

MTB-O Camp 2009

Bulletin



Program

Fri +15.00 arrival

Sat 10.00 **Camp Cup 1 – Teglstrup Hegn (middle)**

Sat 14.00 Training – Hornbæk Plantage (o-intervals)

Sat 21.00 **Camp Cup 2 - Tisvilde H. (night short)**

Sun +06.00 **Hamlet Relay – Tisvilde Hegn (relay)**

Sun 14.00 Training – Grib Skov Nord (o-technical)

Sun 20.00 Pällikkoo's Diavolo Challenge (si-punch)

Mon 10.00 **Camp Cup 3 – Rude Skov (middle)**

Mon 14.00 **Camp Cup 4 – Geel (sprint)**

Mon 15.00 Monday MTB-Challenge

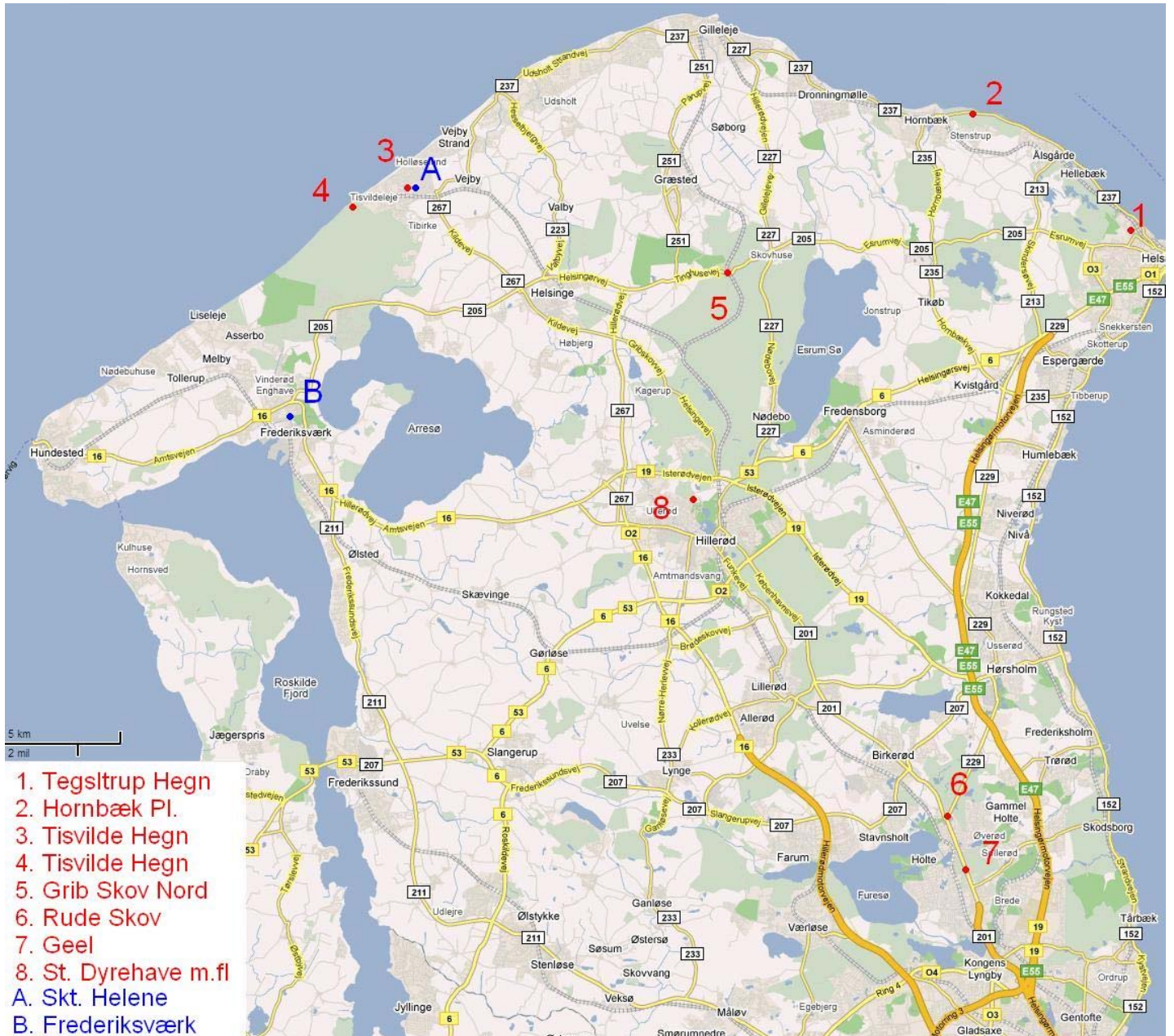
Tue 10.00 Check-out

Tue 11.00 **Camp Champs Høker** – (ultralong)

Welcome to MTB-O Camp 2009 Tisvilde.

The purpose of the training camp is to start the season with a lot of MTB-O trainings and socializing.

EOC: This year is special because EOC will be in Denmark in June. Many national teams participate in to test the similar Danish terrains which are very close to the EOC terrains.



The map above shows the venues for MTB-O Camp 2009. The event center is A. Skt. Helene, and B. is Frederiksværk Vandrerhjem – the other hostel. The red dots mark the location of each training.

Organizers

The organizers are officially OK SG (the Hamlet Relay Saturday night/Sunday morning) and OK Øst Birkerød (everything else).

OK Øst Birkerød: Johan Holkmann Jacobsen, +45 30757393, johan.jacobsen@gmail.com

OK SG: Jan Hausner, hausner@nesa.jay.net

Accommodation

MTB-O Camp uses 2 hostels for accommodation.

| | |
|--|---|
| <p>Skt. Helene Feriecenter (www.helene.dk)</p> <p>Bygmarken 30 3220 Tisvildeleje +45 48709850 Email: info@helene.dk Directions: http://www.helene.dk/uk/home/map.php</p>  <p>Skt. Helene has 28 cabins with room for 4-5 people, 1 single bed and 2 small double beds. There is running water, but toilets, bath and kitchen is in a common building close by.</p> <ul style="list-style-type: none"> • You need to bring bed linen, sheet and towel. • No bikes inside the cabins! | <p>Frederiksværk Vandrerhjem (www.strandbo.dk)</p> <p>Strandgade 30 3300 Frederiksværk +45 47770725 Email: post@strandbo.dk Directions: http://www.strandbo.dk/uk/findcontactus.html</p>  <p>Frederiksværk Vandrerhjem has rooms for 2-6 persons and some cabins as well.</p> <ul style="list-style-type: none"> • You need to bring bed linen, sheet and towel. • No bikes inside the rooms! |
| <p>Check in: Friday after 15.00.</p> <p>Teams in cabins and rooms: The hostels have been given a list of teams and which cabins/rooms they are staying in. The list can be seen here: http://www.mtbocamp.dk/2009/entrylist.xls</p> | |
| <p>Late check in, Skt. Helene: If you arrive late in the evening, please make arrangement with the hostel directly.</p> <p>Keys for cabins will be hung in an envelope on the reception door.</p> | <p>Late check in, Frederiksværk: If you arrive late in the evening, please make arrangement with the hostel directly.</p> <p>Keys for rooms will be in a locker in the entrance. You need a code from the hostel to get in.</p> |
| <p>Check out: Tuesday before 10.00</p> <p>Cabins and rooms have to be tidy and cleaned – and will be checked by staff before you leave.</p> | |
| <p>Meals: Accommodation fee includes breakfast and dinner. You have to arrange your own lunch.</p> <p>Breakfast: 8.00 Dinner: 18.00</p> | |

Camp Check in (also for you guys who have live elsewhere)

When you are all settled in your cabin or room – you also have to do a “MTB-O Camp” check-in.

19.00-20.00 Frederiksværk

20.30-22.00 Skt. Helene

09.30-10.30 HSOK Klubgården (event area Saturday morning).

You will receive:

- Hornbæk Plantage map for Saturday afternoon training
- Grib Skov Nord map for Sunday afternoon training
- Sport Ident rental chip
- 2 plastic covers for the maps (A4+A3)
- Entry fee - a chance to pay (missing payments from 1 x POL, 13 x RUS)
- Instructions, if any “last minute changes”.
- Code of Conduct – Danish rules.

Sport Ident rental and +7 digits problems

These are the riders who have not registered any Sport Ident:

| | | | | | |
|------------|--------------|---------------|-------------|--------------|--------|
| Broholm | Allan | Kjærhus | Frank | Pedersen | Lasse |
| Deferm | Sam | Kornvig | Mette | Plauborg | Anni |
| Enevoldsen | Janus | Kristoffersen | Troels Bech | Poulsen | Claus |
| Gasbjerg | Torbjørn | Lahtinen | Tuomo | Rasmussen | Hanne |
| Grouleff | Klaus | Larsen | Jesper | Refslund | Bjarke |
| Haga | Antonia | Mortensen | Anne-Mette | Rotovnik | Tomas |
| Hauberg | Agnethe | Nelboe | Margit | Schwartzlose | Martin |
| Jensen | Brian | Nielsen | Dan | Strunge | Søren |
| Johansen | Henrik Konge | Nørregaard | Anne-Mette | Treschow | Maria |
| Juura | Elmeri | Oeyen | Greet | Vesanto | Tarja |
| Ketonen | Miikka | Olesen | Ditte Marie | Wik | Toni |
| Kirkegaard | Anne-Mette | Pedersen | Christian | | |

Sport Ident rentals will be handed out at check-in. If you lose the Sport Ident or forget to return it by the end of camp – you will be charged with the price of a new Sport Ident chip.

Some of you, I bet, have Sport Idents, but just forgot to send me the number. Please send it right away:

joan.jacobsen@gmail.com

Important: For those who have Sport Ident with 7+ digits 1.000.000+ and 2.000.000+, I have been working on a solution that enables all our equipment to handle your Sport Ident chips. But I cannot guarantee it. Please check by the event office (my cabin) and try it out with our equipment.

If it does not work you can borrow a 6 digit Sport Ident chip.

MTB-O Rules - Denmark

It is forbidden to ride (and run) outside the paths, tracks and roads marked on the map. It is the responsibility of the rider to ensure that the paths are on the map.

Exception: Riders are allowed to ride in areas marked with 100% yellow (like in Czech Republic). No riding in 50% yellow (Open rough area)!

MTB-O Camp is a training camp. There will be no marshals in the forest to disqualify riders. But at EOC there will be marshals – so even if you are a cheater, you might as well stay on the tracks this week to practice MTB-O under these circumstances.

Important: In Denmark we often struggle to get permissions for MTB-O. Forest owners and authorities have let me know that they will forbid MTB-O in the future in Denmark if the riders do not behave.

I will not hesitate to disqualify any riders based on rumors – and if the crime is grave you will be banned from the rest of Camp!

Example: Last year 2 experienced international riders crashed into a woman walking in the forest and she was hurt. The riders did not even stop.

Code of Conduct

- When you encounter other people (especially horseback riders) in the forest: SLOW DOWN and say “have a nice day”!
- Traffic laws must be obeyed.
- Crossing roads and railroads must be done with precautions.
- No littering.

Maps

Maps are standard MTB-O maps in general, but some of them do have some small detail-mistakes like e.g. buildings with black color instead of 70% black (grey). Overall it should cause no problem.

2 plastic covers will be handed out at check in – one for A3, one for A4. It can be used for the map if it is raining or if you just prefer the map a bit protected. At Hamlet Relay maps will be waterproof prints.

Competitions and results

MTB-O Camp is supposed to be good training and lots of fun. We will use Sport Ident to make able to compare your splits with the other competitors. Results will be published on the website.

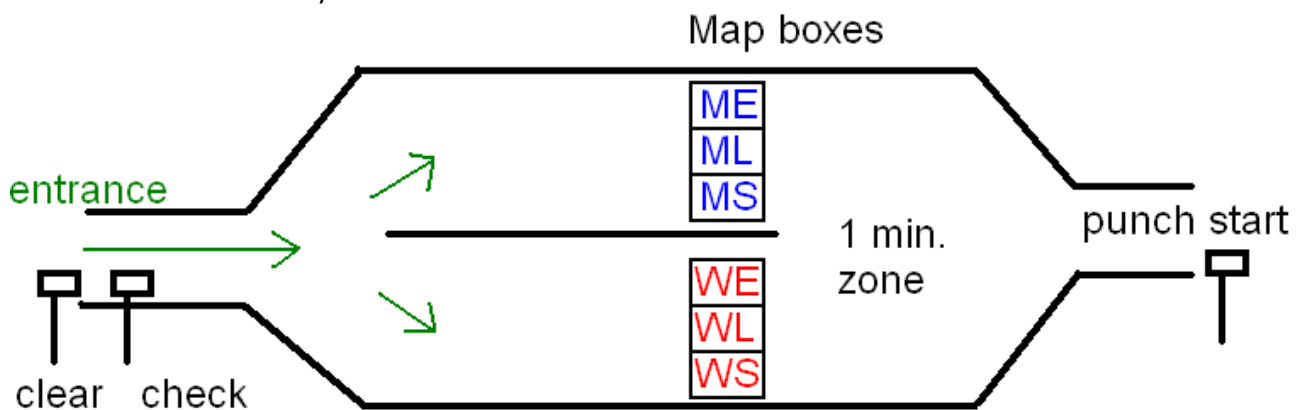
| | |
|--------------------------------|---|
| Camp Cup | Low profile competition – just for fun. Best 4 of 5 races will count. Prize giving each night at 20.00 will include handing out a yellow jersey to the overall leader in ME and WE – and Danish beer for stage winners. |
| Hamlet Relay | Hamlet relay is the new part of MTB-O Camp – organized by OK SG. 4 persons make a team and the race include individual night short distance Saturday night and a relay Sunday morning. |
| Päällikkoo’s Diavolo Challenge | Sunday 20.00. The fastest Sport Ident punching men and women will compete for the honor. The 16 best compete 2 at a time. The winner goes on to next round, quarterfinals, then semifinals and in the end the final. |
| Monday MTB-Challenge | Technical MTB track in Geel Skov, immediately after Camp Cup 4. |

Startlists and procedure

For Camp Cup 1, 3 and 4 – a “self-helped start” procedure will be enforced. That means YOU are yourself responsible for entering the start box, grabbing the right map, looking at it for 1 minute and punching the start control when exiting (starting the course).

Startlists will be published at the website. 1 minute start intervals in each class. Please respect the start times.

1. When your start time (from the start list) is up, enter the start box.
2. Punch Clear until the beep sounds.
3. Punch Check until the beep sounds.
4. Continue to box of maps with the name of your class on it.
5. Wait until the guy/girl in front of you (from your class only) punches start.
6. Grab your map - look at it for 1 minute.
7. Punch Start (Sport Ident Control) when exiting the start box.
8. Your time officially starts.



For the Hamlet Relay a normal starting procedure will probably be used by the organizer OK SG for the night short distance (Camp Cup 2). Starting procedure for the relay start Sunday morning will be “chase start-style”. For Camp Champs Høker Tuesday a mass start will be used. Your map will be given to you when entering the start zone.

Finish

When you punch the finish control your time stops. Go to the event area and have your Sport Ident read. Always report back, even if you did not finish. If you are very slow – please return at max. time. Bike wash will be possible at some event areas and at the event center in Skt. Helene.

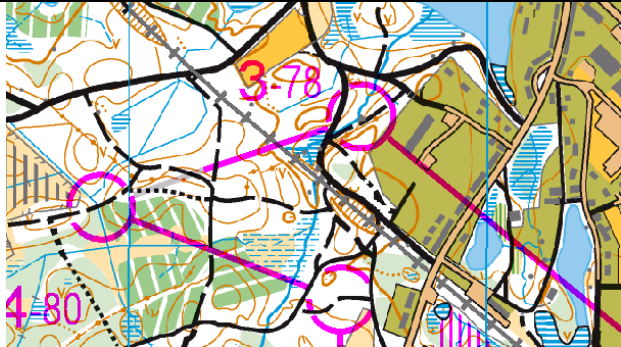

Mechanic


If your bike needs repair several bike shops are found throughout the area. We have chosen to work with: Rex Cykler, Bymosevej 9-11, 3200 Helsingør – phone: +45 48794999, mobile: +45 21436888

Mechanic Martin Rex will drop by the event center Skt. Helene Saturday afternoon/evening. Please let me (Johan) know if you need help/spare parts from the mechanics and I will give him a call.

The shop is in Helsingør: <http://www.rex-cykler.dk/>

Saturday

| | | |
|-----------------------|---|---|
| Training | Camp Cup 1 Extended middle distance. |  |
| Start | 10.00 | |
| Max. time | 13.00 | |
| Map | Teglstrup Hegn 1:15.000, A3 size, print, 2009 | |
| Venue | HSOK Klubgården, Gl. Hellebækvej, Helsingør. Driving directions: Follow 205 to Helsingør. Turn left at Gefionsvej. At the end of the road turn left again on Gammel Hellebækvej. | |
| Distances | ME: 21,0 km ML: 17,8 km MS: 12,6 km | WE: 15,4 km WL: 13,1 km WS: 8,5 km |
| Special info | Be extremely careful when crossing the railroad. When starting and finishing you are driving on a rather narrow public road be careful and obey traffic law. | |
| Lunch recommendations | It's just about 1 km to center of old town Helsingør. Be sure to see Kronborg Castle – home of Shakespeare's Hamlet. |  |

| | | |
|----------|---|--|
| Start | 14.00 or whenever you are ready. | |
| Map | Hornbæk Plantage 1:15.000, A4 size, print, 2007 | |
| Training | O-technical training. Interval laps of 6-7 controls. 4 x 3 km. Purpose: This training aims to improve your skills in terrain with a dense network of paths. Relay-practice: 3-5 riders start with 20-30 seconds intervals. The riders in front are under pressure from being caught by the guys trailing. After each interval change roles. |  |
| Venue | Driving directions: Take the coastal road from Helsingør and you will arrive in Hornbæk. Park at any parking area. | |
| | If anyone wants to volunteer for taking in controls at 16.00 please let me know. | |

Hamlet Relay


Official organizer site: <http://oklub.dk/> - please check their website for accurate information. This is my interpretation:

Rules: The relay team has 4 members, maximum 3 x M21 riders. Each rider does 1 night leg (individual start in his/her own class) and 1 day leg (relay). The team's best 2 night times count for the starting time Sunday morning.

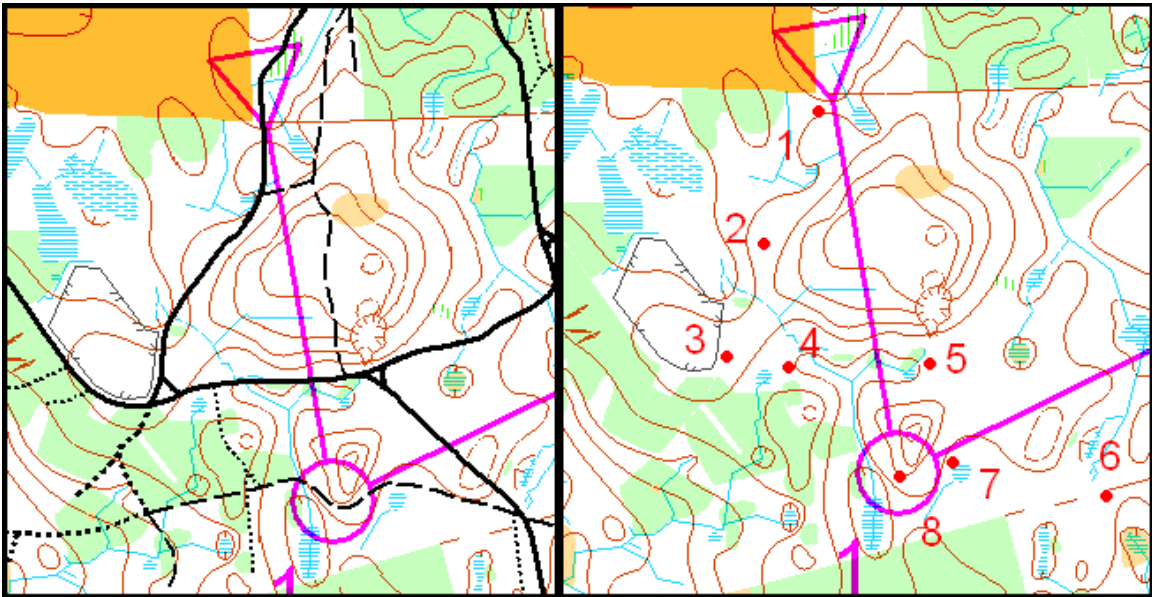
Setting team: Team must be set Monday March 30th (or as fast as possible) by sending an e-mail to: hausner@nesa.jay.net

1. Name of each rider
2. Class for night leg (the same class as MTB-O Camp!)
3. Sport Ident numbers (or rental)
4. Which leg each rider does Sunday.

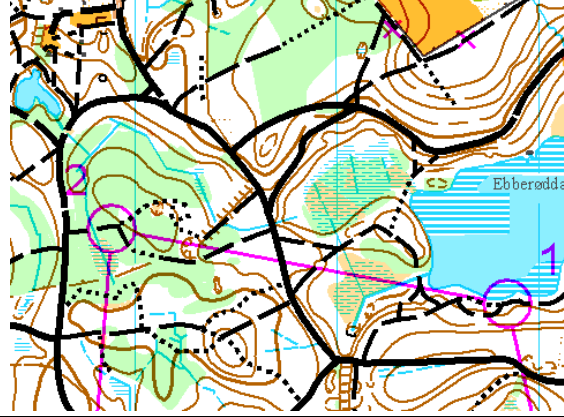
The members can be changed until Saturday – but the Sport Ident has to stay at the same leg as in the initial entry. A “riders bank” will be set up at the event center for those struggling at setting a team.

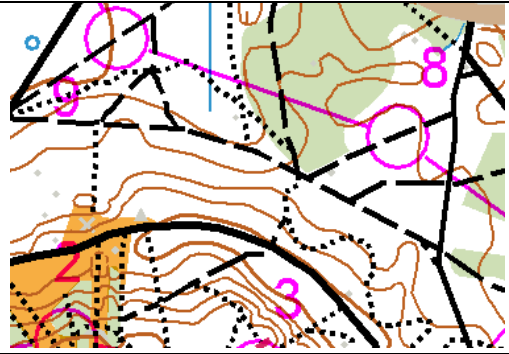
| | | |
|--------------|---|---|
| Hamlet Relay | Part 1 Night short distance | Part 2 Relay chase start |
| Start | 21.00 | 6.00 (+ team's best 2 times at night leg) |
| Venue | Skt. Helene – event center Start 2400 m (red-white markings) | In the middle of the forest. From Skt. Helene 2400 m (blue-white), from beach parking 1900 m (red-yellow). |
| Map | Tisvilde Hegn 1:15.000, 2009, Waterproofed paper | |
| Distances | ME: 12,1 km (11 controls) ML: 10,5 km (11 controls) WE, WL: 9,1 km (10 controls) MS, WS: 7,3 km (9 controls) <i>Each rider rides their own class.</i> | 1. leg 20 km (20 controls) - blue 2. leg 10 km (15 controls) - red 3. leg 15 km (17 controls) - green 4. leg 20 km (20 controls) - black <i>Teams decide themselves which legs the riders do. Each rider carries a colored start bib.</i> |
| Change over | 5-15 minutes before finish the riders punch the spectators' control. Each rider is responsible for taking his/her own map. | |
| Prize giving | 30 minutes after 3rd team finish. | |
| Camp Cup | The night short distance part of Hamlet Relay counts as Camp Cup 2. | |
| |  | |
| | (old map) | |

Sunday


| | |
|----------|---|
| Start | 14.00 or whenever you are ready. |
| Map | Grib Skov Nord 1:15.000, A4 size, print, 2008 Special map with no tracks and paths! |
| Distance | 11,9 km (13 controls) |
| Training | <p>Purpose: This training aims to improve your skills of reading map details other than tracks.</p> <p>Philosophy: Often when navigating through the course you tend to use only the paths and tracks you pass for information on where you are. When you make mistakes – often you could have noticed the mistake much earlier if you had noticed details in the terrain next to the tracks.</p> <p>Instructions: 2 riders start the course, first rider sets the course for control no. 1 and explains the details he/she uses for orienteering (aloud while riding), second rider checks the map to ensure the first rider is correct. After each control the riders changes roles.</p> <p>It is important to emphasize that it is not the time used for finding the control that is important but rather the amount of details that can be picked up from the terrain while riding.</p> <p>Example: First map shows the map as it looks normally. Second map is the one you will use.</p> <ol style="list-style-type: none"> 1. <i>Going south (compass), noticing the corner of an open area on my right.</i> 2. <i>Large hill on my left. The road is turning south-east.</i> 3. <i>Fence on my right. Dense forest directly south of me. I'll turn left going east.</i> 4. <i>A small path (not showing on map) leads south just next to small wet area.</i> 5. <i>Creek ends on my right. On my left (north) is big hill. I will turn right going south.</i> 6. <i>Noticed I was moving wrong direction away from the little hill just north of(1).</i> 7. <i>Getting close to hill north of the control. Small wet area on my left.</i> 8. <i>Bingo – control no. 1.</i> |
| |  <p>Important: You are not allowed to ride outside the tracks! All controls are at fairly well tracks or pretty close to large roads.</p> |
| EOC | This terrain is very much like EOC Long distance terrain which will be just few km south. |
| Venue | Driving directions: Road 205. Park at the railroad crossing 2 km east of Mårum. |

Monday

| | | |
|-----------------------|---|--|
| Training | Camp Cup 3 Middle distance. |  |
| Start | 10.00 | |
| Max. time | 13.00 | |
| Map | Rude Skov 1:15.000, A4 size, print, 2009 | |
| Venue | Rudegaard Stadion, Kongevejen, Holte Driving directions: follow 201 towards Holte. Rudegaard is in the 201-209 intersection. | |
| Distances | ME: 17,0 km ML: 14,0 km MS: 10,0 km | WE: 15 km WL: 10 km WS: 7 km |
| Special info | Be careful when crossing the road (Hørsholm Kongevej). Cars travel really fast here. | |
| Lunch recommendations | 2 pizza places in downtown Holte. Just go south (downhill) about 1 km towards Holte. There are some small cafes and supermarkets as well. | |

| | | |
|---------------|--|--|
| Training | Camp Cup 4 Sprint |  |
| Start | 14.00 | |
| Max. time | 16.00 | |
| Map | Geel skov 1:7.500, A4 size, print, 2009 | |
| Venue | Start: Geels bakke, Kongevejen, Holte Leave the car at Rudegaard. Go by bike 1500 south. The start will be on top of the big hill Geel bakke. Finish area will be in the garden of Gunner Sie. | |
| Distances | ME: 7 km ML: 5 km MS: 3,5 km | WE: 6 km WL: 4 km WS: 3 km |
| Special info | Geel Skov is a "dog forest" – meaning dogs are allowed to run loose. I have been bitten here myself once, but it is just as dangerous if the dog jumps in front of you while you go really fast - sends you flying. Also watch out for the steep downhill parts. The course may contain several "drops". | |
| MTB-Challenge | Monday MTB-Challenge will be organized by Danish rider Jesper Damgaard following the sprint. Teams of 3 riders from each national team compete on the technical MTB-track in Geel Skov. 30 seconds start interval. Check out the website for more information. | |

Tuesday

| | | |
|--------------|---|-------------------------------------|
| Training | Camp Champs Høker (cup 5) – remember to check out of hostel at 10.00! Ultra long distance | |
| Map | 4-5 different maps. There will be map changeovers. First 8 controls will be freerorder, meaning you are allowed to punch them in any order. Afterwards follow a more regular course – it will have several slings. | |
| Start | 11.00 we will make an easy ride 3-4 km to start area in St. Dyrehave. Please obey traffic rules. Sport Ident will be cleared passing through a tunnel. When we reach starting area in St. Dyrehave – maps will be handed out. One class starts at a time. At Päällikkoo's signal you are allowed to start! | |
| Finish | Max. time 15.00 Please remember to give back rental Sport Idents. | |
| Venue | <p>Kompashuset, FIF Hillerød Clubhouse, Ødamsvej, Hillerød</p> <p>Driving directions: Use 267 towards Hillerød. Take road 19 and continue for 4 km. Exit at Gadevang and go south towards Hillerød. Go south for 1 km and park by either the stadium or on Ødums vej.</p>  | |
| Distances | ME: 50 km ML: 40 km MS: 25 km | WE: 40 km WL: 30 km WS: 20 km |
| Special info | You will pass through different areas – also urban area. I have tried to avoid traffic lights, but you have to cross some big roads. Please be careful and watch out. | |