

MTBO 5days



July 5-9
2023



Foto: Vladislav Rusev Photography

Bulletin 2 - INFORMATION

MTBO5days 2023

DATE AND CENTRE OF RACES

5 - 9 July 2023, DOKSY - Recreational area Poslův Mlýn, <https://mapy.cz/s/caputozoku>

The start of stages E1, E4 and E5 will be reachable by bike from the centre, the finish is right in the centre.

Stages E2 and E3 are 10 km away and can be reached by bike or by car.

Opening of the camp and race centre: 4 July 2023 at 16:00

THE NATURE OF THE RACES

Stage race for individuals in MTBO. The overall ranking is determined by the finishing order in the fifth stage, which will be started by handicap based on the sum of the times E1-E4.

Classification:

6.7, 7.7, 8.7.2023 Czech Cup 2022 races (Sprint, Mass start, Long,)

6.7, 7.7, 2023 Czech Championship (Sprint, Mass start)

6.7, 8.7.2023 World Ranking Event - WRE (Sprint, Long).

6.7, 8.7.2023 World Master Series - WMS (Sprint, Long).

6.7, 8.7.2023 Young Guns World Series - YGWS (Sprint, Long).

5.7, 8.7, 2023 East Bohemia Regional Championship (Middle, Long)

Added race: 6.7.2023 O-triathlon relay (swimming, running, cycling)

ORGANISING BODY

Czech Orienteering Association

ORGANISING CLUB

Orienteering Club Slavia Plzeň

RACES

July 5: Stage 1 - Middle (regional championship East Bohemia), interval start, 00=11:00 h

July 6: Stage 2 - Sprint (Czech Champs, Czech Cup, WRE, WMS, YGWS), interval start, 00=10:00 h

O-triathlon relays - additional programme

7.July: Stage 3 - Mass start (Czech Champs, Czech Cup), mass start, 00=10:00 h

July 8: Stage 4 - Long (Czech Cup, WRE, WMS, YGWS, regional championship East Bohemia),

Interval start, 00=10:00 h

July 9: Stage 5 - Semi-free order, handicap start, 00=10:00 h

CATEGORIES

Categories included in Czech Cup:

ME, M14, M17, M20, M21, M40, M50, M60, M70

WE, W14, W17, W20, W21, W40, W50, W60



Other categories:

M12, W12, MB, WB

MW10 - children's category without gender distinction (boys and girls, accompanied by parents)

OPEN_L - for adult beginners of any age and gender

OPEN_S - for beginners of any age and gender

Conditions of participation are governed by the MTBO Implementing Regulations for 2023

If you would like to be included in one of the WRE or WMS categories, please write your year of birth and the selected WMS category in the note to the MTBO5days organizer in ORIS.

The organizer reserves the right to merge categories if there are less than four competitors in a category (not valid for categories M/W-14,-17,-20).

PUNCHING SYSTEM

SPORT Ident. Contactless punching will be used.

All categories except MW10 must use SIAC (AIR) chips – control units without a hole will be used, i.e. long air only. MW10 will have special course with the option of using a SI contact punching, controls will be in short SI Air mode.

It is possible to rent SIAC chips from the organizer. Requests to borrow SIAC chips must be made by the registration deadline, no later than 19 June 2023. Only a limited number of SIAC chips will be available on site. The organizer does not guarantee that all competitors who do not pre-order a chip will be able to secure one on site.

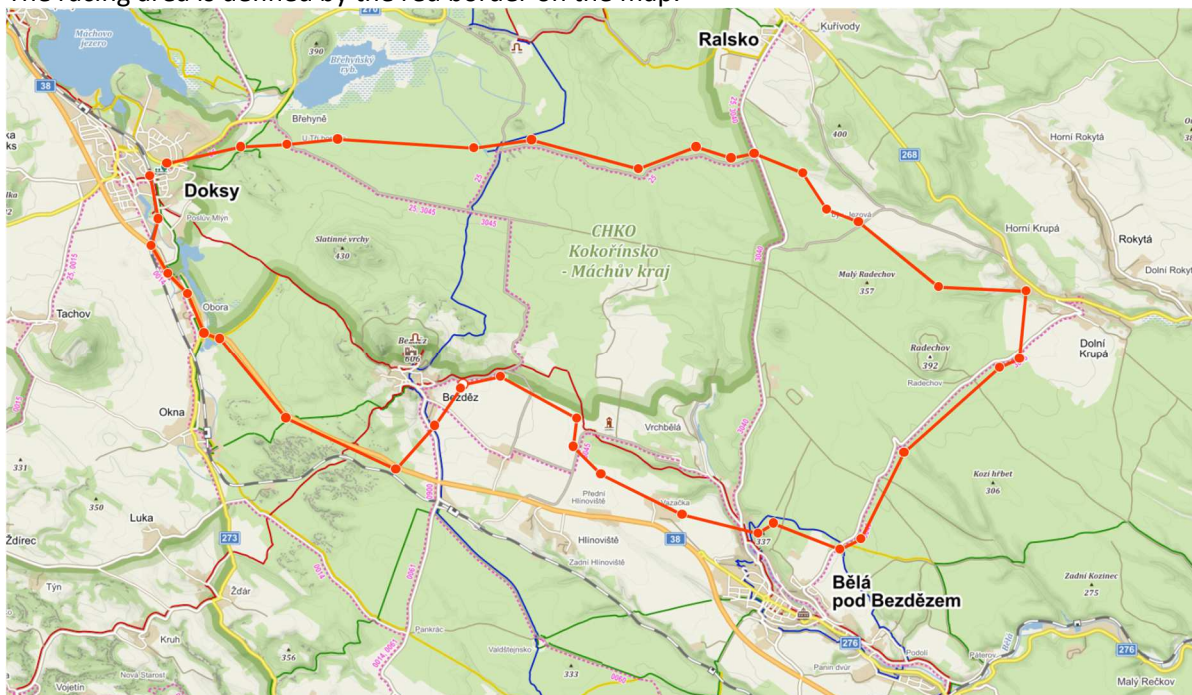
Rental prices:

SIAC: 100,- CZK/day. Deposit for non-registered competitors: 2.000,- CZK

Contact SI: 50,- CZK/day. Deposit for non-registered competitors: 1.000,- CZK

RACING AREA

The racing area is defined by the red border on the map.



TERRAIN

The terrain is fast, even in wet conditions - no need to worry about mud baths! Thank to the shallow shelf sea during the Cretaceous period for this fact, which fortunately (100 million years ago) dried up and left a sandy porous soil that drains well!

The absolute elevation is negligible. The exceptions are Bezděz hill and Slatinné vrchy on the western side and Radechov on the very east of the race area. It's going to be fast.

The entire race area is interwoven with a dense network of tracks, which reaches its intricate peak on the western side near the village of Doksy and in the south in the sprint area - in Vrchbělá. But it can also test well your map skills in the vicinity of Radechov and Dolní Krupá.

The terrain is divided by the 3rd class road between Bělá pod Bezdězem and Ralsko. We will probably forbid you to drive on the road and we will designate places to cross.

TECHNICAL CONTROL

Each competitor must be equipped with a bicycle helmet. All riders' bicycles must be fitted with tyres with a minimum width of 1.5".

For the WM10, WM12, WM14, WM17 and OPEN categories the technical condition of the bike will be checked.

KINDERGARTEN

Children can be placed in kindergarten during the race. It will be specified in **Bulletin 3 - INSTRUCTIONS**.

PARKING

Parking is included in the entry fee and accommodation. Parking on the premises is only possible in designated spaces, to be specified in the Bulletin 3. Please follow the instructions of the organisers. For competitors not staying at the campsite, parking will be available in the adjacent meadow directly at the entrance to the venue.

REGISTRATION

Entry fee "MTBO5days package"

Entry fee includes entry fee for MTBO 5-days, additional race: orienteering triathlon relay, rich cultural program.

Registration deadlines and fees:

Category M/W:	10	12, 14, Open	17,20	21 - 70
until 5.6.2023	250,- CZK	500,- CZK	1.000,- CZK	1.500,- CZK
until 19.6.2023 (+50%)	375,- CZK	750,- CZK	1.500,- CZK	2.250,- CZK
applications on the spot (+100%)	500,- CZK	1.000,- CZK	2.000,- CZK	3.000,- CZK

Competitors not registered for MTBO at the Czech O-Federation will have their entry fee increased by 10%.



Entry fee for individual races

Registration deadlines and fees:

Category M/W:	10	12, 14, Open	17,20	21 - 70
until 5.6.2023	50,- CZK	100,- CZK	200,- CZK	300,- CZK
until 19.6.2023 (+50%)	75,- CZK	150,- CZK	300,- CZK	450,- CZK
applications on the spot (+100%)	100,- CZK	200,- CZK	400,- CZK	600,- CZK

Competitors not registered for MTBO at the Czech O-Federation will have their entry fee increased by 10%.

Registration is via ORIS <https://oris.orientacnisporty.cz/Zavod?id=7808>, event MTBO5DAYS Doksy. Entries will open on 30.4. 2023. **Entries for MTBO5days are also automatically valid for the Czech Cup.** Non-registrants at the Czech O-Federation can also register via ORIS. If a competitor does not have an account in ORIS, he/she will create an account at <http://oris.orientacnisporty.cz/Login> (tab Create user). Entries and changes after the entry deadline only on the spot according to the organizer's possibilities. Please direct any questions regarding registration to: Maru.kamarytova@gmail.com

Even for a standalone race, WRE, WMS or public races, enter via the 'parent' MTBO5days race and tick only the selected stages.

Payments by bank transfer only. The application is accepted only after payment has been made.

Payments in CZK:

Entry fees, accommodation and other services should be paid by bank transfer to the bank account of the Orienteering Club Slavia Plzeň No.: 2601203427 / 2010 (Fio banka)

Payments in EUR:

SEPA payment in EUR. The conversion rate for payment is 23,-CZK / EUR.

Account in EUR: Account No.: 2201203452 / 2010. IBAN: CZ2620100000002201203452.

BIC/SWIFT: FIOBCZPPXXX

Account owner: Klub orientačních sportů Slavia Plzeň, z. s.

Bank: Fio banka a.s., V Celnici 1028/10, 117 21 Prague 1, ID 61858374

Use the number generated in ORIS under the "All entries by club" tab as the payment identification.

O-triathlon relays (held at the race centre on 6.7. 2023 in the afternoon): registration at the race centre until 5.7. No entry fee.

ACCOMMODATION

Recreational area Poslův Mlýn <https://www.posluvmlyn.cz/>, which is also the centre of the race.

The entire capacity of the recreation area is reserved only for MTBO5days. To book accommodation, please use ORIS (Additional services). Booking of accommodation in ORIS will start on 10.5.2023 at 12:00 CET.

Recreational area Poslův Mlýn for accommodation on MTBO5days will be open from 4.7.2023 from 16:00 to 9.7.2023 until 16:00.



Reservation will be by rooms or whole cabins, in ORIS you will be able to choose a specific type of accommodation, see the following tables with prices for each type of accommodation. Reservation of rooms and cabins is possible only for the whole stay 4-9 July 2023.

In addition to cabins and rooms, it is possible to stay in a tent or caravan, subject to available capacity. For persons staying in a tent or caravan, the price is always per person and per number of nights. When placing caravans and tents, please cooperate with the organisers to make the best use of the camping capacity and to be able to comply with hygiene measures.

Cabins

		Price per Cabin for the whole stay (5 nights, 4-9 July)
Cabin	2-beds	4.000,- CZK
Cabin	3-beds	5.250,- CZK
Cabin	4-beds	6.000,- CZK

Rooms in Building A - Family Rooms and Luxury Suites

		Price for the whole stay (5 nights, 4-9 July)
A1 - family room A1 for 4 persons (bathroom, TV, kitchenette)		8.500,- CZK
A2 - room A2 for 2 persons (bathroom and TV)		4.250,- CZK
Luxury apartment in A3, A4, A5 for 4 persons		10.750,- CZK

Rooms in buildings B, C, D

There are sanitary facilities in each building, and some buildings have a kitchenette.

		Price per room for the whole stay (5 nights, 4-9 July)
Room	2-beds	3.150,- CZK
Room	3-beds	4.425,- CZK
Room	4-beds	5.900,- CZK
Room	5-beds	6.638,- CZK
Room	6-beds	7.375,- CZK
Room	7-beds	8.850,- CZK

Tents and caravans

		Price per person per night
Person in a tent		150,- CZK
Person in the caravan		200,- CZK

Rates include a car parking fee. Parking will be specified in **Bulletin 3 - INSTRUCTIONS**.

Please enter the requirements in ORIS at the MTBO5days registration form.

NOTICE: If the accommodation is not paid by 5.6.2023 the reservation will be cancelled.

For those staying in the Poslův Mlýn recreation area, there is an obligation to provide information about the persons staying for the purposes of the municipal authority. The fee to the municipal authority for persons over 18 years of age is 30,- CZK per person for 1 day. It will be collected on site.



TRAINING POSSIBILITIES

If anyone would like to come earlier (before 4.7.2023), they can arrange accommodation in the Poslův Mlýn area individually (<https://www.poslulvmlyn.cz>). We will provide training maps upon request.

DINING

In the recreational area Poslův Mlýn, catering will be provided throughout the stay (lunches, dinners).

Breakfast can be ordered through ORIS as an Additional service.

It will be specified on the race website <http://www.mtbo5days.eu/> and also in **Bulletin 3 - INSTRUCTIONS**.

T-SHIRT

This year MTBO5days will be held for the tenth time and special functional T-shirts from ALISY (Micro Cool Max material) will be produced for this anniversary. There are two designs to choose from.

We recommend you to pre-order the T-shirt for a discounted price of 400,- CZK and choose your look and size of the T-shirt. Please choose your size according to the [size chart](#).

Pre-ordering is possible through ORIS as an Additional service and only until the first deadline for entries on 5 June 2023, so that the T-shirts can be produced in time. Only a limited number of t-shirts will be available for sale on site.



BIKE DEPOSIT

There will be a designated area for bicycle storage, to be specified in **Bulletin 3 - INSTRUCTIONS**.

DATA PROTECTION

By registering for this race, each participant agrees to the publication of his/her personal data in the scope of the mandatory CSOS format, in the form of the entry form, start list and results on the race website, in the ORIS information system, in the instructions for participants and at the assembly area. Photographs and videos will be taken during the event to inform the public about the race, for the personal use of the



competitors and to promote the race. If you do not agree to have your person photographed, please notify the photographer.

VICTORY CEREMONY

Winners will be awarded to the first three competitors in each category after stages E1, E2, E3 and E4 at 19:30 in the race centre.

Every day, a race for t-shirts:

- **Yellow** Leading competitor in ME and WE
- **Green** Spurter of the day (fastest run from K100 to the finish)
- **"Spotted"** Potato is the 4th place competitor with the smallest gap to 3rd place

The announcement of the overall winners of MTBO5days and the presentation of prizes for the first three competitors (the overall ranking is determined by the order of finish in the fifth stage, which will be started by handicap based on the sum of the times E1-E4) will be immediately after the finish of the competitors in the race centre.

CULTURAL PROGRAMME

A surprise party awaits you every day.

1. Opening party and interview with a sports celebrity,
2. Live band concert,
3. Disco /(live band concert),
4. Farewell party of KOS.

EVENT OFFICE OPERATION FOR MTBO5DAYS

4.7. 2023	4:00 pm - 10:00 pm.
5.7. 2023	8:00 - 10:00 a.m.

EVENT OFFICE OPERATION FOR SINGLE RACES

Evening before the race 6:00 - 7:00 pm, morning of the race 8:00 - 9:30 am always in the centre

CONTACTS

Main information contact: info@mtbo5days.eu

Event Director:	Stanislav Rauch, stan.rauch@gmail.com , 777404184	
Accommodation manager:	Marie Kamarytová, maru.kamarytova@gmail.com , 602810509	
Chief Referee:	Ondřej Hašek (E1, E5) Aleš Richtr (E2, E3, E4)	
IOF Event Adviser	Petr Svoboda	
Course setters:	Robert Anděl (E1) Ondřej Hasman (E2) Tomas Kamaryt (E3)	Ondřej Hašek (E4) Ondřej Kovář (E5)

PARTNERS



