



Allerød, Denmark 2018

BULLETIN #3.01

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

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PLEASE PRINT OR SAVE IT TO YOUR SMARTPHONE OR PC**

A later revision might be released – please keep an eye on our homepage

Organizers:	Allerød OrienteringsKlub, Denmark
Event Director:	Troels Bent Hansen
Event Controller:	Tage V. Andersen
Web-page	http://mtbocamp.dk
Facebook:	https://www.facebook.com/mtbocamp/
Telephone:	+45 3077 8319
E-mail:	info@mtbocamp.dk
Sponsors:	<div></div>

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)

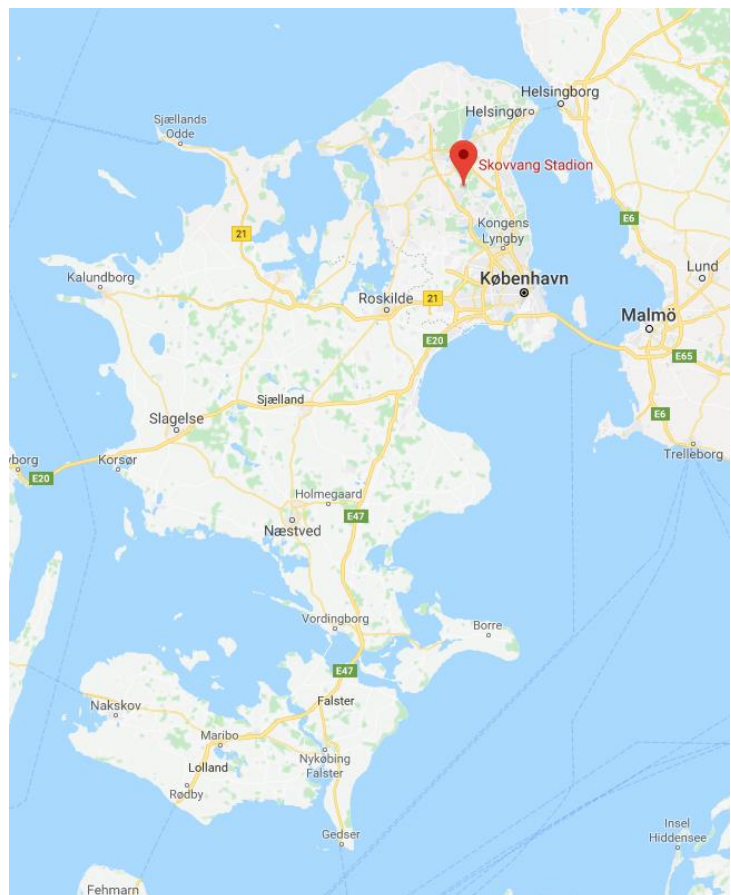
55.876924, 12.355585

ETRS89 UTM32N (E, N)

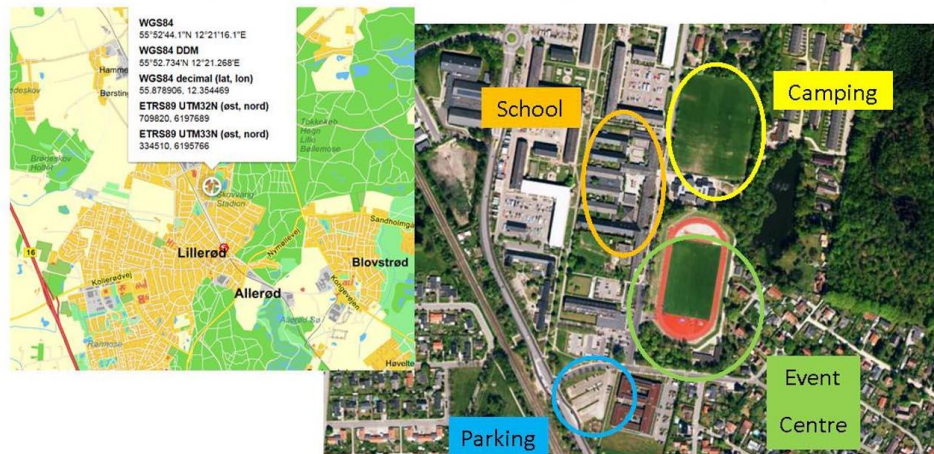
709901, 6197472

ETRS89 UTM33N (E, N)

334572, 6195543



Detailed overview of Event center



Event center opening hours

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.

The event office will also have open Thursday morning at 9 were you can grab unclaimed bags and bibs

And if you have signed up for camping – you will be directed to your spot

Opening hours for Thursday, Friday and Saturday: **From 17:00 to 19:00**

(It might be open outside above timeslots – just pass by ☺ or call Troels at +45 30778319)

PROGRAM

Date	Location	Details
Wednesday		
09 MAY 2018	Ravnsholt	Camp Cup 1 Evening race. All will have to ride in daylight! Free start between 17:00 and 19:00
Thursday		
10 MAY 2018	St. Dyrehave/ Tøkkekøb Hegn	Camp Cup 2 Long distance: Part of World Masters Series Start list will be published First start: 10:00

	Tokkekøb Hegn	Technical training Free start between 14:00 and 16:00. The controls are collected from 17:00
Friday		
11 MAY 2018	Rude Skov	Camp Cup 3 Middle distance. <i>Part of World Masters Series</i> Start list will be published First start: 10:00
	Geels Skov	Technical training Free start between 14:00 and 16:00. The controls are collected from 17:00
	Blovstrød Teglværk	Crying Mile Free start between 16:30 and 18:00

Saturday		
12 MAY 2018	Danstrup Hegn	Camp cup 4 Middle distance Start list will be published First start: 10:00
	Stenholt Vang	Technical training Free start between 14:00 and 16:00. The controls are collected from 17:00
	At the event center	Social get together and grill party Starting at 18:00.
		Prize giving 19:00 at the event center
Sunday		
13 MAY 2018	St. Dyrehave, Tokkekøb/Ravnsholt and surroundings	Ultra long distance Mass start: 9:00, 9:10, 9:20 or 9:45 depending on course/class

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

Grill evening – Saturday at the event center

It will be a serve yourself concept ...

Bring your own meat, sausages etc. (there's a supermarket next to the event center or downtown "Kvickly" if you want premium steaks 😊) The grill will be fired up at 18:00

ENTRY

ONE DAY PARTICIPATION

It is not possible to sign up during the event as the max number of participants has been reached.

ENTRIES per Country

Participants	Men Elite	Men Long	Women Long	Women Elite	Men Short	Cool Kids	Child cool or Men short	Women Short	Women U17	Total
Austria	4	5	3	3	0	0	0	0	0	15
Czech Republic	2	4	8	0	1	1	1	0	0	17
Denmark	9	42	16	2	15	5	0	11	1	103
Finland	1	0	0	1	0	0	0	0	0	2
France	4	5	0	0	2	1	0	3	0	19
Germany	1	6	1	1	1	1	0	1	0	12
Great Britain	0	5	4	0	5	0	0	1	0	15
Italy	4	1	0	0	1	0	0	0	0	7
Norway	2	2	0	0	2	0	0	0	0	6
Poland	0	4	0	0	1	0	0	1	0	6
Sweden	17	45	15	11	16	1	0	9	0	114
Switzerland	2	6	1	1	0	0	0	0	0	10
Total	46	125	48	19	44	9	1	26	1	326

Total number of participants: 326

Payments

Only in cash Danish Kroner or Euro

ATMs

You can find a couple of ATMs in the main pedestrian street in Allerød - M.D. Madsensvej

- Or in any of the other towns

Course information

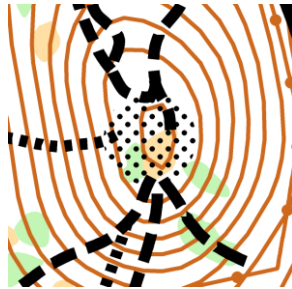
Maps

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.

The maps for the camp cups are laser printed on waterproof paper. The maps for training are printed with laser printer on normal (150g) paper and at every start there are plastic covers for the maps. It is the riders own responsibility to protect the map during the race.

Special symbols

Ridable area symbol used is the black dots:



You may ride everywhere – there may or may not be some obvious paths.

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 areas marked with dots as rideable area.

Controls placed off track

No off track controls (except for the Crying Mile)

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 approx. 50 cm)

For Camp Cup 1, 2, 3 and 4 SI-cards any Si card can be used.

For the Crying Mile any SI card can be used, but the controls are NOT touch free.

For the ultra long aka "Høkeren" any SI card can be used for the courses Short and CoolKids. For the two other courses Long and middle only SI-cards 6, 9, 10, 11 and SIAC1 can be used - because there will be more than 30 controls. We provide a rental SI card free of charge to riders registered with an SI card type 5 or 8. You will have to pick it up at the event center Saturday evening.

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 it will be possible at the event center

Start

The only competition in the camp cup with free start is Camp Cup 1 (the Wednesday evening race) and the crying mile

Minimum start interval within each class is 1 minute (except at the Crying Mile), and we therefore encourage especially course 3 riders (Men Long, Men Youth, M50 and M55) 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

The prize giving ceremony will take place at the event center (in the gym at the school):

- Saturday at 19:00

There will be prizes for the best riders in each class (in Cool Kids only for the best riders born 2004 or later)

Bike storage

Simple bike storage is arranged at the event center. It will not be guarded – so we recommend that you lock your bike.

Camp Cup 1 – Ravnsholt - Sprint Race – Wednesday May 9th 2018	
Venue and parking	Park at the event center and go by bike to the start area No parking at the Event Area
Address Event center	Poppelvej 1 B, 3450 Allerød
GPS parking	55.877122, 12.355643
SPRINT Start	Rødpælevej, 3450 Allerød
GPS Start:	55.863764, 12.349622
Distances:	
Event center - Start	3.4 km, follow the red/white marking
Finish - read SI card	400 m, follow the blue marking
Map	Ravnsholt, contour interval: 2,5 m, A3 1:7.500 Course 1, will have map printed on both side, all other courses only on one side.
Food, toilets etc.	NO TOILETS
Start	Free start between 17:00 and 19:00 We have realized that it will be hard to see the map when biking after 20:00 in the woods. But as we have previously announced start time until 21:00 – please let us know if the new timeslot will be an issue for you.
Start interval	Participation list will be published the day before the competition
Enter start and map handout	-3 minutes: Enter the start lane, SI number check -2 minutes: SIAC test (for those with these cards) -1 minute: Take your map Start: Exit the start box - don't forget to punch "Start".
Time limit	1½ hour – Do not start too late - the controls will be taken in at 21:00
Terrain	The forest has a variety of tracks: gravel, horse tracks. The ridability is usually good but it depends of the weather. The terrain is mostly flat. Currently new tracks are being created. These are only marked on the map if it affects the route choice. It's only allowed to ride on tracks and roads that are on the map, or if the area is with black dots, (Symbol 839 Ridable Area 1 - Black dots).
Notes	Ravnsholt is a very popular forest used by many people, horse riders and pedestrians. Please take care of other users of the forest. Expect many riders driving all over the place, so stay to the right. The controls are placed close to each other, so remember to check the control number

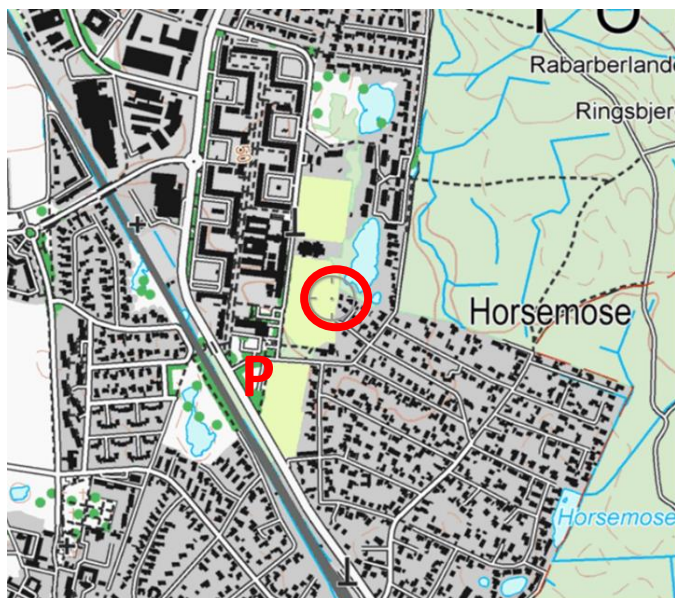
Special ALERT	You will pass through a tunnel this is a very busy bike route please pass with care – there will also be a control in before the tunnel, remember to punch it ☺. Follow the traffic rules.
Refreshment points	There are no refreshment points during the course
Results	Online on www.mtbocamp.dk and at the event center
Course setter	Steen Leisner Larsen, Allerød OK
Course control	Peter Reibert Hansen, Allerød OK

Course data

Course	Classes	Winning time	Controls	Distance in km (straight line)
1	Men Elite	35	18	10.5
2	Women Elite, Men Junior, M35, M40, M45	35	18	8.5
3	Men Long, Men Youth, M50, M55	30	14	7.7
4	Women Long, Women Junior, W35, W40, W45	30	15	6.8
5	Men Short, Women Youth, M60, M65	25	12	5.6
6	W50, W55	25	13	5.5
7	Women Short, W60, W65, M70	25	12	4.9
8	W70, W75, M75	20	9	4.1
9	Cool kids	25	11	3.5

Parking

Parking at public parking southwest of Skovvang Stadion, Poppelvej 1B, 3450 Allerød



Event office at eastern side of stadium (marked above).

Camp Cup 2 – Store Dyrehave - Part of World Masters Series – Morning Race – Thursday May 10 th 2018	
Venue and parking	Skovvang Stadion, Allerød
Address	Poppelvej 1 B, 3450 Allerød
GPS	55.877122, 12.355643
Distances	0 m from event center
Event center – start	3300 m, follow the red/white marking
Finish - read SI card	200 m, follow the blue marking
Map	Store Dyrehave og Tokkekøb Hegn. Contour interval: 2.5 m, A3 1:15,000: Course 1-4, see classes below 1:10,000: Course 5-9, see classes below
Food, toilets etc.	Use toilets at your own accommodation before start. There is limited capacity of toilets at the event center
Start	10:00 - 12:00.
Start interval	Start list will be published no later than the day before the competition
Enter start and Map handout	-3 minutes: Enter the start lane, SI number check -2 minutes: SIAC test (for those with these cards) -1 minute: Take your map Start: Exit the start box
Time limit	2½ hour – the controls will be taken in at 15:00
Terrain	Both terrains are open forest with a lot of roads and tracks. The terrain is mostly flat. There is a mountain bike course “the blue course” in both forests, which will be used by other MTB riders, take care and give space. There are some narrow wooden bridges, which will be slippery under wet conditions. The last path of the course is an urban forest, where there are a lot of other users and dogs, so take care. It's only allowed to ride on tracks that are on the map, or if the area is marked with black dots, (Symbol 839 Ridable Area 1 - Black dots).
Notes	Expect many riders driving all over the place, so stay to the right. Take care of others using the forest. The controls are placed close to each other, so remember to check the control number, especially on course 1-4. There will also be a butterfly where you will have one or more controls more than once, check in which order the controls shall be taken (it's

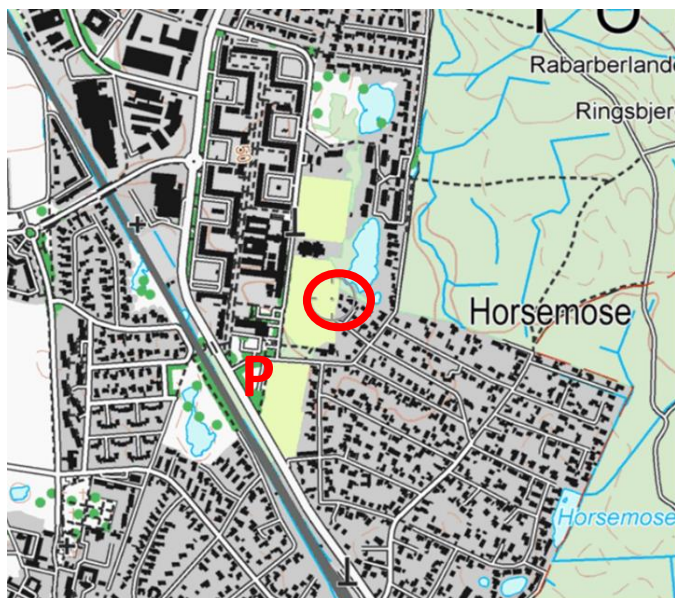
	<p>tricky), there will also be a blow up view in 1:10.000 to make the map reading easier.</p> <p>Map change is not made at a control, the course is printed one two maps with overlap, remember to start on the right map where you have approx. ½ of the course (Start and the first controls are also on the second map).</p> <p>NO TOILETS at start.</p>
Special ALERT	<p>You will pass public roads. At the first one, Kirkeltevej, there won't be any officials to guide you, so take care and follow the traffic rules.</p> <p>The second road is Kongevejen (201) with heavy traffic; there will be a control before the road, and an obstacle, so you need to get off the bike, there will also be an official that will guide you, but he is not allowed to stop the traffic. It's your one risk, so follow the traffic rules</p>
Refreshment points	There are no refreshment points during the course
Results	Online on www.mtbocamp.dk and at the event center
Course setter	Peter Reibert Hansen, Allerød OK

Course data

Cours e	Classes	Winning time	Map Scale	Map size	Notes	Controls	Distance in km Straight line
1	Men Elite	110	1:15,000	A3	Printed on both sides	31	26.3
2	Women Elite, Men Junior, M35, M40, M45	110	1:15,000	A3	Printed on both sides	25	20.1
3	Men Long, Men Youth, M50, M55	105	1:15,000	A3	Printed on both sides	24	19.4
4	Women Long, Women Junior, W35, W40, W45	105	1:15,000	A3	Printed on both sides	23	18.5
5	Men Short, Women Youth, M60, M65	89	1:15,000	A3		15	15.0
6	W50, W55	90	1:15,000	A3		13	13.5
7	Women Short, W60, W65, M70	80	1:15,000	A3		13	12.5
8	W70, W75, M75	70	1:15,000	A3		10	9.3
9	Cool kids	40	1:15,000	A3		13	6.2

Parking

Parking at public parking southwest of Skovvang Stadion, Poppelvej 1B, 3450 Allerød




Event office at eastern side of stadium (marked above).

Technical training – route choice – Thursday afternoon May 10 th 2018	
Venue and parking	Tokkekøb Hegn
Address	Skovvang stadion, Poppelvej 1 B, 3450 Lillerød
GPS	55.877122, 12.355643
Distances:	
Event center – start	300 m
Finish - Event Center	300 m
Map	Tokkekøb Hegn, contour interval: 2.5 m, A3, 1:10,000
Food, toilets etc.	Use toilets at your own accommodation before start. There is limited capacity of toilets at the event center
Start	First start at 14:00 – 16:00
Start interval	Free start
Time limit	Controls will be taken in at approx. 17:00
Technical Training	<p>Route choice</p> <p>Ride your route choice as an interval with “full speed” and concentration. We suggest that you do the training in groups of three persons, with nearly the same speed and MTBO skills. On each leg, there will be three different route choices. The different route choices are marked on the map (for example between control 1 and 2 – 2L, 2M and 2R where L stands for left, M for middle and R for right) The riders need to pass the line (and number) drawn on the map, on the way from one control to the next, to follow the given route choice. Even if the course setter has decided which “main route” to take, you still have to make some choices. How to decide which rider takes right, middle or left route choice? The rider who comes last to a control, makes the first choice for the next control (and decides when to start), no. 2 makes the second choice and the fastest one takes the last route choice. Be smart and don’t take the same route choice away from a control, as you did to the control. It’s just training...</p>
Terrain	<p>Tokkekøb Hegn is a very popular forest used by many mountain bikers and pedestrians (some of them with dogs). Please take care of other users of the forest.</p> <p>The forest has a variety of tracks and the ridability is usually good.</p>
Course data	12.9 km, 13 controls

Special ALERT	You will cross the public road Kongevejen again on this training. There won't be any obstacle or marshal, please take care and follow the traffic rules, it's just a training.
Course setter	Peter Reibert Hansen, Allerød OK

**Camp Cup 3 - Rude Skov- Part of World Masters Series – Morning Race - Friday
11th May 2018**

Venue and parking	Rudegaard stadion, Holte (10 km south east of the event center)
Address	Kongevejen 464 2840 Holte
GPS	55.825748, 12.462150
Distances:	
Event area – start 1	3150 m, follow red/white marking
Event area – start 2	1600 m, follow blue marking
Finish - read SI card	150 m
Map	Rude Skov, contour interval: 2,5 m 1:10,000: All Classes
Food, toilets etc.	Use toilets at your own accommodation before start. There is limited capacity of toilets in the event center
Start	First start at 10:00 Cool Kids Put and Ride 10:30 -11:30
Start interval	1 minute in each class.
Map handout	-3 minutes: Enter the start lane, SI number check -2 minutes: SIAC test (for those with these cards) -1 minute: Take your map Start: Exit the start box
Time limit	2 hours. Controls will be taken in at approx. 14:30
Terrain	<p>Rude Skov is a very popular forest used by many mountain bikers, horse riders and pedestrians. Please take care of other users of the forest.</p> <p>There is a mountain bike track in the forest, which is normally only used in one direction (oneway). The course is made so most of the course is in the right direction, but there will be sections where you will go in the wrong direction - This is allowed. Warn, take care and give space.</p> <p>The forest has a variety of tracks: gravel, horse tracks and a dedicated MTB tracks. The ridability is usually good but it depends of the weather in weeks and days prior to the event. You can expect some elevation. There is a track where it is forbidden to ride. This is marked on the map with "711 Forbidden route".</p>

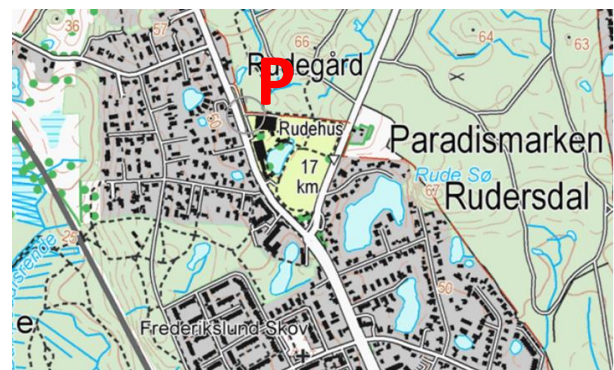
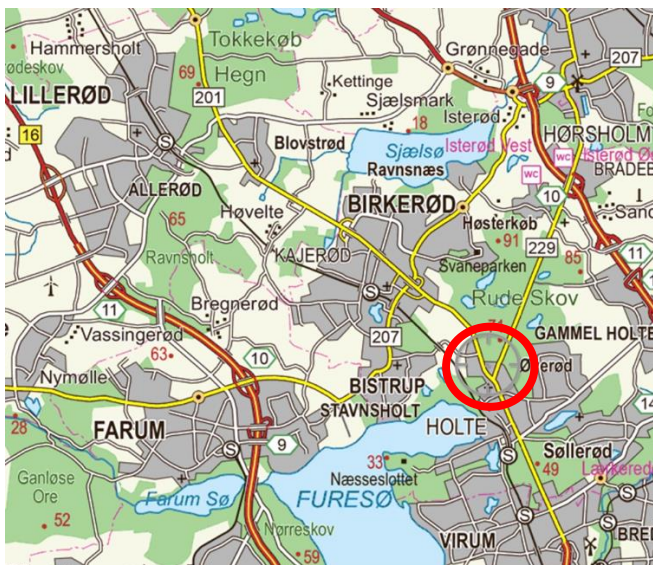
	<p>Currently new tracks are being created. These are only marked on the map if it affects the route choice.</p> <p>It is only allowed to ride on tracks that are on the map, or if the area is with black dots, (Symbol 839 Rideable Area 1 - Black dots).</p> <p>A requirement from the forest owner is that if you cannot pass a fallen tree then it is forbidden to ride on the path/track. This is marked with 844 Uncrossable barrier / forbidden to cross. See example on the picture below. Gates and fallen trees, which are difficult but possible and allowed to cross, are marked with 843 Dangerous object across tracks or paths, stairs.</p> 
Special ALERT	<p>The following Classes: Men Elite, M35, M40, M45, Men Junior, Women Elite, M50, M55, Men Long, Men Youth, W35, W40, W45, Women Junior and Women Long cross a public road (where there from time to time can be heavy traffic) on the way to the start and during the race. There will be a guard during the race and a control just before crossing the road.</p>
Refreshment points	<p>There are no refreshment points during the course</p>
Results	<p>At the Event center and at www.mtbocamp.dk/results</p>
Course setter	<p>Bjarke Sucksdorff, Allerød OK</p>
Course control	<p>Jan Eg Pedersen, OK Øst</p>

Course data

Course	Classes	Winning time	Map Scale	Map size	Controls	Distance	Start
1	Men Elite	55	1:10,000	A3	27	16610 m	Start 1
2	M35, M40, M45, Men Junior, Women Elite	55	1:10,000	A3	23	14970 m	Start 1
3	M50, M55, Men Long, Men Youth	55	1:10,000	A3	22	13500 m	Start 1
4	W35, W40, W45, Women Junior, Women Long	55	1:10,000	A3	18	11720 m	Start 1
5	M60, M65, Men Short, Women Youth	45	1:10,000	A3	16	8770 m	Start 2
6	W50, W55	45	1:10,000	A3	15	8180 m	Start 2
7	M70, W60, W65, Women Short	45	1:10,000	A3	14	8020 m	Start 2
8	M75, W70, W75	40	1:10,000	A3	12	7260 m	Start 2
9	Cool Kids	30	1:10,000	A3 / A4	9	4590 m	Start 2

Parking

Parking at Rudegaard Stadion, Kongevej 464-468, 2840 Holte




For afternoon training:

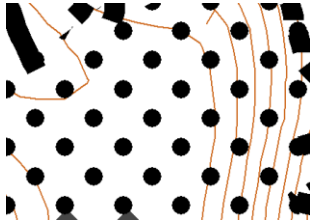

Use same parking.

Geel Skov is south-southeast using main road (201) just 2 kilometers from the parking.

Technical training – Geel Skov – Afternoon – Friday May 11 th 2018	
Venue and parking	Geel Skov No parking at the start – go there by bike from Rudeskov, only 2 km
Address	Vangebovej, 2840 Holte
GPS start area	55.810471, 12.479548 (please remain parked at Rudegaard)
Distances	12 km
Parking – Start event area	2.2 Km, you will get the map at the event area for the morning race.
Map	Geelskov, contour interval: 2,5 m, A4 1:7.500
Food, toilets etc	NO TOILETS
Start	14:00 - 16:00.
Start interval	Free start, no time registration
Time limit	Controls will be taken in at 17:00
Terrain	<p>The terrain is open forest with a lot of roads and tracks. The terrain is mostly flat; but in the middle of the forest you can expect some elevation.</p> <p>There is a mountain bike track in the forest, which is normally only used in one direction (oneway). The course is made so most of the course is in the right direction, but there will be sections where you will go in the wrong direction - this is allowed. Other users of the track will be informed by signs when they enter the track, but warn, take care and give space.</p> <p>There are some narrow wooden bridges, which will be slippery under wet conditions.</p> <p>It's only allowed to ride on track that are on the map, or if the area is with black dots, (Symbol 839 RidableArea 1 - Black dots).</p>
Notes	<p>Expect many riders driving all over the place, so stay to the right.</p> <p>Take care of others using the forest.</p> <p>NO TOILETS at start.</p>
Course data	<p>Two technical trainings:</p> <p>Course 1: 6,3 Km – Corridor training. Two persons together, a right(A) and left(B) route choice. Route choice test.</p> <p>Course 2: 7 Km - It is not allowed to ride the bike the places there are marked with red on the map. So, the moment is to decide the route choice without passing the red marks.</p>
Special ALERT	You will pass public roads twice, there won't be marshal, so take care and follow the traffic rules
Course setter	Cæcilie Christoffersen

Crying Mile - Evening Race – Friday the 11th of May 2018

 <p>... for the hardest MTBOcourse of all times</p>	<p>PLEASE BE AWARE THAT THIS RACE WILL TAKE PLACE IN A TECHNICALLY CHALLENGING TERRAIN. IF YOU DON'T FEEL VERY COMFORTABLE ON YOUR BIKE, PLEASE CONSIDER IF YOU WANT TO COMPETE. EVERYONE SHOULD BE ABLE TO RIDE THE COURSE, BUT MANY CHALLENGING FEATURES WILL MAKE THINGS VERY HARD FOR PEOPLE NOT BEING CONFIDENT ON THEIR BIKE. IT WILL, HOWEVER, BE POSSIBLE TO JUMP OFF YOUR BIKE AND WALK OVER ANY OBSTACLES.</p>
<p>Venue and parking</p>	<p>At an open field next to the MotoX-area in Blovstrød. Due to limited parking possibilities on spot, it is recommended to bike to the venue from the Event center (3 km, marked with ribbons). Parking on spot will be on the parking lot for "Blovstrød Hallen" (55.865303, 12.383005). Please stay on the marked arena for fairness reasons. We don't want competitors looking into the area before they start, which is fairly easy if you get too close.</p>
<p>Address for parking on spot</p>	<p>Sortemosevej 20, 3450 Allerød</p>
<p>GPS Parking:</p>	<p>55.865303, 12.383005</p>
<p>GPS for the venue:</p>	<p>55.861615, 12.378492</p>
<p>Distances</p>	<p>From Event center to venue: 3 km From Parking to venue: 700 m – follow red/white marking</p>
<p>Event area - start</p>	<p>50 m</p>
<p>Finish - read SI card</p>	<p>0 m – the SI card will be read at the venue</p>
<p>Map</p>	<p>"Motor Bowl Blovstrød", Contour interval: 696 mm, A4 All courses will be using scale 6.8:11328.8 Off-track riding is permitted at all times</p> <p>Please be aware that the area is full of tracks with different ridability and visibility. Some very distinct paths will, for simplicity reasons, not be drawn on the map. Remember that the map also contains contours, swamps and other exciting stuff to orienteer with ;)</p>

<p>Special signatures:</p>	<p>Too many paths to be mapped (so a lot of paths):</p>  <p>Impassable forest (you may try if you like either way):</p> 
<p>Food, toilets etc.</p>	<p>Please use toilets at your own accommodation before start There is limited capacity of toilets in the event center. It is not allowed to do “the big thing” neither on the venue nor in the competition area.</p>
<p>Start</p>	<p>Put and drive from 16:30-18:30</p> <p>The first thing you see when you start is a steep downhill with a small drop, which might be huge to some. There will be a warning sign and barriers to slow-down. A chicken-route-choice will be possible (but remarkably slower ;)).</p>
<p>Start interval</p>	<p>Minimum 15 seconds. Start at staff will ensure the interval is kept.</p>
<p>Map handout</p>	<p>The map is picked up when you start. The start point is just next to the starting line.</p>
<p>Time limit</p>	<p>Controls will be collected at approximately 19:30</p>

Description of competition area	<p>The competition area is nothing less than ultra hardcore... and by ultra hardcore, we mean ultra, ultra hardcore ;)</p> <p>Normally being used for MotoX training, the relatively small competition area is filled with steep, small hills, an innumerable number (wow, paradoxical) of paths and different kinds of obstacles.</p> <p>Be aware when riding on steep descents, jumps and drops. Some trees lie in the area, but for most cases it is possible to ride over them. Look out when you're about to go downhill, not all tracks are easy to ride!</p> <p>Riders going uphill have first priority.</p> <p>Be prepared for the toughest mile of orienteering of your life...</p> <p>PLEASE NOTE THAT IT IS PERMITTED TO RIDE OFF THE TRACKS - THIS MEANS YOU CAN RIDE ON YELLOW FIELDS, THROUGH THE FOREST AND TAKE A BATH IN THE MUDDY SWAMPS IF YOU WISH. CONTROLS WILL ALSO BE PLACED OFF TRACKS.</p> <p>WE RECOMMEND THAT ANY PARENT WITH COOL KIDS COMPETING SHOULD MAKE SURE THEIR CHILDREN ARE COMFORTABLE WITH STEEP DESCENTS, UPHILLS, TREES AND LOTS OF RIDERS IN THE FOREST IF THEY WANT THEM TO COMPETE. THIS IS ALSO RELEVANT FOR OLDER COMPETITORS (also for older competitors that didn't bring their parents ;))</p>
Course data	<p>Only one crying mile course will be available</p> <p>The exact distance is equal to an International Mile (63360 inches)</p> <p>There will be 19 controls</p>

Special ALERT	<p>Many competitors will be in the competition area at the same time. Beware of others. Please also beware of lakes suddenly appearing in the forest, when competitors start crying due to the hardcoreness of the course.</p> <p>From the last control to the finish there will be two lines, like in regular XCO-races. On the A-line there will be obstacles, which you can get a look at before you start. The B-line will be longer but without any obstacles. The A-line will be faster, but harder to ride - so judge whether or not to take the A-line before you start! It is not possible to try out the A-line before you start. There will also be some rather sharp turns before the two lines split up. Please do not overestimate your skills - we don't want any crying competitors (unless if it is because of the course being too hard).</p> <p>In order to maintain the orienteering-part, since it is a fairly open area with lots of visibility, there will be no flags on the controls. This means that the controls may be hard to see, so look out!</p> <p>Bringing a compass is highly recommended.</p>
Refreshment points	There are no refreshment points during the course, but every competitor is allowed to carry an unlimited number of bottles with them in case they get lost...
Results	Results will be at the event center and on www.mtbocamp.dk/results The winner will be throned as the "Master of Tears" and will live forever in honour
Course setter(s) and map maker(s)	Mikkel "Brutal" Nørgaard and Thomas "Merciless" Steinthal
Key to victory	Keep cool... In case you start seeing signs for Copenhagen, you have probably ridden too far ;)

Course	Classes	Winning time	Map Scale	Map size	Controls	OCAD Distance	Real distance	Climb
1	All	Before sunset	6.8:11328.8	A4	19	One English mile	Much more than a mile	Unlimited

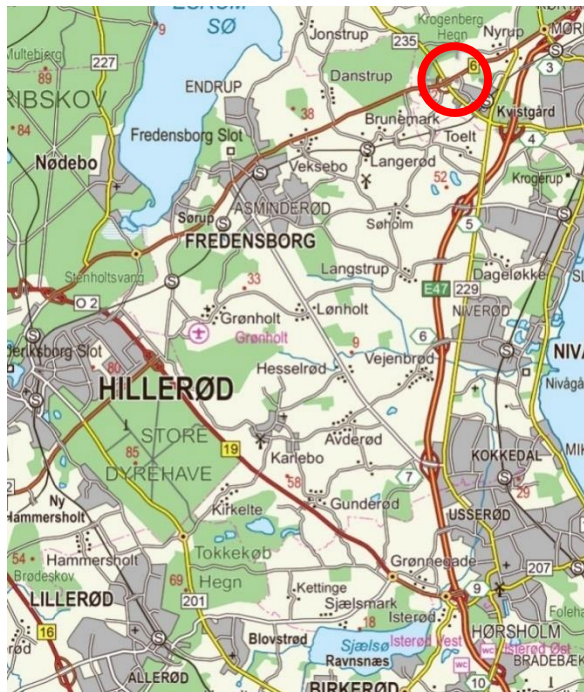
Camp Cup 4 – Danstrup Hegn - Morning Race – Saturday May 12 th 2018	
Venue	Danstrup Hegn and Krogenberg Hegn, Kvistgård
Address	Porthusvej 4, 3490 Kvistgård
GPS parking	55.996077, 12.492244
Distances	25 Km
Parking - Event area	2.2 km, follow the red/white marking
Event area - Start	2.6 km, follow the blue marking
Parking - Start	1.8 km, follow the marking
Finish - read SI card	100 m
Map	Danstrup Hegn and Krogenberg Hegn, contour interval: 2.5 m, A3 1:10,000
Food, toilets etc	NO TOILETS
Start	10:00 - 12:00.
Start interval	Start list will be published the day before the completion
Enter start and Map handout	-3 minutes: Enter the start lane, SI number check -2 minutes: SIAC test (for those with these cards) -1 minute: Take your map Start: Exit the start box
Time limit	Controls will be taken in at 14:30
Terrain	<p>The forest has a variety of tracks: gravel, horse tracks and a dedicated MTB track. The ridability is usually good but it depends of the weather in weeks and days prior to the event. The terrain is mostly flat.</p> <p>There is a mountain bike track in the forest, which is normally only used in one direction. The course is made so most of the course is in the right direction, but there will be sections where you will go in the wrong direction on the track - This is not forbidden. Other users of the track will be informed by signs, when they enter the tracks, but take care and give space.</p> <p>There are some narrow wooden bridges, which will be slippery under wet conditions.</p> <p>Currently new tracks are being created. These are only marked on the map if it affects the route choice.</p> <p>It's only allowed to ride on track that are on the map, or if the area is with black dots, (Symbol 839 RidableArea 1 - Black dots).</p>
Notes	<p>Danstrup Hegn is a very popular forest used by many mountain bikers, horse riders and pedestrians. Please take care of the other users of the forest.</p> <p>Expect many riders driving all over the place, so stay to the right.</p> <p>Take care of others using the forest.</p>

	NO TOILETS at start.
Course data	See below: all lengths are the straight lines
Special ALERT	Course 1-3 will pass a public road twice, where there from time to time can be heavy traffic. There will be an obstacle, so you need to get off the bike. There will also be an official that will guide you, but he is not allowed to stop the traffic . Passage is on your own risk, so follow the traffic rules
Refreshment points	There are no refreshment points during the course
Results	Online on www.mtbocamp.dk and at the event center
Course setter	Peter Reibert Hansen, Allerød OK
Course control	Laus Seir Hansen, HSOK

Course	Classes	Winning time	Controls	Distance (straight line)
1	Men Elite	55	25	16.3
2	Women Elite, Men Junior, M35, M40, M45	55	23	14.9
3	Men Long, Men Youth, M50, M55	55	22	13.7
4	Women Long, Women Junior, W35, W40, W45	55	14	10.9
5	Men Short, Women Youth, M60, M65	45	15	9.0
6	W50, W55	45	12	8.5
7	Women Short, W60, W65, M70	45	12	8.1
8	W70, W75, M75	40	9	7.1
9	Cool kids	30	12	4.6

Parking

Parking at designated places northeast to large building at Meggit, Porthusvej 4, 3490 Kvistgård



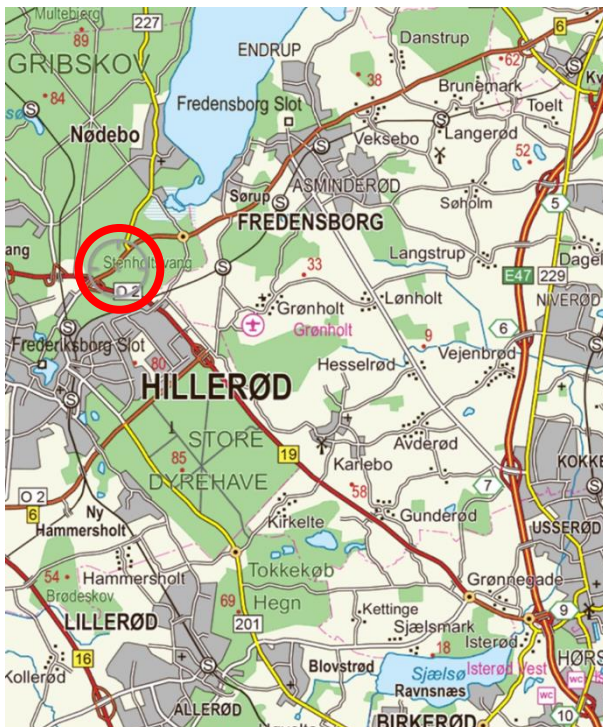
Technical training - Map memory – Saturday afternoon May 12 th 2018	
Venue and parking	Stenholt Vang north of Hillerød
Address	Hillerødvejen 3480 Fredensborg, On road 6, long parking area at east side of road 6, 100 meters from Isterødvejen road 19
GPS	55.952574, 12.324968
Distances	13 km
Parking – start Long	1.2 km, red/white marking
Event area – start Short	0 m
Short Finish - Parking	1.2 km, red/white marking
Long Finish - Parking	0 m
Map	Stenholt Vang, contour interval: 2.5 m, A4, 1:10,000 Short & map memory - A4, 1:12,500 for the Long
Food, toilets etc.	No toilets
Start	Start at 14:00 – 16:00
Start interval	Free start
Time limit	Controls will be taken in at approx. 17:00
Technical Training	<p>The training will be map memory 2 legs will be available at each control. At the start: Start-1 and 1-2 At control no.1: 1-2 and 2-3 and so on.</p> <p>Depending on the difficulty of each leg, you can choose to read/remember 1 or 2 legs. For Elite riders: The concept is that 2 legs must be remembered.</p> <p>The two courses will not have any common controls, but there will be controls close to each other, so take care. The controls will be marked with the course name and the control number on the map.</p> <p>There will be back up maps at the start that you can bring with you (just to be safe 😊)</p>

Terrain	<p>Stenholt Vang is a very popular forest used by many mountain bikers and pedestrians (some of them with dogs). Please take care of the other users of the forest.</p> <p>The forest has a variety of tracks. The ridability is usually good. Part of the course will go in urban area on tracks but also on public roads.</p>
Course data	<p>Short, 13 controls 6.2 km</p> <p>Long, 24 controls 11.5 km</p>
Special ALERT	Part of both courses will be in urban area with public traffic, the traffic rules shall be followed
Course setter	Christine Reibert Hansen, Allerød OK
Course control	Peter Reibert Hansen, Allerød OK

Parking

For afternoon training:

Parking at large public parking at the eastern side of main road (6) north of Hillerød .



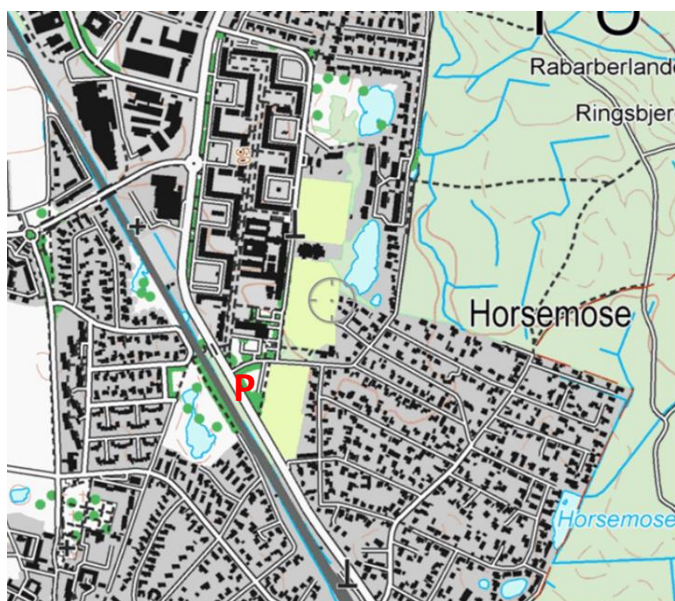
Ultra Long aka "Høkeren" – Sunday - May 13 th 2018	
Venue and parking	Skovvang Stadion, Allerød
Address event center	Poppelvej 1, 3450 Allerød
GPS parking	55.877122, 12.355643
Distances	The event will take place near the Event Center so everything will be nearby.
Event center - Start	3 km follow the red/white marking
Finish - read SI card	200 m
Map	<p>North Zealand, Contour interval: 2,5 m, Different variations of A4 and A3-maps with double-sided print. The scale 1:17500 will be used.</p> <p>A huge MTBO-map covering several forest and the areas in between. Blowups will be on the maps for complex areas.</p>
Food, toilets etc.	<p>Use toilets at your own accommodation before start.</p> <p>There is limited capacity of toilets in the event center</p>
Start	<p>Mass start:</p> <p>9:00 for long</p> <p>9:10 for middle</p> <p>9:20 for short</p> <p>9:45 for cool kids</p>
Start interval	List with names and course will be published the day before the race.
SI Card	Please note that only SI cards 6, 9, 10, 11 and SIAC1 can be used on long and middle course. If you have a SI card 5 or 8, then contact the event office Saturday afternoon.
Enter start	<p>Please be at the start 10 minutes before the mass start.</p> <p>Make sure that you SI card is cleared and checked before the start.</p>
Map handout	<p>The map will be handed out to all competitors a few minutes before the start. Competitors are allowed to look at the map 15 seconds prior to the start.</p> <p>A signal will be given from start officials when it is allowed to turn the map, and another will be given at start. A countdown will not be made!</p>
Time limit	Controls will be taken in at approx. 15:00
Terrain	<p>The forest has a variety of tracks: gravel, horse tracks. The rideability is usually good but it depends of the weather. The terrain is mostly flat. Currently new tracks are being created. These are only marked on the map if it affects the route choice.</p> <p>It's only allowed to ride on track that are on the map, or if the area is with black dots, (Symbol 839 Rideable Area 1 - Black dots).</p>

Notes	<p>The will be different ways to separate the riders during the course, free order controls and forking, so read the map carefully.</p> <p>Ravnsholt is a very popular forest used by many horse riders and pedestrians. Please take care of other users of the forest. Expect many riders driving all over the place, so stay to the right.</p> <p>The hoker goes through all of the best MTBO-terrain of Northern Zealand. Starting in a typical zealandic forest, the course will guide you through military training areas, urban areas and UNESCO-preserved parforce hunting landscapes.</p> <p>NO TOILETS at start.</p>
Hints from the course setter	When it's going to get tough – the tough get going 😊
Course data	See below: all length is the straight line
Special ALERT	You will pass and ride on public roads with traffic, take care and follow the traffic rules: there won't be any marshal to guide you through the traffic. You will pass through a tunnel which is a very busy bike route, please pass with care.
Refreshment points	There are no refreshment points during the course
Results	Online on www.mtbocamp.dk and at the event center
Course setter	Thomas Steinthal, FIF Hillerød
Course control	Peter Reibert Hansen. Allerød OK

Classes	Winning time	Controls	Distance (straight line)
Long	200	49	51.5
Middle	170	37	36.5
Short	120	20	21.2
Cool Kids	45	17	8.0

Parking

Parking at public parking southwest of Skovvang Stadion, Poppelvej 1B, 3450 Allerød



Event office at eastern side of stadium (marked above).

Bike repair

There are several bike shops in Allerød and in the area.

We recommend a professional store with competent staff:

DaVinci Bikes

Kongevejen 347

2840 Holte

Phone: +45 7026 4050

www.davincicykler.dk

Opening hours during the camp:

Wednesday: 11:00-18:00

Thursday: closed

Friday: 10:00-19:00

Saturday: 10:00-16:00

Shopping

Most supermarkets are closed Thursday, which is a national holiday.

All other days you can find supermarkets that are open until 22:00

Water

In Denmark you can drink water from the tap – it's clean (and free 😊)

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 40 points
2nd place 38 points
3rd place 36 points
4th place 35 points
5th place 34 points
etc....

There will be no overall results or prizes 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 choose to participate in other classes for these courses, you cannot participate in the overall Camp Cup as it 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)

