



Bulletin Nr.3

Adventure Race: Raunas rogainings 2013.

Event time: May, 04-05, 2013.

Event Location: Rauna county.

Organizers

Sporta klubs R24.LV, OK "Meridiāns" un OK "Ziemeļkurzeme".

Race director, course setter: Valters Kaminskis

Mapping, timing, results: Aivars Žogla

Event services: OK "Meridiāns" un OK "Ziemeļkurzeme" members.

Start location: Rauna county. 104km Riga-Pskov highway, road sign „Jaunpiebalga – Drusti”. 5th km of road to Drusti, lake Lubūzis, guest house "Lubūži".



Rules.

Event format: rogaining, time limit – 6 or 12 hours, on feet.

Teams of 2 – 5 members.


The rules of rogaining of the IRF and LOF apply.

Additions and special instructions.

1. For navigation competitors may use compass, watch and race map issued by organizers. Any other means may be used for purposes other than for navigation.
2. During the race it is possible to meet some dogs and wild animals.
3. While moving along the general roads, follow the Road Traffic Laws, use of reflectors is mandatory.
4. While moving in Raunas town at night, please, keep silence. It is forbidden to cross the house yards, unless local roads go through. It's very recommended to go around homesteads to let residents sleep. Prohibited areas - residential areas, gardens, cemeteries - is olive-green in color. Open areas are partially planted with cereals. There are strictly forbidden to cross there. Small fences can not be mapped. Other closed areas on the map masked with a red grid.
5. Care is needed while crossing rivers, streams, lakes and other places of water nearby. Beaver caves are possible on creek banks.
6. Take care of your eyes. Eye injuries are usual with orienteers in the early spring. Tree branches, both dry or green, are without leaves, they are the "unseen." We recommend the use a hat with a brim or a simple eyewears.

7. Each team must carry with them during the race one cell phone, switched off with a fully charged battery, to would be able to contact the organizers in an emergency. By registering teams must let known to organizers taken cell phone number. The emergency cell phone number will be stated on the team's bib numbers.

8. Team bib numbers - A7 format, laminated. Designed for team personalization and tems members serial number information for the punching in SI stations. Bib numbers must be mounted at the participant's bags and clothes with the fasteners provided by the organizers.

105			
Green Shoes			
MO			
	1302928	1	
	1603089	2	
	2012447	3	
<hr/>			
Emergency phone: 12345678			

Competition classes

MO, WO, XO - men, women, mixed open.

MJ, WJ, XJ – men, women, mixed junior under 20 years of age.

MV, WV, XV – men, women, mixed senior from 40 years of age.

MSV, WSV, XSV – men, women, mixed supersenior from 55 years of age.

Family - at least 2 generations from one family, at least one member is 14 years old or younger, only 6 hour rogaine.

The team must have at least one member who is 18 years or over for 12 hour competition.

The age of participants will be determined on the 04 of May, 2013.

Participants responsibility for their own health and for insurance against accidents and possible injuries borne by the participants (over 16 years) or their parents / guardians (for participants 16 years and younger). Teams will be registered as full team at the event center, will receive participant accessories, will sign by the personal signature responsibility for their own, theirs child or guardians – participants health status, responsibility for possible accidents and possible injuries during the race.

It is possible to take routes on distance in order to keep away the health and life hazards.

Timetable

May 04. from 14:00 arriving, registration, team data checking,
15:30 giving out of maps for 6 hours competition
16:00 6 hours start
19:00 giving out of maps for 12 hours competition
20:00 12 hours start
21:13 sunset
22:00 6 hours finish
22:30 6 hours competition ends
23:00 6 hours prize giving

May 05. 05:27 sunrise
08:00 612 hours finish
08:30 12 hours competition ends
09:00 12 hours prize giving

Competition area

Part of Mežole hilly, that is the natural terrain of the West Vidzeme highlands. Highest point – Slapjuma hill, 248m above sea level. Off particularly more varied. Hilly terrain, branched Raunas upstream and the connected streams valley network. Various types of forest areas (cultivated and untended) interspersed with open areas.

The area holds a lot of waters: lakes and depressions glacial walleys, an artificial reservoirs - a man-made ponds and beaver dams. Part of the lake overgrown bogged up.

There is a developed network of local and forest roads.

Course, controls, punching

There will be 49 controls – usual orienteering red-white flags with reflectors. Punching – Sportident. Controls have point values from 2 to 6. Point value of the control is first digit of control number. For example, control with number 33 gives 3 points, control with number 63 gives 6 points. Total of all controls is **178** points.

One SI-Card will be attached to the wrist of each competitor. **Team make punches in CPs with their SI-cards by one or all of the team members, in accordance with the information on the bib number of team, and information on SI station.** At the finish, the team members' punches will be merged.

Example (non-exist).

Control 47

if team of 2 members, punches member with competitor number in team 1;

if team of 3 members, punches member with competitor number in team 2;

if team of 4 members, punches member with competitor number in team 2;

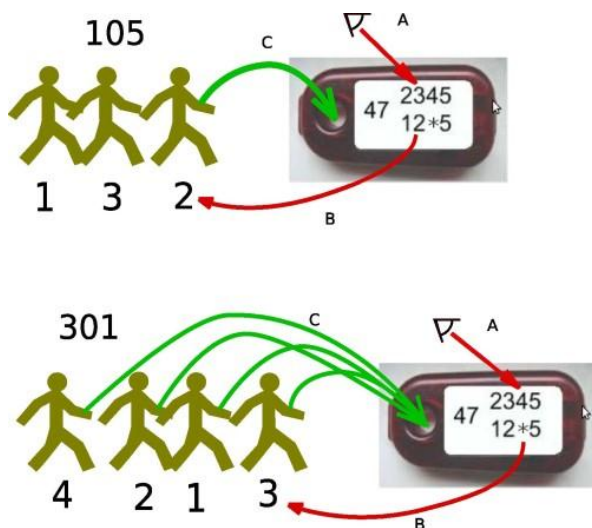
if team of 5 members, punches member with competitor number in team 5;

Other team members do not punch at this control.



There will be no points given for punching of other team members. Team will get points only from SI-Card with unbroken wrist attachment.

Punching visual instructions:



Map

Scale 1:35000, H = 5m, S ~ 140km².

The map size is 37x57 cm. Map is laminated on two sides.

Recommendation: stick around map edges with adhesive tape, the maps cut edges in humid conditions can absorb moisture.

Simplified symbols of orienteering maps will be used. White – forest; dark yellow – fields, open areas; light yellow – felled areas, young forest, scattered trees, bushes, half-open areas; road symbols on the map will be given according to passability. North lines are printed with interval of 1,5 km. Control descriptions – text and pictograms on separate sheet of plain paper.

Map is based on 1:10000 topography, orthophotos (2011), area investigation during spring 2011 and 2013, other sources.

Water points, food, service

There will be water points with water tanks and marked area available drinking water intakes. **Information about the location of water stations in the area upon registration at the event center. Sport drinks will not be provided at water stations.**

Catering - at the finish for 6 hours and 12 hours participants, both for omnivorous and for vegetarians.

Participants catering menu: two types of soup (solanka / bean soup - vegetarian) + bread, drink + bun.

Catering, parking, tent sites included in the participation fee. There will be toilets, garbage bags, mobile charging place available.

Those 12-hour race participants, who for various reasons, will need to end the race before the control time, have the option to stay in Raunas High School in the gym with their sleeping accessories to wait until the morning, when other participants of the 12 hours race finish the race, and enjoy breakfast together. For the first 15 will be available sports mattresses. In accordance with the regulations catering will be provided after the races.

Zip bags are offered for the safe transportation of taken mobile devices during the race.

The organizers offer the ability to store a command vehicle keys and other small items in a closed Zip bagspouch labeled with the team No. The team bags will be returned after the race in accordance with team bib numbers.

Entries

Entries will be registered from April 04, 2013 until April 28, 2013.

Entries are accepted online by completing the application form the website <http://www.rogaining.lv>

Taking into account the specifics of punching, suitable for any of the cards. Organizers may guarantee SI-Cards for about 100 participants. It is preferable to use own (friend's borrowed) SI card.

Rental fee of SI-card - 1 EUR.

Entry fee per team member.

- | | |
|-----------------|--------------------------------------------------------------------------------|
| O and V groups | – 13 EUR (submitted before 21.04.2013.), 17 EUR (submitted after 21.04.2013.); |
| J and SV groups | – 9 EUR (submitted before 21.04.2013.), 13 EUR (submitted after 21.04.2013.); |
| Family group | – 13 EUR (submitted before 21.04.2013.), 17 EUR (submitted after 21.04.2013.) |
| | only team members, which are eligible to enter classes O or V, |
| | – 9 EUR (submitted before 21.04.2013.), 13 EUR (submitted after 21.04.2013.) |
| | only team members, which are eligible to enter classes J or SV. |
| | free of charge, participants 14 years old or younger. |

Entry fees cover map making, catering, event rental center and other organizational expenses.

Prizes

Top teams in each time and class category will be awarded, depends on budget of rogaine.

Accommodation

There are available 2 types of economic accommodation options (especially for 6-hour race participants after the finish):

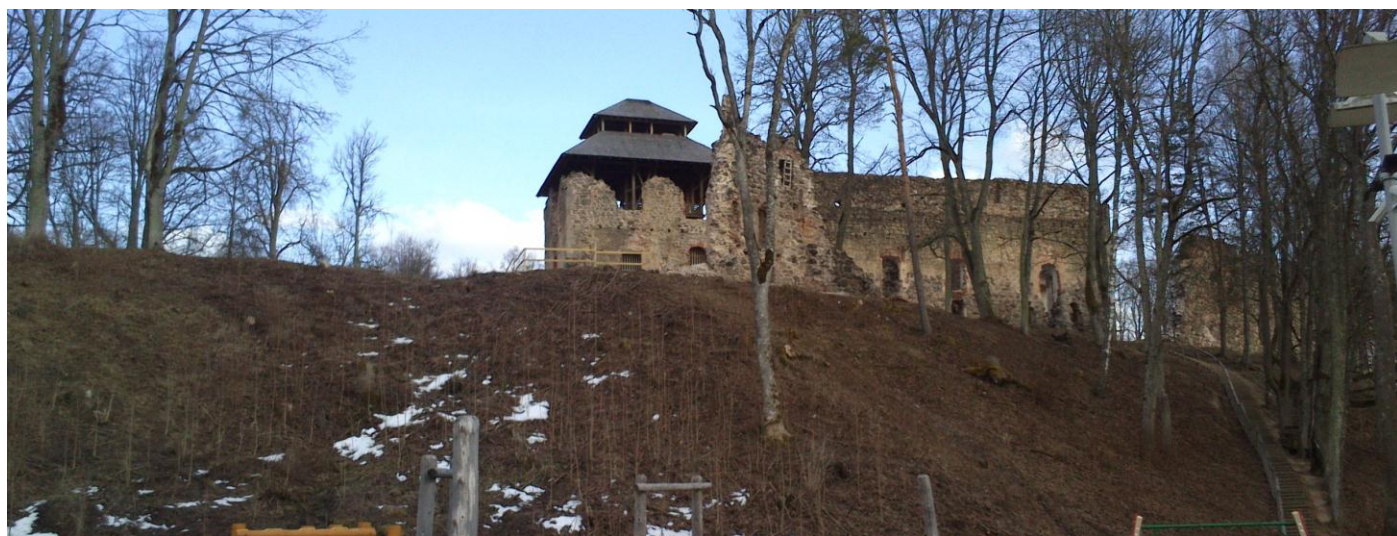
- 1) at the Event Centre (in own tent with own sleeping accesories) free of charge or
- 2) in the Raunas secondary school gym (with own sleeping accesories), WC and showeri are available, for costs EUR 2 per person. Raunas High School is located just 9 km from the competition center. For the first 15 will be available a gym mattresses.

Applications for accommodation in Raunas High School gym plase send to - rogain@r24.lv or call +371_29218759

Info and FAQ

rogaining.lv page discussion platform: <http://www.rogaining.lv/sarunas/>

Contacts: Valters Kaminskis, rogain@r24.lv, +371_29218759.



See you in Rauna!