

REGULATIONS AND CONDITIONS

FOR PARTICIPANTS IN OSLO TRAIL CHALLENGE

Updated 22.03.2026

These regulations and conditions apply to participation in the running event Oslo Trail Challenge, organized by the voluntary organization Langt og Lenge. The website of the event is located at langtoglenge.org.

PARTICIPATION

To participate in one of the ultra-trail contests one must be born in 2008 or earlier. To participate in 21 KM one must be born in 2011 or earlier.

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

The participant is committed to study and understand all written information given by the organizer. The participant must also act in accordance with announcements given by the organizer.

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

The participant must follow the route specified for the contest.

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

The participant's full name, club name, nationality, and age category may be published in result lists and participant lists.

Pictures may be taken of the participant during the race. Such pictures may be published in social media and on the organizer's websites.

Registration is binding. If a registered participant can not take part in the race, for whatever the reason, the registration fee will not be refunded.

In case of complete cancellation earlier than 2 months before the event is scheduled to start, 40% of the registration fee will be refunded. From 2 months before the scheduled start time, no refund will be given.

Each participant must store the organizer's telephone number on the mobile phone carried during the race. The phone shall be turned on and available for incoming calls (audible ringtone, not in silent/airplane mode)

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

The race is based on the principle of self-support, which means that each participant must carry all food, drink, and equipment needed along the route. To receive support is not allowed.

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

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

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

CHANGES

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

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