



# **MTBO CAMP**

## **Allerød, Denmark 2018**

### ***BULLETIN #2***

MTBO Camp is an early season event, with a lot of MTBO, socializing, high-intensity competitions and low-intensity technical trainings

<b>Organizers:</b>	Allerød Orienteringsklub, Denmark
<b>Event Director:</b>	Troels Bent Hansen
<b>National Controller:</b>	Tage V. Andersen
<b>Web-page</b>	<a href="http://mtbocamp.dk">http://mtbocamp.dk</a>
<b>Facebook:</b>	<a href="https://www.facebook.com/mtbocamp/">https://www.facebook.com/mtbocamp/</a>
<b>Telephone:</b>	+45 3077 8319
<b>E-mail:</b>	<a href="mailto:info@mtbocamp.dk">info@mtbocamp.dk</a>
<b>Sponsors:</b>	 

## Venue

### Denmark

Situated in southern Scandinavia, the Kingdom of Denmark covers an area of 42,916 square kilometers and with a population of 5.6 million, the population density is 130 per square kilometer. You will discover Denmark to be a well-organized, friendly and safe country to visit. Denmark has a temperate climate. Average daily temperature in May is 12 to 13°C. More info: [www.dmi.dk](http://www.dmi.dk)

### Copenhagen

Situated near Øresund, The Danish capital has a population of 1.2 million inhabitants. Among other things, Copenhagen is famous for Tivoli Gardens, The Little Mermaid, Christiansborg Palace, the Queen's residence Amalienborg and Nyhavn. Copenhagen furthermore encourages green living.

### North Sealand, Hillerød and Allerød

**North Sealand** is named Denmark's Royal Retreat due to the many Royal castles in the region. The beautiful north coast of Sealand is also called the Danish Riviera.

**Hillerød** is the central city of North Sealand. More than 31,500 inhabitants. The 17th-century Frederiksborg Castle lies on 3 islets and has baroque gardens. Inside the castle, the Museum of National History evokes 500 years of Danish history with portraits and furniture. To the east, Hillerød Town Museum has vintage printing presses and replicas of 19th-century streets. Hillerød is surrounded by forests. North of the city are the trails of Gribskov forest. South of the city St. Dyrehave forest.

**Allerød** is a suburb where the municipality is combined by a number of smaller urban areas. The main city Lillerød changed in 1952 its name to Allerød to prevent name confusion with Hillerød. **Allerød is located approx. 8 km south of Hillerød.** Allerød has almost 25,000 inhabitants. In Allerød there are plenty of grocery stores, bicycle stores, cinema and theater.

**For general tourist information, attractions, access to activity calendar etc., please visit:**



<http://www.visitnordsjaelland.dk/nordsjaelland/visitnordsjaelland>

We recommend you to read about the landscape, you are going to visit. During the MTBO Camp you are going to ride on the same tracks and roads as the kings did on horseback in the 1600s:

### The par force hunting landscape in North Sealand

The forests of North Sealand boast more than just beautiful landscapes; they are also unique cultural sites. Indeed, the forests were landscaped to provide a backdrop for the most magnificent form of hunting: the powerful, absolute monarch's majestic par force hunt.

### **One world heritage site – three forests**

The par force hunting landscape of North Sealand comprises Gribskov Forest, St. Dyrehave and Jægersborg Hegn. These three forests represent a unique cultural landscape that bears witness both to the enormous power wielded by King Christian V and to his need to display it by subjugating nature.

In 2015 the par force hunting landscape was inscribed on the UNESCO world heritage list, because it is a unique and authentic example of the interchange and development of ideas about landscape design in Europe in the 1600s.

The hunting rides, which lie at the heart of the par force hunting landscape, bear witness to these developments and show how the absolutist rulers of the continent demonstrated their power by controlling nature.

For more information please see: <https://parforce.dk/?lang=en>

## EVENT CENTER AND GENERAL MAP

### EVENT CENTRE

The Event Center will be in Allerød, situated at [Skovvang Stadion, Poppelvej 1 B, 3450 Allerød](#) (see: Google map below).

Allerød is centrally located in North Sealand. It is easily accessible by car or public transport.

There will be several possible accommodations within 10-15 km from the Event Centre and you will find supermarkets, several restaurants and shops close to the Event Centre.

### GENERAL MAP

**GPS coordinates for Event Center –  
Skovvang Stadion, Poppelvej 1 B, 3450  
Allerød**

WGS84

55°52'36.9"N 12°21'20.1"E

WGS84 DDM

55°52.615'N 12°21.335'E

WGS84 decimal (lat, lon)

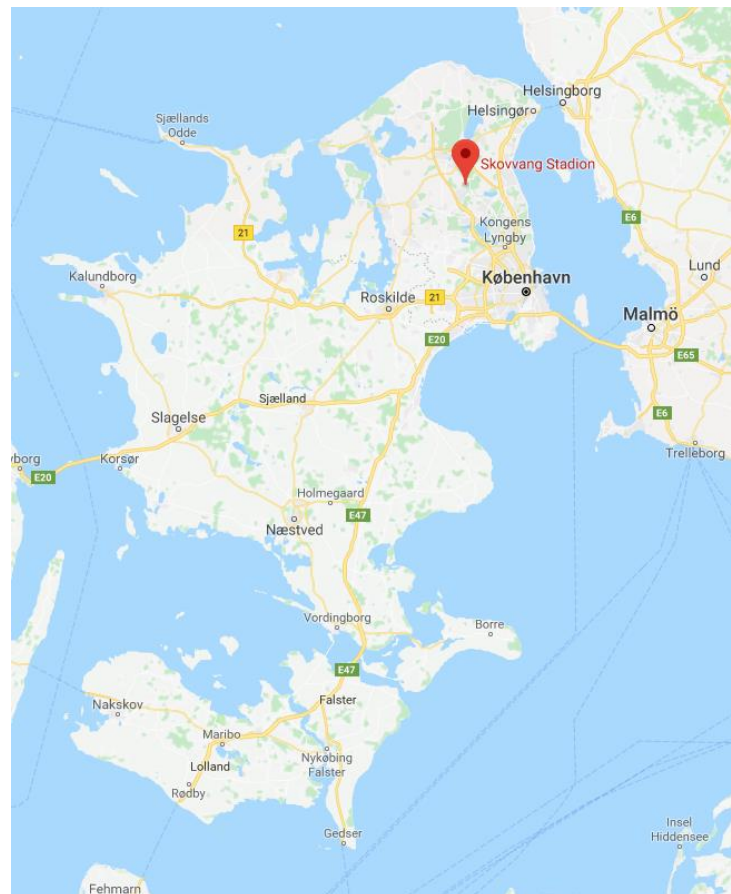
55.876924, 12.355585

ETRS89 UTM32N (E, N)

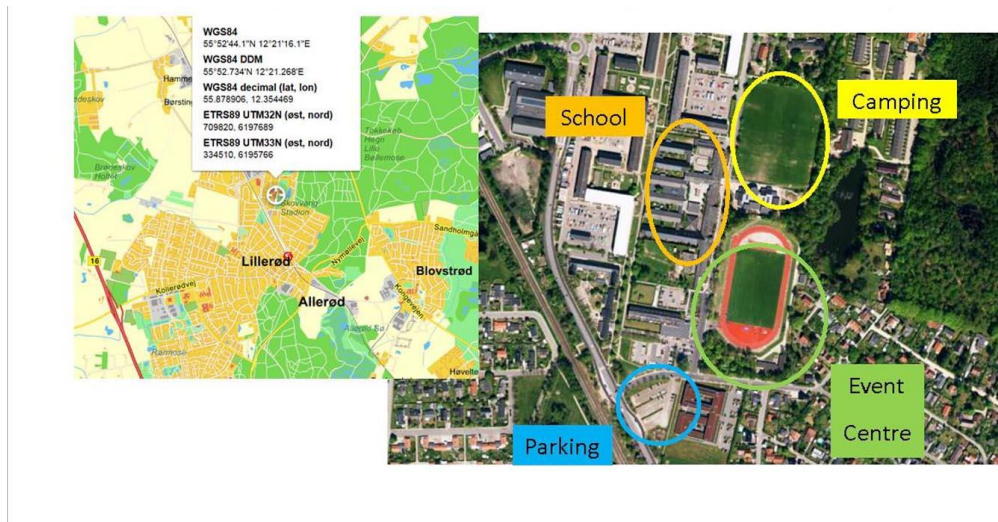
709901, 6197472

ETRS89 UTM33N (E, N)

334572, 6195543



### Detailed overview of Event Center



The Event Office is open Wednesday, 9 May from 15:00 to 21:30. Here you have to pick up your bag with bib number and updated information. If you rented an SI-card for the competitions, you will get this here as well. **Opening hours for Thursday, Friday and Saturday will follow in Bulletin #3.**

## HOW TO GET TO HILLERØD/ALLERØD

Hillerød/Allerød is easily accessible by plane, train, bus or car.

AIRPORTS
<ul style="list-style-type: none"> <li>• Copenhagen International Airport (CPH), Denmark, 57 km from Hillerød (E47-route 16)</li> <li>• Malmo airport (MMX) (swedavia.se/malmo) with flights from Stockholm operated by SAS and Norwegian, 109 km from Hillerød (E20/E47 route 16)</li> </ul>
TRAINS
<ul style="list-style-type: none"> <li>• Train from Copenhagen Airport via Copenhagen Central Station to Hillerød Station and/or Allerød Station</li> <li>• 2 to 3 times pr. hour. Travelling time around 1 h 25 min. Please check Google or <a href="http://journeyplanner.dk/">http://journeyplanner.dk/</a> (in English).</li> </ul>
TRAVELLING BY CAR
<p>It is easy to travel by car to Hillerød/Allerød. Access from south and west: E47 and route 16. Access from southeast: E47 and route 19. Access from northeast: route 6.</p> <ul style="list-style-type: none"> <li>• Good connections to Denmark from:</li> <li>• Sweden: Ferry from Hälsingborg to Helsingør: Ferry company: Scandlines: (Helsingør-Hillerød: 23 km) <ul style="list-style-type: none"> <li>○ <a href="https://www.scandlines.dk/billetter/billettertyper-og-priser/helsingor-helsingborg.aspx">https://www.scandlines.dk/billetter/billettertyper-og-priser/helsingor-helsingborg.aspx</a></li> </ul> </li> </ul>

- Germany: Ferry from Rostock or Puttgarten: Ferry company: Scandlines: (Rødby-Hillerød: 191 km)
  - <https://www.scandlines.dk/billetter/billettyper-og-priser/gedser-rostock.aspx> or
  - <https://www.scandlines.dk/billetter/billettyper-og-priser/rodby-puttgarden.aspx>

## DRIVING DISTANCES (km) from Event Center to competitions etc

Competition/ Training	Camp Cup 1	Camp Cup 2	Training Tokkekøb	Camp Cup 3	Training/ Geels	Camp Cup 4	Training/ Stenholt	Høker/ Ultra long
Event Center	0	0	0	10	12	25	15	0

## PROGRAM

Date	Location	Details
<b>Wednesday</b>		
<b>09 MAY 2018</b>	<b>Ravnsholt</b>	<b>Camp Cup 1</b> Evening race. <b>All will have to ride in daylight!</b> Free start between 18:00 and 21:00
<b>Thursday</b>		
<b>10 MAY 2018</b>	<b>St. Dyrehave/ Tokkekøb Hegn</b>	<b>Camp Cup 2</b> Long distance: <i>Part of World Masters Series</i> Start list will be published later. First start: 10:00
	<b>Tokkekøb Hegn</b>	<b>Technical training</b> Free start between 14:00 and 16:00. The controls are collected from 17:00
	<b>At the Event Center</b>	<b>FUN RACE</b> (Time for fun and get together) Details in Bulletin #3 Start 19:00 <b>Prize giving</b>
<b>Friday</b>		
<b>11 MAY 2018</b>	<b>Rude Skov</b>	<b>Camp Cup 3</b> Middle distance. <i>Part of World Masters Series</i> Start list will be published later. First start: 10:00
	<b>Geels Skov</b>	<b>Technical training</b> Free start between 14:00 and 16:00. The controls are collected from 17:00

<b>Saturday</b>		
<b>12 MAY 2018</b>	<b>Danstrup Hegn</b>	<b>Camp cup 4</b> Middle distance

		Start list will be published later. First start: 10:00
	<b>Stenholt Vang</b>	<b>Technical training</b> Free start between 14:00 and 16:00. The control are collected from 17:00
	<b>At the Event Center</b>	<b>Social get together and grill party</b> Starting at 18:00. Participation fee: € 10. Pre-registration needed no later than Friday 11 May at Event Office
		<b>Prize giving 19:00 at the event center</b>
<b>Sunday</b>		
<b>13 MAY 2018</b>	<b>St. Dyrehave, Tokkekøb/Ravnsholt and surroundings</b>	<b>Ultra long distance (mass start)</b> Mass start: 9:00, 9:05 and 9:10 depending on course/class

Detailed information for the individual competitions and trainings, please see below.

Start lists for all competitions will be published in the first week of May.

## MEALS/LUNCH PACKAGES

Lunch packages are offered for Thursday, Friday and Saturday. Need to be pre-ordered at the Event Center, DKK 45/€ 6 per day.

## ENTRY

### **ENTRY DEADLINE 10 APRIL 2018 at 23:59**

All participants have to make their entry on the event website: <http://mtbocamp.dk/mtbo-camp-2018/signup/>

Danish participants shall also register in "O-service".

Fill in the required information. ENTRIES ARE PUBLISHED ON THE WEBPAGE IMMEDIATELY

**ENTRY after deadline but before 30 APRIL 2018 at 23:59 will be accepted against ENTRE FEE + 30%, i.e.**

**Adults: DKK 975/€ 130**

**Youth and Juniors: DKK 650/€ 90.**

## ONE DAY PARTICIPATION

You can of course choose just to show up for only one of the days, just to try our sport.

## PAYMENT and FEES

### **DEADLINE 11 APRIL 2018**

#### Adults

Entry fee is the same as for many years - full camp DKK 750 or €100. Participation in individual races DKK 150 or €20, training DKK 100 or €13.50.

#### Youth (born in 2001-2002-2003) and Juniors (born in 1998-1999-2000)

Entry fee full camp DKK 500 or €70. Participation in individual races DKK 100 or €15, training DKK 75 or €10.

#### Kids (born in 2004 and later):

Ride the "Cool Kids" class and participate for free.

### **PAYMENT INSTRUCTIONS**

**Entry fee for all participants (except DOF members) in MTBO Camp is to be paid to:**

Name: Allerød OrienteringsKlub

Address: Sandholmgårdsvej 43, 3450, Denmark

Bank: Nordea

Reg. nr.:2348 Account: 0747 222 568

IBAN: DK8420000747222568

SWIFT: NDEADKKK

**Danish participants that are members of a Danish orienteering club: Entry and payment through "O-service"**



## YOUNG GUNS SPECIAL SOCIALIZING & ACCOMMODATION

We are offering Young Guns and their leaders a special accommodation – hard surface in a school.

Allerød OK and the Danish National Junior and Youth Team are looking forward to welcome you to the MTBO Camp and two Young Guns competitions for Youth and Junior at the MTBO Camp 2018.

The competitions and the trainings are all described on the webpage <http://mtbocamp.dk/mtbo-camp-2018>. There will be separate male and female classes for both Junior and Youth (Youth born in 2001 or later and Junior born between 1998-2000).

But, we will also invite you to a social event including a low-cost accommodation on hard surfaces in classrooms. We will organize common meals, with a little help from you with some of the cooking and the dishwashing.

The school is only a few hundred meters away from the Event Center, see plan above.

The school will be open from Wednesday after the competition. The first common meal will be breakfast Thursday morning and the last will be breakfast Sunday morning.

The total price for accommodation and meals (breakfast, lunch pack and dinner) will be 80€ for each youth and junior rider and national team leader.

Due to a limited space we recommend that you sign up right away (and not later than April 30) by mailing [YoungGuns@MTBOCamp.dk](mailto:YoungGuns@MTBOCamp.dk) telling the names of participants.

For any questions please contact Henrik Jørgensen, [henrik.joergensen@icloud.com](mailto:henrik.joergensen@icloud.com) who will coordinate the Youth and Junior camps.

Please note that any kind of smoking and/or alcohol is prohibited on the school premises.

ENTRY LIST (as of 7 April at 12:00)

MEN	Present/ participants	WOMEN	Present/ participants	MEN	Present/ participants	WOMEN	Present/ participants
CK	4	CK	1	M50	24	W50	5
M17	10	W17	6	M55	21	W55	7
M20	5	W20	5	M60	13	W60	6
ME	18	WE	10	M65	6	W65	3
M35	2	W35	2	M70	8	W70	2
M40	6	W40	7	M75	3	W75	1
M45	17	W45	8				

Total number of participants: 200.

## ACCOMMODATION

The camp organizer is not responsible for the accommodation. We have arranged discounts as stated below and the organizers have arranged primitive camping at the event center. You are responsible to order and pay your accommodation as you prefer.

We suggest that you stay at Danhostel Hillerød, Hotel Hillerød or Hillerød Camping, which have **REDUCED RATES** for participants in the MTBO Camp. There are other accommodation possibilities in or around Hillerød, however these do not offer reduced rates. Below is direct link to the accommodation booking sites/email addresses.

For more information please contact the accommodation sites.

**Please notice that that the accommodations are open for booking from other guests, so we recommend to decide quickly if you want to stay at these places.**

Name	Website/Telephone	Address
Danhostel, Hillerød	<a href="http://www.hillerodhostel.dk">www.hillerodhostel.dk</a> +45 4826 1986	Lejrskolevej 4 3400 Hillerød
<p>Danhostel has:           <b>45 rooms, 2, 3 or 4 bed rooms -           Total: 142 beds</b></p> <p>Booking directly on: <a href="https://hillerodhostel.dk">https://hillerodhostel.dk</a></p> <p>The hostel is open for booking from other guests, so you need to decide quickly if you want to stay at the hostel.</p> <p style="text-align: center;"><b>Use discount code "910 00 005 191" and you will get <u>10%</u> off standard rates.</b></p> <p>They serve breakfast, make a lunch pack and serve dinner upon request, but you need to reserve in advance.</p> <p>After you have made the reservation of the rooms, you need to call the reception on telephone: +45 4826 1986 to order meals.</p> <p><u>Standard rates</u></p> <p>Breakfast: DKK 75/€ 10,00</p> <p>Lunch pack: DKK 65/€ 8,60</p> <p>Dinner: DKK 120/€ 16,00</p> <p>If you are a group, maybe you can negotiate the meal prices</p> <p><b>Danhostel has a closed storage room for bikes in the basement and will arrange an area for bike wash.</b></p>		



Name	Website/Telephone	Address
Hotel Hillerød	<a href="http://www.hotelhillerod.dk">www.hotelhillerod.dk</a> +45 4824 0800	Milnersvej 41 3400 Hillerød

Hotel Hillerød has: **113 rooms, mostly 2-bed rooms, but some of them can be modified to four beds**  
**Total: 258 beds**

Booking by email: [hotel@hotelhillerod.dk](mailto:hotel@hotelhillerod.dk) or call the reception by phone +45 4824 0800

The hotel is open for booking from other guests, so you need to decide quickly if you want to stay at the hotel.

**Use discount code “MTBO-CAMP” and you will get 30% off standard rates, but only when you are booking directly to the hotel by email or phone and refer to “MTBO-CAMP”**

Own restaurant “Krydderiet”. They serve breakfast, make a lunch pack and serve dinner upon request. Please talk with the reception about your possibilities.

#### Standard rates

Breakfast: Is included in the room rate

Lunch pack: Possible

Dinner: From DKK 150/€ 20,00

If you are a larger group (more than 15 persons), maybe you can negotiate the meal prices.

**The hotel is situated just beside the public swimming pool. You can buy access to the swimming pool at the hotel reception.**

**Hotel Hillerød has a closed storage room for bikes - and will arrange an area for bike wash.**



Name	Website/Telephone	Address
Hillerød Camping	<a href="http://www.hillerodcamping.dk">www.hillerodcamping.dk</a> +45 4826 4854	Blytækkervej 18 3400 Hillerød
<p>Hillerød Camping is a modern and exclusive camping site in the middle of Hillerød with room for caravans, tents and campers. There are all needed facilities.</p> <p>For rent there is also:           <b>22 cabins with 2, 4, 5 or 6 beds</b>              <b>Total: Around 80 beds</b></p> <p><b>Please notice that there are 3 brand new LUX Cabins for 6 persons, equipped with toilet, shower and kitchen incl. oven and dishwasher.</b></p> <p>Booking by email: <a href="mailto:info@hillerodcamping.dk">info@hillerodcamping.dk</a></p> <p>The camping site is open for booking from other guests, so you need to decide quickly if you want to stay at the camping site.</p> <p style="text-align: center;"><b>Use discount code "MTBO-CAMP" and you will get <u>10%</u> off standard rates.</b></p> <p>Beside the reception there is a shop where you will find a wide selection of daily necessities, souvenirs and toys.</p> <p><b>The camping site is situated just beside the public swimming pool. You get 1 FREE access to the swimming pool in the reception and can buy further tickets with 50% discount.</b></p> <p>Hillerød Camping has <b>no</b> closed storage room for bikes, but will arrange an area for bike wash.</p> <p><b>On Friday 11 May the camping site arranges LIVE MUSIC for their guests and it is possible to buy food etc. Participation is FREE for their guests. Music stops at 23:00!</b></p>		
<hr/>		



To obtain the special price, please remember to use the discount code or to mention that you are participating in MTBO CAMP 2018.

### **Camping at the Event Center**

In connection with the Event Center there are some football fields where it is possible to set up tents. It is not possible to connect electricity, but there will be access to the Event Center's toilets and bathrooms, to bring water, and there will be limited access to kitchen facilities.

Furthermore, it will be possible to use the public parking lot for campers. There is no possibility of connecting to electricity, but there will be access to the Event Center's toilets and bathrooms, to bring water, as well as limited access to kitchen facilities.

Reservation of tent or camper space must be notified using the entry page: <http://mtbocamp.dk/mtbo-camp-2018/signup/>

### **PRICE FOR ACCOMMODATION AT THE EVENT CENTER**

Tent or autocamper: DKK 75 / € 10 per night

## Course information

### Maps

The maps will be of high standard and updated in the weeks up to camp, so even minor changes in the forests will be included on the maps.

### Bib

You will find your bib number in your participant bag, which is handed out at check in at the Event Office, Wednesday 9 May 15:00 – 21:30. Strips are also provided. The bib is to be mounted on the front of your bike and it is used for the whole camp. If you lose your bib please ask for a new one at the Event Office.

### Competitions rules

All races will be organized in accordance with the Competitions Rules for IOF MTB Orienteering Events as published by the IOF and valid from January 1, 2018, and the IOF Anti-Doping Rules valid from February 1, 2010.

### Riding off track is not allowed

Participants are not allowed riding off track and road. Exceptions are 100% yellow areas (only few places and not relevant for the courses) and areas marked as paved/parking.

### Controls placed off track

No off track controls

### Doping

Doping is strictly forbidden. There might be a visit from the anti-doping authorities.

### Transport offered

None. Most events are within reasonable bike distance (if you are fit) from the Event Center.

### Punching system – SportIdent – TOUCH FREE (distance 20-30 cm)

For Camp Cup 1, 2, 3 and 4 SI-cards 5, 6, 8, 9, 10, 11 and SIAC1 can be used.

For the "Høker" ultra long only SI-cards 6, 9, 10, 11 and SIAC1 can be used in class WE and ME because of more than 30 controls.

SI-cards 5, 6, 8, 9, 10 or 11 can be used in all other classes.

If you want the full advantage of the TOUCH FREE system you need an SIAC1 card.

If you want, you can rent a valid SIAC1 card at the Event Office. Fee for the whole MTBO camp is € 15 / DKK 100 (5 competitions)

If you want to buy a Sportident SIAC1 card (price € 80 / DKK 600) then drop a mail to [info@mtbocamp.dk](mailto:info@mtbocamp.dk) no later than 1 May with your order

### **Start**

The one competition with free start is Camp Cup 1, the Wednesday evening race. Minimum start interval within each class is 1 minute, and we therefore encourage especially ML riders to show up early to make sure that everyone gets started in due time.

### **Terrain**

Most of the terrain will be relatively open forest with a lot of roads and tracks. The terrains are relative flat. Though, from a Danish perspective, the terrains to be used Friday, Rude Skov and Geels Skov, are relatively hilly.

### **Competition clothing**

Not required, but recommended indeed. Helmet is mandatory 😊

### **Prize giving**

There will be prize giving ceremonies at the Event Center:

- Thursday at the FUN Race and
- Saturday at 19:00, (Camp Cup overall)

There will be prizes for the best riders in each class (in Cool Kids only for the best riders born 2005 or later)

### **Bike storage**

Simple bike storage is arranged at the event center



## Bike repair

There are several bike shops in the area.

We recommend a professional store with competent staff:

### DaVinci Bikes

Kongevejen 347

2840 Holte

Phone: +45 7026 4050

[www.davincicykler.dk](http://www.davincicykler.dk)

Opening hours during the camp:

Wednesday: 11:00-18:00

Thursday: 10:00-19:00

Friday: 10:00-19:00

Saturday: 10:00-16:00

## Hospital

Nordsjællands Hospital

Dyrehavevej 29

3400 Hillerød

You have to call phone "1813" before showing up there.

Phone: Emergency HELP – call 1-1-2

## CLASSES / COURSES

The courses will be organized in this way

Course	Camp Cup Classes	Usual Classes and WMS classes			
1	Men Elite	Men Elite			
2	Women Elite	Men Junior	M35	M40	M45
3	Men Long	Men Youth	M50	M55	
4	Women Long	Women Junior	W35	W40	W45
5	Men Short	Women Youth	M60	M65	
6	W50	W55			
7	Women Short	W60	W65	M70	
8	W70	W75	M75		
9	Cool Kids				

The estimated winning times in minutes:

Course	Class					Sprint	Long Dist.	Middle Dist.	Høker	
						Ravnsholt	St.Dyrehave	Rude Skov + Danstrup	Several forests	
1	Men Elite					35	110	55	Long	210
2	Women Elite	Men Junior	M35	M40	M45	35	110	55	Long	230
3	Men Long	Men Youth	M50	M55		30	105	55	Long	220
4	Women Long	Women Junior	W35	W40	W45	30	105	55	Middle	180
5	Men Short	Women Youth	M60	M65		25	89	45	Middle	180
6	W50	W55				25	90	45	Short	120
7	Women Short	W60	W65	M70		25	80	45	Short	130
8	W70	W75	M75			25	70	40	Short	150
9	Cool Kids					25	40	30	Cool kids	60

## Camp Cup

The camp cup winner within each class is the rider who has gained the most points throughout all four camp cup races.

For each race, within each class, points are given as follows:

- 1st place 35 points
- 2nd place 33 points
- 3rd place 31 points
- 4th place 30 points
- 5th place 29 points
- etc....

There will be no results for the Men/Women Long and Men/Women Short classes.

### Note!

As MTBO Camp is also a training event, it is possible for all participants to ride other courses than the class based on their age and class they have signed up for in the WMS races.

If you want to ride another course in Camp Course 1, Camp Course 4 or the "Høker"- Ultra Long, please send an email to [info@mtbocamp.dk](mailto:info@mtbocamp.dk) no later than 1 May.

If you choose to participate in other classes for these courses, you cannot participate in the overall Camp Cup as they will be calculated based on participation in the same class all week.

### Results

If possible at the competition finish area.

On web at <http://mtbocamp.dk/mtbo-camp-2018/results/> (we will seek to continuously upload results and split times)



## More information

Webpage <http://www.mtbocamp.dk>

Facebook <https://www.facebook.com/mtbocamp/>  
**(Please visit and "like" to receive updated information)**



## Bulletins

#3 will be published end April 2018