



Påskeløb 2019

FINAL DETAILS

Påskeløb 2019

18 – 20 April in Stråsø and Vosborg

C***** event

- Payment electronically is not possible as the mobile phone signal at the assembly area is poor. We therefore ask everyone to bring cash for payment in shops, the café and the Event Office.
- Any changes in runners' details or brick numbers must be sent as soon as possible, and before the event, by e-mail to paaske2019@gmail.com

Organisers	<p style="text-align: center;">Vestjysk Orienteringsklub and Herning Orienteringsklub</p>  
Race areas	<p>Nr. Vosborg, Thursday 18 April Sdr. Vosborg, Friday 19 April Stråsø, Saturday 20 April</p>
Meeting place Event Office Assembly area	<p>Are at the same place, situated in a grass field at Lystlund. Please follow signs from main road A16 just north of Ulfborg, along Sønderkærvej (56.282519, 8.330065). There is no advantage in choosing other approach routes, where you risk driving more than 10 km on poor gravel roads, most of which are anyway closed to public use. The approach route is narrow, so please don't stop or park. Buses: send an e-mail to paaske2019@gmail.com if you are bringing a bus, as bus parking space is very limited.</p>  <p>Parking is immediately beside the assembly area, which is the same on all 3 days.</p>

Event Office	<p>The Event Office is situated in the assembly area. It is open every day from 9:00. The Event Office will handle the following:</p> <ul style="list-style-type: none"> • Sale of Open courses. • Name or brick changes: must be sent to paaske2019@gmail.com before the race day. For changes arising on the day, go to the Office in good time before the start. • Sale of commemorative cards and Easter caps. • Reception of complaints and contact to the Event Controller. • Delivery and collection of lost property. • General information. <p>Payment: cash, preferably in Danish kroner. Foreign notes will be taken at the following exchange rates: 1 €=7 DKK / 1 NKR=0.70 DKK / 1 SKR=0.70 DKK.</p>
Toilets	There are 16 toilets on the assembly area and 4 on the way to the start.
Changing facilities	Changing of clothes is not allowed in the café tent. Two tents are set up near the café for women's and men's changing respectively. It is recommended that extra clothing is also left here.
Showers/swimming	<p>Ulfborg Skole (school), Holmegade 25, 6990 Ulfborg (56.274720, 8.321406).</p> <p>Distance: 8 km.</p> <p>Open 12:00 - 17:00, Thursday, Friday and Saturday.</p> <p>In connection with the event, the Ulfborg swimming baths, Sportvej 1, Ulfborg will be open for the whole of the week from 11:00 to 16:00.</p> <p>Tickets, 20 kr each, can be purchased at the Event Office. It is a 1450 sq.m. large Swimming Centre with two baths, a warm water bath at 33°C and a larger bath at 26°C.</p> <p>The Centre is very child-friendly and there are good and plentiful changing facilities. Deposit for a safe-keeping box is 10 kroner.</p>
Children's courses	<p>Free of charge.</p> <p>The children's courses are open every day from 10:00 – 14:00.</p> <p>There are prizes for all participants.</p> <p>On some days the course will pass close by some large waterholes.</p>
Café	<p>There is a well-stocked shop and café in the assembly area.</p> <p>Electronic payment is not possible due to poor mobile phone signal.</p>
Accommodation	<p>There is no arranged accommodation.</p> <p>Go to website www.visitholstebro.dk.</p> <p>There are many holiday cottages in the area.</p> <p>Take the opportunity of an O-holiday beside the west coast!</p>

Training	<p>Tuesday 16 April in Husby. Signed from Husby Kirke (church), coordinates 56.282333, 8.177258. From here, follow Græmvej towards the west.</p> <p>Wednesday 17 April in Torsted. Signed from the T-junction Torstedvej/Fejsøvej in Torsted, coordinates 56.201069, 8.450076.</p> <p>Both days have starts from 12:00 – 15:00. Map printed on waterproof paper. EMIT will be used (free start times). Courses: 3 hard, 1 medium and 1 easy, lengths between 3.1 km and 7.3 km. Controls will be collected from 16:00. Price per course kr. 50,- Brick rental kr. 25,-</p>
Distances	<p>Parking – assembly area: 0-300 m. Parking – showers: 8 km.</p> <p>Stage 1: assembly area to Start 1: 700 m Stage 1: assembly area to Start 2: 700 m Stage 2: assembly area to Start 1: 1100 m Stage 2: assembly area to Start 2: 1200 m Stage 3: assembly area to Start 1: 1400 m Stage 3: assembly area to Start 2: 300 m</p> <p>For all stages, there is coloured taping: Assembly area to Start 1: red taping. Assembly area to Start 2: blue taping.</p>



Volkswagen Herring



Ringkjøbing
Landbobank

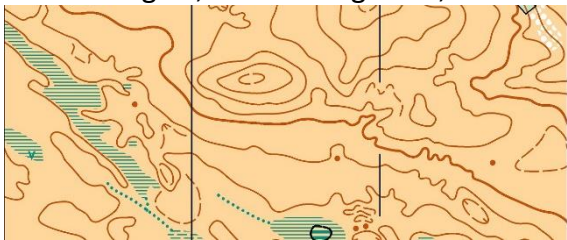


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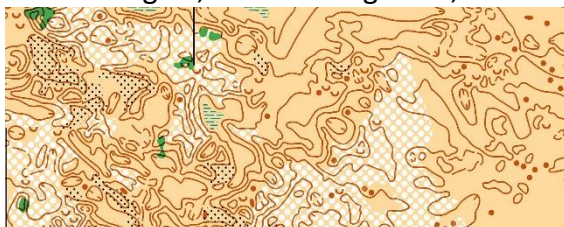


Course lengths etc.	Class	Stage 1		Stage 2		Stage 3		Start	First start Stage 3
		km	controls	km	controls	km	controls		
D-Beg**	2,5	13	2,4	14	2,6	14	2		
D10**	2,5	13	2,1	14	2,4	12	2		
D12	3,5	12	3,0	18	3,5	13	2		
D12B**	2,5	13	2,1	14	2,4	12	2		
D14	4,5	14	4,4	15	4,3	13	2	10:06	
D14B	3,5	12	3,0	18	3,5	13	2		
D16*	5,1	15	4,2	15	5,1	21	1	10:06	
D16B	4,5	14	4,4	15	4,3	13	2	10:26	
D18	6,1	17	5,8	20	5,6	18	1	10:36	
D20*	7,2	22	5,4	21	6,7	19	1	10:46	
D20AK*	5,1	15	4,2	15	5,1	21	1	10:56	
D20B	4,0	12	3,8	14	3,7	11	2	11:06	
D21*	8,6	24	8,3	24	8,7	25	1	10:46	
D21AM	5,6	18	5,1	18	5,4	19	1	10:36	
D21AK*	5,1	15	4,2	15	5,1	21	1	10:16	
D21B	4,5	15	4,5	14	4,3	11	2	10:16	
D21C	3,5	12	3,0	20	3,4	15	2		
D35*	7,0	20	5,4	19	7,0	22	1	11:06	
D35B	4,5	15	4,5	14	4,3	11	2	10:56	
D40	5,6	18	5,1	18	5,4	19	1	10:46	
D45	5,6	18	5,1	18	5,4	19	1	10:36	
D45AK*	4,1	15	3,7	13	3,9	13	1	10:26	
D45B	4,0	12	3,8	14	3,7	11	2	10:16	
D50*	4,1	15	3,7	13	3,9	13	1	10:06	
D55*	4,1	15	3,7	13	3,9	13	1	11:16	
D55AK	3,3	10	3,2	13	3,1	12	1	11:06	
D60	3,5	13	3,5	14	3,6	13	1	10:56	
D65	3,4	12	3,4	13	3,2	12	1	10:46	
D70	3,4	12	3,4	13	3,2	12	1	10:36	
D75	3,3	13	3,2	15	3,4	15	1	10:26	
D80	2,4	9	2,9	10	2,3	9	1	10:16	
H-Beg**	2,5	13	2,4	14	2,6	14	2		
H10**	2,5	13	2,1	14	2,4	12	2		
H12	3,5	12	3,1	20	3,4	14	2		
H12B**	2,5	13	2,1	14	2,4	12	2		
H14	4,5	15	4,5	14	4,3	11	2	10:00	
H14B	3,5	12	3,1	20	3,4	14	2		
H16*	7,0	20	5,4	19	7,0	22	1	10:10	
H16B	4,5	15	4,5	14	4,3	11	2	10:20	

	H18*	8,6	24	8,3	24	8,7	25	1	10:30
	H20*	10,0	24	8,4	28	9,8	27	1	10:40
	H20AK*	6,5	19	5,9	20	6,5	21	1	10:50
	H20B	4,8	16	4,5	16	4,8	13	2	11:00
	H21*	12,9	31	9,3	29	11,9	36	1	10:50
	H21AM*	8,6	24	8,3	24	8,7	25	1	10:40
	H21AK*	6,5	19	5,9	20	6,5	21	1	10:30
	H21B	4,8	16	4,5	16	4,8	13	2	10:20
	H21C	3,5	12	3,0	20	3,4	15	2	
	H35*	10,0	24	8,4	28	9,8	27	1	11:00
	H35B	5,3	14	4,5	17	5,7	13	2	10:40
	H40*	9,0	23	8,0	22	8,9	29	1	10:30
	H45*	9,0	23	8,0	22	8,9	29	1	10:20
	H45AK*	5,1	15	4,2	15	5,1	21	1	10:10
	H45B	4,8	16	4,5	16	4,8	13	2	11:10
	H50*	7,2	22	5,4	21	6,7	19	1	11:30
	H55*	7,0	20	5,4	19	7,0	22	1	11:20
	H55AK	3,5	13	3,5	14	3,6	13	1	11:10
	H60	6,1	17	5,8	20	5,6	18	1	11:00
	H65	5,6	18	5,1	18	5,4	19	1	10:50
	H70	4,6	14	3,8	15	4,1	15	1	10:40
	H75	3,3	13	3,2	15	3,4	15	1	10:30
	H80	3,4	12	3,4	13	3,2	12	1	10:20
	H85	2,4	9	2,9	10	2,3	9	1	10:10
	**ÅBEN1*	8,4	21	7,6	21	8,1	21	1	
	**ÅBEN2*	6,2	16	6,0	18	6,1	21	1	
	**ÅBEN3*	4,2	14	3,9	15	4,0	14	1	
	**ÅBEN4	4,8	16	4,5	16	4,8	13	2	
	**ÅBEN5	4,0	12	3,8	14	3,7	11	2	
	**ÅBEN6	2,5	13	2,4	14	2,6	14	2	
Open courses (ÅBEN1-6)	Can be entered at the Event Office. Price per course: D/H-20, kr. 120,- (17€) D/H21-, kr. 150,- (21€) Brick rental, kr. 25,- (4€) The back-up card, which gives access to the start, is given out at the Event Office. On application to the start officials you will be given a start time after the free-start principle. Note: Open courses can only be purchased for the actual race day.								
Drinks controls	All Difficult courses over 5 km have at least one drinks control.								
Race numbers	On Stages 1 and 2, the following classes will have race numbers: D12, D14, D16, D18, D20, D21, H12, H14, H16, H18, H20 and H21. You keep the same race number for Stage 2.								

	<p>On Stage 3, the leading 10 in each chasing-start class will carry a race number. Race numbers will be sited close to the start.</p>
Control system	<p>EMIT. It is important that your EMIT brick is placed right down on the control unit when passing the control.</p> <p>It is the runner's responsibility to check that the EMIT brick is in working order. Runners that have not given a brick number when entering will be given a rental brick to use for the event. Cost 75 kroner.</p> <p>Back-up cards and rented bricks will be issued at the start. Rented bricks must be handed in on the final day. Failure to hand in a rental brick will result in a charge of 500 kroner.</p> <p>Control numbers on the stakes are placed vertically.</p> <p>On the route from the assembly area to the start, and beside the Event Office, there are test units with a light to check your EMIT brick. If there is no light, go to the Event Office to rent or ask for a new brick.</p> <p>Alternatively you can go to 'Etiming/DOF-Butikken' on the assembly area – between the shops and the results boards – where you can also check your EMIT brick. If it appears that it needs to be changed, or you would yourself like a new one, you can buy a new EMIT brick Version 5 for 450 kroner (normal price 525 kroner) on all three days. Your old brick must be handed in in exchange for the new one.</p> <p>If you buy a new brick, you must then visit the Event Office to have your brick number changed in the event data.</p>
Map	<p>Lystlund, newly drawn 2018 / 2019 using ISOM 2017. Scale 1:10,000 or 1:7,500 depending on age class and course. Contour interval: 2.5 m.</p> <p>The map is offset-printed on waterproof paper and has been awarded DOF's quality mark. You can purchase a commemorative map of the whole area at 1:10,000 (60 x 84 cm) at the Event Office. Price including cardboard tube is 100 kroner.</p>
Control descriptions	<p>IOF control descriptions for all classes are printed on the course maps. Loose control descriptions can be picked up at the start if you bring your own holder for them.</p>
Terrain	<p>Stage 1, Nr. Vosborg: 1:10,000</p>  <p>Lightly undulating coniferous plantation with areas of marsh and ditches. Varying runnability. To the east it is linked with Nørre Vosborg Hede, which is a huge, hilly and well-cared-for heathland with generally fast runnability.</p>

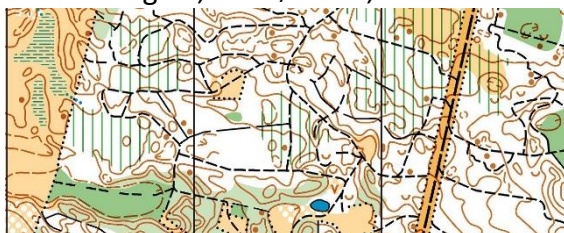
Stage 2, Sdr. Vosborg: 1:10,000



Inland dune area with several special kinds of terrain which have in common that they are crossed by very few paths and roads. Heather is widespread in the relatively flat areas, and close-

growing juniper bushes mixed with mountain pine in areas where the dunes are predominant. A few small areas with sand and dry marshes. The southern and western parts of the heathland are very challenging for orienteering, and are used only by the difficult courses.

Stage 3, Stråså: 1:10,000



Coniferous plantation mixed with heathland, partly with spread-out trees mainly of pine, juniper and birch. Areas of inland dunes with many details.

Start procedure

- First start:
 - Stage 1 from 11:00
 - Stage 2 from 10:00
 - Stage 3 from 10:00
- For all 3 stages there are 2 different starts:
 - Start 1: All classes with category Difficult
 - Start 2: All classes with category Medium difficulty, Easy or Beginner.
- The start will be a quiet start with no call-up by name. Runners are themselves responsible for having the correct and working brick, if they use their own.
- Runners in classes with category Easy or Beginner get their course map issued 2 minutes before the start, can have help at the start and can be shadowed. All other runners take their map at their start time.
- Late starters must make themselves known to the start officials, and must follow their instructions.
- The start point is close by the start and marked with an O-flag.
- There are no drinks at the start.

Start procedure Stages 1 and 2:

The start is an individual start with fixed time interval. When the call-up clock shows your start time (4 minutes before your start) you move into the first start box. Here, back-up cards are issued together with any rental bricks. It is important that you take your back-up card, as otherwise you will be registered as not having started. A rented brick is kept by the runner for the whole event and must be handed in at the download after Stage 3.

Exceptions to this are runners in the following classes: D-Beg, H-Beg, D10, D12B, H10, H12B and all Open classes. These runners have free start time ("put-and-run") and take their own back-up card and any rented brick from a table by the

	<p>start. Then they go to a start official to get a start time. Runners can be given a start time every full minute in the period from the first start on the particular day until the final ordinary start time for the other courses.</p> <p>Start procedure Stage 3: For classes with category Easy or Beginner, the start procedure is the same as for Stages 1 and 2. For classes with category Difficult or Medium difficulty, there is a chasing start. The first start for all classes will be in the period 10:00 – 11:30 (see in the section on Course Lengths). Runners who have not completed the first two stages, or are more than an hour behind the leading runner in their class, start at minute intervals after the runners in the chasing start.</p> <p>When the call-up clock shows your start time (10 minutes before your start) you go into the start box, pick up your back-up card and join a queue in start time order. The first ten in each class shall wear a race number. There is self-collection of race numbers beside the start. As in the first two stages, late starters must approach the start officials and follow their instructions.</p> <p>Open courses: Open courses are entered at the Event Office, where the back-up card and any rental brick are issued. From here you go to the correct start and follow the normal start procedure for runners with a free start. The course map is picked up at the start time – except for Easy and Beginner courses, where it is 2 minutes before the start.</p>
Start lists	Start lists can be viewed in the assembly area, by the start and on the event website: http://www.herning-orienteringsklub.dk/paaskeloeb2019
Finish	<p>You register your brick at the control point on the finish line. Placing after the chasing start is determined by registration at the finish control and not passage of the finish banner. Course maps can be kept after your run. Runners are asked to respect fair play in not showing their maps to runners who have not yet started. Maximum time is 2½ hours, and runners who retire must announce their return at download.</p>
Commentary	On Stages 1 and 2, commentary will concentrate on the youth classes and D/H21. On Stage 3, commentary will concentrate on the outcome of the chasing start.
Results	Result lists will be updated regularly on the assembly area and can later be found on http://www.herning-orienteringsklub.dk/paaskeloeb2019 From 17:00 after each stage, you can upload your run on to O-Track or LiveloX.
Extra clothing	There is no transport of extra clothing from the starts to the assembly area.
Prizes	<ul style="list-style-type: none"> • On Stages 1 and 2, there are prizes for the first three in all Beginner and Youth classes (D/H-16) and to the winners in all other classes. On Stage 3 there are prizes for the first three in the overall results in all classes. • There will be several prize-giving ceremonies on each day. • There are many lottery prizes. • There are no prizes for runners on the Open courses.

	Note: You must be present or represented at your prize-giving, otherwise no prize!
Regulations	It is not allowed to stay overnight in the parking or assembly areas. Smoking is forbidden on the assembly area, in the terrain and in the changing and showers location.
Referee	Referee: Lars-Ole Kopp Jensen, Karup Orienteringsklub. He can be contacted via the Event Office.
Organisers	Event Director: Ann-Vibeke Mose, Vestjysk Orienteringsklub, tel. +45 99 12 24 71 Event Director: Jens Jørgen Jensen, Herning Orienteringsklub. E-mail: paaske2019@gmail.com Event Controller: Kristian Edsen, Nordvest Orienteringsklub. Course Planner, Stage 1: Ole Andersen, Herning Orienteringsklub. Course Planner, Stage 2: Varny Vestergaard, Vestjysk Orienteringsklub. Course Planner, Stage 3: Torben Isen, Herning Orienteringsklub. Course Controller, Stage 1: Anders Ingvarsen, Holstebro Orienteringsklub. Course Controller, Stage 2: Jan Nielsen, Karup Orienteringsklub. Course Controller, Stage 3: Jesper Lundsgaard, Vestjysk Orienteringsklub. Map-makers: Bjarne Olsen, Lars Storper, Erik Flarup, Clive Allen, Mogens Vennevold, Erling Trankjær and Ole Fuglsbjerg.
Website	http://www.herning-orienteringsklub.dk/paaskeloeb2019
Facebook	Påskeløb 2019 i Stråsø, @paaskeloeb2019



"Rigtig go´ferie!"



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Åbent alle dage 7-20

www.spar.dk

