



Welcome to TelemarksKanalrittet in Norway

Saturday 30. May 2020

TelemarksKanalrittet - every year since 2002.

Alternative distances

Dalen – Lunde: 100 km for active racers and exercisers in good shape

Kviteseid – Lunde: 55 km for exercisers

Roundtrack Lunde: 24 km Lunde – Flåbygd – Lunde for the family

Transportation, accommodation, etc.

Transport for participant and bicycle by bus from Lunde sluse (close to finish area) to Dalen at 6.30 AM, and to Kviteseid 8.30 AM. Return trip to Kviteseid and to Dalen after the race, Saturday afternoon. You may also select "Kanalpakke" – the boat MS "Henrik Ibsen" from Lunde to Kviteseid or Dalen on Friday with accommodation on Quality Straand or Hotell Dalen (see our homepage). There are altogether five food-/servicestations, Krossli, Vrådal, Fjågesund, Høgefjell and Flom, with good service and great atmosphere.

Prizes

For active racers there are regular class prizes. In addition there is prizes for "Fastest woman/man Dalen – Lunde". Exercisers may win nice gift prizes. A new bicycle is drawn from the start numbers.

More information

See www.telemarkskanalrittet.no

Email: post@telemarkskanalrittet.no

Telephone (+47) 905 87 316 – (+47) 907 88 322

Starting times

Dalen – Lunde: Exercisers #1 09.00 AM (expected to use more than 5 hours)
Exercisers #2 10.00 AM (less than 5 hours)
Active racers 11.00 AM

Kviteseid–Lunde: Exercisers, ordinary bicycle, 11.00 AM
Exercisers, electric bicycle, 12.00 AM

Roundtrack: Start between 10.00 and 12.00 AM from Lunde Sportspark
You may also use a bike with electric power if you want.

Rules

The rules of NCF (Norwegian Cycle Association) are followed. Every participant races at one's own risk and has to follow the prevailing traffic rules and instructions from the organizer. Using an **approved helmet** is mandatory. A license is required for all racers. Use of **off-road bicycle** is recommended (tracks/gravel).

Registration

Via www.telemarkskanalrittet.no from 15. February to 26. May. If you register and pay the fee before 15. April, you may be the lucky winner of a nice cycling shirt. After 11. May the entry fees increase with approx. 50%.

If you have questions or problems, please send us an e-mail.

Sponsors



Sønstebøtunet, 3800 Bø

