



Bulletin #4

Final event information

Viborg MTBO 6-days

Part of WMTBOC | JWMTBOC | 2019

28th July – 03rd August 2019

Viborg, Denmark

<http://wmtboc2019.dk>

info@mtbo2019.com

Facebook: @WMTBOC2019



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Welcome to Viborg

Dear participants and guests,

In Viborg, we are looking forward to welcoming you to the MTBO Championships 2019.



Together with the Danish Orienteering Federation, we are proud to be part of the World Mountain bike Orienteering Championship and the Junior World Mountain bike Orienteering Championship.

You will experience extensive heath areas, hilly and dramatic landscapes, an amazing game reserve and a multitude of parks and recreational areas.

Viborg Municipality is, geographically, the second largest municipality in Denmark and the area offers many exciting natural resorts suited for outdoor sports. These days, we are constructing a 100 kilometers mountain bike trail leading through five forests and natural resorts.

On the route, there are plenty of opportunities to combine exercises with cultural history as the trail passes bunkers, churches, drainage channels, heath areas and a working museum.

All in all: We are crazy about sports! Every year we host many large sports and cultural events – and we always strive to create the best possible settings and to give our guests the best possible experiences.

We will make effort to ensure that you get the opportunity to experience the beautiful nature of the Viborg area – the woods, the lakes, and (hopefully) Danish summer at its best. We recommend that you make time for a stroll in the cosy streets of Viborg and experience our cultural history as well as the excellent shopping possibilities.

I hope you have a fantastic championship in Viborg and wish all participants good luck!

ULRIK WILBEK
Mayor of Viborg Municipality

Welcome to Syddjurs

Dear participants, sponsors and visitors at the World Championships,



On behalf of the municipality of Syddjurs, I wish you all welcome to Syddjurs and

especially to Ebeltoft, home of one of the World Championships distances.

As you will discover, Ebeltoft is a special place, a well preserved borough with cobbled streets and beautiful houses. Here you will also find an internationally renowned glass museum and a museum for the national treasure The Frigate Jutland – both worth a visit.

Ebeltoft lies on the outskirts of one of Denmark's most beautiful national parks, Mols Bjerger National Park. It stretches all the way from Ebeltoft to the medieval ruin at Kalø on the coast near Aarhus. The heartland of Mols Bjerger National Park is Mols Bjerger with its grassy and hilly landscape offers spectacular views across the bay. And for the biologically interested you can find a wide range of rare flowers, plants and insects.

The history of the area is defined by our beautiful coastline. Right from the Viking age, during the middle ages, up till today, the connection between sea and land has formed the development of towns and cities. I hope that you will enjoy the nature in our area, and that the weather will be warm and sunny, so you can have a swim in the clear water of the bay.

I wish you all good luck in the competition and a nice stay in our municipality and the city of Ebeltoft.

Sincerely,

OLE BOLLESEN
Mayor of Syddjurs Municipality

Final event information

Dear all,

Please find the final event information in this bulletin #4.

The Danish Orienteering Federation, Viborg Municipality, and all partners welcome you to the Viborg MTBO 6-days.

Welcome!

JØRN SVENSEN

Event Director

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1. Organisation | Officials

Danish Orienteering Federation

Idraettens Hus, Broendby Stadion 20,
DK-2605 Broendby
E-mail: dof@do-f.dk
Webpage: www.do-f.dk
Tel. +45 4326 2740

Event office | Event centre

Asmildkloster Agriculture School
Asmildklostervej 1,
DK-8800 Viborg
E-mail: info@mtbo2019.com
Tel. +45 2018 4123
Leader: Wilbert Lyngsø

Event Director | Point of contact media

Jørn Svensen
E-mail: info@mtbo2019.com
Tel. +45 4044 6999

Competition Director

Michael Lindholm
E-mail: info@mtbo2019.com
Tel. +45 2636 7570

National Controller | Judge

Claus Poulsen
E-mail: claus.m.poulsen@gmail.com
Tel. +45 2139 8730

2. Venue | Event centre

The event centre is situated at ASMILDKLOSTER AGRICULTURAL SCHOOL, with top facilities in order to host the World MTBO Championships.

It is right near the town centre of Viborg and easily accessible by car and public transport.

Within 1 km, you will find super markets, several restaurants and shops.

Nearest super market (Netto) is just app 400 m away. Open all week from 07-22 hrs.

Free Wi-Fi at the event centre.

Network: FreeInternet

Password: asmildkloster

Bike storage: At the event centre, follow signs.

Bring own lock for (extra) safety.

Bike wash: At the event centre.

Event office opening hours in general

Arrival days: Until 2100 hrs

Race days:

0730-0930 EC

1000-1400 Arenas

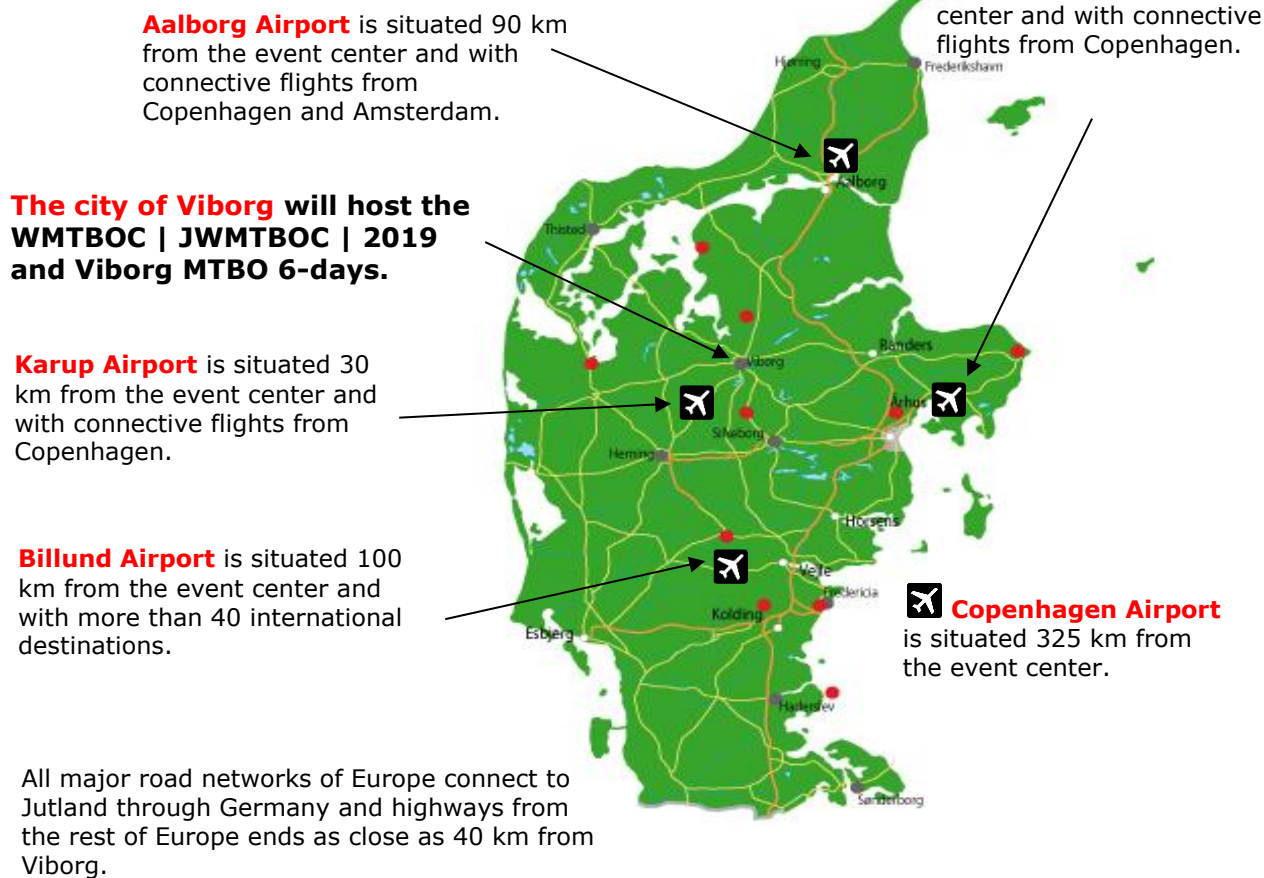
1700-1900 EC

Other days: 0900-1200 & 1500-1900

Changes may occur, look at the door.



3. General map



4. Rules

The Viborg MTBO 6-days will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events, valid from 1st January 2019 (with smaller changes).

All Competition Rules for IOF MTBO are available here: <https://orienteering.sport/>

Controls situated outside paths/tracks | Riding off track

In the SPRINT and the final SEMI-FREE ORDER CHASING START competitions, controls will occur outside the tracks. In general riding off the tracks will only be permitted in SPRINT & the SEMI-FREE ORDER CHASING START competitions.

In all other competitions; riding, running and walking off the tracks will be strictly forbidden, except in rideable area 2 – orange colour as shown in ISMTBOM 2010, appendix 1 (p. 16).

Special features

MTB tracks will be drawn as on the image below. 25 % grey colour under the black line, in order to show the rider, here is a MTB track. The signature will occur at 2 x MIDDLE and MASS START maps.

The signature was used during 2019 MTBO camp and slightly adjusted with a lighter grey colour.



**Use of BLACK/YELLOW ribbon**

The use of BLACK/YELLOW ribbon indicates that "this is not a track – and riding is prohibited".

It will be used/seen in places where the organisers might think that riders could be misled to believe there is a track or misunderstand the mapping.

Do not cross BLACK/YELLOW ribbon.

5. Program in headlines

Day	Date	WMTBOC WCup JWMTBOC	Viborg MTBO 6-days	
Saturday	27 th July	Model event sprint		
Sunday	28 th July	Sprint Opening ceremony	Stage 1:	Sprint
Monday	29 th July	Model event forest	Stage 2:	Middle
Tuesday	30 th July	Middle	Stage 3:	Middle
Wednesday	31 st July	Long	Rest day	
Thursday	01 st August	Rest day	Stage 4:	Long
Friday	02 nd August	Mass start	Stage 5:	Mass start
Saturday	03 rd August	Relay Closing ceremony Banquet	Stage 6:	Semi-free order, chasing start
Sunday	04 th August	Departures	Departures	

6. Accommodation & meals | Event centre

Only for participants living at the Event centre: Breakfast and dinner is included in the accommodation fee.

Arena sales: Hungry... don't be, there will be a sale at the event arenas at stage 3+5+6.

Sodas, candy, sausages, salad.

Pay in EUR or in DKK (Danes also MobilePay).

Accommodation

Available from Thursday 25th July at 1500 hrs. Check in at the Event office.

The accommodation must be left at Sunday 04th August at 1200 hrs. Remember to hand in the key card.

Remember: Duvet/pillow/sheet OR sleeping bag.

NO BIKES ALLOWED in the accommodation!

Meal timings

Day	Meals	Time
Thursday 25th July	Dinner	1800-1930
Friday 26th July	Breakfast Dinner	0700-0900 1800-1930
Saturday 27th July	Breakfast Dinner	0700-0900 1800-1930
Sunday 28th July	Breakfast Dinner	0630-0830 1730-1845
Monday 29th July	Breakfast Dinner	0600-0830 1800-1930
Tuesday 30th July	Breakfast Dinner	0600-0830 1800-1930

Wednesday 31st July	Breakfast Dinner	0630-0900 1830-2000
Thursday 01st August	Breakfast Dinner	0700-0900 1800-1930
Friday 02nd August	Breakfast Dinner	0600-0830 1800-1930
Saturday 03rd August	Breakfast	0630-0830
Sunday 04th August	Breakfast	0700-0900

Subject to change!

7. Climate

Average temperature in July/August is just below 20° C. However, the temperature can go as high as up to 30° C. Mean temperature during night time is 13-15° C. Average rainy days are 14-16 per month. The average precipitation is between 77-91 mm per month. Sun or rain? Follow the weather forecast here:

https://www.yr.no/place/Denmark/Central_Jutland/Viborg/long.html?spr=eng

We recommend to bring (and use) sunscreen and mosquito repellent.

8. Anti-doping information

Doping is forbidden. The IOF Anti-Doping Rules apply to all IOF events and the IOF Council may require doping control procedures to be conducted. It is the responsibility of the competitors to obtain any required therapeutic use exemption (TUE) certificate.

9. Health care / First aid

At all competitions there will be professional medical personnel at the arena.

Outside competitions, contact via the Event office.

Night time & weekends: Duty Doctor, tel. +45 7011 3111.

Address (2 km from EC):

Viborg Emergency Room

Heibergs Allé 5G, 8800 Viborg, entry G

But you need to call before showing up!

10. Complaints | Judge

According to IOF MTBO rule 27.

Any complaints shall be made in writing to the organiser as soon as possible.

Time limit for complaints: 15 minutes after the last competitor has crossed the finish line, in the MASS START and SEMI-FREE ORDER CHASING START, 30 minutes after the winner/winning team has crossed the finish line.

In case of discrepancies, Claus Poulsen from Danish Orienteering-Federation will decide. This decision is final.

11. Classes

W/M-11

W/M-14

W/M-17

W/M-20

W/M21

W/M35, 40, 45, 50, 55, 60, 65, 70, 75 **World Masters Series** in Ebeltoft & Broddingbjerg (stage 3+4)

Notice: We have changed the WMS races!

12. Time keeping system | SIAC rental

SPORTident Air+ will be used in all competitions.

The minimum working range is **30 cm**.

All competitors will have to use an ActiveCard (SIAC). The competitors will use own SIAC or rental one.

It is not possible to "punch" the boxes.

Due to the lack of long range boxes, it will be mixed between short range and long range boxes.
However the range for touch free "punch" is 30 cm.

If one unit is not working, or appears not to be working, you must use the needle punch present at each control. Punch the dedicated boxes on the map.

Rental: 20 EUR for all races, rental at the Event office from Saturday 27th July at 1300 hrs.

13. Overall rankings

Stage point system

In each stage the class winner gets 1 point, 2nd place 2 points, 3rd place 3 points, ..., 20th place 20 points.
The best 4 races out of stage 1-5 will count.
After stage 5 the points will be calculated.

1 point = 10 seconds.

In the SEMI-FREE ORDER CHASING START the overall class leader will start at fix (0) time, 2nd place will start number of points x 10 seconds after.

Example (fix time 13.30 hrs):

Class W50	Points	calculation	Start time
1 st place	5 points	X	13.30,00
2 nd place	7 points	7 x 10 = 70 seconds	13.31,10
3 rd place	10 points	10 x 10 = 100 seconds	13.31,40
4 th place	21 points	21 x 10 = 210 seconds	13.33,30
15 th place	63 points	63 x 10 = 630 seconds	13.40,30

The overall class winner will be the first to cross the finish line ☺

14. Prizes

After stage 3 – MIDDLE in Ebeltøft, top-3 in each class receives prizes at the frigate "JUTLAND".
Overall top-3 prizes after stage 6 in each class.

15. 1-day participation

Buy your race at the Event centre or at the arena (as long as there are maps available).
If you want to be sure, buy your map the day prior at the Event office.

Fees

	EUR	DKK
Course	25	180
SIAC 1-day	4	30
SIAC 2-days	7	50
SIAC 6-days	20	150

SIAC Air+ card is necessary. It is not possible to use other SI cards.
Remember to hand back the rental SIAC.

16. Additional information

Webpage

<http://wmtboc2019.dk>

Facebook

@wmtboc2019.dk

Individual trainings

We will be able to provide you with MTBO maps on request for your own training (map prices app. 4-8 EUR). Just e-mail, but in due time as we will have to ask for permits.

This also includes trainings on the 25th and 26th July. Maps will be available at the event office. Price 5 EUR per map per person per day!

Open MTBO meeting

The MTBO commission will host the traditional "open MTBO meeting" on Thursday 01st August, 1700-1800 hrs at the Event centre. You are most welcome!

17. Start numbers

Pick up your number from Saturday evening at the Event centre or at the arena at the following races. The same number will be used from stage 1-5.

18. Start lists | Start interval

For stage 1-5 start lists will be available from Saturday 27th July 1700 hrs.

The final SEMI-FREE ORDER CHASING START the start list will be online Friday 02nd August 2000 hrs.

Start interval

SPRINT (stage 1): 1 min

MIDDLE (stage 2+3): 2 min

LONG (stage 4): 3 min.

MASS START (stage 5): Mass start ☺

19. Starting procedure

Starting procedure stage 1-5:

Before entering BOX 1, CLEAR, CHECK and test SIAC card.

Box 1 (- 3 min) – name call, SIAC number control.

Box 2 (- 2 min) – map with forbidden areas is available for inspection.

Box 3 (- 1 min) – take map

Competitors who are late for their start time will be permitted to start. A separate corridor will be marked for late starters. If the competitor is at the start line less than half the start interval after their start time they will be allowed to start immediately. If the competitor is at the start line more than half the start interval after their start time, they will be allowed to start at the next available half start interval.

Starting procedure for the MASS START:

Before entering the starting area, CLEAR, CHECK & test SIAC card.

The competitors will be lined up in rows of 6.

The map will be handed out (on the map holder) 15 sec before start.

Starting procedure for SEMI-FREE ORDER CHASING START:

Before entering the starting row, CLEAR, CHECK and test, SIAC cards x 2.

The map will be handed out in the start moment.

20. Saturday 27th July – SPRINT (training)

There is a possibility to ride a sprint in Viborg Vest.

Get the map in the Event centre and go for it.

Timing, but no results from this training.

Distance EC > SPRINT: 2,3 km – take the bike ☺

Address: Kasernevej 8, Viborg

GPS: 56°27'24.1"N 9°24'25.0"E

Map

Map	Scale	Contour	Map size
Viborg Vest 2019	1:5000	2,5 m	21x30 cm (A4)

Model event

Classes	Length Straight line	Total climb	Controls	Refreshments
All	1920 m	N/A	12	No

Remarks

Flat and fast. The area is not closed, look for traffic, runners, dogs etc.
The controls will be taken in from 1630 hrs sharp!

21. Sunday 28th July – SPRINT | Stage 1

Time	What	Where
0845	SPRINT WMTBOC JWMTBOC	Viborg C
1230	Flower ceremony WMTBOC JWMTBOC	Arena
1400	First start Viborg MTBO 6-days, stage 1	Idrætshøjskolen
1900-2015	Opening ceremony & prize giving ceremony SPRINT WMTBOC JWMTBOC	Viborg Town Hall

Arena: Event centre.

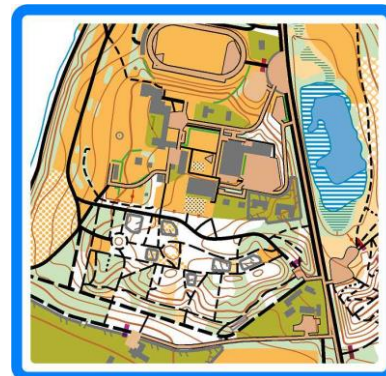
Distance EC > Start: 700 m – take the bike ☺ follow RED/WHITE ribbon.

Distance finish > EC (SIAC read out): 600 m – follow RED/WHITE ribbon.

Map

Map	Scale	Contour	Map size
Idrætshøjskolen 2019	1:4000	2,5 m	21x30 cm (A4)

Urban park forest. Flat area with little elevation in the southern part.
Dense path network and buildings around sports facilities. Majority of the paths offer easy and fast riding. Please take care of walkers and runners in the area.

**Information**

Courses	Classes	Length Straight line	Controls	Maps	Winning times
1	M21/M35/M40/M45	7000 m	27	2 - double-sided	20-25 min
2	W21/M50/M55	6100 m	23	2 - double-sided	20-25 min
3	W35/W40/W45/M60/M65	5400 m	22	2 - double-sided	20-25 min
4	W50/W55/M70/M75	4900 m	20	2 - double-sided	20-25 min
5	W60/W65/M20	4400 m	18	2 - double-sided	20-25 min
6	W20/W70/W75/M17*/M80	3800 m	18	2 - double-sided	20-25 min
7	W17	3400 m	19	2 - double-sided	16-20 min
8	W14/M14	3100 m	17	2 - double-sided	15-18 min
9	W/M11 (easy)	2800 m	17	1	15 min

* 16-20 min

Map change

Courses 1-8: Double-sided maps. The maps are marked with PART 1 and PART 2, when the maps are handed out, PART 1 will face up.

When turning the map for PART 2, the controls will continue. If control #14 was the last on PART 1, it will be the first on PART 2 (no start triangle on PART 2).

W11/M11: One map only.

Distance from time start (box 3) > orienteering start: 50 m

Maximum time: 1 hour

Off-road riding

Off-road riding is allowed in 100 % yellow. All other off-road riding is prohibited.

WMTBOC | JWMTBOC opening ceremony & prize giving ceremony SPRINT

The opening ceremony will take place at Viborg City Town Hall.

All Viborg MTBO 6-days participants are welcome to come and join the opening ceremony.

Time	
1855	Federation line up
1900	Event director welcome
1905	The Mayor of Viborg, Mr. Ulrik Wilbek, welcome speech <i>Olympic handball trainer gold winner 1996</i>
1920	Viborg Trial Club opening show
1935	Prize giving ceremony SPRINT WMTBOC JWMTBOC
2015	Finish

Distance EC > Town Hall: 3,3 km – take the bike ☺

Meeting point: Prinsens Allé 40, Viborg

GPS: 56°27'32.1"N 9°24'0.6"E

Parking: Right next to the town hall.

22. Monday 29th July – MIDDLE | Stage 2

Time	What	Where
1000	First start Viborg MTBO 6-days, stage 2	Havredal/Stendal
1400-1630	Model event FOREST WMTBOC JWMTBOC	Havredal/Stendal

Distance EC > MIDDLE: 18 km – app. 18 min.

It is possible to bike!

Meeting point: Papsøvej 1-3, Kjellerup.

GPS: 56°18'59.0"N 9°19'32.2"E

From meeting point to parking: 1000 m. Follow signs.

Distance from Parking > Arena: 100 m

Distance from Arena > Start: 300 m

Map

Map	Scale	Contour	Map size
Havredal/Stendal	1:10000	2,5 m	30x42 cm (A3)

Sprint information

Courses	Classes	Length Straight line	Controls	Maps	Winning times
1	M21/M35/M40/M45	13740 m	19	1	50-55 min
2	W21/M50/M55	11740 m	16	1	50-55 min
3	W35/W40/W45/M60/M65	10720 m	14	1	50-55 min
4	W50/W55/M70/M75	9170 m	13	1	50-55 min

5	W60/W65/M20	7770 m	10	1	50-55 min
6	W20/W70/W75/M17*/M80	6300 m	10	1	50-55 min
7	W17	5570 m	9	1	40-44 min
8	W14/M14	4930	8	1	35 min
9	W/M11 (easy)	4270	9	1	30 min

* 40-44 min

Terrain

Typical Northwest terrain with long gravel roads and lots of tracks, some in very bad condition. Lots of paths and smaller tracks. Short steep climbs in some areas. A built-up MTB track run through a part of the forest.



Special guided tour in Viborg

In cooperation with the Guides of Viborg, Visit Viborg offers a special historical city walk in the old town of Viborg with English speaking guide. The guided tour takes about 1 1/2 hours.

Date: Monday 29th July 2019

Time: 19.00 - 20.30

Start: In front of Viborg Cathedral, Sct. Mogens Gade 4, 8800 Viborg

<https://www.visitviborg.com/In-int/booking/30494>



23. Tuesday 30th July – MIDDLE | Stage 3

Time	What	Where
0930	First start MIDDLE WMTBOC JWMTBOC	Ebeltoft
1400	Prize giving ceremony MIDDLE WMTBOC JWMTBOC	Frigate JUTLAND
1515	First start Viborg MTBO 6-days, stage 3	Ebeltoft
1600-2000	Crying mile at the frigate "JUTland"	Frigate JUTLAND
1830	Prize giving ceremony MIDDLE WMTBOC JWMTBOC	Frigate JUTLAND

Distance EC > Parking: 99 km – app. 1,25 hrs

Meeting point: Lundbergsvej, Ebeltoft

GPS: 56°10'34.4"N 10°40'34.8"E

Distance Parking > Arena: 200 m

Distance Arena > Start: 0 m

Distance Parking > Frigate JUTLAND: 3 km

Map

Map	Scale	Contour	Map size
Ebeltoft 2019	1:7500	2,5 m	30x42 cm (A3)

Information

Courses	Classes	Length Straight line	Controls	Maps	Winning times
1	M21/M35/M40/M45	9680	21	1	50-55 min
2	W21/M50/M55	8340	20	1	50-55 min
3	W35/W40/W45/M60/M65	7730	20	1	50-55 min
4	W50/W55/M70/M75	6790	18	1	50-55 min
5	W60/W65/M20	6180	14	1	50-55 min
6	W20/W70/W75/M17*/M80	5510	13	1	50-55 min
7	W17	5240	12	1	40-44 min
8	W14/M14	3110	10	1	35 min
9	W/M11 (easy)	2650	9	1	30 min

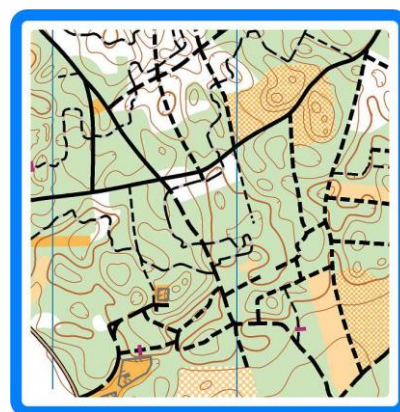
* 40-44 min

Distance from time start (box 3) > orienteering start: 300 m mandatory route, follow RED/WHITE ribbon to the start triangle. The mandatory route is not marked on the map. Riders not passing the starting point will be disqualified.

Maximum time: 1 ½ hours

Terrain

The Northern part is in general dense forest with complex network of narrow (not marked) MTB trails and forrest roads. Slightly hilly area with short but often steep climbs, with hight difference up to 15 meters. The Southern part is quite similar, but slightly less complicated network of path/tracks. A (marked) MTB track is made in this area and has a lot of short, sometimes steep climbs/decents. Other path/tracks are often slower/tougher to ride.

**MTB Track**

In the southern part of the competition area there is an official MTB track. This MTB track is in general much more visible than an "unofficial" MTB track in the northern part of the competition area.

Example MTB track, **Southern part** of competition area >

Example MTB track, **Northern part** of competition area



Puncture protection

Riders could consider extra protection against puncture, as there are some blackberries with thorns that grow wild on the paths. However, the organisers have done a great job of cutting them down and the course setter has only had one puncture during preparation of the courses.

Use of RED/WHITE ribbon

In two places, on possible route choices, tracks might be difficult to see. Use of RED/WHITE ribbon are used to help riders see the beginning of a track. The track will be easy to follow.

**We offer you this special deal after the race in Ebeltoft**

The Frigate Jutland raises its impressive rain on the edge of the beautiful Ebeltoft Vig. With idyllic Ebeltoft on one side and Mols Bjerger on the horizon, Frigate Jutland offers everyone a welcome for an unforgettable experience.

After the race in Ebeltoft Plantage there will be a super sprint, with a winning time of 5-10 min. Controls scattered around the Frigate and its surroundings. Just show up and look forward to something special.

Like the WMTBOC/JWMTBOC the prize giving of Viborg MTBO 6-days will go onboard the Frigate.

The prizes at the race for the Viborg MTBO 6-days that day is from A.H. Riise rum, who is also a sponsor of the Frigate Jutland.



Please support this event by signing in at the following link. <https://fregattenjylland.nemtilmeld.dk/1/>

24. Thursday 01st August – LONG | Stage 4

Time	What	Where
1000	First start Viborg MTBO 6-days, stage 4	Broddingbjerg

Distance EC > Parking: 0 m

Meeting point: Event centre

Distance Parking > Start: 1500 m

Map

Map	Scale	Contour	Map size
Broddingbjerg 2019	1:10000	2,5 m	30x42 cm (A3)

Information

Courses	Classes	Length Straight line	Controls	Maps	Winning times
1	M21/M35/M40/M45	22800 m	31	3 maps	95-105 min
2	W21/M50/M55	19800 m	26	3 maps	95-105 min
3	W35/W40/W45/M60/M65	17400 m	23	3 maps	95-105 min
4	W50/W55/M70/M75	16200 m	23	2 maps	95-105 min
5	W60/W65/M20	14200 m	21	2 maps	95-105 min
6	W20/W70/W75/M17*/M80	12200 m	21	2 maps	95-105 min
7	W17	10800 m	20	1 map	60-70 min
8	W14/M14	6700 m	18	1 map	45 min
9	W/M11 (easy)	5000 m	22	1 map	35 min

* 60-70 min

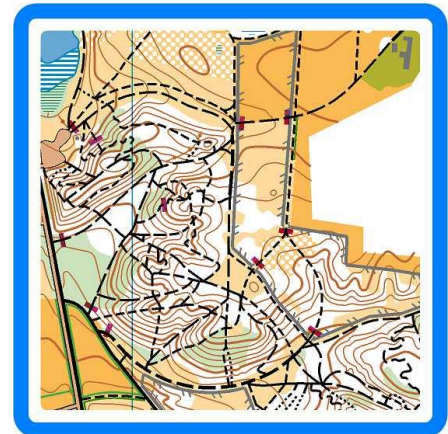
Distance from time start (box 3) > orienteering start: 70 m mandatory route, follow RED/WHITE ribbon to the start triangle. The mandatory route is not marked on the map. Riders not passing the starting point will be disqualified.

Maximum time: 3 hours

Terrain

The southern part of the map is a hilly forest with many paths. Most of the paths are very fast. But be aware that many of the tracks are part of the marked MTB-track, where you will find features build to increase the difficulty of the track. So be cautious if you see something that looks like a drop or gap, it might not be possible to ride the feature without lifting one or even both wheels off of the ground. Also there is bound to be a lot of traffic in opposite direction on the narrow paths. So look ahead and keep right.

The northern part is a suburban area, with lower density housing and smaller green areas in between the housing areas.



The area IS NOT closed for traffic, and most people in the area will most likely not be aware of the competition even if it has been announced on several medias, so please drive with caution and follow the traffic regulations.

For classes from W60/H70 and up as well as D/H-14 and younger, the courses are planned to avoid the larger drops and jumps as well as the steepest parts of the forest.

Starting procedure

In this stage the starting procedure will be 5 min.

Before entering BOX 1, CLEAR, CHECK and test SIAC card.

Box 1 (- 5 min) – name call, SIAC number control. All will have to walk up a minor steep climb,

Box 2 (- 3 min) – long box, walk forward. Map with forbidden areas is available for inspection.

Box 3 (- 1 min) – take map

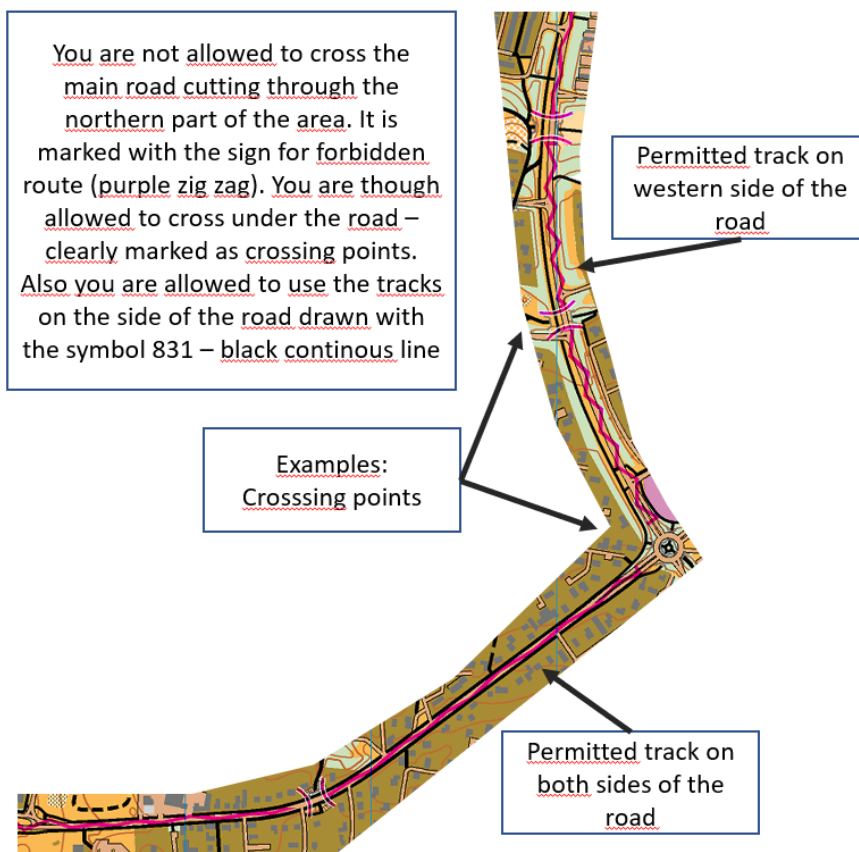
W/M-11 will be escorted to the starting point.

Map change

Courses 1-6: All maps are handed out at start. The maps are stapled and marked with PART 1, PART 2 (PART 3). PART 1 will face up.

All classes: When turning the map for PART 2 (& PART 3), the controls will continue. If control #14 was the last on PART 1, it will be the first on PART 2 (no start triangle on PART 2 and PART 3).

You are not allowed to leave the used maps in the forest. You must bring them along to the finish.

Specific information**Refreshments**

Refreshment points are showed on the maps. Longer courses have two refreshments points.
Refreshments: Pure water.

Special sailing trip on the Viborg lakes

Experience Viborg from the water. Make a trip with the ship "Margrethe I"

Enjoy a sailing trip on the Viborg lakes. The trip takes 1 hour incl. English speaking guide. The trip starts at the jetty at "Golf Salonen", Hans Tausens Vej 1, 8800 Viborg.

Date: Thursday 1st August 2019

Price pr. person: € 7,00

Registration deadline: 29th July 2019



<https://www.visitviborg.com/ln-int/booking/30492>

25. Friday 02nd August – MASS START | Stage 5

Time	What	Where
0930	First start MASS START WMTBOC JWMTBOC	Undallslund
1210	Prize giving ceremony WMTBO JWMTBOC	Arena
1330	First start Viborg MTBO 6-days, stage 5	Undallslund

Distance EC > Meeting point: 5,7 km – app. 8 min – take the bike ☺

Meeting point: Skivevej 95, Viborg

GPS: 56°28'46.9"N 9°22'44.9"E

Distance Meeting point > Parking: 700 m

Distance Parking > Arena: 50-200 m

Map

Map	Scale	Contour	Map size
Undallslund 2019	1:7500	2,5 m	32x39 cm

Information

Courses	Classes	Length Straight line	Controls	Maps	Winning times
1	M21/M35/M40/M45	14100 m		4 – 2xdouble-sided	70-80 min
2	W21/M50/M55	12700 m		4 – 2xdouble-sided	70-80 min
3	W35/W40/W45/M60/M65	11800 m		3 – 1xdouble-sided 1 single	70-80 min
4	W50/W55/M70/M75	10700 m		3 – 2xdouble-sided 1 single	70-80 min
5	W60/W65/M20	9900 m		3 – 2xdouble-sided 1 single	70-80 min
6	W20/W70/W75/M17*/M80	7700 m		Double-sided	70-80 min
7	W17	5800 m		Double-sided	45-55 min
8	W14/M14	4200 m		Double-sided	35 min
9	W/M11 (easy)	3000 m		1	30 min

* 45-55 min

Distance from gunshot > orienteering start: 200 m mandatory route, follow RED/WHITE ribbon to the start triangle. The mandatory route is not marked on the map. Riders not passing the starting point will be disqualified.

Maximum time: 2 ½ hours

Start/finish at the arena

Map change

Courses 1-8: The maps are stapled together. The maps are marked with PART 1, PART 2, PART 3 & PART 4, when the maps are handed out, PART 1 will face up.

When turning the map for PART 2 etc., the start triangle start second map and so on.

It is the riders own responsibility to begin with the correct part.

PART 1-4 uses the same start point.

Terrain

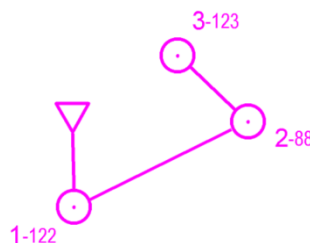
Varied and mixed forest with a very dense trail network. Mostly flat but with areas with steep and detailed contours. The forest is intensely used by hikers, mountain bikers and other user groups for outdoor activities. Paths, trails and forest roads are generally very fast and easily rideable and a fast riding purpose built mountain bike trail twists throughout the forest. The western part of the forest is less visited and contains only more rough forestry roads and paths which are slower riding

Loop

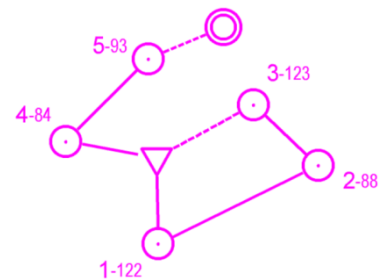
Courses 1-8 have 2-4 loops. Forking are used. Pay the outmost attention in order to ride the loops in correct order.

Examples

Courses 1-8: Map change/turn at last control, loop 1-3



Last loop courses 1-8. On the last map, there will be two way out directions from the start point.



Refreshments

The competitors will pass the refreshment point after each loop.

Refreshment points are not showed on the maps.

Refreshments: Pure water.

All classes: It will be possible to get own bottle at the refreshment point.

The bottle will have to be clearly marked with race number. Place the bottle on the table, next to the start area before the first start.

Small competition area

The mass start take place in a small area, which will make the traffic intense and opposite riding must be expected at all time. The MTB track in Undallslund is normally one-way, but not in the mass start.

Spectator's passing

The rider's will pass the arena several times during the competitions.

We also offer you this special deal after the mass start



Remember that during the 6 day race, some of the prices are sponsored from the brewery Ugelris. www.ugelris-vingaard.dk/ After the Long distance in Broddingbjerg the brewery will organize visits for everybody at the brewery in the evening. A good evening with free beer.

We have of course tasted the beer and can highly recommend it. Sign in at orienteering4all@webspeed.dk

26. Saturday 03rd August – SEMI-FREE ORDER, chasing start | Stage 6

Time	What	Where
0930	First start RELAY START WMTBOC JWMTBOC	Finderup
1230	Prize giving ceremony WMTBO JWMTBOC	Arena
1345	First start Viborg MTBO 6-days, stage 6	Finderup
1600	Prize giving ceremony Viborg MTBO 6-days	Arena
1800	Banquet – for those registered only	Event centre

Distance EC > Meeting point: 13 km – app. 15 min

Meeting point: Holstebrovej 181, Viborg

GPS: 56°26.152'N 9°13.581'E

Distance Meeting point > Parking: 300 m

Distance Parking > Arena: App. 1100 m (only accessible by foot or bike)

Map

Map	Scale	Contour	Map size
Finderup 2019	1:10000	2,5 m	30x35 cm

Information

Courses	Classes	Length Straight line	Controls	Maps	Winning times
1	M21/M35/M40/M45	9100 m	15+9	1	35-40 min
2	W21/M50/M55	7800 m	13+9	1	35-40 min
3	W35/W40/W45/M60/M65	7100 m	12+7	1	35-40 min
4	W50/W55/M70/M75	6800 m	12+8	1	35-40 min
5	W60/W65/M20	5300 m	10+6	1	35-40 min
6	W20/W70/W75/M17*/M80	4900 m	9+5	1	35-40 min
7	W17	4600 m	9+6	1	30 min
8	W14/M14	4800 m	15	1	30 min
9	W/M11 (easy)	3200 m	9	1	25 min

* 30 min

Distance from start > orienteering start: 100 m

Maximum time: 1,15 hour.

Map

Map	Scale	Contour	Map size
Finderup 2019	1:10000	2,5 m	30x35 cm

Off-track riding is allowed

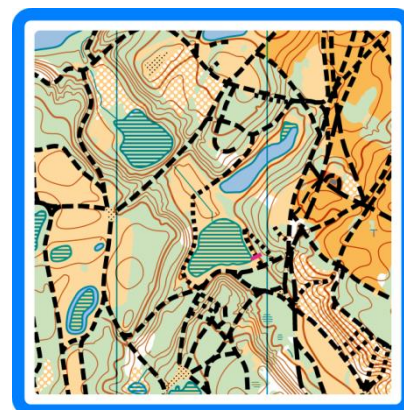
It allowed to ride off-track everywhere, open areas and in the forest.
There will be off-track controls.

Semi-free order

Courses 1-7: E.g. 15+9 mean 15 "normal" controls and 9 free order controls. Free order can be taken at any given order, but the course from start to finish has to be taken according to numbers.

Example: Control 1 – control 2, control 3, semi-free order control, control 4, control 5, semi-free order control... etc.

Courses 8+9: No semi-free order controls. Normal course!

**Chasing start**

Start and finish on the Arena.

The Start will consist of several lines. Look for signs.

Competitors will have to enter the line -6 min prior start time.

When you reach your start time, you will get a go from officials, go and collect your map – and your race is on. Clear & check before you enter the start line.

Mandatory passage

Courses 1-4: Have a mandatory passage – you are not allowed to deviate from the marked spectator passage.

Start lists

Start list will be online from Friday evening at 2000 hrs.

All will start within 1 hour.

Prize giving ceremony

Overall prizes as soon as possible after the races.

