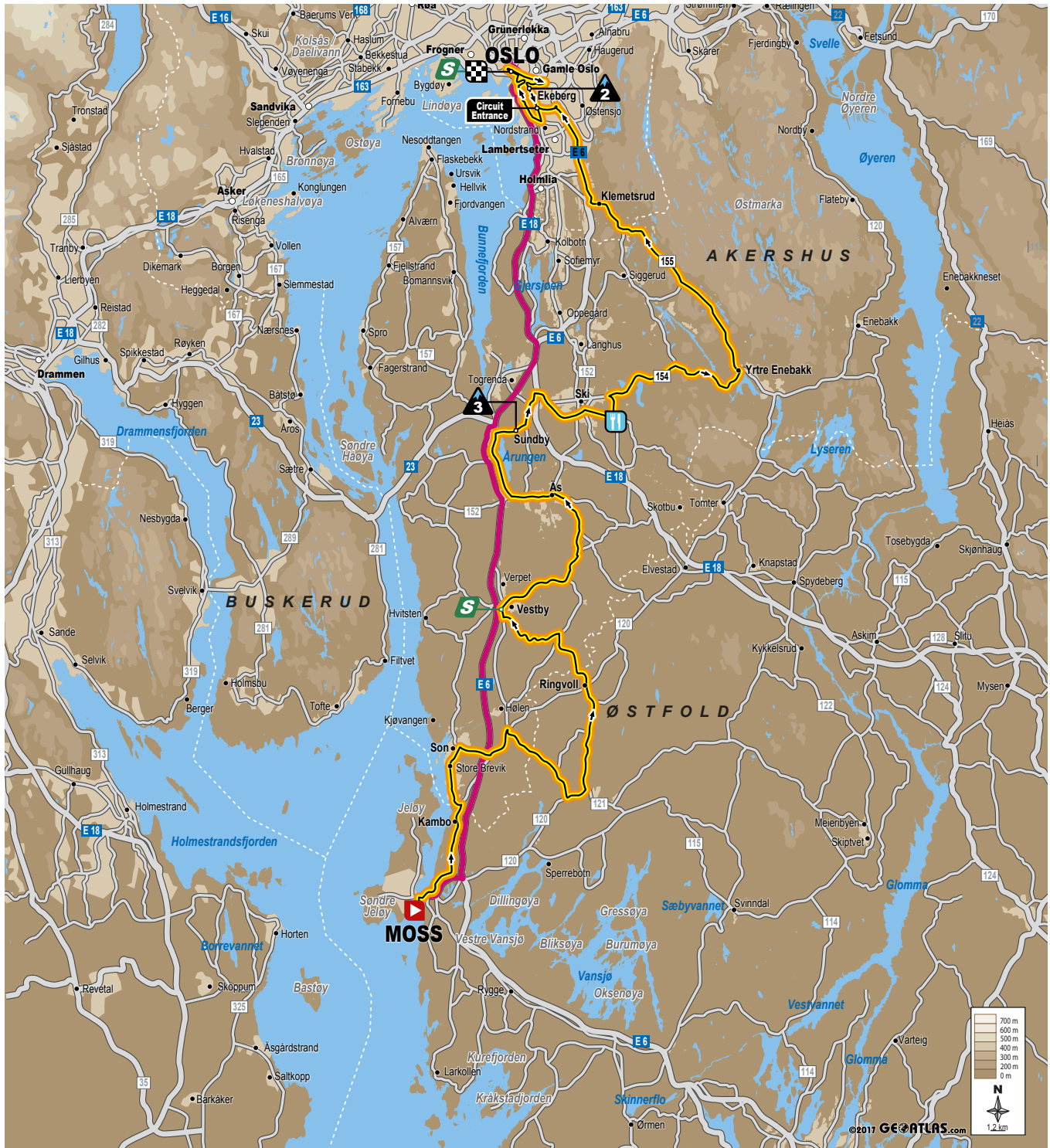
STAGE 5: MOSS - OSLO

Race route

Feeding Zone: Løkenveien, Ski

GPS Coordinates: Lat: 59.710459 Long: 10.872575

Media centre address: Thon hotel Opera

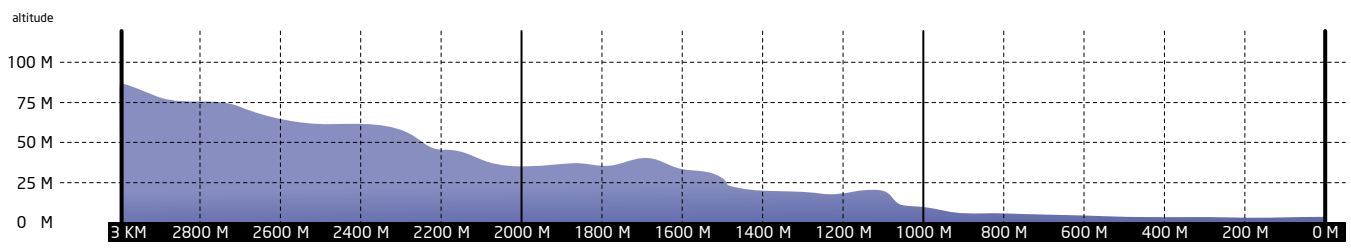


Off-Race Route Follow signs towards E6 and Oslo. Enter E6 direction Oslo. Take exit 22 direction E18 and Oslo sentrum. Stay at E18 and when approaching Oslo, follow signs direction Sentrum Ø. Entering the race route and follow it direction the finish area.
SEE MAP (road has this colour █)

Distance: 60km
Online map: tourofnorway.com
Kml: tourofnorway.com

STAGE 5: MOSS - OSLO

Last kilometres



STAGE 5: MOSS - OSLO

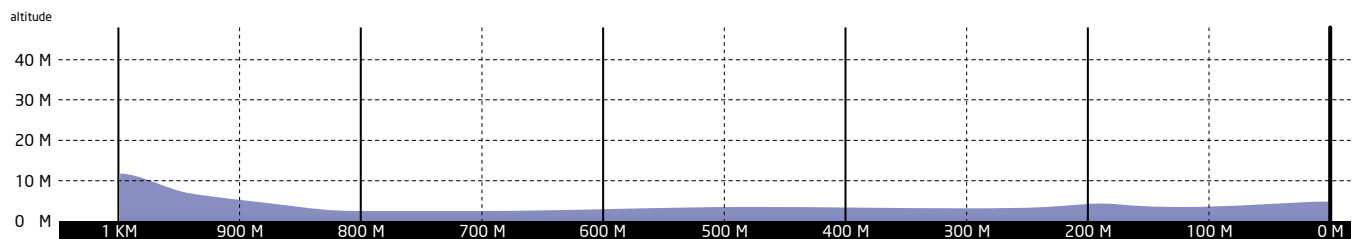
Finish

Finish straight: 400 m flat.

Width: 6 meters.









Address finish line: Dronning Eufemias gate, Oslo Lat: 59.908292 Long: 10.755691

Showers: Elixia Bjørvika, Dronning Eufemias gate 18



STAGE 5: MOSS - OSLO

Route description

	KM from start	KM to end	KM/H	KM/H	KM/H
			44	42	40
Start Moss			11:45	11:45	11:45
3,2 km neutral zone					
 Official start - Tigerplassen	0	154,6	12:00	12:00	12:00
Kambo	3,3	151,3	12:04	12:04	12:04
Entering Vestby municipality	5,3	149,2	12:07	12:07	12:07
Entering Akershus County	5,3	149,2	12:07	12:07	12:08
Son	9	145,5	12:12	12:12	12:13
Tegnebyholtet	10,7	143,9	12:14	12:15	12:16
Entering Østfold County	15,8	138,8	12:21	12:22	12:23
Entering Våler municipality	15,8	138,8	12:21	12:22	12:23
Våler	21,2	133,4	12:28	12:30	12:31
Entering Hobøl municipality	25,1	129,5	12:34	12:35	12:37
Ringvoll	27,9	126,6	12:38	12:39	12:41
Entering Akershus county	29,5	125	12:40	12:42	12:44
Entering Vestby municipality	29,5	125	12:40	12:42	12:44
Vestby	38,2	116,4	12:52	12:54	12:57
 Intermediate sprint - Vestby	38,3	116,3	12:52	12:54	12:57
Entering Ås municipality	43,7	110,8	12:59	13:02	13:05
Ås	49,3	105,3	13:07	13:10	13:13
Entering Frogn municipality	55,6	98,9	13:15	13:19	13:23
Vassum	57,7	96,8	13:18	13:22	13:26
Entering Ås municipality	58	96,6	13:19	13:22	13:26
KOM climb start	57,8	96,7	13:18	13:22	13:26
 KOM cat 3. - Sundby	58,9	95,7	13:20	13:24	13:28
Melby	59,7	94,8	13:21	13:25	13:29
Nygårdskrysset	61,9	92,7	13:24	13:28	13:32
Entering Ski municipality	63,7	90,9	13:26	13:30	13:35
Live TV (est.)	63,7	90,9	13:26	13:30	13:35
Ski	65,9	88,7	13:29	13:34	13:38
 Feeding zone - Ski	68	86,5	13:32	13:37	13:42
Entering Enebakk municipality	77,8	76,8	13:46	13:51	13:56
Ytre Enebakk	80,5	74	13:49	13:55	14:00
Sværsvann	92,8	61,8	14:06	14:12	14:19
Entering Oslo	92,9	61,6	14:06	14:12	14:19
Klemetsrud	96,5	58,1	14:11	14:17	14:24
E6 Klemetsrud	97,4	57,1	14:12	14:19	14:26
E6 exit 31 - Ryen	103,2	51,4	14:20	14:27	14:34
 Entering final circuit	104,8	49,8	14:22	14:29	14:37
Holtet	105,6	49	14:23	14:30	14:38
Attention: Fast decent	106,8	47,7	14:25	14:32	14:40
Finishline - first passing	110,5	44,1	14:30	14:37	14:45
Top of Valhallveien - first time	114,5	40	14:36	14:43	14:51
Circuit entrance point	115,8	38,7	14:37	14:45	14:53
Holtet	116,6	38	14:38	14:46	14:54
Finish line - 3 laps to go	121,5	33,1	14:45	14:53	15:02
 Intermediate sprint - second passing	121,5	33,1	14:45	14:53	15:02
Top of Valhallveien	125,6	29	14:51	14:59	15:08
Holtet	127,6	27	14:53	15:02	15:11
Finish line - 2 laps to go	132,5	22,1	15:00	15:09	15:18
KOM climb start	134,5	20,1	15:03	15:12	15:21
 KOM cat. 2 - Ekeberg	136,6	17,9	15:06	15:15	15:24
Holtet	138,6	16	15:09	15:18	15:27
Finish line - 1 lap to go	143,5	11	15:15	15:25	15:35
Top of Valhallveien, Ekeberg - last time	147,6	7	15:21	15:30	15:41
Holtet - last passing	149,7	4,9	15:24	15:33	15:44
 Finish - Oslo	154,6	0	15:30	15:40	15:51

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Article 1. Organisation

Tour of Norway is organized by the company Interspons A/S.
Address: Fjordveien 3, 1363 Høvik, Norway

Article 2. Type of Event

Tour of Norway is an international stage race, organized according to UCI rules and classified as a UCI 2HC Men elite event in the European Tour. Riders and all cars in the convoy must follow the instructions of Police, race-marshals and respect the Norwegian traffic rules. All roads are open for normal traffic but the Police will organize a rolling closure of each stage.

As per UCI article 2.10.008, UCI points are awarded as follows for the UCI rankings:

The first 15 finishers in the final General Classification by time: 200, 150, 125, 100, 85, 70, 60, 50, 40, 35, 30, 25, 20, 15, 10 points

Place 16 to 30 in the final General Classification by time: 5 points each

Place 31 to 40 in the final General Classification by time: 3 points each

The first 3 finishers on each stage: 20, 10 and 5 points

Daily leader of the General Classification by time: 5 points

Article 3. Participation

The competing teams must be of the following kind: UCI Pro teams (maximum 70%), UCI Professional Continental teams, continental teams of Norway, foreign continental teams (maximum 2), and national team of Norway, (according to the UCI article 2.1.005).

As per article 2.2.003 of the UCI regulations, teams must be formed of minimum 4 and maximum 6 riders.

Article 4. Race Headquarter

Before the race, the race headquarters will be open Tuesday 16th of May 2017 from 14.00 - 19.00 and located at the following address: Sundvolden hotel, Dronningveien 2, 3531 Krokkleiva. Team representatives are requested to confirm their starters and collect their race numbers and time transponders at the race headquarter from 15.30 hrs to 16.30 on the 16th of May 2017.

The team managers' meeting, organized in accordance with article 1.2.087 of the UCI regulations, in the presence of the Members of the Commissaires' Panel, is scheduled for 17.00 on 16th of May 2017 at the following address: Sundvolden hotel, Dronningveien 2, 3531 Krokkleiva.

Article 5. Radio-Tour

Radio tour will be broadcasted in English. The frequency is: 154.925 Mhz.

Article 6. Neutral Technical Support

The neutral support is taken care of by 3 cars from SHIMANO / LIBEMA TEAM.

Article 7. Race Incidents Occurring in the Last 3 Kilometres

In the case of a duly noted fall, puncture or mechanical incident in the last 3 kilometres of a road race stage, the rider(s) involved shall be credited with the time of the rider(s) in whose company they were riding at the moment of the accident. His or their placing shall be determined by the order in which he or they actually cross the finishing line.

If, as the result of a duly noted in the last 3 kilometres a rider cannot cross the finishing line, he shall be placed last in the stage and credited with the time of the rider or riders in whose company he was riding at the time of the accident.

Article 8. Finishing Time Limits

A finishing time limit of 12% will apply to all stages. The Commissaries' Panel, in agreement with the organizer, may in exceptional circumstances increase the time limit in accordance with UCI art 2.6.032.

Article 9. Classifications - Time Bonuses

The following classification(s) will be issued:

Uno-X general Individual Classification by Time

The winner of Tour of Norway is the rider who, after completed all 5 stages have the lowest accumulated time, including bonuses and penalties (if any). (Ref. UCI Reg. Part 12).

The yellow jersey shall be worn by the current leader on time. Where two or more riders make the same time in the general individual placing, the placing will be set according to UCI regulations 2.6.015.

Simploer general Individual classification by points

The Simploer general individual classification by points is decided by adding the points awarded at each intermediate sprint (Simploer super sprints) and stage finish.

There are Simploer super sprints on every stage.

Points will be awarded as follows at the intermediate sprints:
1st 3 points/3 second time bonus applicable to the General Individual Classification
2nd 2 points/2 second time bonus applicable to the General Individual Classification
3rd 1 points/1 second time bonus applicable to the General Individual Classification

Points will be awarded as follows at each stage finish: 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2 & 1 point

The rider with highest number of points and who completes the whole race is the winner of the Simploer super sprint classification. In the event of a tie in the Simploer Super sprint, the following criteria shall be applied in order until the riders are separated:

Number of stage wins.

Number of wins in intermediate sprints counting for the General

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classification by points.

General individual classification by time.

MARKING/SIGN:

The Simplyer Super sprint is marked with green signs at 1km, 500m, 100m and at the line.

Norwegian Salmon King of the Mountains (K.O.M)

The Norwegian Salmon King of the Mountains is decided by adding the points awarded on each of the K.O.M sprints.

Points will be awarded as follows:

Category 1 climbing points: 10,9,8,7,6 & 5 points

Category 2 climbing points: 6,5,4,3,2 & 1 point

Category 3 climbing points: 4,3,2 & 1

The rider with highest number of points and who completes the whole race is the winner of the Norwegian Salmon King of the mountains competition. In the event of a tie in the Norwegian Salmon King of the Mountains classification, the following criteria shall be applied in order until the riders are separated:

Number of first places in the highest category climbs

Number of first places on climbs in the next inferior category and so on

General individual classification by time

MARKING/SIGN:

The King of the mountains points are marked with signs at the beginning of the climb, and at 1km and 500m in addition to the line.

Joker youth/U23 classification

Joker young riders classification is open for riders born 1st of January 1995 or later. The winner is the rider who, after completed all 5 stages have the lowest accumulated time, including bonuses and penalties. The leader of this competition shall wear the white jersey during the race.

Icopal most active rider prize

The most active rider prize is awarded to the rider who has made the greatest effort and who has demonstrated the best qualities in terms of sportsmanship. The prize is awarded for each of the 5 stages by a jury directed by the race director. The most active rider can wear the blue Icopal jersey at the following stage. This is not a mandatory race jersey, but the organizer encourages the teams to use this jersey.

Team classification

The team classification for the day shall be calculated on the basis of the sum of the three best individual times from each team. In the event of a tie, the teams shall be separated by the sum of the places acquired by their three best placed riders on the stage. If the teams are still tied, they shall be separated by the placing of their best rider on the stage classification.

The team general classification shall be calculated on the basis of the sum of the three best individual times from each team in each

stage ridden. In the event of a draw, the following criteria shall be applied in order until the teams are separated:

- number of first places in the daily team classifications;

- number of second places in the daily team classifications; etc.

If there is still a draw, the teams shall be separated by the placing of their best rider in the general individual classification. Any team reduced to fewer than three riders shall be eliminated from the general team classification.

Time Bonuses

Time bonuses, applicable only to Individual General Classification by Time will be awarded on each stage as follows:

- Stage finishes: 10, 6, & 4 seconds awarded to the first three finishers

- Simplyer super sprints (intermediate): 3, 2 & 1 second to first 3 riders respectively

Article 10. Prizes

The following prizes are awarded: See page 11 of the race manual.

A grand total of € 80113 will be awarded in prize money at the event.

Article 11. Anti-Doping

The UCI antidoping regulations are entirely applicable to the event. Moreover, and in conformity with the law of Norway, the Norwegian anti-doping legislation is applicable in addition to the UCI anti-doping regulations.

The anti-doping tests will take place at the Anti-Doping Unit that will be located adjacent to the finish of each stage daily.

Article 12. Awards Ceremony

In the finish area immediately after the finish of every stage:

No.1 on each stage.

Distribution of the yellow jersey to the leading rider in the individual classification.

Distribution of the salmon jersey, the green jersey, the white jersey and the blue jersey.

In the finish area immediately after the finish of the last stage:

-No.1 on the last stage.

-No.1, 2 and 3 in the individual general classification.

-The winner of the Norwegian Salmon King of the Mountains.

-The winner of the Simplyer general Individual classification by points.

-The winner of the Joker young rider's classification.

The winner of the team classification.

Stage Winners and Race Leader may be asked to briefly attend a press conference after each stage. This also applies for the top

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3 riders of the general classification after the last stage. Riders must also attend the jersey signing after the ceremony.

Article 13. Sign On

All riders must sign on the protocol before every stage. There will be a team presentation before each stage. The order/schedule of teams will be communicated at the team managers meeting. By signing on the start protocol the rider confirms that he has read and understood the race regulations and the route of the stage. 10 minutes before the start of each stage, the leaders in all classifications are required to attend a presentation arranged by the organization at the start line (in front of the other riders).

Article 14. Penalties

The UCI penalty scale is the only one applicable.

Article 15. Riders abandoning the race

A rider who abandons the race shall immediately remove their race-numbers and deliver these to a commissaire in the "broom wagon". A rider who has abandoned the race may not compete in any other cycling events for the duration of Tour of Norway, (art. UCI 2.6.025).

Article 16. Team Cars

For the first stage, the driving order of the team cars is determined by drawing lots. All the vehicles driving in the motorcade are restricted to a maximum height of 1.66 m (art. 2.2.032).

Teams who are not present at the team managers' meeting, will not participate in the drawing and be placed last. In case of more than one team absent, the order of the last cars will be determined by drawing lots also.

Only one vehicle per team will be permitted to circulate at race level, however a second vehicle per team is allowed except on final circuits. Both team cars shall carry a sports director who holds the appropriate licence, who shall be responsible for the vehicle (UCI art. 2.2.035).

Article 17. Alterations

If it is necessary to alter any arrangements for the race, the President of the Commissaries' panel, and the Race Direction will take these decisions.

Article 18. The environment

The organizer sets up collection areas, which are specifically designated to recover waste. These waste zones are placed before and after the feeding zones, and 20 km before the finish.

Riders must only dispose of their waste, water bottles or any other object in these specially equipped areas.

Riders and followers must behave responsibly with regards to the environment in all circumstances and respect the legal provisions in force.

Article 19. Feeding

All static feeding must take place on the right side of the road (UCI art. 2.3.026).

Feeding from the team car is allowed between 50 km after start and until 20 km before finish. Due to atmospheric conditions etc., the Commissaries may reduce the distance before feeding commences from the team cars, furthermore, they may also extend the distance before feeding closes. Such a decision will be communicated to interested parties in advance of the race.

Feeding zones are listed at the route description and maps.

Article 20. Jerseys

The ranking of the Race Classification Jerseys are as follows:

- Individual General Classification (Uno-X yellow jersey)
- Employer general Individual classification by points (Employer green jersey)
- Norwegian Salmon King of the Mountains Classification (Salmon Jersey)
- Joker youth/U23 Classification (Joker white jersey)
- Local most active rider jersey (Local blue jersey)

Race classification Jerseys must be worn for the following stage (blue jersey not mandatory). Where a rider holds more than one jersey at the same time, the jersey to be worn shall be that with the highest ranking as indicated above and the lesser jersey shall be worn by the second placed rider in the classification, and so on.

The rider who carries one of the race jerseys can put on advertising for his team's principal partner(s) at the white rectangle at the front and back (UCI art. 1.3.053).

The organizer will print the advertising (leaders plaid) of each team at the race classification jerseys.

Article 21. Race numbers and transponders

Each rider has to put on two body numbers and one frame number at every stage. It is strictly forbidden to fold, cut or mutilate the race numbers in any way. Information about time transponders will be given at the permanence on the 16th of May when picking up the race numbers.

The time transponders must be returned at the race HQ after finishing stage 5.



Foto: Mario Stiehl



**Bare billig drivstoff
- når du ikke sykler**

vis
MOT

Uno-X støtter MOTs arbeid for å utvikle robust ungdom, som inkluderer alle

SPRE #SYKKELGLEDE

Tour of Norway er en av Norges største sykkelbegivenheter. Vi ønsker arrangør, ryttere og støtteapparat lykke til!

#UnoXsykkelentusiast

Uno X

Share your tweets and photos using:
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Lyden
av Norge

