



Hanstholm, Denmark

28th April – 02nd May 2021

Bulletin 4

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

Covid 19

It is very important that you as a participant will follow these Covid 19 restrictions in order to keep the Camp safe. The organizers will of course help you to follow these restrictions.

But, in the end YOU are responsible following these restrictions.

Arrival:

Parking: Follow the instructions from the staff.

On the way to start:

Close to the start the organizers have located a table with rental SI units packed in a small plastic bag. At this table the start list will also be placed. Start lists will also be published on the webpage and on Facebook.

Start:

The start is organized to make sure the distance between the participants is correct. Make sure that you are at there no earlier than 10 min before your start time. There will be a start clock that shows your start time 25 M in front of the start. **This start clock is 4 min in front of your actually start time and you will be called forward.** Participants have to use the hand gel on their hands and SI unit before entering the first start box.

Finish:

As soon as the participant are finish with the race/training, please leave the finish area as soon as possible.

The organizers will highly recommend the participants to get a Corona test no later than 4 days before the event. In order to protect the rest of the participants and yourself.

Organizers:	Mariager Orienteering club & Navet		Web-page	http://mtbocamp.dk
Event Directors:	Jørn Svensen & Bjarne Hoffmann		Facebook:	https://www.facebook.com/mtbocamp/
Course setter:	Bjarne Hoffmann & Johan McLassen		Telephone:	+45 40446999
Map maker:	Erik Flarup		E-mail:	info@mtbocamp.dk

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Welcome

Welcome to the MTBO-camp. The organizing team warmly welcomes you to this special covid 19 2021 edition of “Danish MTBO camp”. It has become a tradition with a season-opening training camp in Denmark offering mapping and course-setting of the highest standard. The 2021-event will not let you down! On behalf of the organizing team, we welcome you to the North Western part of Jutland Denmark.

Jørn Svensen and Bjarne Hoffmann

Event Directors

Venue/Event center

Hanstholm Camping
Hamborgvej 95
7730 Hanstholm
Danmark

We have decided to close the office due to the restrictions. Any kind of contact with the organizing team, has to be at a minimum. Contact number is +4540446999.

You have to meet directly at the competition area. Where the final instructions will be published.

Highlights of North Jutland

North Jutland offers unique nature areas, art and culture, all in a class of their own, and of course lots of attractions you should not miss out on. The experiences are lined up for you and we have gathered some of the highlights for you to explore, on this page



More information : <https://www.visitnordjylland.com/>

Accommodation

The camp organizer is not responsible for the accommodation.

Price giving

There will be no price for winning your races. Except the honor of course. Instead, we have decided to make a lottery of all our sponsored gifts and the winners can collect their prizes at the competition area. The list will be published the 28th of April.

Rules / Doping

Riding off the tracks is strictly forbidden. Violation of this rule may, if done deliberately, result in exclusion from the camp without compensation.

The organizers will not be liable for any health insurance for participants. It is recommended that all participants arrange their own personal health insurance. Participation is at own risk.

Sales of any kind is not allowed at the competitions or at the Event Center unless you have made an agreement with the organizers

Doping is strictly prohibited.

Program

Date	Terrain	Distance from EC
28 April	Legind Bjerge Middle distance.	52 km
29 April	Morning Svinkløv. Long distance (Young Guns Series, World Masters Series)	52 km
	Afternoon Kollerup. Technical Training	48 km
30 April	Morning Vandet plantage. Middle distance (Young Guns Series, World Masters Series)	21 km
	Afternoon Vandet plantage. Technical Training	
01 May	Ultra Long distance. Nykøbing Mors	48 km
02 May	Vilsbøl. Medium distance.	21 km

Classes

These classes apply to the ordinary classes in the international competitions and your entry applies for all these competitions. You cannot change from one class to another during the Camp.

1. ME
2. WE,M 20,M35,M40,M45
3. M17,M50,M55
4. W20,W35,W40,W45,M60,M65
5. W17,W50,W55,W60,W65,W/M70,W/M75,W/M80,W/M85
6. W/M14
7. W/M11

Competition information

Races Thursday, 29 of April (Long distance Svinkløv) and Friday, 30 of April (Middle distance Vandet plantage) will be a part of Young Guns and Masters Series.

Maps/Terrain

WED 28 April

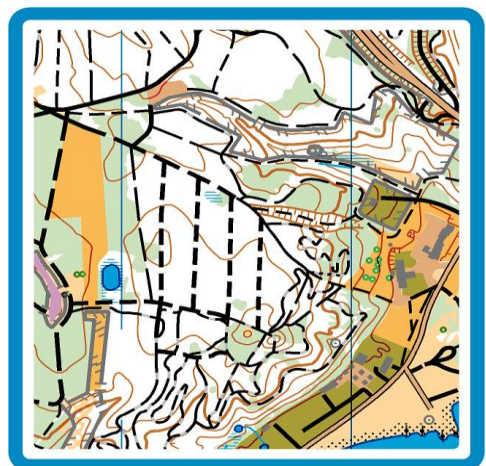
Shortened Middle distance Legindbjerge.

Venue: Legindvej 30, 7900 Nykøbing Mors.

Toilets not available.

Direction: Signs on road A 26.

Map: Legindbjerge 2021 1:7500, 2,5 m A4/A3 size.



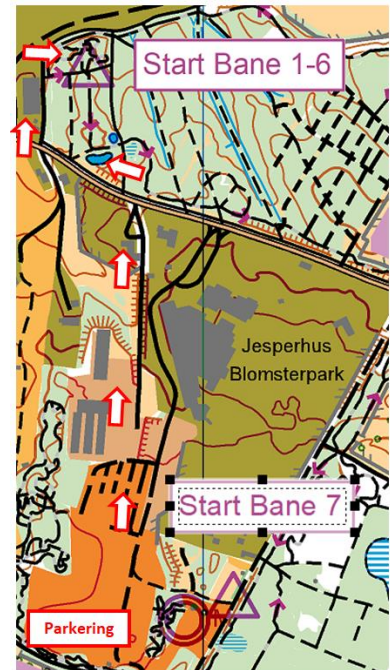
Start: 1700-1900. Follow the start list.

All riders must be finish at **2030**.

Start 1: Course 1-6. 700 m to start. Follow Red/White/Blue ribbons

Start 2: Course 7. Close to finish. Further information at the competition area.

Course 1	12.1 km/24 c
Course 2	8.7 km/21 c
Course 3	9.3 km/19 c
Course 4	7.8 km/15 c
Course 5	6.3 km/12 c
Course 6	5.5 km/ 10 c
Course 7	3.1 km/ 8 c



Maps turn on course 1-3.

Blow-up map on map 1-4

Blow up is on map 1.

Course 1-6:

On the way to control 1. A part of the asphalt road is marked with zig-zag lines. This means that the road is "MTBO prohibited" This is to keep the asphalt road reserved for riders, who are warming up.

Legind Bjerger på dansk.

Kortvend: Bane 1-3

Blow-up (forstørrelse)

Bane 1-4 har 2 "blow ups".

Disse er relevante for alle baner i den indledende del af baneforløbet.

Bane 1-6:

På strækket Start-1 har disse baner markeret et segment "MTBO forbudt" – markeret med zig-zag linjer – på en asfaltvej

Det er for at friholde asfaltvejen til ryttere der varmer op.

THU 29 April

Long distance Svinkløv/Kollerup

Venue: Brøndumvej 25, 9690 fjerritslev.

Toilets available.

Direction: Signs on road 569. Town center of Fjerritslev

Map: Svinkløv 2021 1:10000, 2,5 m A3 size. Kollerup 2021 1:10000, 2,5 m A3 size. Fjerritslev 1:7500 2,5 M A3 size.

Start: 1000-1200. Follow the start list.

All riders must be finish at **1530**.

A part of the World Masters and Young Guns Series.

Start 1: Course 1-5. 7,5 km to start. Follow signs/ red/white arrows. There is an red/wite arrow and a flag at every turn. You can also print this page.
Start 2: Course 6-7. 700 m to start. Maps handed out at the finish area.

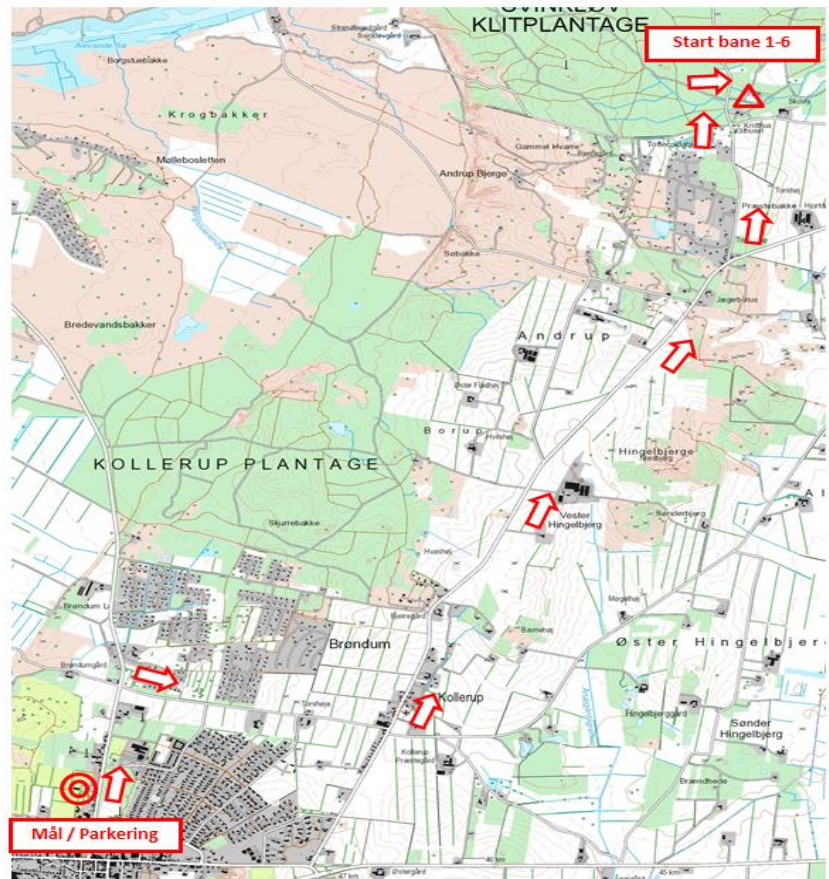
Course 1	28.4 km/ 36 c
Course 2	25.4 km/35 c
Course 3	24.1 km/33 c
Course 4	17.3 km/ 26 c
Course 5	13.9 km/ 20 c
Course 6	5.2 km/ 12 c
Course 7	4.4 km/ 10 c

Maps turn and change on course 1-5.

5 Free-order controls on map 3 on course 1-5

All map will be handed out, at the start.

Blow-up:



Even today, course 1-3 have the pleasure of being challenged with a smaller Blow-up map (At control 2 and control 3)

The controls are located in a newly build 'children's park'. There are direction arrows on the paths on the map that indicates the direction of riding - they must, like other days, be unconditionally respected.

Are there children or others on the track - SHOW CONSIDERATIONS

Svinkløv- Kollerup på dansk

Kortvend og Kortskifte: Bane 1-5 har både kortvend og kortskifte

Bane 1-5 har på map 3 indlagt et sekment med 5 'free-order' poster /valgfri rækkefølge:

Alle kort udleveres ved start

Blow-up:

Også i dag har bane 1-3 fornøjelse af at blive udfordret med et mindre Blow-up map (post 2 og post 3)
Posterne ligger i en nyligt anlagt 'børne-park'. Der er retningspile på stierne der angiver kørselsretning – de skal som øvrige dage ubetinget respekteres.
Er der børn eller andre på sporet – SÅ VIS HENSYN

THU 29 April

Training Kollerup

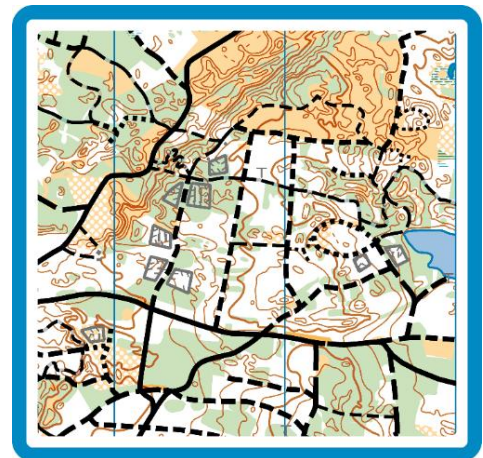
Venue: Brøndumvej 25 9690 fjerritslev.

Toilets available.

Direction: Same venue as the Long distance.

Map: Kollerup 2021 1:7500, 2,5 m A4/A3 size.

Start: 1500-1700. Free start. All riders must be finish at **1700.**



Training focus: 8,9 km 15 controls. Memory course - remember up to 3 stretches at a time if you dare to challenge yourself. There will be card sections at each control.

FRI 30 April

Middle distance Vandet

Venue: Tandrupvej 1, 7700 Thisted.

Direction: Signs on Klitmøllervej, Mainroad 557.

Map: Vandet 2021 1:10000, 2,5 m A3 size.

Start: 1000-1200. Follow the start list.

All riders must be finish at **1400**.

Part of the World Masters and Young Guns Series.

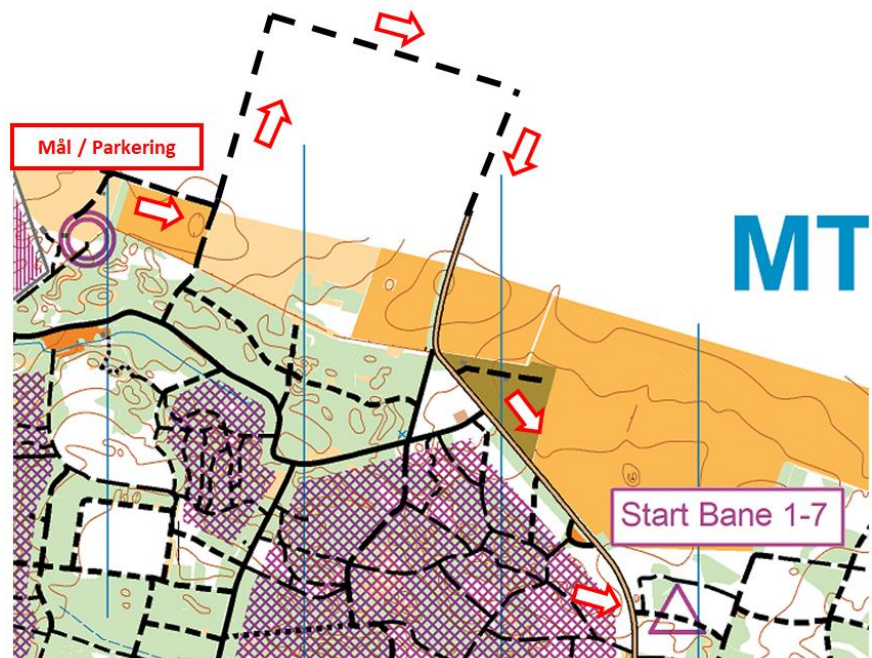


Start: Course 1-7. 1250

**m to start. Follow
Red/White/Blue
ribbons.**

Course 1	13.1 km/ 24 c
Course 2	11.6 km/ 21 c
Course 3	11.3 km/ 18 c
Course 4	9.8 km/ 18 c
Course 5	7.5 km/ 12 c
Course 6	5.2 km/ 10 c
Course 7	4.1 km/ 8 c

Maps turn on course 1-3.



FRI 30 April

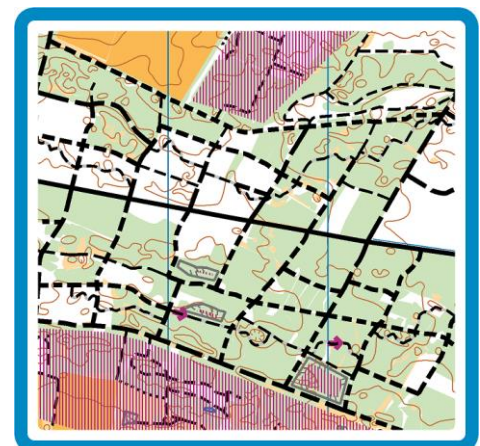
Training Vandet

Venue: Tandrupvej 1, 7700 Thisted.

Direction: Signs on Klitmøllervej Mainroad 557.

Map: Vandet 2021 1:10000, 2,5 m A3 size.

Start: 1300-1600. Free start. All riders must be finish at **1600**.



Training focus: 9,5 km 23 controls. Labyrinth training, use only the paths that are available on the map, and keep an eye on the alignment of the paths - it's tricky. (Usynlig-o)

SAT 01 May

Ultra Long distance Jutland

Venue: Øroddevej 80, 7900 Nykøbing Mors.

Toilets not available.

Map: Everywhere on the Island Mors.

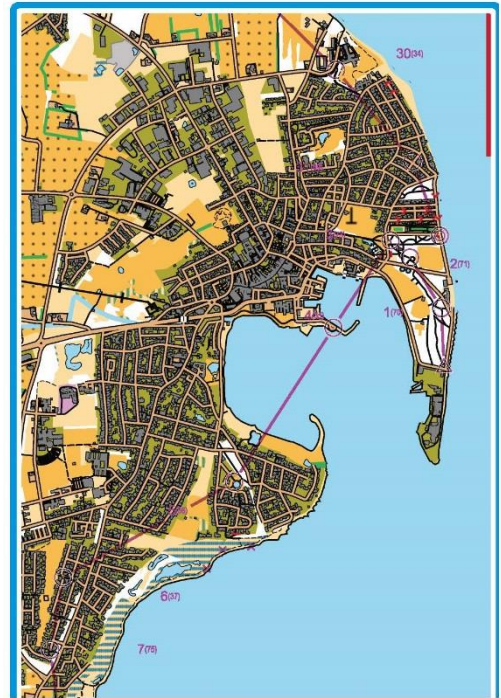
Different scales.

Start: 1000. Follow the startlist.

All riders must be finish at **1500**.

Start: Course 1-7. 300 m to start. Look in the area to see the start.

Course 1	58 km /33 c
Course 2	51 km/30 c
Course 3	43 km /26 c
Course 4	37 km/23 c
Course 5	31 km /23 c
Course 6	24 km /21 c
Course 7	4 km /15 c



Words from the course stetter:

The start takes place in a city park inside Nykøbing Mors, where you of course drive nicely and greet everyone you pass. YOU should probably use your strength later in the race.

Nykøbing is the city where DTU researches mussels. Here is also Vindsund Blue, which is the world's first mussel fishery certified with MSC, which recognizes sustainable fishing.

In Nykøbing, a large freight railway building was built in 1889 and train carriages were sailed across from the mainland. The first dams were built for the railway and a railway bridge was even built. But rails were never laid. The trucks overtook the railway.

The trip on Sydmors is a fantastic trip on the very small roads. Some are so small, that they should be classified as a bike path. At Mors you can buy a villa with 4 rooms for DKK 285,000 or a Strandvejsvilla for DKK 2.5 million.

Look forward to a slightly hilly bike ride between fields, farms and beautiful nature. Mors is an island where the weather can be crucial to your finish time. Shelter to the wind does not exist. Have a nice trip.

SUN 02 MAY

Middle distance Vilsbøl plantage

Venue: Agerholmvej.

Direction: Signs on Klitmøllervej. Mainroad 557.

Map: Vilsbøl 2021 1:10000, 2,5 m A4 size.

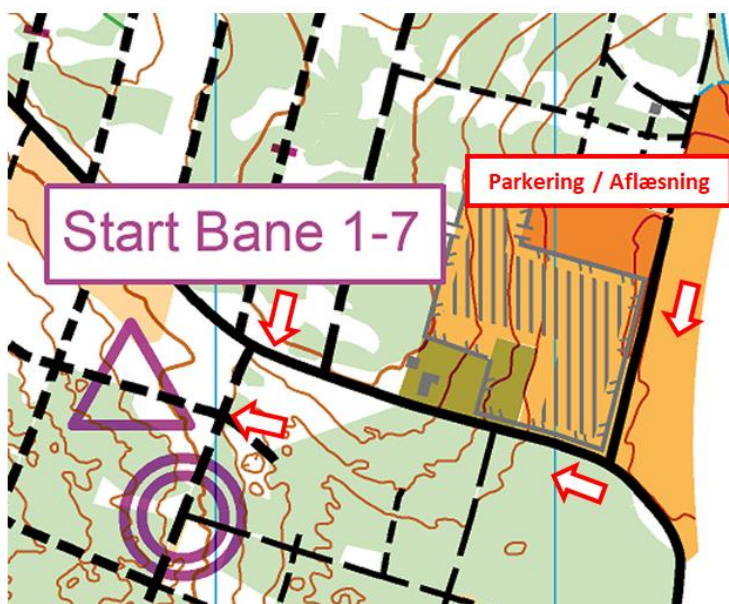
Start: 0900-1100. There will be a start list. All riders must be finish at **1300**.

Start: Course 1-7. 500 m to start. Follow Red/White/Blue ribbons.



Course 1	11.2 km/ 25 c
Course 2	9.1 km/ 23 c
Course 3	8.3 km/ 19 c
Course 4	6.8 km/ 16 c
Course 5	6.4 km/ 15 c
Course 6	5,9 km/ 13 c
Course 7	4.0 km/ 12 c

Maps turn on course 1-6.
Kortvend på bane 1-6.



MAPS

The maps (Except for the Ultra Long distance) is produced in accordance with the International Standard for Mountain Bike Orienteering Maps ISMTBOM 2010 and later amendments. All maps will be updated April 2021 by Erik Flarup.

Orange area is rideable
I orange område må der cykles.

MTB tracks are marked with a grey colour under the track signature.

MTB spor er markeret med en grå undertone.

No riding in 100 % yellow.
Ingen kørsel i 100 % gul.



General information all days

SHOW RESPECT:

We are guests in the forests and from all the forest owners we are met with concern for the other guests in the forests. So show consideration.

Especially for hikers, children, horses and others who might be surprised by a fast MTB rider

MTB Track:

In general, traffic against the direction of travel on the MTB tracks is undesirable. It is therefore part of the course setting that riding on MTB tracks takes place in the recommended direction of travel.

To support this purpose, directional arrows, have been drawn where this is relevant.

IMPORTANT:

If directional arrows are drawn on the MTB track on the race map, these must be followed **UNCONDITIONALLY**. Driving in opposite direction these arrows will lead to disqualification. The use of directional arrows is widespread to / from the controls **AND MUST BE RESPECTED**



What if there are no arrows?

Recognizing that we can not have arrows everywhere on the map - it will greatly affect the readability – Therefore it is not forbidden to ride against the recommended direction of travel IF NO DIRECTIONAL ARROWS ARE DRAWN.

The layout of the course has taken into account that the realistic road choices will include the use of MTB tracks, and are made in the recommended direction of travel.

Short summary:

Respect the arrows - unless you want to be disqualified and expose other MTB riders to danger.

If there are no arrows, ride - but always be alert and show consideration.

Generel information alle dage

Generel information for alle dage

VIS HENSYN:

Vi er gæster i skovene og hos alle skovejerne bliver vi mødt med bekymring for de øvrige gæster i skovene. Så udvis hensyn.

Særligt overfor gående, børn, heste og andre der kunne tænkes at blive forskrækket over en hurtig MTB rytter

MTB Spor:

Generelt så er færdsel mod kørselsretningen på MTB-sporene uønsket. Det indgår derfor i banelægningen at færdsel på MTB spor foregår i anbefalet kørselsretning.

For at understøtte dette formål er der indtegnet retningspile ud/ind til alle poster, hvor dette er relevant.

VIGTIGT:

Er der på løbskortet indtegnet retningspile på MTB sporet skal disse **UBETINGET** følges. Færdsel modsat disse pile vil medføre diskvalifikation.

Anvendelse af retningspile er udbredt til/fra posterne OG **SKAL RESPEKTERES.**

Hva så, når der ikke er pile?

I erkendelse af, at vi ikke kan have pile samtlige steder på kortet/sporet – det vil i høj grad påvirke læsbarheden – så er det ikke forbudt at færdes mod den anbefalede kørselsretning **HVIS IKKE** der er retningspile indtegnet.

Der er i banelægningen taget hensyn til, at de realistiske vejvalg der kunne inkludere anvendelse af MTB-spor, sker i den anbefalede kørselsretning

Kort opsummering: Respekter pilene – medmindre du vil diskvalificeres og udsætte øvrige MTB ryttere for fare

Hvis ikke der er pile, så køør - men se dig altid for og vis hensyn☐



Time keeping

SPORTident Air will be used in all competitions/trainings.

In case of SIAC rental. You must meet directly at the competition area where your rental SI unit will be packet in a small plastic bag with your name on. It is placed on a table close to the start. This SI unit will be the same for the complete camp or for the single races you have signed in for. As soon as you have finished your last race, you have to put the SI unit in a bag at the finish after you have your timings.

Entry fees and deadlines.

Number of participants is limited to 150

Because of the unclear situation in connection with the Covid 19, we have decided to do the entry in the following way.

Danish participants:

1. Member of a Danish Orienteering Club sign in through **O-service**. Also for single day entry.
2. **Non member** of a Danish Orienteering Club through the following link:

<http://mtbocamp.dk/mtbo-camp-2021/signup/>

Fill in the required information. Entries are published on the website immediately.

Payment details:

Reg nr. 9570 Account no. 13198012

Danske bank

Please write your name in the transfer, so the organizer can get a view of who the transfer is from.

	M/W-14	M/W-20	M/W 21-
Danish participants			
Entry fee until 10th of April 2021 Per person/participant	DKK 150	DKK 600	DKK 825
Late entry 11th – 26st of April 2021 Per person/participant	DKK 190	DKK 825	DKK 1090
SI card – rental for all competitions	DKK 150	DKK 150	DKK 150
Foreign participants	EUR 20	EUR 80	EUR 110

	DKK 150	DKK 600	DKK 825
SI card – rental for all competitions	EUR 20 DKK 150	EUR 20 DKK 150	EUR 20 DKK 150

In case of cancellation of the event due to Covid 19 restrictions. The organizer will refund the entry above 150 DKK back to participants. The 150 DKK will be used to cover the expenses that the organizers already have used to get the camp ready. This amount is not refundable. At the moment, this is not likely to happen.

Foreign participants full camp:

1. Pay at arrival.

<http://mtbocamp.dk/mtbo-camp-2021/signup/>

Fill in the required information. Entries are published on the website immediately.

For M/W 11 participating is for free.

Foreign participant single day entries: (Sign in no later than 26th of April)

Single day entries will be offered, for all the races, and training. If you don't want to participate in the whole camp, but you just want to participate in a single training or at Young Guns, World Masters Series. To help the organizers, please make your entry by email to competitiondirector@mtbocamp.dk, including all the information's given in the normal registration form. Also register the class you want to participate in. The same classes as the classes in the full Camp.

Hence: only use the registration form on the website (<https://mtbocamp.dk/mtbo-camp2021/signup/>)

Entry fee for 1-day entry is EUR 20 per race/training for M/W-14 and M/W-20.
And EUR 25 per race/training for M/W-21 to M/W 85.

Deadline for single day entry is 26th of April.

Withdrawals:

Withdrawals will be accepted as follows:

- Until 10th of April withdrawals receive a 50 % refund. No refund to M/W-14.
- After 10th of April withdrawals will not be accepted.

Transportation

The organizers do not offer transportation during the Camp. Competitors/participants must arrange own transportation.

Entry permits (Visas)

Denmark is a full Schengen member state. Non-Schengen residents may have to apply for a short stay visa.

More information

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

Facebook <https://www.facebook.com/mtbocamp/>



(Please visit and “like” to get regular updated information)

The organizers will not print this Bulletin 4 for the participants. It is your own responsibility to make sure that you are informed of the details about the races before you participate in the MTBO camp.