

# Information related to registration for Blink Classics August 3, 2023

Blink Classics is a roller ski race in the classic style, starting and finishing in Ålgård town center. The course is the same for everyone, and there will be timing for all participants.

## Course Route

The course goes from Ålgård town center, via Figgjo and Fjermestad, through old Ålgård, and back to the center. One lap is approximately 12.5 km long. Please refer to the attached course map on the next page.

The minimum allowed age is 15 years old (born in 2009). **Participants in the 15-16-year-old boys and 15-18-year-old girl's categories should use their own skis with training wheels, equivalent to the so-called "2-wheeled" skis. For 17 and 18-year-old men, they should also use their own roller skis with "3-wheeled" configuration.** Wheel inspection will be conducted before the start.

When registering, please ensure that the age is in accordance with the Norwegian Ski Federation's age classification. We are currently in the 2023/2024 season after May 1st. For example, a skier born in 2009 will be 15 years old in this race.

**Men's Senior Elite** - This category includes participants in the Norwegian Cup/International races/Visma Tour Classic. They use IDT (loaned skis) with 3 wheels in the front and 4 wheels in the back.

**Women's Senior Elite** - This category includes participants in the Norwegian Cup/International races/Visma Tour Classic. They use IDT (loaned skis) with "3-wheeled" configuration.

**Women and Men 19-20 years old** - They use IDT (loaned skis) with "3-wheeled" configuration. In this age group, participants can choose to register for either the 25 km or 50 km distance and ski together with the seniors. In this category, they have the same roller ski resistance as the seniors when skiing 50 km.

**Recreational Men/Women** - This is an option for recreational skiers who want to test themselves on the same courses as the elite athletes. Recreational participants use their own skis with "2-wheeled" configuration. If they are overtaken by the seniors, they will be taken out of the race.

The registration fee must be paid at the time of registration and is non-refundable in case of cancellation. Registration is not valid until payment is received. Choose the option "I will pay myself" in Minldrett. For any questions, please send an email to [langlop@blinkfestivalen.no](mailto:langlop@blinkfestivalen.no).

## Age classes, laps, and wheel types

Year of birth, Laps, Wheel

Boys 15/16 years old, born 2009 and 2008, 1 lap (12,5 km), own "2-wheeled" configuration.

Men 17/18 years old, born 2007 and 2006, 2 laps (25 km), own "3-wheeled" configuration.

Men 19/20 years old, born 2005 and 2004, 2 laps (25 km), IDT-loaned skis with “3-wheeled” configuration.

Girls 15/16 years old, born 2009 and 2008, 1 lap (12,5 km), own “2-wheeled” configuration.

Women 17/18 years old, born 2007 and 2006, 1 lap (12,5 km), own “2-wheeled” configuration.

Women 19/20 years old, born 2005 and 2004, 2 laps (25 km), IDT-loaned skis with “3-wheeled” configuration.

Women 19/20 years old, born 2005 and 2004, 4 laps (50 km) IDT-loaned skis with “3-wheeled” configuration.

Men 19/20 years old, born 2005 and 2004, 4 laps (50 km) IDT (loaned skis) with 3 wheels in the front and 4 wheels in the back.

Recreational men and women born 2003 and earlier, 2 laps (25 km), own “2-wheeled” configuration.