

# Final Details for O-Ringen MtbO July 25<sup>th</sup> - 27<sup>th</sup> 2016

- Assembly:** Rörbäcksnäs School. Signposted from road 1053 and 1047. Drive carefully – watch out for competitors cycling on the road.
- Parking:** Park as directed on fields 200m from the race arena. Follow footpath and cycle route to the arena. Camper vans and other larger vehicles should follow marshals' directions to another parking area. No parking fees or tickets needed.
- Entry:** Entry on the day for Open classes at the arena Information in Rörbäcksnäs.
- Map:** The map is converted to the MtbO-standard Autumn 2015 - Spring 2016. A3 for all stages and classes. The map is printed on water resistant paper from Kartsam.

The MtbO mapping standard differs somewhat from the usual orienteering mapping standard. Many details have been removed and the colours toned down. Emphasis is placed on showing cycling speed on paths and roads. The most important symbols are shown below.

## Teckenförklaring MtbO



Road, speed 100%; Track, speed 75-100%; Path 75-100%; Track 50-75%; Path 50-75%; Track 25-50%; Path 25-50%; Track, difficult to ride, 0-25%; Path, difficult to ride 0-25%; Forbidden route, do not cross; Forbidden route, do not pass cross; Object across track or path which may be crossed, tree, barrier or steps etc.; Open area, cycling forbidden; Semi-open, cycling forbidden; Forest, cycling forbidden; Thick forest, cycling forbidden

You are only allowed to cycle (or push/carry bike) on paths, tracks and roads which are shown on the map. Cycling (including pushing or carrying bike) in the forest is forbidden. You must stay with your bike at all times. You may not leave your bike to run and punch at a control.

Some small paths in the area, which are difficult to see, are marked with white tape.

**Course and map controller:** Jiri Prochaska Domnarvets Golf

**Punching system:**

Sportident. If you don't have your own SI-card, they can be hired at the race in Rörbäcksnäs.

**Controls:**

The controls are marked with an orienteering flag and punching unit. Two punching units will be at some controls.

**Control codes:**

Control codes are printed on the map together with the control number, eg 5-43. There will be no loose description sheets.

**Numbers:**

All participants shall have a number fixed to the front of the bike. Plastic ties will be supplied with the number.

**Classes:**

Competition classes: D21, H21, D20, H20, D16, H16, D14, H14, D12, H12, D40, H40, D50, H50, D60, H60, H70

Open classes: Short-Easy, Short-Hard, Medium-Easy, Medium-Hard, Long-Easy, Long-Hard.

**Course lengths, scale and map change**

Class	E1 Sprint	E2 Middle	E2 Middle	E3 Long	E3 Long	E3 Long
	Length	Length	Map change (turn map over)	Length	Scale	Map change (turn map over)
D21	5,0	9,7	Yes	17,8	1:15 000	Yes
H21	6,0	11,3	Yes	23,4	1:15 000	Yes
D20	4,0	7,2		13,0	1:15 000	
H20	5,0	9,7	Yes	17,8	1:15 000	Yes
D16	3,5	6,1		9,5	1:10 000	
H16	4,0	7,2		13,0	1:15 000	
D14	3,5	4,0		6,8	1:10 000	
H14	3,5	6,1		9,5	1:10 000	
D12	2,5	3,7		5,0	1:10 000	
H12	2,5	3,7		5,0	1:10 000	
D40	4,0	7,2		13,0	1:15 000	
H40	5,5	10,6	Yes	19,0	1:15 000	Yes
D50	4,0	6,1		9,5	1:10 000	
H50	5,0	8,1	Yes	16,1	1:15 000	Yes
D60	3,5	4,8		8,1	1:10 000	
H60	4,0	6,1		13,0	1:15 000	
D70	3,5	4,8		8,1	1:10 000	
H70	3,5	6,1		9,5	1:10 000	
Short-easy	2,5	3,7		5,0	1:10 000	
Short-hard	2,5	3,7		6,1	1:10 000	
Medium-easy	4,0	4,8		11,3	1:15 000	
Medium-hard	4,0	6,1		9,5	1:10 000	
Long-easy	5,0	9,4	Yes	16,7	1:15 000	Yes
Long-hard	5,0	9,7	Yes	17,8	1:15 000	Yes

## Difficulty of Open Courses

Class	Length	Cycling difficulty	Orienteering difficulty	Suitable for:
Öppen Kort-Lätt	Short	Gravel and tarmac roads and tracks. No steep sections.	Obvious and few route choices between controls. Obvious junctions.	Beginners, both cycling and navigating.
Öppen Kort-Svår	Short	Roads and paths without too many roots and stones. Occasional steep sections but mainly moderate gradients.	Obvious route choices. There can be direction changes at controls.	Some previous orienteering experience but not cycled so much.
Öppen Medel-Lätt	Middle	Paths with stones, roots and over marshes. Steep climbs and descents.	Obvious and few route choices between controls and few direction changes at controls.	Experienced cyclist on forest paths, but no orienteering experience.
Öppen Medel-Svår	Middle	Roads and paths without too many roots and stones. Occasional steep sections but mainly moderate gradients.	Difficult route choice and direction changes. An ability to orienteer using contours and other terrain features is an advantage.	Not much experience of cycling on forest paths but a good orienteer.
Öppen Lång-Lätt	Long	Paths with stones, roots and over marshes. Steep climbs and descents.	Obvious route choices. There can be direction changes at controls.	Experience mountainbiker but not an orienteer
Öppen Lång-Svår	Long	Paths with stones, roots and over marshes. Steep climbs and descents.	Difficult route choice and direction changes. An ability to orienteer using contours and other terrain features is an advantage.	A real cycling and orienteering challenge.

- Clothing:** All participants must wear a helmet. No helmet, no start! No other clothing restrictions.
- Map holder:** Map holders can be hired and pre-booked map holders at the Nordenmark's tent in the arena.
- Equipment:** Competitors may carry tools and spare parts during the competition, but shall not use spares or tools other than carried by themselves or another competitor. Electrically powered bikes may not be used.
- Drinks:** Water at the finish but not on the courses.
- Fair play:** All competitors have a duty to help an injured competitor.
- Code of conduct:**
1. Slow right down when passing members of the public on foot or on horseback.
  2. When two riders converge:
    - (a) riders should normally pass with their left shoulders
    - (b) any rider travelling downhill must be given priority
    - (c) at an intersection, the rider on the smaller path should give way to any rider on the larger path.
  3. Riders should overtake on the left.
  4. Slower riders should give way to overtaking riders.
- Results:** Rolling results will be displayed on screens and on [www.oringenonline.com](http://www.oringenonline.com).
- Service:**
- At the arena:
- cycle wash
  - toilets at arena and start
  - indoor showers in the school
  - shop with coffee, tea, cakes, baguettes, fruit, drink, hotdogs etc
- In Rörbäcksnäs:
- cycle hire and limited repairs at Cave Outdoor, 300 m south of arena
  - Restaurant Longhorn with lunch 11.30-14.30 and hamburgers during the whole day, 100 m east of arena
  - ICA-supermarket and petrol station, 100 m 100 m east of arena
  - bathing area with beach 1 km south of arena. No parking on race days
- First aid:** Nurse at arena.
- NB 1** **Warning!** All courses pass public roads with traffic. Marshals are there to warn and stop cyclists but are not allowed to stop the traffic. **Normal traffic rules apply!**
- NB 2** The courses pass through Rörbäcksnäs village farms and houses. Some of the farmyards are out of bounds and are marked with a red cross on the and black/yellow tape on the ground. Marshals will disqualify competitors who cycle on

forbidden routes. Cycling is allowed through farmyards which are not marked with a red cross on the map or tape on the ground.

**NB 3** Cycling is allowed round the perimeter of the bathing area. Other parts of the bathing area are taped off and may not be cycled over. Parking is not allowed at the bathing area on race days.

**NB 4** **Follow the highway code!**  
Normal traffic rules apply. Keep right on both paths and roads. Be alert and show respect to other cyclists.

**Competition rules:** SOFT's competition rules for MtbO.

**Jury:** Anders Thomasson Ulricehamns OK, Anders Stjerdahl IFK Lidingö SOK, Anders Forsberg OK Tyr.

**A WARM WELCOME TO RÖRBÄCKSNÄS'  
FINE CYCLING TERRAIN!**

# Stage 1: Monday 25th July. Sprint

**Start:** Distance to start 900m on path and road. Follow Arctic Paper signs.  
First start for competition classes 13.00. Call-up 2 min before start.  
Map 1 minute before start.  
Open classes start 15.00-17.00 with free start time. You may take the map before start punching NB Remember to clear and check your SI-card. There are units at the start.

**NB New start times for D21 with first start 14.28**

**Skala:** 1:7 500

## **Terrain description**

Mainly in Rörbäcksnäs village with farms and agricultural land. Tarmac roads and gravel roads as well as fast MTB trails and paths of varying size. Some sandy paths can be harder to cycle in dry weather. Flat to moderate gradients.

**Map change (turn over map):** Classes D21, H21, H20, H40, H50. Open Long-Easy, Long-Hard have courses printed on both sides of the paper. Turn the map over at the last control of the first section which is shown by the start triangle on the second section.

**Max time:** 1.5 hours

**Course planner:** Ola Jäderberg Leksands OK

**Prize giving:** Stage winners in competition classes will be awarded prizes at the prize giving ceremony, O-Ringentorget in Lindvallen. Meet in the tent by the stage 18.20

## Stage 2: Tuesday 26th July. Middle distance

**Start:** Distance to start 1.1 km on path and road. Follow Arctic Paper signs.  
First start for competition classes 13.00. Call-up 2 min before start.  
Map 1 minute before start.  
Open classes start 15.00-17.00 with free start time. You may take the map before start punching NB Remember to clear and check your SI-card. There are units at the start.

**NB New start times for D21 with first start 14.03**

**Skala:** 1:10 000

### **Terrain description**

Varying terrain types. Paths can vary between broad and sandy to narrow and stoney. Mainly flat with a hilly area in the middle of the competition area. Some paths are very unclear and marked with white tape.

**Map change (turn over map):** Classes D21, H21, H20, H40, H50. Open Long-Easy, Long-Hard have courses printed on both sides of the paper. Turn the map over at the last control of the first section which is shown by the start triangle on the second section.

**Max time:** 2.5 hours

**Course planner:** Bengt Stenerhag VB OL

**Prize giving:** Stage winners in competition classes will be awarded prizes at the prize giving ceremony, O-Ringentorget in Lindvallen. Meet in the tent by the stage 18.20

## Stage 3: Wednesday 27th July. Long distance

**Start:** Distance to start 200m on path and road. Follow Arctic Paper signs.  
Chasing start with first start for competition classes 14 years old and older, 10.00 based on total time from stages 1 and 2. The class leader starts at the specified time.

Call-up 5 min before start. Competitors who are 40 minutes or more behind the leader will be allocated start times with 1 minute intervals. Competitors start at their given time and pick up the map after starting.

D12 and H12 have allocated start times, see the start list, and get the map 1 minute before start.

Class	Leader's start time	Class	Leader's start time
D21	11.10	D40	11.15
H21	10.20	H40	10.10
D20	10.40	D50	11.10
H20	10.30	H50	10.00
D16	11.25	D60	11.40
H16	11.00	H60	11.05
D14	11.30	D70	11.45
H14	11.35	H70	11.20

Open classes start 12.00-14.00 with free start time. Take the map before start punching.

NB Remember to clear and check your SI-card. Units will be at the start.

**Numbers:** The first 15 competitors in every class after 2 stages get new numbers for stage 3. New numbers are at the start.

**Scale:** 1:10 000 or 1:15 000, see table.

### Terrain description

The long distance race is characterized by long legs where route choice is decisive. There are some areas with a rich network of paths. Some very unclear paths will be marked with white tape. Generally flat to moderate gradients. The longest courses have some very hilly sections.

**Max time:** 3.5 hours

**Course planner:** Marcus Hylén OK Kåre

**Prize giving:** Prize giving for the total result will be held at the arena i Rörbäcksnäs after the final race. The number of prizes in each class will be announced at the arena in Rörbäcksnäs.