

Bulletin 3

Danish MTBO Camp

April 17-22nd, 2019

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Danish MTBO Camp 2019 race and training details

Bulletin 3 - a supplement to Bulletin 1 and 2

1. Complete overview of races and training

Date	Stage	Race/Technical	Forest	Location	Coordinates
17 th of April	#1	Middle distance	Sjørup	Sjørup	56.425681, 9.084043
18 th of April	#2	Middle distance	Haunstrup	Herning	56.096044, 8.834249
18 th of April		Sprint #1 Sprint #2	Viborg West City Houkær	Viborg West Viborg Northeast	56.449465, 9.429430
19 th of April	#3	Long distance	Fussingø/Ålum	Ålum	56.463652, 9.843152
19 th of April		Sprint #1 Sprint #2	Viborg West City Houkær	Viborg West Viborg Northeast	56.449465, 9.429430
20 th of April	#4	Middle distance	Skive Plantage	Skive	56.516709, 9.039428
20 th of April		Map memory	Skive Plantage	Skive	56.534167, 9.030327
21 st of April	#5	Ultralong distance	Silkeborg: N, W,E	Silkeborg	56.155251, 9.557730

2. General information

Safety

SAFETY FIRST - the motto of the Danish MTBO Camp 2019. We are a lot of riders, on many different levels: elite and amateurs, young and old, newbies and oldies – and even some not on MTB, as the forests have a lot of other guests.

Always - as in ALWAYS - stay to the right on wide tracks. Opposite traffic can and will occur!

Some of the forests are also quite small, with a lot of narrow paths and tracks. Ride carefully and with respect to others riders, to avoid accidents and injuries. If possible – please mount a bell on your bike, this also comes in handy when you meet non-MTBO riders.

EC opening times

17th of April 2019: 17.00-19.00 and 20.00-22.00

All other days: 07.00-08.00 and 20.00-21.30

Check-in/Check-out EC

Check-in: Check-in at EC will be possible from 17.30 on 17th of April (after the first race in Sjørup)

Check-out: Check-out at EC is no later than 09.00 on Monday 22nd of April.

Cleaning:

Please leave the rooms in the same condition as when you came, which means: sweep all floors, clean the toilet, and bath, and remove all waste from the room.

No bikes are allowed indoor on EC or the private rooms.

Number bib and SI card

All participants must carry SI-card and number bibs on their bikes.

These will be handed out at EC (during PreCamp) according to opening schedule or at CC Stage 1/Sjørup from Wednesday 12.00.

SI is only used at the 5 race stages – there is no timekeeping system at the technical trainings.

There is a deposit on 500 DKK/70 € on the SIAC rental

Start procedures

At stage #1-4 there will be a normal start, with-boxes from 3 minutes prior start time.

At stage #5 there will be mass-start in groups according to the timetable.

At the two sprint trainings in Viborg (Thursday/Friday) the maps will be handed out at the EC from 15.00-16.30 – EC will only hand out training maps in this period.

At the training in Skive (Saturday) the maps will be handed out at the CC of stage #4 from 13.00-14.00.

Finish

At the finish follow the marked route to read-out. **Make sure to go to readout if you break your race.**

Toilet

There will be toilet facilities at all stages – however expect line. 😊

Time limit:

Time limits at each stage:

Stage #1, #2 and #4: 2 hours

Stage #3: 2½ hours

Stage #5: 4 hours

Map change

All stages involve map change for many of the courses with up to 3 different maps. The maps will be double sided with part 1, part 2 and part 3 clearly marked on the map.

Start point on the second (or third) map will be marked with a triangle.

Finish will only be on the last part.

Complaints

We will only accept complaint concerning the races in Youth- and Junior Series, at stage #2 and #3.

Deadline for complaints will be 13.30 or 15 minutes after the last rider passes the finish line. Complaints must be in written form to the organizers.

There is a 10 € fee for any complaint. If the complaint is accepted, the fee will be refunded.

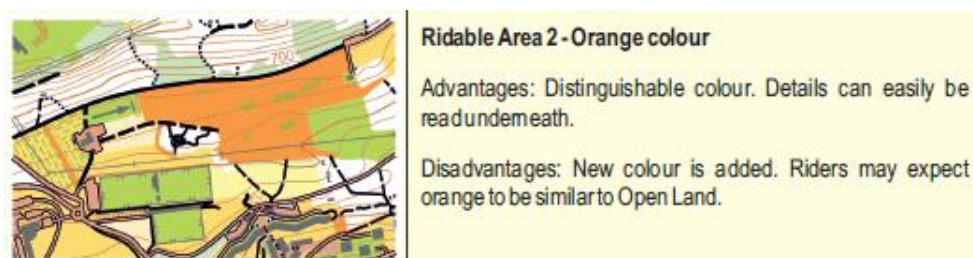
A jury – which will be pointed out - will deal with any complaints.

General rules

In Denmark it is **ONLY** allowed to ride on roads and tracks marked on the map. It is also **not allowed** to run or carry etc. your bike off track.

It is **ONLY** allowed to ride off-track on areas marked with **ORANGE**, as described in the International Specification for MTBO maps 2010.

Violation of this rule may - if done deliberately - result in exclusion from the rest of Danish MTBO camp 2019 without compensation



Special signature

At the MTBO Camp two new signatures will be introduced as a trial.

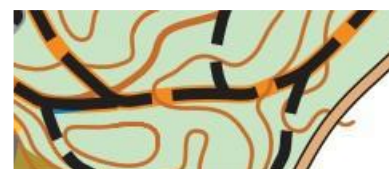
Track with gray underneath:

Mostly used to signify special MTB-tracks, the speed of the track is shown by the black stripes, but the gray underneath is to visualize the tracks actual movement through the forest.



Track with yellow underneath:

A visually wide track, but with one narrow primary track in the middle or to one side. It is possible to overtake, but it isn't necessarily fast outside the primary track.



The use of these signatures has been granted for the WMTBOC 2019.

Food

Breakfast and supper at EC

For those living at the EC, there will be served breakfast and supper everyday:

Breakfast: 07.00-08.00

Supper: 19.00

On the day of departure: Monday 22nd of April breakfast will be served from 06.00-08.00

Lunch at Competition Center

At the CC every day, there will be a shop selling soft drinks, snacks and soup/grill sausages

The daily menu:

1. Homemade soup (gluten- and lactose free option) from the local butcher, with fresh-baked bread from local bakery.
2. Grill sausages.

Bike storage

For those living at the EC, we offer bike storage in a large empty machine hall, for which we have exclusive rights during the MTBO camp. In the machine hall there will be bike racks to safely accommodate all bikes and a marked area for bike repair. (Bring your own repair stand, tools etc.)

The bike storage will be locked at all times, but opening hours will be published.

No bikes allowed indoor on EC or private rooms.

Bike wash

At the EC we offer the possibility to clean your bike, there will be hoses with clean water, and buckets. (Bring your own cleaning tools, soap and degreaser)

Laundry Service

There are 4 laundring machines that can be used. Tokens can be purchased in EC.

Free-time activities

When you are not riding your bike, the EC offers a lot of free-time activities

Gym: brand new gym with tools and equipment for both strengthening and cardio.

Table-games: Table-Tennis and table-football is at your free disposal.

Wi-Fi: The EC provides free Wi-Fi (the boarding school usually houses 300+ students, so broadband and speed should be good.)

Common areas: The EC has a lot of common areas with both soft and hard furniture, as well as places to work with your computer. Some of the areas also have flat-screen TV, which is at your disposal.

Beer-bar

The EC also has a small Pub where we will serve cold draft beer every evening.

Opening hours will be published at EC.

Smoking

The entire EC inside as well as outside is NON-smoking area. If you need to smoke, please leave the premises. Make sure to respect this.

Price giving ceremony and lottery

On the evening of Thursday 18th and Friday 19th, we will celebrate the winners of the youth- and junior series races at the EC at 20.30.

On Sunday the 21st at 19.30, we will have a lottery with a lot of cool prizes, in total we have prizes worth of € 4.000.

Bring your number-bib, this will be your ticket in the lottery.

No number-bib = no chance of winning.

Banquet April, Sunday 21st.

Will begin at 1800 at the EC.

GPS-tracking

We have at our disposition a number of GPS-tracking devices. The Danish national team will organize the use of the GPS-tracking and coordinate with riders involved. You might be asked to wear a GPS – voluntarily.

Focus on Youth and junior at the YG-series, and M/W elite at the other stages

Every evening we will offer a presentation of the GPS-tracking in the auditorium where hopefully both fun and exciting review of the races will be offered.

Singletracks

Throughout the last 15 years MTB has boomed in Denmark, and a lot of fun, challenging MTB track has been built in many of the forests.

Link to overview of MTB tracks: <https://rideon.dk/mtb-spor/jylland>

Make sure not to visit terrains used at the WMTBOC 2019, as they are out of bounds for all other than organizers.

Changes to entry

Changes (name and SIAC) to entry is possible free of charge until Friday 5th of April. After the 5th of April changes can be made at a fee of €5 per change. Change of class is not possible.

Changes are only possible by sending an email to the event director or at the EC.

Further information

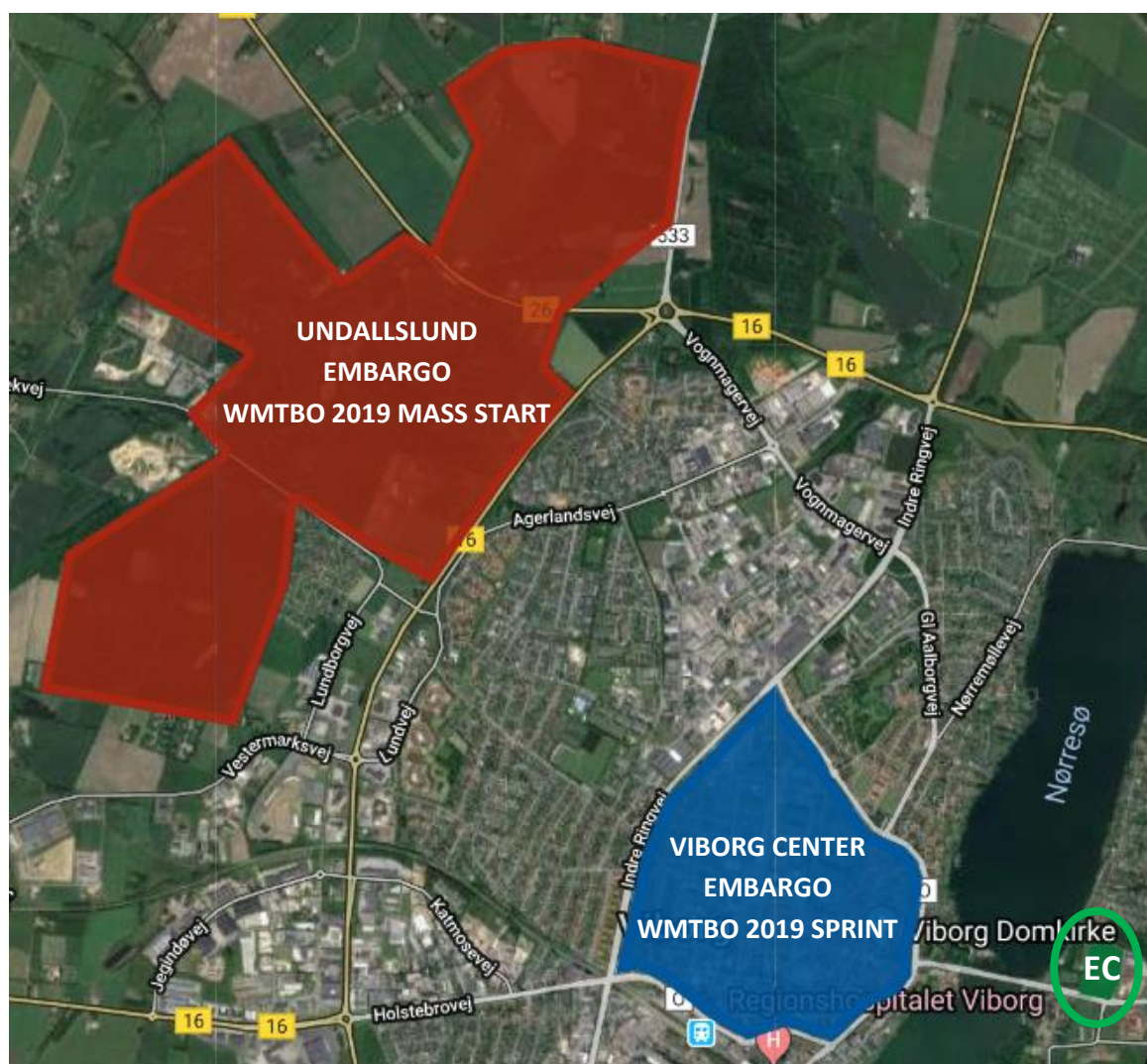
Further information, start lists and results will be published at the MTBO CAMP 2019 Facebook and mtbocamp.dk.

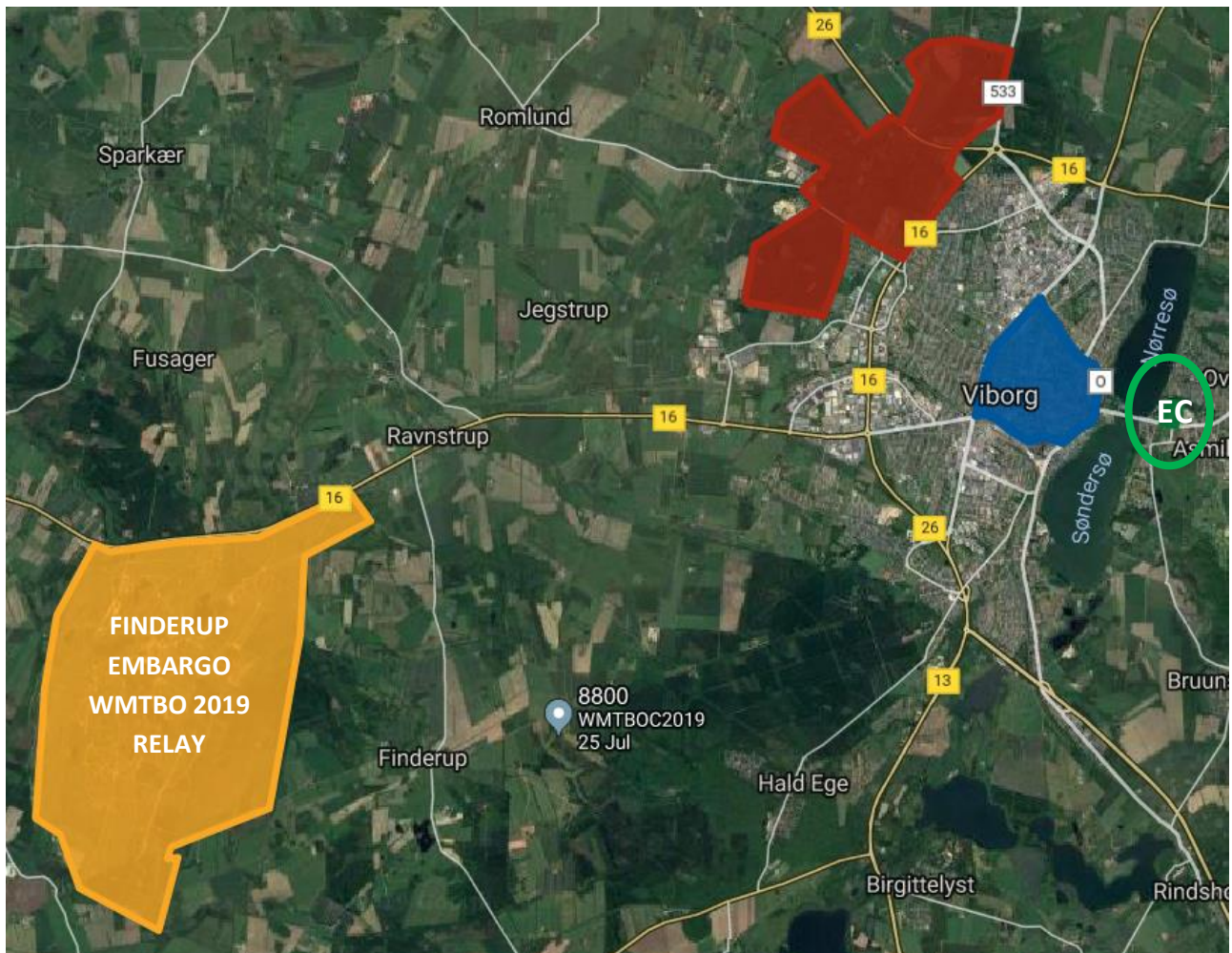
Embargoed areas

Remember to respect the embargoed areas of the WMTBOC 2019, to ensure fair play at upcoming championship.

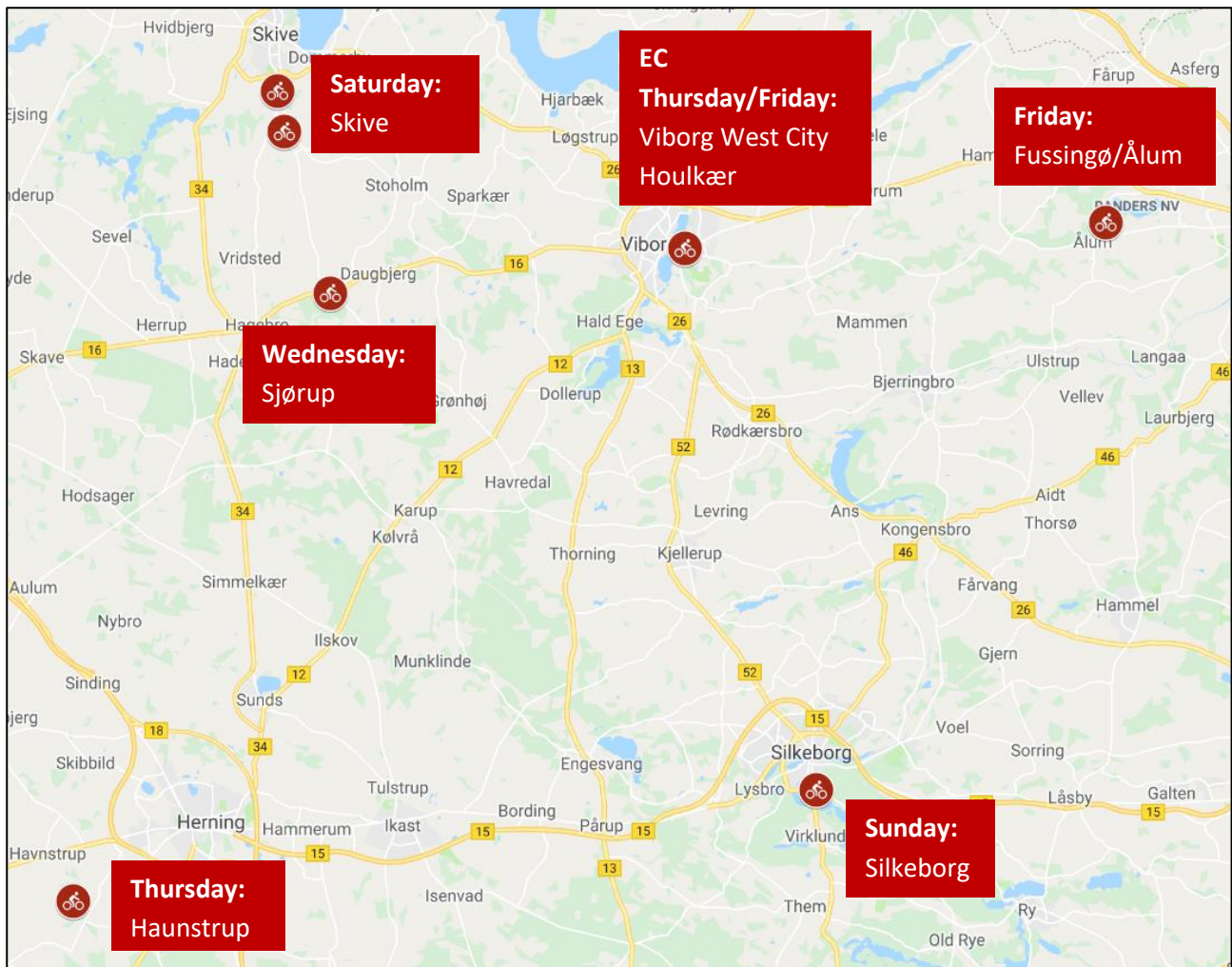
If you violate the embargoed areas it can have consequences for your entire team according to IOF rules

The embargoed areas around Viborg is visualized on the two map below, the other areas is described on the [WMTBOC 2019 website](https://www.wmtbo.org/)





Danish MTBO Camp 2019 locations



Danish MTBO Camp 2019 map-examples

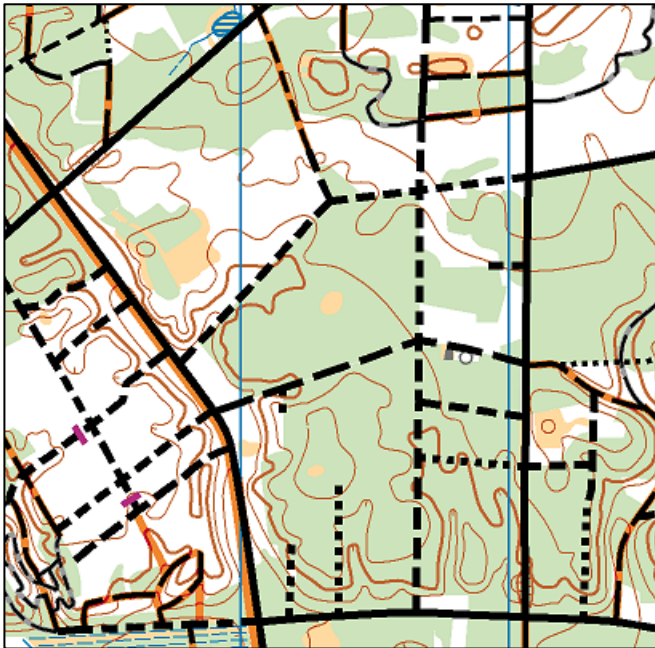


Figure 1: Sjørup

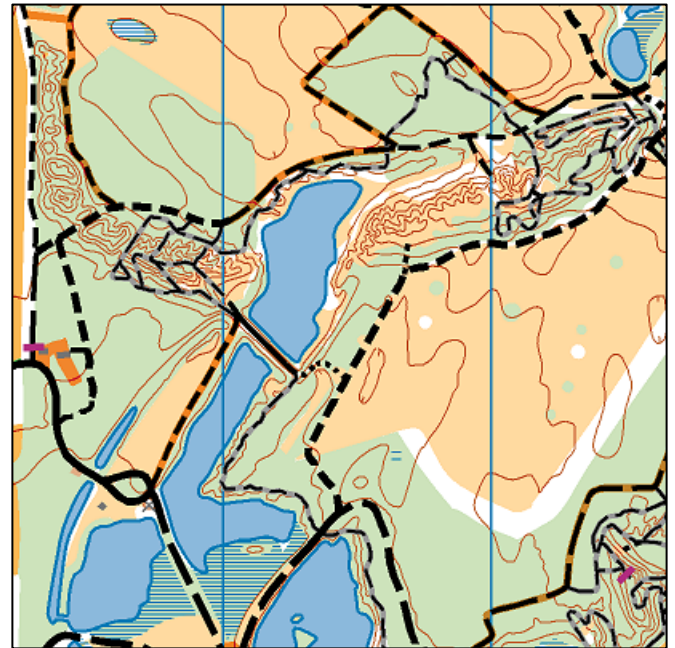


Figure 2: Haunstrup

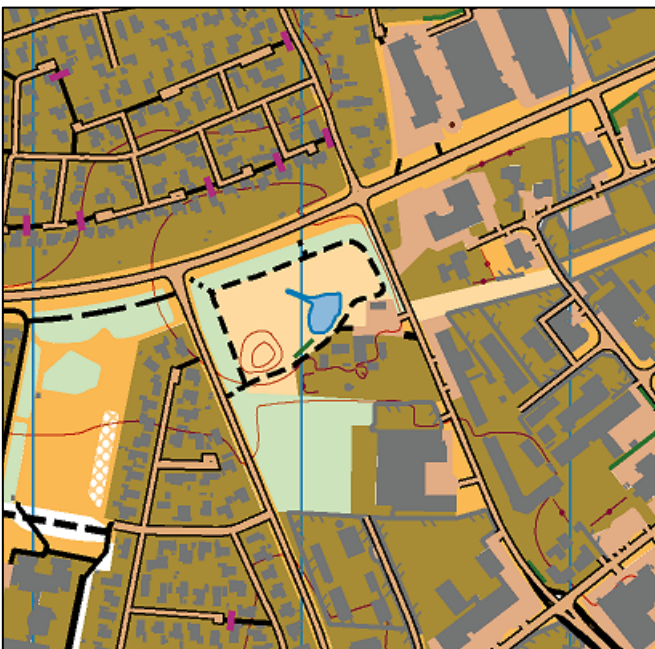


Figure 3: Viborg West City



Figure 4: Houlkær

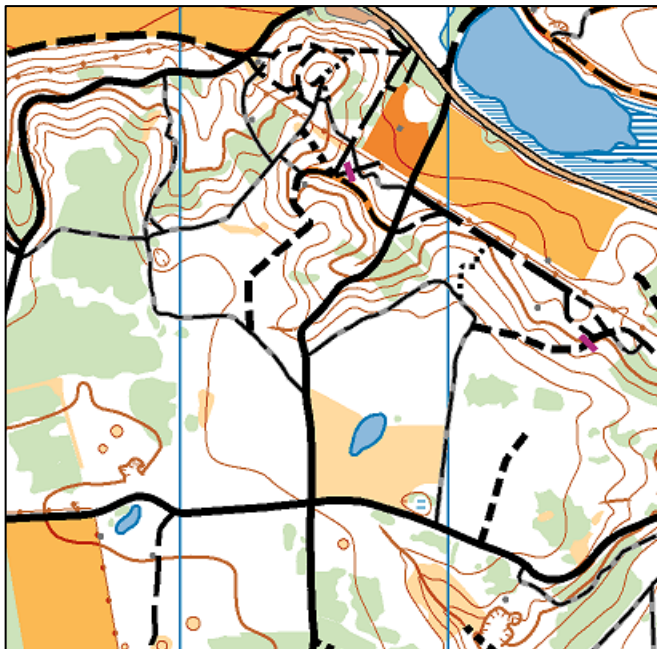
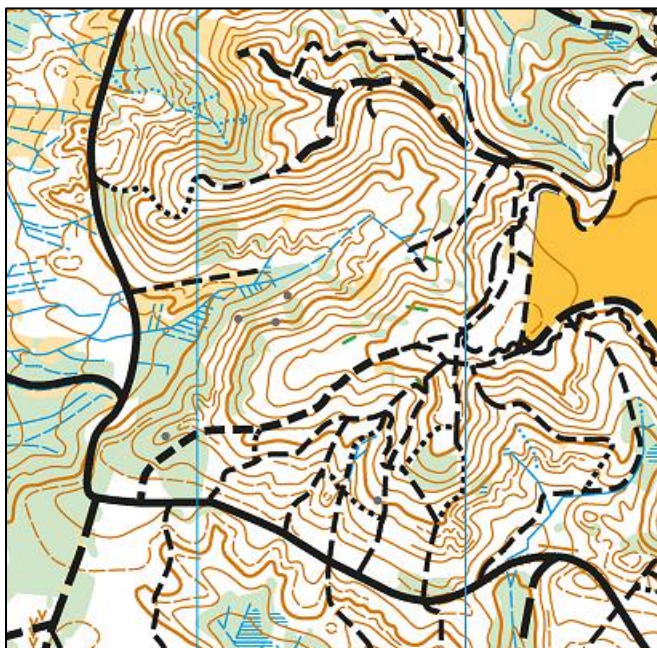


Figure 5: Fussingø/Ålum



Figure 6: Skive Plantage



Figur 7: Silkeborg Vesterskov



Figure 8: Silkeborg Nordskov

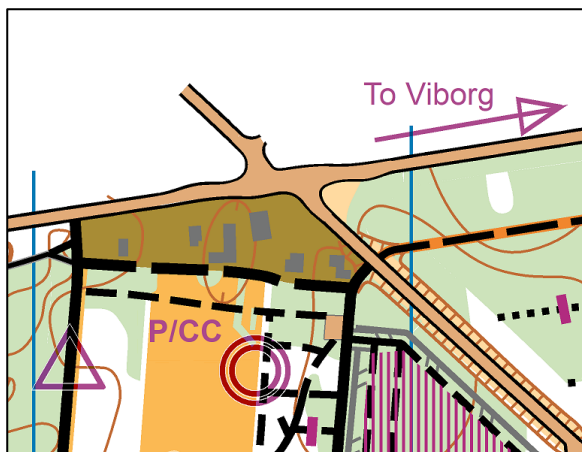
3. Specific Race information

Middle distance 17th of April in Sjørup

Arena and parking

Race-arena and Parking is located on a small meadow in the northern part of the forest.

- Distance from EC approx. 23 km.
- Arena coordinates: 56.425681, 9.084043.
- Start 1: All courses, 100 m



Schedule of the day:	
1200	Arena opens
1230	Free start in classes M/W12 and M/W14 opens
1300	First start all other classes
1700	Arena closes

Map

Name: Sjørup.

Map scale: 1:10.000, contours: 2.5m.

Map size: 30x27.

Reconnaissance: Nov '18 – Mar '19 (Bjarne Hoffmann, Johan MacLassen, Erik Flarup).

Course setter: Johan MacLassen.

Course	Class	Distance	Controls	Mapchange
1	ME	11.9	19	1
2	WE / MJ / M35 / M40 / M45	10.3	14	1
3	MY / M50 / M55	9.4	13	1
4	WJ / W35 / W40 / W45 / M60 / M65	8.1	14	1
5	WY / W50 / W55 / W60 / W65 / M70 / M75	7.3	13	
6	W-14 / M-14	5.6	12	
7	W-12 / M-12	3.5	8	

Toilets

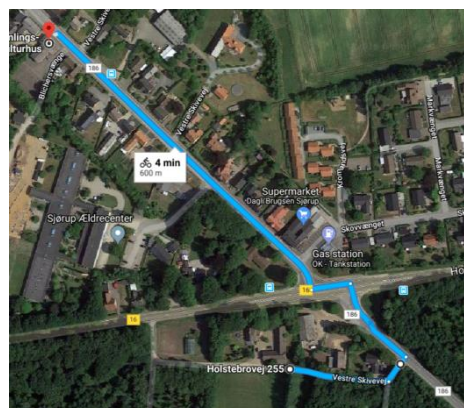
Toilets are placed 600 m from CC in the local assembly house.

Terrain description

Typical pine forest of the local area, with a lot of gravel roads and a detailed assortment of minor tracks and paths, the forest is used by many guests, on bike, by foot or by horse.

Mostly flat, but the southern part has a fairly steep slope.

The local MTB-club has built a 10 km MTB singletrack in the area with some technical features (nothing dangerous).



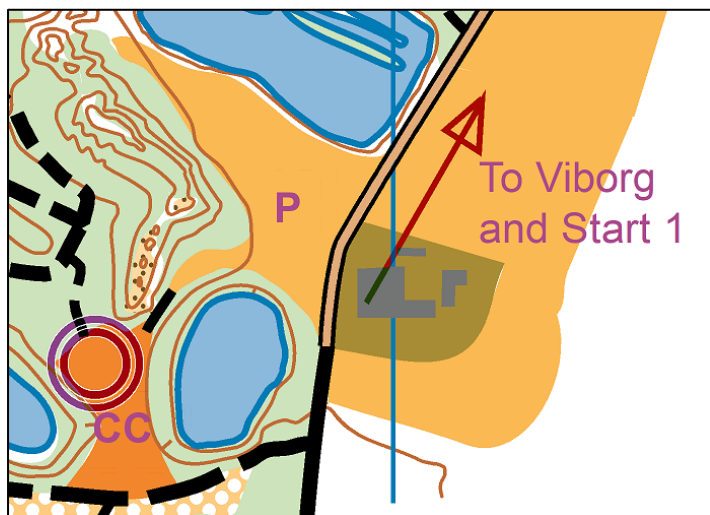
This area has features and tracks that in part resemble that of Undallslund, which is the race arena at the Mass start at the WMTBOC 2019.

Middle distance 18th of April in Herning

Arena and parking

Race-arena and Parking is located on a small meadow in the southeast corner of the terrain.

- Distance from EC approx. 65 km.
- Arena coordinates: 56.096044, 8.834249.
- Start 1: All classes, 600 m



Schedule of the day:	
0900	Arena opens
0930	Free start in classes M/W12 and M/W14 opens
1000	First start all other classes
1400	Arena closes
2030	Prize ceremony Young-Guns Series at EC

Map

Name: Haunstrup.

Map scale: 1:7.500, contours: 2.5m.

Map size: 30x30.

Reconnaissance: Nov '18 – Mar '19 (Bjarne Hoffmann, Johan MacLassen, Erik Flarup).

Course setter: Bjarne Hoffmann.

Course	Class	Distance	Controls	Mapchange
1	ME	11.7	24	1
2	WE / MJ / M35 / M40 / M45	10.6	23	1
3	MY / M50 / M55	9.6	20	1
4	WJ / W35 / W40 / W45 / M60 / M65	8.1	22	1
5	WY / W50 / W55 / W60 / W65 / M70 / M75	6.8	17	1
6	W-14 / M-14 / W70 / W75 / M80 / M85	5.1	13	
7	W-12 / M-12	3.6	12	

Terrain description

A special terrain in 2 primary parts: the open rough land and dense forest.

The rough open land is simple and fast, but with small steep climbs, the tracks can be quite tough to ride and difficult to gain high speed.

The dense pine forest has also a lot of steep climbs and descents. Many narrow tracks that toss and turn. Visibility is in general very low, and fast orienteering skills are the key to success.

There is one track which is one-way only – it will be marked on all competition-maps with red arrows as shown on map-example – **only relevant for course 1 and 2.**

Control # 10 on course 1, and Control # 11 on course 2.

This area was last used at the national championship in middle distance in 2017

The open rough land has features and tracks that in part resemble that of Finderup, which is the race arena at the relay at the WMTBOC 2019.

This dense forest has features and tracks that in part resemble that of Ebeltoft, which is the race arena at the middle distance at the WMTBOC 2019.



Technical sprint training 18th and 19th of April in Viborg

Overview of sprint training location:

We the organizers recommend, for safety reasons and to distribute the many riders, to follow this plan:

Elite, junior and youth riders:

18th of April 2019 Sprint #1 (Viborg West City)

19th of April 2019 Sprint #2 (Houlkær)

All other classes:

18th of April 2019 Sprint #2 (Houlkær)

19th of April 2019 Sprint #1 (Viborg West City)

Sprint #1 (Viborg West)

Arena and parking

Parking at EC

- Distance from EC to start approx. 5.5 km
- Distance from finish to EC approx. 4 km.
- **NB! – Take care not to violate the out of bounds area for the WMTBOC 2019.**
- All riders will receive a map with a route from EC to start and finish.
- Arena coordinates: 56.449465, 9.429430.

Schedule of the day:

1500	Maps can be collected at EC
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Map

Map: Viborg West City.

Map scale: 1:10.000, contours: 2.5m.

Map size: A3 (approx. 42x30).

Reconnaissance: Summer 2018 – minor updates: Nov '18 – Mar '19 (Erik Flarup).

Course setter: Bjarke Refslund, Bjarne Hoffmann.

Course	Class	Distance	Controls
1	All classes	9.3	24

Terrain description

The most western part of Viborg city, consist primarily of industrial buildings, but the north-western part of the map is residential both with villas and terrace houses.

The most northern part of the map consists of a minor part of Undallslund, which will not be used at the WMTBOC 2019. Typical urban-forest with many paths and tracks. Also a small part of the local MTB track runs through this part of the forest.

The northern part of this area is very similar to Undallslund, which is the race arena at the mass start at the WMTBOC 2019; the area is also a direct neighbor to this race arena.

Sprint #2 (Viborg Northeast)

Arena and parking

Race-arena and Parking is located at the EC.

- Start from EC.
- Arena coordinates: 56.449465, 9.429430.

Schedule of the day:	
1500	Maps can be collected at EC

Map

Name: Houlkær.

Map scale: 1:10.000, contours: 2.5m.

Map size: 270x250.

Reconnaissance: Nov '18 – Mar '19 (Bjarne Hoffmann, Erik Flarup).

Course setter: Ole Hoffmann, Bjarne Hoffmann.

Course	Class	Distance	Controls
1	All classes	8.7	22

Terrain description

Suburb with villas and terraced houses. Between the roads there is a detailed assortment of connecting paths and tracks.

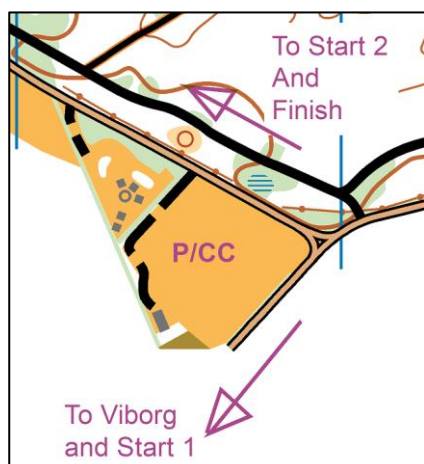
The western part of the area is a big slope down to one of the Viborg lakes.

Long distance 19th of April in Ålum

Arena and parking

Race-arena and Parking is located at the clubhouse of Randers Orienteering Club.

- Distance from EC approx. 30 km.
- Arena coordinates: 56.463652, 9.843152.
- Start 1: Course 1-5, 1700 m
- Start 2: Course 6-7, 200 m



Schedule of the day:	
0900	Arena opens
0930	Free start in classes M/W12 and M/W14 opens
1000	First start all other classes
1500	Arena closes
2030	Prize ceremony Young-Guns Series at EC

Map

Name: 2 maps – Fussingø/Ålum.

Map scale: 1:10.000, contours: 5m.

Map size: A3 (approx. 42x30).

Reconnaissance: Nov '18 – Mar '19 (Bjarne Hoffmann, Johan MacLassen, Erik Flarup).

Course setter: Bjarne Hoffmann.

Course	Class	Distance	Controls	Mapchange
1	ME	19.6	33	1
2	WE / MJ / M35 / M40 / M45	18.0	27	1
3	MY / M50 / M55	15.3	26	1
4	WJ / W35 / W40 / W45 / M60 / M65	14.0	21	1
5	WY / W50 / W55 / W60 / W65 / M70 / M75	12.7	20	1
6	W-14 / M-14 / W70 / W75 / M80 / M85	5.6	11	
7	W-12 / M-12	3.5	9	

Terrain description

Beautiful and hilly, and consists of two forest areas.

The southern part: is one big hillside, which in most areas is quite steep, with fast descents and tough climbs.

The area has a lot of gravel roads, tracks and paths.

The northern part: is also fairly hilly especially to the north-west. There are primarily gravel roads and singletracks in this part of the forest.

The forest was last used at national championship long distance in 2017.

This area has little resemblance to terrains used at the WMTBOC 2019.

Long Middle distance 20th of April in Skive

Arena and parking

Race-arena and Parking is located by the military shooting range.

- Distance from EC approx. 35 km.
- Arena coordinates: 56.516709, 9.039428.
- Start 1: All classes, 100 m

Schedule of the day:	
0900	Arena opens
0930	Free start in classes M/W12 and M/W14 opens
1000	First start all other classes
1400	Arena closes

Map

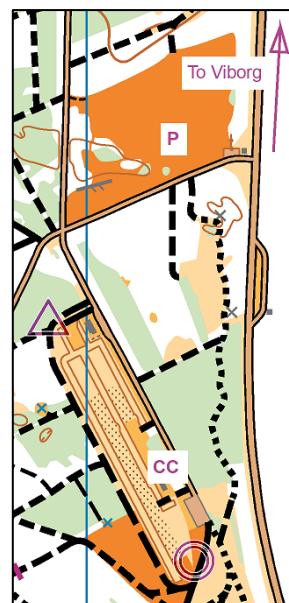
Name: Skive Plantage.

Map scale: 1:10.000, contours: 2.5m.

Map size: A3 (approx. 42x30).

Reconnaissance: Nov '18 – Mar '19 (Bjarne Hoffmann, Johan MacLassen, Erik Flarup).

Course setter: Johan MacLassen.



Course	Class	Distance	Controls	Mapchange
1	ME	15.2	21	1
2	WE / MJ / M35 / M40 / M45	14.1	20	1
3	MY / M50 / M55	12.5	24	1
4	WJ / W35 / W40 / W45 / M60 / M65	10.4	19	1
5	WY / W50 / W55 / W60 / W65 / M70 / M75	8.3	18	1
6	W-14 / M-14 / W70 / W75 / M80 / M85	6.4	17	
7	W-12 / M-12	3.6	9	

Terrain description

Military exercise area, actively used by the nearby garrison of Skive, which houses the military engineers, whose main job is disposal of mines and explosive devices as well as building trenches, of various types.

Mostly open rough land with some minor hills and lots of Tank-tracks that in parts are very bad/difficult to ride.

There is a constant creation of new tracks in the area.

However the tracks marked on the maps is fully usable – but there may be additional tracks.

The forest in the northern part of the area is flat, with tracks of both good and bad category.

Worth to mention a dotted track will often be closer to 5% than to 25% speed indication.

In the open areas of the exercise area it is **allowed** to ride off-track, but bear in mind that not all areas is fair game – therefore the orange has been used to visualize “somehow” rideable areas.

NB! Since this is a military area and live ammunition and explosives is used it is VERY important not to pick up ore ride over any artifact there may be lying on the ground, this is for your own safety – there should not be anything of dangerous nature, but this is just a precaution – please respect this.

This area has features and tracks that in major part resemble that of Finderup, which is the race arena at the Relay at the WMTBOC 2019.

Technical training (map-memory and singletrack) 20th of April in Skive

Arena and parking

Race-arena and Parking is located by Skive Shooting Arena (2 km north of stage 4 arena).

- Distance from EC approx. 33 km.
- Arena coordinates: 56.534167, 9.030327.

Schedule of the day:	
1400	Maps can be collected at CC

Map

Name: Skive Plantage.

Map scale: 1:10.000, contours: 2.5m

Map size: A4 (approx. 21x30).

Reconnaissance: Nov '18 – Mar '19 (Bjarne Hoffmann, Johan MacLassen, Erik Flarup).

Course setter: Johan MacLassen.

Course	Class	Distance	Controls
Mapmeory	All classes	7.0	12
Singletrack	All classes	4.0	-

Terrain description

Western part: both dense and fairly open pine forest, totally flat, with a lot of connecting tracks and paths. The area is used as training area for the local harness racing club, so a lot of the tracks is soft sandy and with horse hoof prints.

Eastern part: A small mostly flat pine forest which all in all is much like the western part but without the horse tracks – this part is just south of Skive garrison and also part of the exercise area; however the local MTB club has built a 4km MTB track in this area.

Ultra long distance 21th of April in Silkeborg

Arena and parking

Race-arena and Parking is located at the clubhouse of Silkeborg Orienteering Club.

- Distance from EC approx. 40 km.
- Arena coordinates: 56.155251, 9.557730.
- Start 1: Course 1-4, 2800 m
- Start 2: Course 5-7, 500 m



Schedule of the day:	
0900	Arena opens
1000	First start all other classes
1030	Free start in classes M/W12 and M/W14 opens
1500	Arena closes
1900	Banquet and lottery

Map

Name: Silkeborg Nordskov, Silkeborg Vesterskov, Silkeborg Østerskov.

Map scale:

Courses 1-5: 1:15.000, contours: 5m.

Courses 6: 1:12.500, contours: 5m.

Courses 7: 1:10.000, contours: 5m.

Map size: A3 (approx. 42/30).

Reconnaissance: Nov '18 – Mar '19 (Peter Poulsen, Steen Frandsen).

Course setter: Erik Skovgaard Knudsen.

Course	Class	Distance	Controls	Mapchange
1	ME	40.6	54	2
2	WE / MJ / M35 / M40 / M45	35.1	46	2
3	MY / M50 / M55	29.3	38	1
4	WJ / W35 / W40 / W45 / M60 / M65	26.2	32	1
5	WY / W50 / W55 / W60 / W65 / M70 / M75	23.5	32	1
6	W-14 / M-14 / W70 / W75 / M80 / M85	9.8	14	-
7	W-12 / M-12	4.9	7	-

Terrain description



Three different forest-areas will be used to this event, all three areas are very hilly, and with a varied assortment of gravel roads, paths, tracks and MTB single tracks. The local MTB club has built a lot of tracks in these forests and some of them are very technical (almost World Cup standard). The hillsides are often steep and muscle grinding, so a good physique is needed to perform, as well as the ability to find the right route option.