

PM

O-Ringen Training Race July 21st

Location Stålsberga. Marked route for walk/bike starts at the shower area close to the event center. Total distance approx. 2,3 km. From the north end of the camping area, it's 1,5 km to the event center.
Car parking service is limited at the arena. If you go by car proceed towards Gunnarskog 2,5 km from entry to O-Ringen camping.

Entry Either at the O-Ringen registration portal at www.oringen.se or at Competitor Service. Entry is also possible at the arena.

Classes/Courses Nine classes/courses as per below

<u>Class</u>	<u>Scale</u>	<u>Length</u>	<u>Level</u>
Beginner 2,0	1:10 000	1,5	Very easy
Easy 2,5	1:10 000	2,4	Easy
Easy 4,0	1:10 000	3,5	Easy
Middle 3,0	1:10 000	3,1	Middle
Middle 4,0	1:10 000	4,1	Middle
Middle 5,0	1:10 000	4,9	Middle
Difficult 3,0	1:10 000	3,0	Difficult
Difficult 5,0	1:10 000	5,0	Difficult
Difficult 7,5	1:10 000	7,5	Difficult

Punching system Sportident. Devices can be rent at Competeitor Service and also at the arena. Must be returned after finished race.

Start Open start at 2 – 5 PM
The start is located in connection to the arena.
The start procedure is very simple. After verified participation by checking the Sport Ident card, take your map and description and don't forget to start punch.

Terrain and map Moderately hilly forest, with a frequent net of tracks and trails. Mostly good runability. Map by Andreas Blomgren 2016-2017. All courses have scale 1:10 000. The terrain does not have the same height differences as Stage 5, but is similar in many other aspects.

Service Toilet at the arena. Other sevice (shower, refreshment etc) is available at the O-Ringen town.

Good Luck!

