

## BULLETIN 3

### 5 DAYS MTBO PLZEŇ 2019

General Information	2
STAGE 1	8
STAGE 2	10
STAGE 3	12
STAGE 4	15
STAGE 5	17
O-triatlon	21

#### Dear O-ladies and O-gentlemen

Welcome at the 8<sup>th</sup> "5-Days MTBO" organized by KOS Slavia Plzen. After a 4 year period, we are coming back to the well known event centre at Autocamping Ostende - Bolevak which offers comfortable accommodation, swimming possibilities, neighborhood of beautiful Pilsen, and attractive race terrains. You will race not only in the forest surrounding Ostende, but also near Letkov and Město Touškov, venues of the 2009 events. In preparation for this year's edition we try to follow the slogan: "The good stays, the better is coming". So, in addition to the main races, you can traditionally look forward to the O-triathlon race, concert of music group X-cover, and hopefully even to the last night party of Pilsen organizers. The novelty of this year's event is the stage 0 training race, called "Blinduro", that will serve as a perfect warm up before the main race. Second novelty is a gift for all participants who enter the complete 5 days race.

Enjoy great 5days of racing and culture in Pilsen!

On behalf of KOS Plzen members, your race director  
Robert Gibon Anděl  
"3x3 is eight"

## General Information

### Organizer:

KOS Slavia Plzeň  
Czech orienteering federation (E2, E3, E4)

### Date:

July 3.-8. 2019

### Program:

#### Stages:

Wednesday	3.7.	E0, Blinduro, training race, not part of the overall 5DAYS ranking
Thursday	4.7.	E1, Longer middle, part of the overall 5DAYS ranking
Friday	5.7.	E2, Sprint, 8. Round of Czech cup, World masters series, Young guns World series In the evening: O-Triathlon
Saturday	6.7.	E3, Middle, 9. Round of Czech cup, 5. Round of German cup, World masters series, Young guns World series
Sunday	7.7.	E4, Long, 10. Round of Czech cup, 6. Round of German cup
Monday	8.7.	E5, semi-free order, pursuit start based on time gap from E1- E4

### Event centre:

Autocamp Ostende – Bolevák, Pilsen, GPS Loc: 4949.7773050N, 13.3904644E [Mapy.cz – turistická](http://Mapy.cz – turistická)

### Event office:

E0 Blinduro - start of competitors registered via ORIS possible without previous registration at event centre. Start place will be marked in the camp.

5 days MTBO (including Stage 1!)

3rd July 16.00 – 22.00 in centre (Autocamp Ostende)

4th July 8.00 – 9:30 in centre (Autocamp Ostende)

Single stages

the day before each stage 6 pm. – 7 pm in event centre (Autocamp Ostende)

### Gift for participants:

All competitors registered to complete 5 days will receive a gift of sport socks with MTBO 5 Days logo.

Socks pick up is possible in the event office only by a club leader presenting a club voucher included in the club registration bag. Socks pickup open times are the same as for Event Office.

### Maps:

MTBO, 6/2019, not waterproof, details in each stage section

### Parking in camp:

Competitors accommodated in camping can park inside the camp area. Parking cost is included in the accommodation fee. Competitors who are not accommodated in the camp are obliged to use the parking place in front of the camp.

### Number bibs:

You will receive number bibs at the event office. Bibs must be placed visibly on your bike.

E0 Blinduro is without number bibs.

Stage 1 to 4: each competitor has the same number

Stage 5: the first 5 competitors in each class shall pick up new number bibs before the start. Other competitors will keep their original number bibs.

Open class has no number bids.

#### **Punching System:**

Electronic SportIdent. If SI fails, use fields R1 – R3 in the maps.

Control stations and finish will work in AIR mode (Remote punching 20 - 40cm)

In case of "photo finish" in 5<sup>th</sup> stage, competitors' order on finish line is conclusive.

E0 Blinduro specifics: Start to Time stage: contact punching. Finish of Time stage: remote punching

#### **Equipment Check:**

Equipment check will be performed at the start for classes WM10, WM11 a W/M 14 only.

You will not be admitted to the race without wearing a helmet.

The bikes of all competitors must have the tires with minimal width of 1.5".

#### **Refreshment:**

Drink will be available in the finish area of each stage. Respecting and protecting our environment we prefer to serve you a drink into your own bidons, rather than to use plastic cups.

#### **Bike wash:**

There will be a water tank, brooms and brushes available on a dedicated place in the event center.

#### **Results:**

Preliminary results will be displayed during stages. Official results in evening in event centre.

Online results will be published on: <http://mtbo5days.eu/live/>



#### **Prize-giving ceremony:**

E0 Blinduro: First 3 competitors from each class (Long, Middle, Short) at 8 p.m.

At 7 p.m. after stages: 1, 3 & 4., after stage 2 already at 6:30 p.m.

At 1:30 p.m. after 5<sup>th</sup> stage (overall results only).

Time of ceremony will be announced by speaker during the race.

#### **Jersey dressing:**

As a you've got used at prestigious cycling events, distinguished competitors (men and women) will obtain colored jerseys (competitors will pass jerseys at each prize-giving ceremony to the next holders):

- **Yellow** – YELLOW GUY – leader in M21E and W21E in overall ranking after each stage.
- **Green** – SPRINTER – competitor with the fastest lap time from the last checkpoint to the finish of the stage (M and W class separately). If the lap times were equal, better position in his/her class decides first, then the overall time.
- **Dotted** – LUCKY LOSER – competitor on the 4<sup>th</sup> place with the smallest gap to bronze medal. In case of the same gap for more competitors, seniority is the priority.
- **Black** - BLACK JOKER - competitor with the biggest time gap to his/her class winner

**The jerseys are passed to the new owners every evening, so bring yours, if you're the current owner!**

**First aid:**

First aid is arranged every day in the stage centre.

**Bike depository:**

A lockable fence will be temporarily built . It's size is limited and it has no ceiling. If you have an opportunity to store your bike in your car or accommodation, please do so.

Storage opening hours 7 pm – 7:30 pm. Picking up hours 8 am – 8:30 am, knowledge of SI number, brand and color required.

**Wrist tapes:**

All competitors will receive wrist tapes for competitors identification, please wear them for the whole event.

**Catering**

Meals will be served by the Pilsen company "Staročeský catering". There will be more than 10 different meals plus 2 special meals prepared each day. <http://starocesky-catering.cz/>

**Protests:**

Protests shall be handed over to the main referee within 30 minutes after publication of the official results and are subject to a 200 CZK fee.

**Jury:**

Expected jury: Radovan Mach, Věrka Pařízková, Aleš Ritter

**Main referee:**

Ondřej Hašek (E0, E1, E2, E3, E5)

Tomáš Kamaryt (E4)

**Maps giving at start:**

E0 Blinduro: Free taking at start in the event centre.

E1, E2, E3, E4: 1 min before start time

E5: just after start

**Maps giving at finish:**

E0, E1: You can keep your map after finishing the race, counting on your sense of fair-play

E2, E3, E4: Please tell your club name to organizers at finish. Maps are given back after start of the last competitor

E5: You can keep your map after finishing the race.

**Children's corner:**

E0: Not needed. Free start time into E0 Blinduro.

E1, E2, E5: In event centre Autocamp Ostende

E3, E4: In stage centre in Město Touškov

Children's corner (for the children of 2-5 age) opens 30 minutes before the 00' Start every day and closes 60min (100min for long distance) after the start of the last competitor.

Children age: 2-5 years. Provide your children with food and drink.

Pick up your children just after you finish your race, without any delay.

Children that are sick, unwell crying do not belong to and will not be accepted to the corner.

**Services and stands:**

Sporticus - everything  
Haven – sport clothing for those who want to be in  
AutoPILOT – map holders  
Miry – map holders

**Partners of race:**

KOS Slavia Plzeň, Sporticus, Haven, CykloPoint, Vodárna Plzeň, Město Plzeň, Plzeňský kraj

**Rules:**

Competitions will be run in accordance with the MTBO rules and competition rules of ČSOS.

**Useful rules and pieces of advice:**

You compete at your own liability in all races.  
Ride and pass by on the right hand side!

**Overtaking procedure:**

- o Overtaking competitor will shout “HEY” at overtaken one
- o Overtaken competitor will get out maximally to the right side and let overtaking one go on
- o Overtaking competitor thanks ☺

**Bike service:**

Starting stage 2 in event centre. Call for Jájin.

## STAGE 0

### *„Blinduro“*

**Date:** Wednesday 3. 7. 2019

**Race type:** training race with measured stages

**Centre:** Autocamp Ostende – Bolevák, Pilsen, GPS Loc: 4949.7773050N, 13.3904644E

**Transportation:** No need, stage in the event centre

**Parking:** in the central parking place, camp

**Map:** Krkavec, 1:15 000, E=5m, 2015, size A4

**Terrain:** Suburban forest interwoven with a dense of paths and trails.

**Distances:** Centre = Finish

Centre = Start

Centre - Map Start/Finish 2km

**Start:** Start from center any time between 3:00 - 6:00 p.m. Finish is placed on same spot like start.

**Courses and categories:**

**Long:** M21E, M40A, M21A, M20, W21E, M50, M17

**Middle:** M21B, M40B, W21A, W20, W40, W17, Open, M60, W21B

**Short:** M14, M70, W50, W60, W70, W14, MW11

**Note:** In rare cases it is possible to change the course.

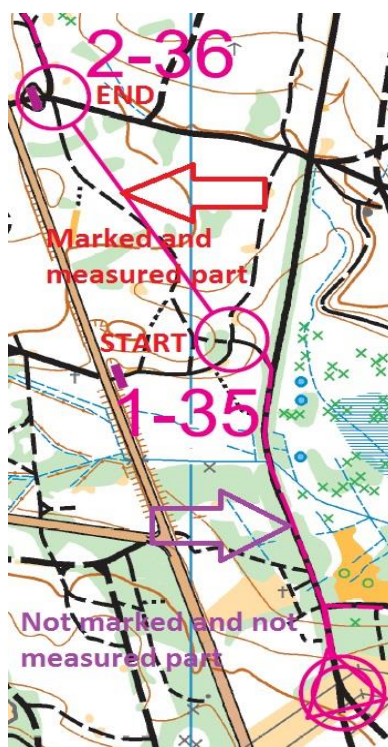
**Courses details:**

Class	Length straight	No. of stages	Climbing	1.time stage	2.time stage	3.time stage	4.time stage	5.time stage
Long	11,8	5	200	Warm Up	Uphill	Focus	Valley	Caveman
Middle	8	4	120	Relax	Sprint	Single	Final	
Short	5,2	4	50	Snake	Fullgas	Flow	Down	

**ATTENTION 1:** Route from center to map start will be marked in terrain. It's the same way back from map finish.

**ATTENTION 2** It is training race for warm up and not a standard MTBO. There will be 4-5 measured segments - uphill, technical trails, downhills or combination - on the marked track. A marked fixed route between the measured segments is given in the map . Please use this recommended way (not marked in the terrain) to move between the segments. On the other hand, the compulsory route between the 2 control points connected by a line, which is the measured segment, will be marked in terrain. Yes, it is exactly in the opposite way to what you are used to.

Example:



**ATTENTION 3:** Measured stage begins with a start control contact punching and ends with a finish control (AIR control) punching. Time between the measured stages is not considered in the overall result time. Sum of the time of all measured segments becomes the final time. In the case of the same overall time, faster last segment will decide.

**ATTENTION 4:** Starting time and distance between riders when entering a segment is left to your decision and responsibility. However, take into account that it may not be possible to overtake someone on some segments.

**ATTENTION 5:** Course Middle crosses a downhill section of the course Long between segments 2 and 3. It is a well visible place, where the Long course competitors can be seen in advance. Please mind each other and wait until they pass.

**Refreshment:** Competitors taking courses Long and Middle can visit a small kiosk at the top of Krkavec, open from 3:00 till 7:00 p.m.. At the beginning of the course Long and at the end of the course Short, you will be passing pond „Kameňák“, where another small kiosk is located. Suggest to have some small money with you.

**WC:** in the event centre

**Time limit:** arrival to centre until 7:00 p.m.

**Prize-giving ceremony:**

8:00 p.m. in the event centre

**Course setters:** Jan Václavík

**Key to victory:** It's only a warm up. Just enjoy it.

## STAGE 1

### „Warm up in a Sack“

**Date:** Thursday July 7, 2019

**Race type:** (longer) middle

**Centre:** Autocamp Ostende – Bolevák, Pilsen, GPS Loc: 4949.7773050N, 13.3904644E

**Transportation:** Both Start and Finish are located 7.5km from the centre. Reachable by bike, a nice cycle path on the northside of Bolevecké ponds to Bila Hora, then follow the yellow tourist marking down to Berounka river. Under the hill Clum follow the cycling path via Ujezd to Cerveny Hradek **Maps with the path will be available in the event centre.** Another option is drive to Tesco and park by Tesco (nearby Finish). 2.7km to start in Cerveny Hradek

**Parking:** Tesco Rokycanska st. parking place: neither reserved nor marked for competitors.

**Map:** Čípa je to Pytel (Whose Sack is it) , 1:15 000, E=5m, stav 6/2019, rozměr A4

**Terrain:** Wavy terrain of a suburban forest with a dense network of tracks and paths . Western part is well rideable, (spiced by singletracks), the eastern one with roots. Highways and roads are forbidden routes, marked in the map.

**Distances:** Centre -Finish 8km  
Centre – Start 8,0 km

**Start:** **00 = 11:00 a.m., Open class can start any time between 0-120 min, following the starter's instructions.**

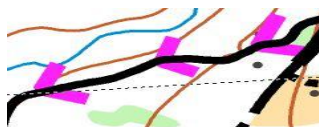
#### Courses details:

Class	Length straight	No. of controls	Climbing	Class	Length straight	No. of controls	Climbing
MW10	2,1	8	30	MW11	3,2	7	40
M14	6,3	12	60	W14	5,0	10	130
M17	11,0	16	250	W17	8,4	15	160
M20	15,0	23	280	W20	10,1	17	230
M21E	16,2	29	320	W21E	13,9	20	270
M21A	14,4	23	280	W21A	10,1	17	230
M21B	11,0	16	250	W21B	7,4	12	130
M40A	15,0	22	300	W40	8,4	15	160
M40B	11,0	16	250	W50	6,3	12	60
M50	11,3	18	240	W60	5,0	10	130
M60	7,4	12	130	W70	5,0	10	130
M70	6,3	12	60	OPEN	7,8	14	160

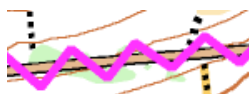


**ATTENTION 1:** MOST CLASSES ride under a highway feeder road of a low clearance, mind your head.  
MOST CLASSES run through a small narrow tunnel under a road of 2nd category, a compulsory passage on a compulsory route to the village, where you cross another road of 2nd category. Follow organizers' instructions at all times!

**ATTENTION 2:** One-way routes on the map, marked as



Forbidden routes are marked by the 711 symbol on the map



**Refreshment:** water at finish

**WC:** 2 mobile WC close to start

**Time limit:** 150 min

**Prize-giving ceremony:** 7:00 p.m. in event centre

**Course setters:** Michal Toša Tošner

**Key to victory:**

- Vigilance, many control points
- Strong refreshed legs
- Reliable bike technology
- Mastery on single tracks

**MW10:** Kids race will take place close to Autocamp Ostende after the main race in Letkov  
Kids can be accompanied by parents.

Map 1:10000

Start: max 300m from event centre, green-white ribbons

Finish: max 300m from event centre

SI reading in finish.

MW10 free time start: 15:00 - 16:30

Length (straight): 2,1km, 8 controls, climbing 30m

Course setter: Vladimír Vláďa Kovář

There are plenty of tourists in race area, please ride carefully.

**Evening party:** Discussion with guests

## STAGE 2

### *„What about the armory“*

**Date:** Friday, 5. 7. 2019

**Race type:** sprint, 8<sup>th</sup> round of Czech Cup, World masters series, Young guns World series

**Centre:** Autocamp Ostende – Bolevák, Plzeň, GPS Loc: 4949.7773050N, 13.3904644E

**Transportation:** Start and finish is 4km away from the event centre, cycle there

**Map:** Copa ten muničák??, 1:7 500, E=5m, stav 6/2019, A4

**Terrain:** Forrest sprint, bunch of perfectly smooth forrest dashed trails.

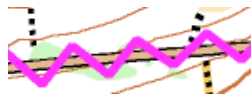
**Distances:** Centre – Finish 4 km  
Centre – Start 4 km

**Start:** **00 = 10:00, Open class can start any time between 00-120 min.**

#### Courses details:

Class	Length straight	No. of controls	Climbing	Class	Length straight	No. of controls	Climbing
MW10	2,1	7	10	MW11	1,7	7	30
M14	1,8	7	35	W14	1,8	6	35
M17	4,9	16	75	W17	3,4	15	45
M20	4,7	18	65	W20	4,6	18	65
M21E	5,7	21	55	W21E	5,3	18	55
M21A	4,7	18	65	W21A	4,6	18	65
M21B	4,9	16	75	W21B	3,7	14	70
M40A	5,4	20	75	W40	3,4	15	45
M40B	4,9	16	75	W50	1,8	7	35
M50	4,4	17	60	W60	1,8	6	35
M60	3,7	14	70	W70	1,8	6	35
M70	1,8	7	35	OPEN	3,8	15	55

<b>Refreshment points:</b>	In finish
<b>WC:</b>	In the event centre and at start
<b>Time limit:</b>	60 min
<b>Prize-giving ceremony:</b>	6:30 p.m. in event centre
<b>Course setter:</b>	Martin Lesič Les
<b>Attention:</b>	There are forbidden road sections marked by the 711 symbol on the map:



**Key to victory:**

- speed management and control order
- read control codes
- turn on time
- do not hit other competitors
- good selection of the course

**MW10:**

**Kids race will take place at the same time as the main race.**

**Race is located in area neighboring to the area of main race.**

**Kids can be accompanied by parents.**

Map 1:10000

Start: 4 km from event center, route to start is partially same as for main race (blue-white ribbons), later the route is separated (green-white ribbons)

Finish: 1,5 km from event centre

Free start time: 10:00 - 12:30.

Finish: SI reading in event center

**Course setter:** Vladimír Vláďa Kovář

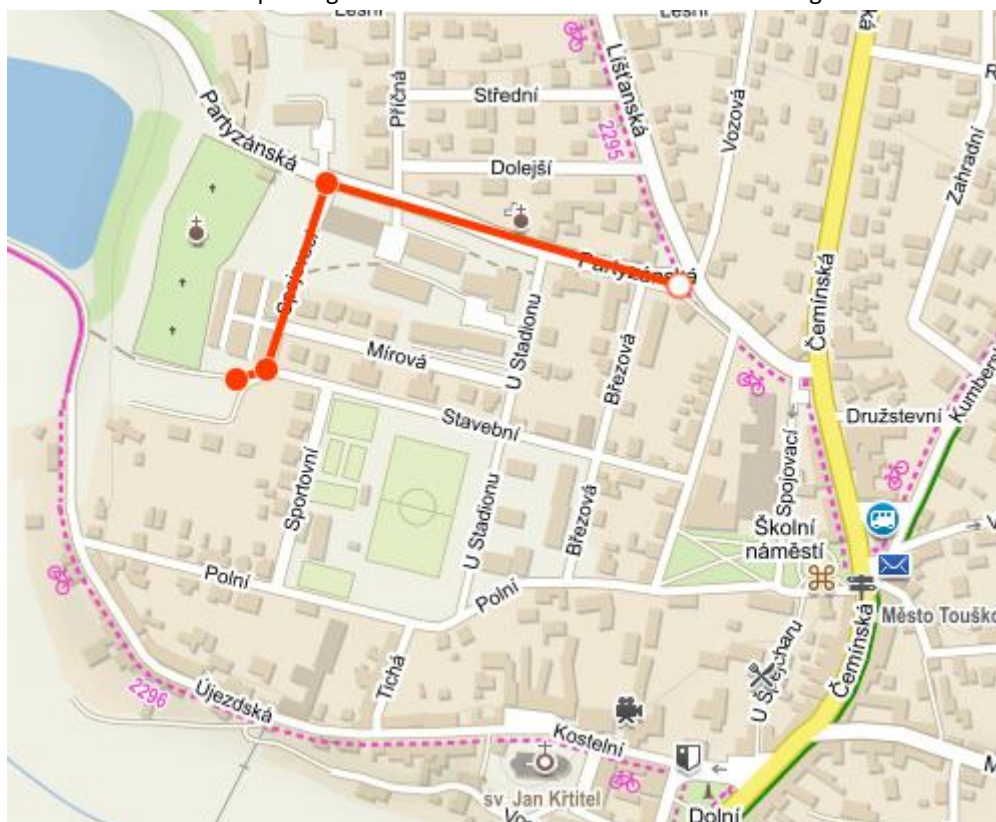
**Afternoon:** O-triathlon race, more info at last pages of this bulletin.

**Evening party:** Concert of music band X-cover

## STAGE 3

„Go fast but be precise“

- Date:** Saturday 6. 7. 2019
- Race type:** Middle, 9. Round of Czech cup, 5. Round of German cup, World masters series, Young guns World series
- Centre:** FC Touškov, GPS Loc: 49.7760775N, 13.2454594E, (<https://en.mapy.cz/s/3ulwm>)
- Transportation:** **By car. Attention, road from Touškov direction to village Písek will be closed till 4p.m. to enable our competition. Chose a different route if needed.**  
**By bike - approx. 13km through the wonderful Pilsen landscape. Suggested route:** <https://en.mapy.cz/s/3ulxA>
- Parking:** There is a parking area in the town Touškov. Please follow organizers instructions.



- Map:** Depa to tudády Sssíkááá,, 1:10 000, E=5m, stav 6/2019, A3
- Terrain:** Beautiful! Slightly corrugated due to erosive grooves, there are two deep valleys in the southern part, where the Czech XC MTB race takes place. The rideability highly varies. There are bunch of solid wide tracks where you'll fly almost as on asphalt. But there is also a significant amount of dots and short-dashed trails whose rideability corresponds with the ISMTBOM and vegetation in the middle of summer.

**Distances:** Centre = Finish  
Centre – Start 3 km, local town road

**Start:** Interval start, **00 = 10:00, Open class can start any time between 00 - 120 min.**

**Course details:**

Category	Length Straight	Controls/ checkpoints	Ascend	Category	Length Straight	Controls/ checkpoints	Ascend
<b>MW10</b>	3,2	8	45	<b>MW11</b>	3,9	9	60
<b>M14</b>	8	17	100	<b>W14</b>	6,7	16	85
<b>M17</b>	10,1	19	135	<b>W17</b>	9,3	18	125
<b>M20</b>	12,6	25	250	<b>W20</b>	9,4	18	125
<b>M21E</b>	14,3	27	285	<b>W21E</b>	10,6	22	150
<b>M21A</b>	12,6	25	250	<b>W21A</b>	9,4	18	125
<b>M21B</b>	10,1	19	135	<b>W21B</b>	8	17	125
<b>M40A</b>	13,2	24	250	<b>W40</b>	9,3	18	125
<b>M40B</b>	10,1	19	135	<b>W50</b>	8	17	100
<b>M50</b>	10	20	100	<b>W60</b>	6,7	16	85
<b>M60</b>	8	17	100	<b>W70</b>	6,7	16	85
<b>M70</b>	8	17	100	<b>OPEN</b>	7,9	15	95

**Refreshment points:** No, what for? ... for 55 minutes?... No.

**WC:** In event centre only!

**Refreshment:** In finish, event centre

**Time limit:** 120 min

**Prize-giving ceremony:** 7:00 p.m. in the event centre

**Course setter:** Tomáš Kamaryt

**ATTENTION:** **Almost all courses are crossing the local road that is going to be closed during the race. In spite of that, ride the street on the right hand side, similarly as on the forest tracks. Some of the downhill are really steep, do not overestimate your skills! Some trails are going to be blocked by trees - marked by the symbol No. 832.1.**

**Keys to victory:**

- Make your decision wisely then ride fast and realize precisely
- If cannot ride anymore, speed up.
- Do not be in doubt about your choice, neither the course setter knows which choice is the best
- Keep your eyes on the map till the last control and spare some strength for the final hill to look great in the finish

**MW10:** **Map, Start and Finish:** same as all other classes  
**Parents can accompany kid after the main race.**

Free start time 12:00 do 14:00

**Course setter:** Tomáš Karýk Kamaryt

**Evening party:** Evening of High quality music and pleasant conversation (\*entrance allowed for 18+ only or with consent of a legal representative)

## STAGE 4

### *„dlouhá radost z jízdy/ long ride joy“*

- Date:** Sunday 7. 7. 2019
- Race type:** long, 10. Round of Czech cup, 6. Round of German cup
- Centre:** FC Touškov, GPS Loc: 49.7760775N, 13.2454594E, (<https://en.mapy.cz/s/3ulwm>)
- Transportation:** **By car. Attention, road from Touškov direction to village Písek is going to be closed till 16.00. Because of our competition.**  
**By bike - approx. 13km through the wonderful Pilsen landscape. Suggested route: <https://en.mapy.cz/s/3ulxA>**
- Parking:** There is a parking area in the town Touškov. Please follow organizers instructions.
- Map:** Tůten Touschck-off, 1:15 000, E=5m, stav 6/2019, rozměr A3
- Terrain:** Various! The area is split by a distinct valley with a creek, the northern part offers many different features, but do not look for flats there. Rideability also varies wildly. You will enjoy the XC tracks again at the course end, so stay focused, you will be tired already...
- Distances:** Centre = Finish  
Centre – Start 2.8 km/100m uphill, marked by ribbons
- Start:** Interval start, **00 = 10:00, Open class can start any time between 0 - 150 min.**

#### Course details:

Category	Length straight	Controls	Climbing	Category	Length straight	Controls	Climbing
<b>MW10</b>	enjoy	skill	ride	<b>MW11</b>	4,7	9	50
<b>M14</b>	12,4	14	230	<b>W14</b>	10,6	11	205
<b>M17</b>	14,2	16	310	<b>W17</b>	12,6	12	230
<b>M20</b>	18,9	18	350	<b>W20</b>	14,3	16	270
<b>ME</b>	23,6	22	430	<b>WE</b>	16,1	19	300
<b>M21A</b>	18,9	18	350	<b>W21A</b>	14,3	16	270
<b>M21B</b>	14,2	16	310	<b>W21B</b>	12,3	12	200
<b>M40A</b>	19,4	22	400	<b>W40</b>	12,6	12	230
<b>M40B</b>	14,2	16	310	<b>W50</b>	12,4	14	230
<b>M50</b>	14,8	15	230	<b>W60</b>	10,6	11	205
<b>M60</b>	12,3	12	200	<b>W70</b>	10,6	11	205
<b>M70</b>	12,4	14	230	<b>OPEN</b>	13,3	14	170

**Refreshment points:** Only in finish, take camel bags

**WC:** In event centre only!

**Refreshment:** In finish, event centre

**Time limit:** 180 min

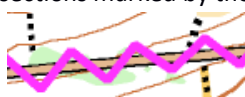
**Prize-giving ceremony:** 7:00 p.m. in the event centre

**Course setter:** Ondřej Háša Hašek

**ATTENTION:** **Almost all courses are crossing the local road that is going to be closed during the race. In spite of that, ride the street on the right hand side, similarly as on the forest tracks. Some of the downhills are really steep, possibly with bushes and loose wood, do not overestimate your skills!**

**Some trails are going to be blocked by trees - marked by the symbol No. 832.1.**

There are forbidden road sections marked by the 711 symbol on the map:



**Key to victory:**

- Make your decision carefully then ride fast and realize precisely
- If cannot ride anymore, speed up.
- Do not be in doubt about your choice, neither the course setter knows which choice is the best
- Ride fluently at the single tracks, let the faster pass

**MW10: Skills ride in the area of TJ Sokol v Touškově, approx. 400m from Centre in Touskov, will be marked from parking area in Touskov**

**Evening party:** Pilsen party



## STAGE 5

### *„Fastfood at the End“*

**Date:** Monday 8.7.2019

**Race type:** Middle-semifree order, handicap start based on result after 4 stages

**Centre:** Autocamp Ostende – Bolevák, Plzeň, GPS Loc: 49.7773050N, 13.3904644E

**Transportation:** no need

**Parking:** in the centre

**Map:** Kudypa na Ostende? 1:15 000, E=5m, size A4, 6/2019

**Terrain:** Flat, a bit hilly, highly dense path system, many and many rideable paths

**Distances:** Centre - Start 2,4 km  
Centre = Finish

**Start:** **00 = 10:00, Open class starts any time between 00-120 min., precise time decided by the starter**

**Start organization:**

Start time of the first competitor	1. CORRIDOR	2. CORRIDOR	3. CORRIDOR
10:00	M14	W14	MW11
10:10	M17	W17	M50
10:20	M20	W20	M70, W70
10:30	M21B	W21B	W60
10:40	M21A	W21A	M60
10:50	M40B	W40	M40A
11:00	M21E	W21E	W50

Chasing start till 60 minutes of time gap behind the leader, then an interval start 1 min.

The first 5 competitors in each class shall pick up new number bibs before the start. Other competitors will keep their original number bibs.

In case of “photo finish” in 5<sup>th</sup> stage, competitors’ order on finish line is conclusive. Implies that finish unit is punched AFTER the finish line.

**Refreshment points:** only in event centre

**WC:** in centre

**Refreshment after race:** in centre

**Course details / males:**

Kategorie	Délka vzdušně v ideálním pořadí	Převýšení v ideálním pořadí	Počet kontrol
M11	5,7km	75m	11
M14	81km	85m	16
M17	10,0km	130m	25
M20	11,2km	160m	25
M21E	12,1km	165m	28
M21A	11,2km	160m	25
M21B	10,0km	130m	25
M40A	10,9km	150m	28
M40B	10,0km	130m	25
M50	10,5km	150m	22
M60	8,8km	100m	20
M70	8,1km	80m	16
OPEN	8,5km	90m	15

**Course details/ females:**

Kategorie	Délka vzdušně v ideálním pořadí	Převýšení v ideálním pořadí	Počet kontrol
W11	5,7km	75m	11
W14	8,0km	85m	15
W17	9,1km	100m	17
W20	10,1km	125m	22
W21E	10,7km	150m	26
W21A	10,1km	125m	22
W21B	8,8km	100m	20
W40	9,1m	100m	17
W50	8,1km	80m	16
W60,W70	8,0km	85m	15

**Časový limit:** 150 min

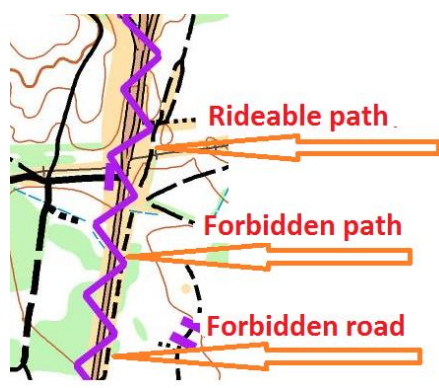
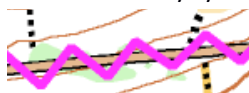
**Prize giving:** Final MTBO5days prize giving after the race (expected 13:30-14:00)

**Course setter:** Ondra Vodr Vodrážka

**Note 1:** Part of the way to the start follows a main road, crosses the main road and a railroad track. Respect the traffic rules, be careful and mind other people.

**Note 2:** All riders cross local road on the compulsory passages of the course, follow organizers instructions. All riders must ride 3 compulsory routes, after controls 39, 57, and 100

**Note 3:** There are forbidden routes marked by symbol 711 in the map



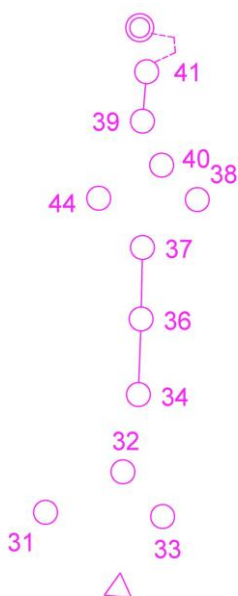
**Note 4:** All riders undercross a railway. The underpass is not very wide and high, please be careful

**Note 5:** During the race you will be riding in a suburban and recreational area of Plzeň. Be careful and mind the many pedestrians, bikers and dogs..

**Race system:** Semi-free-order = Parts of the course are free order, parts of the course consist of line-connected controls that must be taken in a given order. Other controls can be taken at any time during the race. All controls are marked only by codes, not by sequence number **(See the picture below)**.

Red pens will be available at start.

Illustration of the course:



**Key to victory:**

- Don't miss any control
- Carefully read the map at the start
- Choose the fastest route choice
- Ride fast :-)

**MW10:** Kids race will take place close to Autocamp Ostende prior the main race.  
Kids can be accompanied by parents.

Map 1:10000

Start: max 300m from event centre, green-white ribbons

Finish: max 300m from event centre

MW10 free time start: 9:00 - 9:45

Length (straight): 1,6km, 7 controls, climbing 20m

Course setter: Vladimír Vláška Kovář

SI reading in the centre immediately after finish.

## O-triatlon

*„team spirit“*

- Date:** Friday 5.7. 2019 at 5 pm (after E2)
- Race type:** 3 member relay - triathlon
- Leg lengths:**
1. leg: OB, mass start, **FREE ORDER**, app 10-15 min
  2. leg: o-swimm, app 10 min
  3. leg: XC MTB, app 5-10 min

**Changeover:** Changeover is valid after giving a SI to your team mate. Due to a fact that we are saving up, each relay takes only one own **SIAC** card to punch checkpoints in the right order. Team finishing first and having the right punch order is the winner.

Exemplary changeover will be presented by organizers.

- Classes:** Only 2 -**M men, D women** (mixed relays are classified as men)
- Entries:** Entry forms are available at even office. Fill and give back till Thursday 4.7.2019 8pm. Number of relays is limited to 60.
- Entry fee:** Voluntary. Do not hesitate to invite organizers for a beer.
- Centrum:** Autocamp Ostende – Bolevák, Plzeň, GPS Loc: 4949.7773050N, 13.3904644E
- Maps:**
- Těžká pohoda: 1:5000, **FREE ORDER**, size A4
- Voda voděnka: 1:5000, established control order, A4

- Distances:** **Everything in event centre**
- Distances of map start for legs:**
1. leg - OB: 100m, map received at mass start
  2. leg - SWIMM-O: 50m, map received from 1. leg
  3. leg - MTB: This is going to be a surprise

**Checkpoint description:** in the map, if needed

**Terrain:** **The BEST one**

**Start:** **00 = 6 pm**

**Control punching:** Each relay uses own SI card. Punching will be checked for correctness. One mistake leads to disqualifying of complete relay!

**Attention:** Duathlon in three is probably another world wonder.

**All relays must have a SIAC!!!**

Be careful when jumping into the water.

... also mind your ankles

... also tighten your shoes properly

**ATTENTION: Take care about others and respect instruction of organizers while heading to changeover. Respect marked areas for depot and changeover.**

**!!Don't ride and endanger other camp visitors or competitors - you are racing at your own risk!!**

**Prize-giving:** in event centre, during stage 2 prize-giving

**Protests:** With 1 beer fee

**Course setter:** Lukáš Richtr aka Lujdži

**Director:** Honza Hašek aka Hašan

**Referee:** Lexa Svobodič

**IT master:** Ondra Hasman aka Kevin

**Co-organiser:** Šimon Mayer aka Frajer

**Noone:** Vojtěch Spěváček aka Ollie master

**Evening party:** right after the duathlon is over, see stage E2