



MAIN SPONSOR:



Participant information

13th Bislett 24-hours November 23rd-24th 2019

Website: www.romerikeultra.no/p/24681/info-in-english

Facebook: www.facebook.com/Bislett24

Organizer: Romerike Ultraløperklubb www.romerikeultra.no

Hi runners

There are currently only two weeks left to "the year's longest Christmas party" to be arranged on the indoor court under the Bislett tribune, for the 13th time.

The race was sold out the day after registration opened on May 1st, but there have been many places for sale for various reasons, so all the eager ones should now have bought their seats.

IMPORTANT:

We think the final number of runners starting the race will be about 160, which is the absolute maximum we think the arena can hold.

For that reason, we start by asking for your attention and that you follow the rules and instructions given, so that everyone will have the best possible race. More on this later in this document.

TIME SCHEDULE:

SATURDAY	07:30	The doors open at Bislett Stadion
SATURDAY	08:00	Distribution of start numbers
SATURDAY	10:00	Start
SATURDAY	16:00	Change running direction
SATURDAY	22:00	Change running direction
SUNDAY	04:00	Change running direction
SUNDAY	10:00	End signal and final measurement
SUNDAY	11:00	Prize ceremony Bislett24



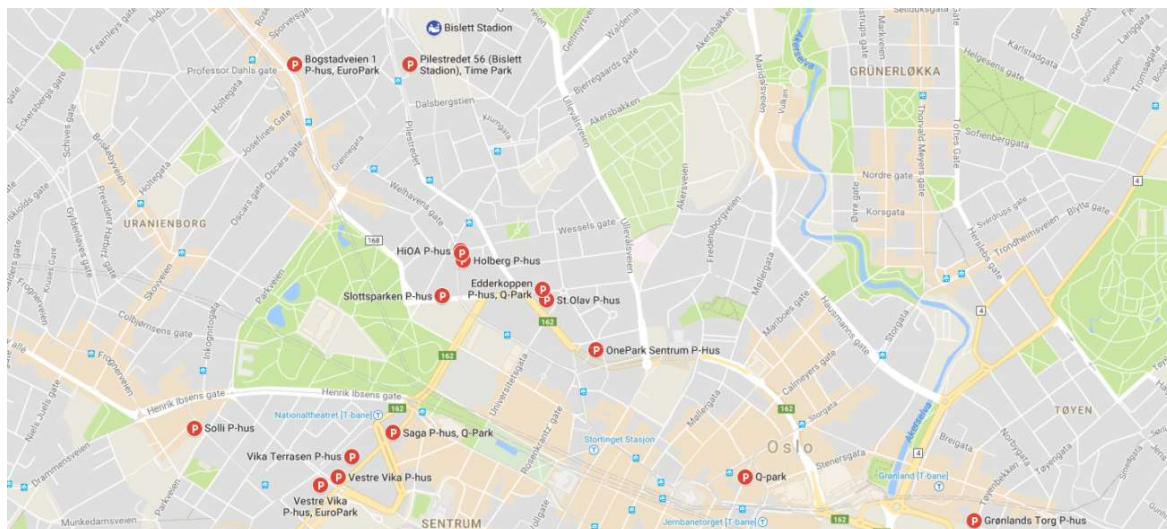
PARTICIPANT SHIRT:

Together with your starting bib, you will also get the running shirt, which this year is orange with the profile of the race.

ACCESS:

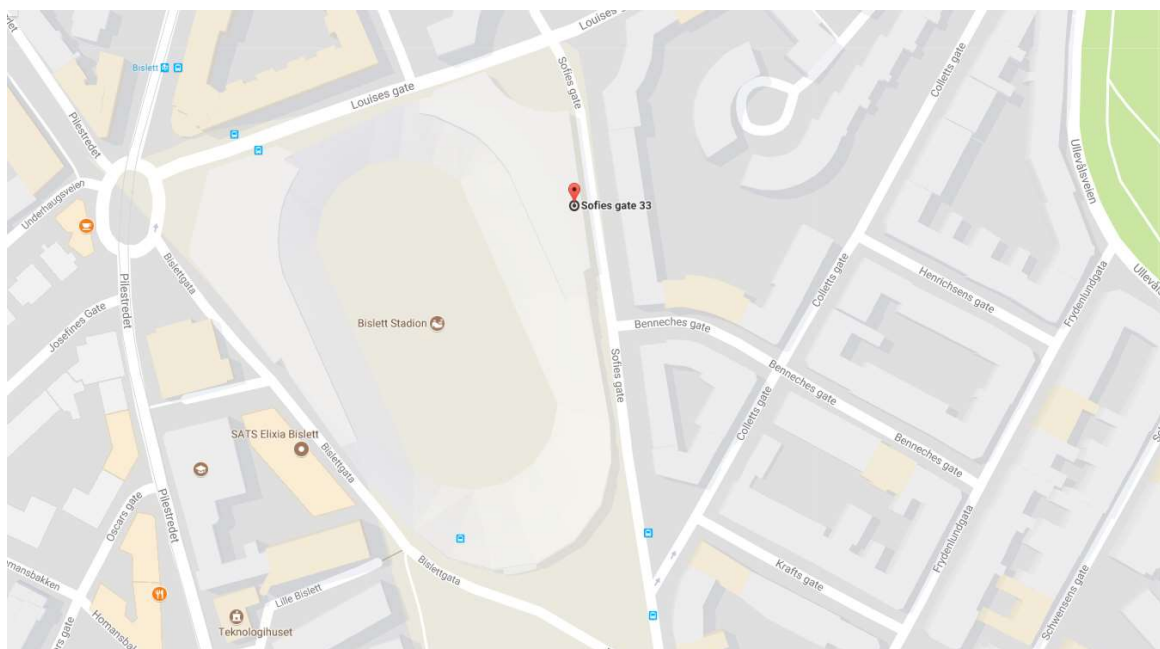
For those arriving by car, it is recommended to use one of the nearby parking lots.

[Parking at Bislett](#)



[The entrance](#) to the indoor track at Bislett is in “Sofies gate” even though the address is “Louises gate 1”. The entrance is marked with Bislett24, and the door is open from Saturday 07:30. There are stairs (and elevator) two floors down to the running track, changing rooms and arena area.

This is also the entrance for spectators and supporters.



DISTRIBUTION OF START NUMBERS:

Distribution of start numbers will take place in the area you will meet on arrival at the indoor track. There is no possibility for post-registration or transfer of start number this day, this opportunity was closed on November 21st.

If we find someone running with someone else's number, they will be disqualified. This also applies if it is discovered after the race.

CHIP

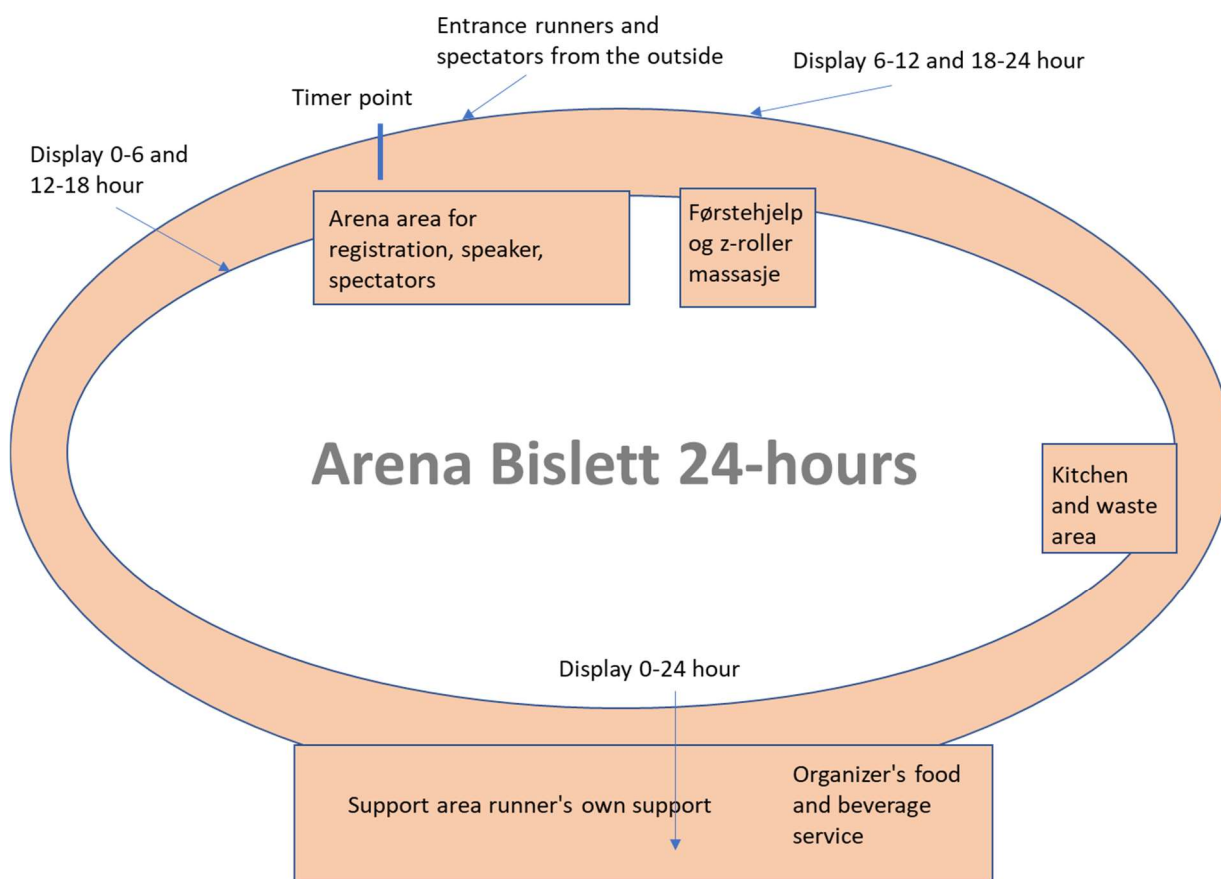
Everyone runs with two chips attached to the starting number. The starting number must be unaltered, always in front and always visible. It is therefore not permitted to fold or cut in the starting number. If you destroy the chip, no rounds are counted.

IMPORTANT: NEXT OF KIN FORM

Upon arrival, all participants must fill out a form before they can pick up the starting number. This form is included when sending this participant information. It will also be posted on the race website.

If you print this form and fill it out before arrival, the distribution of start numbers will be faster.

ARENA:



WARDROBES AND TOILETS:

Wardrobes and toilets are in the arena area on your right side when you arrive at the track. The toilets are cleaned and washed every hour. If you have to throw up and do not make it to the toilet, use the garbage cans rather than the floor.

VALUABLES

There are separate boxes for storing valuables (wallet, keys and other small items) to the left where you enter the arena (60 boxes). Bring your own padlock if you wish to use one of these (or buy padlock from the organizer)

SUPPORT ZONES:

The main area for support is in the sprint zone opposite to where you reach the track. We will set out tables that can be used by runners and those who support runners. However, we do not have enough tables nor the space for everyone. See also marking on the tables. If you bring supporters, then ask them to exercise the same generosity to fellow runners. Feel free to have your own camping table and the like, which can be set up behind the other tables. Those who arrive on Friday cannot place their own stuff in the support zones before the organizer has cleared and gives a clear signal, no earlier than 20:00. Please wait until Saturday morning.

The organizer's service station is at one end of the sprint zone.

There is also room for some support and own depots on the entrance side. Follow the organizer's instructions as part of the space set for first aid, massage, timers, display, etc.

FOOD AND BEVERAGE:

There will always be a good selection of food and beverages at the service station.

MENU – all times are approximate:

16:00 Pasta with tomato sauce and meatballs (served separately)

20:00 Meat soup and vegetable soup

22:00 Icecream

00:00 Sausages and vegetable soup (you might want to put the sausage in the soup)

02:00 Waffles

04:00 Smoothie and tomato soup with macaroni and eggs

07:00 Oatmeal

In addition, there will be served:

Water, sports drinks *, coffee, tea, milk, Coke, Farris (fizzy water) and Fanta (orange mineralwater)

Bread with various toppings

Various biscuits

Various salty snacks

Various candy

Various fruits.

If you are nice and polite, we may also serve a hug and overwhelm you with compliments!

*Winforce Carbo Basic Plus – neutral taste

Special food: If you rely on or want a special diet, you must bring this yourself. Vegetable food is taken care of by serving the food - like pasta - tomato sauce - meatballs separately. However, we do not have the ability to take care of gluten and other allergies.

SUPPORTERS

Helpers, supporters, family and friends do not have access to the service station. It is not allowed for anyone other than the runner to pick up food and / or drink from the service station. We have no capacity to serve anyone other than those participating in the race. Please share this information with those who may support or visit you.

Use of power-consuming sources like water boilers, etc., must be in accordance with the organizers to ensure that we do not overload the mains. We have also this year ordered 2 power cabinets with extra power outlets this year

It is possible that we will be able to establish a very simple service area for the audience and supporters in the arena where you come down to the runway, but most likely there will only be access to tea and coffee.

RULES FOR THE RACECOURSE:

All runners have the same right to run or walk in the inner lane - regardless of speed or position during the race. Passage is done outside the runners in the inner lane, although it causes some extra meters for the fastest runners during the day.

Exception: If two or more racers walk next to each other there should always be a whole free lane to the inside of where they walk. All organizers and participants are entitled to point out breach of this practice.

In addition, the organizer will issue warning and possibly disqualify runners who do not follow the directions to show consideration in the runway ..

Only runners and organizers are allowed to be on the track. Neither supporters, children, parents or others are allowed to follow the runner on the track or to provide support outside the service zones. Repeated violation leads to disqualification. Everyone are, of course, entitled to move along the outer wall to get to the toilets and other errands in the arena area on the wardrobe side.

It is not allowed for runners to stop, sit or lay down on the track. The exception is of course if the runner should be injured.

SPECTATORS:

All non-participants, supporters or organizers are kindly asked to stay to the arena area, where they arrived at the track. This also applies to the runner's family. But by all means; You are welcome to invite friends and family to visit the arena to cheer on you and the other runners. Just tell them where they should be.

RACE PROCEDURE:

The start will be in the arena where you reach the track. The speaker will also be stationed here, timing will take place here, a screen with current results can be found here and a webcam will also point to this area.

Each round is 546 meters. Please note that you must not go back-and-forth over the timing matts during the race. If you have passed the toilets or something else, do not go back but wait till the next round. Also, avoid stopping and talking at the timing matts.

Change of direction every 6 hours takes place in the immediate vicinity of the timing matts. This will be thoroughly announced by the speaker, just follow the instructions and you'll be fine. On the other hand, be aware that if you are outside the track (resting, on the toilet, etc.)

when the change of direction is done, check the way the runners run when you are ready to proceed.

One important, or perhaps the most important, rule is that everyone should be polite to each other and to anyone who uses their free time to help those who run.

In order to make the work easier at the service station, the following rule applies; It is not allowed to grab food or drink while running. We do not have time to clean after runners who spill or make a mess. Nor is it allowed to pour sports drinks or other sugary drinks on the track. Act as if you were indoors - because you are!

You may eat and drink as you move it in the path, but without spilling!

Use designated boxes (there will be many of them) for any garbage. We will get grumpy if we find trash on the track. Do not discard cups and other trash from a distance - drop it into the boxes. Believe us; you will not lose any time!

There is not much we can do about the temperature. The indoor track is not designed for so many people over such a long time, but we will do the best we can by opening and closing doors. Some may want it warmer while others want it colder. Remember; Those who help you should also have a pleasant temperature. Do not complain, but adapt to the conditions.

It is not allowed to run shirtless.

It is allowed to move outside the track to rest, receive support, go to the toilets and, at worst, take a nap where possible. But, this is a race contest, so we have not made any special arrangement for those who want to sleep. When going back to the race, you must do so at the place you left the track.

ABOUT THE FINAL MEASUREMENT:

When the speaker announces that the time is out after exactly 24 hours, you must stop immediately and wait where you are until the final measurement is done and your extra meters are added. You will be notified when it is OK to leave this point. This can result in up to 10 minutes of waiting, depending on where you are on the track.

FIRST AID AND MASSAGE:

'Norsk Folkehjelp' will be present throughout the race. They are present to take care of serious injuries. If you are in doubt about your own or another runner's health, do not hesitate to contact them or one of the organizers

We also have a massage team present from Saturday at 20:00 to Sunday at 11:00 which can perform massage or injury prevention. In addition, our main sponsor GetVital Sports will be present with a z-roller (sofa) for you to do your own massage on stiff leg muscles.

These services are in the area to the left of where you come down to the arena.

SPEAKER:

There will be one or two to speakers during the race, but we will also have some quiet periods. The sound will - if everything works normally - be heard throughout the entire track. There will be music, greetings to the runners and some results service.

GREETINGS TO THE RUNNERS:

Friends and family who want to send greetings can use the e-mail address hlaurid@gmail.com before and during the race. Due to possible high demand we can not guarantee that all messages are read

MUSIC WISHES:

Participants can send music wishes to hlaurid@gmail.com before the race, but neither here can we promise we can fulfill all wishes. During the race it is also allowed to shout out music wishes.

WEBCAM WITH LIVE STREAMING

Friends and family can follow the race via two webcam's in the arena. The address of this will be announced in a news case at www.kondis.no no later than the day before the race.

LIVE RESULTS:

Link to live results online will come in a news story on www.kondis.no the last day before the race. In this news item, webcams and greetings will also be posted - so the audience will find this in one place.

You can also download the app "Ultimate LIVE" from App.store (iPhone) and Google Play (Android).



PRIZE CEREMONY AND AWARDS:

The prize ceremony will take place 11 o'clock.

- Prizes are awarded to the top three women and men in total
- Class Winner Prizes are awarded
- There are some prizes drawn from those who are present
- Norwegian Championships medals are awarded
- Veteran NM medals are awarded.
- In addition, anyone who runs 150 kilometers (men) or 130 kilometers (women) will receive the race's prestigious performance medal.
- The prizes drawn are handed out in the arena area near the speaker.

- Prizes will not be sent to you if you leave the area early

RESULTS:

In a time-based race, the term DNF does not exist. Once you have finished one round (546 meters) you have a result. If you stop before the end signal, you will be credited with all the rounds you have completed.

Along the way, you can track how far you've been on a screen in the speaker area, fans and supporters can follow the live results online, and final results will be available on Ultimate.dk's website, on the race website and on kondis.no.

Each round is 546 meters.

The track record for men is 257,606 km (Bjørn Tore Kronen Taranger 2015) and for women 231,832 km (Anna Grundahl 2017).

Approximately such data will appear on the display

Runner	Rank	Laps	Km	Speed	Last lap	Age rank
132 Olav Engen - NOR	M 27	245	133,770	6,44	3:38	65-69 3
45 Anita Olsson SWE	K 8	190	103,740	8,40	4:20	23-34 4
101 Anders Pedersen - DEN	M 97	170	92,820	9,42	5:00	40-44 17
2 Max Johnson USA	M 1	280	152,880	5,53	2:59	35-39 1

NETWORK:

It can be a bit challenging with networking in the arena area. Wifi is reserved for organizers. Participants, supporters and audiences are referred to the 3G/4G coverage.

We will organize an extra result screen in the support area at the sprint track, so that those who support the runners can keep themselves informed about ongoing results. This will show the runners placement half a round before they reach the support zone.

WELCOME:

Welcome to Oslo and legendary Bislett on November 23rd and 24th.

If you have questions about the event, you can send an email to one of the race leaders, and if things are of general interest, we will include it in a later newsletter.

We wish you good luck with the preparation the coming weeks and we will do our best to help you achieve your goals.

With regards from the race leaders

Marit marit_kbb@live.no

Olav olav@samgla.no

Next years race (2020) will take place on November 21st-22nd



ROMERIKE ULTRALØPERKLUBB