



Event Details






Påskeløb 2015

Mols Bjerge and Ørnbjerg Mølle

2.-4. April 2015



Organizer	OK Pan Aarhus
Event Classification	Påskeløb 2015 is ranked as a C-event ****
Event dates	Thursday April 2nd – Saturday April 4th 2015 Event centres open every day at 9 am (located at the event arenas)
Venues	Stage 1 and 2: Mols Bjerge Stage 3: Ørnbjerg Mølle
Assembly	Stage 1 and 2: Agri – marked from Molsvej (road 521) between Rønde and Femmøller Stage 3: Tinghøjvej, Ebeltoft – marked from road 21 between Feldballe and Ebeltoft
Distances	Stage 1: Parking to event area – no more than 1000 m Event area to start – 1000 m Parking to start – 100 m Stage 2: Parking to event area – no more than 1000 m Event area to start – 750 m Stage 3: Parking to event area – no more than 500 m Event area to start – 200 m <u>Types of marking used:</u> Parking to event area: Craft Event area to start: Silva
Maps	Stage 1: Mols Bjerge North 1:7.500 for classes D16AK, D45AK, D50A, D55A, D55AK, D60A, D65A, D70A, D75A, D80A, H45AK, H55AK, H65A, H70A, H75A, H80A og H85A. 1:10.000 for all other classes. Contour interval 2,5m. Field work 2014-15. Stage 2: Mols Bjerge South 1:7.500 for all classes. Contour interval 2,5m. Field work 2014-15

	<p>Stage 3: Ørnbjerg Mølle</p> <p>1:7.500 for classes D16AK, D45AK, D50A, D55A, D55AK, D60A, D65A, D70A, D75A, D80A, H45AK, H55AK, H65A, H70A, H75A, H80A og H85A.</p> <p>1:10.000 for all other classes. Contour interval 2,5m. Field work 2014-15.</p> <p>Maps are based on the COWI height model, orthophoto and GeoDanmark.</p> <p>Maps are offset printed on tear- and water resistant paper</p> <p>There are 3 boxes to be used if Sport Ident should fail.</p> <p>Special symbols:</p> <p>Special man made object, e.g. a tent (see below) </p> <p>Trees and bushes </p> <p>Rootstock </p> <p>Fireplace </p> <p>Animal drinking station </p>
Control descriptions	Printed on the maps. And available at the start if you have a control description holder.
Terrain	<p>Mols Bjerger:</p> <p>Primarily open woodland that allows relatively high speed. In some areas low vegetation reduce the run ability. Compared to other forests in Denmark the area is quite hilly. A number of fences cut through the forest. They may be passed during the race. The combination of woodland and areas with grass or heather makes the area interesting and varying. Please do not damage the fences!</p> <p>Ørnbjerg Mølle:</p> <p>Primarily older coniferous woodland with some smaller areas that are more densely vegetated as well as a few open areas with heather. The contours vary from the typical landscape on Mols, with large hills and hollows, to sections that are either flat or with very steep slopes. Some detailed areas formed by drifting sand.</p>
Important information	<p>Forbidden areas</p> <p>There are several forbidden areas marked as usual with a purple hatched area. Some places, the border is marked with a line on the map and a black/white Adidas marking in the terrain. None of these areas may be crossed.</p> <p>Stage 1</p> <p>Marked paths. In the classes D10B, H10B, D12B, H12B, D10A, H10A, D beg, H beg, D14B, H14B, D20C, H20C, D21C, H21C, D12A, H12A there will be special tracks marked on the map with purple colour, and they will be marked in the terrain with red/white marking. Some paths drawn on the map as less distinct may also be shown with red/white marking in the terrain, since they</p>

may be difficult to follow. Please also see maps and illustrations at the event centre.

Certain special objects will be marked with a black X. On one of the courses, a control will be placed on such an object, namely a small tent (see picture).



Stage 2

There will be an extremely high number of controls this day, and some of them will be very close to each other. Please check the control numbers extra carefully this day!

On intermediate, easy and beginners courses (D-beg., H-beg., D/H10A, D/H10B, D/H12A, D/H12B, D/H14A, D/H14B, D/H16B, D/H20B, D/H20C, D/H21B, D/H21C, D/H35B, D/H45B), there will be a special extra path marked on the map with a purple dashed line. In the terrain, there will be no path but instead a red/white marking set at 10-15 m interval. There will be pictures of this structure at the event centre.

Note that all classes will have 1:7.500 maps this day

Stage 3:

As on day 2, there will be an extremely high number of controls, and some of them will be close to each other. Please check the control numbers carefully!

The courses will be complex, often having several leg crossings and sharp changes in directions, so please check that you get the controls in the right order.

The road between Feldballe and Ebeltoft (route 21) cuts through the terrain, and many classes for runners older than 15 yr need to cross twice, each time immediately after a control placed closely by the road. Passage is only allowed at those points, and running alongside the road is strictly forbidden. Failure to follow staff instructions will lead to disqualification. Take care, cross the road safely and look carefully after cars. We are not allowed to stop the traffic, so pay attention!

Warming-up: There is a limited amount of space at the start, and you might find it convenient to use the marked area between the event area and the start. Please do not cross the marking – some courses pass just outside, and other competitors may be disturbed!

	<p>Map change: in H21A there will be a map change. The map for part one is left in a dedicated plastic bag, and part two is then taken from a box.</p>
Open Courses	<p>Open courses are not offered. Instead, a limited number of vacant start slots are available in each class. These start slots are sold at the event office at the event arena between 9am-12pm.</p> <p>Prices: W/M-20: DKK 110 and W/M 21-: DKK 140.</p> <p>You may use your own SI-card or rent a SI-card at the price of DKK 25 per day.</p>
Event Office	<p>The Event Office will be located at the Event Area, and opens at 9.00 a.m. all 3 days. Functions:</p> <ul style="list-style-type: none"> - Vacant courses are sold - All types of changes (starting time, SI-card numbers etc) - SI-card rental - Payment for participation (foreign clubs, who have not yet payed entry fees) - Complaints - Information concerning disqualification - Left and forgotten items - Tourist brochure handout
Results	<p>Results are displayed and updated continuously at the event arenas. Results will also be published online after each stage on the event website. In addition commentating on selected classes and there will be some radio controls.</p>
Punching system	<p>The SportIdent punching system is used for all stages.</p> <p>Rental SI-cards are handed out at the start.</p> <p>A DKK 400 fee will be charged if the rental SI-card is not returned.</p>
Classes	<p>See the course lengths on our homepage www.okpan.dk/paaske2015/baner.html</p>
Bibs	<p>All competitors must wear bibs at stage 1 and 2. All competitors must find their own bib at the start.</p> <p>Stage 3 is a chase start. The top 10 competitors (based on results from stage 1 and 2) must wear special bibs.</p>
Water stations	<p>Stage 1: There will be water stations in the terrain</p> <p>Stage 2: No water stations (middle distance)</p> <p>Stage 3: There will be water stations in the terrain</p> <p>Please put used cups in the plastic bags – do not throw them elsewhere!</p>
Prices	<p>Price giving at the event arenas.</p> <p>Stage 1 and 2: prices for the class winners.</p> <p>Stage 3: Prices for the overall top 3 in beginners and youth classes (W/M-20) and the overall winner in all other classes.</p>
Starting procedure	<p>First start will be at 11 am at stage 1 and at 10 am at stages 2 and 3.</p> <p>There is only one starting area for all participants, but there are 3 different</p>

	<p>boxes: green, blue and red. Bibs will be the same color as you starting box. When your starting time is shown, you enter. The start will be quiet, and you will not be called up. Entry at the right time is your own responsibility.</p> <p>On stages 1 and 2, you enter the first box 4 min before your starting time.</p> <p>On stage 3, all participants will enter 5 minutes before their starting time.</p> <p>Runners starting at the green start will follow a normal starting procedure, and the only change from days 1 and 2 will be the presence of an extra box.</p> <p>Runners starting at the red or blue start will follow a different procedure due to the chasing start:</p> <ol style="list-style-type: none"> 1) Take a new bib, if you are in top-10 in your class. The bibs are located at the start. All others use the same bib as the first two days. 2) Enter when your starting time is shown. If you start 10.42.56, you will enter at 10.42.00. As the first two days, you will not be called up. Entry at the right time is your own responsibility. 3) When entering, you will take your starting card at the table. 4) Without hesitation, proceed and take control definitions 5) Without hesitation, proceed, take your map and fold it 6) Without hesitation, proceed, clear your SI-card and get it checked by a staff member 7) Without hesitation, proceed, find your place in the line and keep your starting card visible to others and to the starter 8) When you start, throw your starting card in a box and unfold your map. <p>Runners who have purchased a vacant course for stage 3, will start after the chasing start in their class.</p> <p>If you are late starting, go to your start and follow the instructions given by the staff.</p> <p>Starting points are marked with a control and a sign "Startpunkt".</p>
Put and run	<p>Put and Run is open during the following periods:</p> <p>Stage 1 : 11.00-14.00 Stages 2 and 3: 10.00 – 13.00</p> <p>Participants in "put and run" classes should go to the staff at the green start and follow their instructions (there may be some waiting time at the start).</p>
Toilets	<p>There will be toilets at the event centre AND at the starting areas on days 1 and 2. Not at day 3 due to the short distance from event centre to start.</p>
Clothes transportation	<p>Not available due to the short distances</p>
Start lists	<p>Start lists are published on the event website during the week prior to the event and as fast as possible before the chase start.</p>
Finishing	<p>Punch at the finish line and proceed to SI-card readout. The rank on the chase start is determined by the finish punch only – not by crossing of the finish line.</p> <p>Maps may be retained, but may not shown to other competitors, who have not yet started. Please show fairplay!</p> <p>Maximum time is 150 min for all classes.</p>

	All competitors have to punch the finish control and register. Also runners, who do not complete their courses.
Changing and showers	Changing and shower facilities are not offered. We recommend Ebeltoft Svømmehal (Swimming Pool), Østeralle 17, Ebeltoft.
Accommodation	Please be referred to the local tourism website: Visit Djursland .
Children's course	Children's courses are offered on every stage, starting from the event arena between 10 am - 2 pm on stage 1 and between 9.30 am -1.30 pm on stages 2 and 3. Small prices for each participant. There is no fee for the children's course.
Childcare	Childcare facilities are offered for free, provided that registration is made online through O-service or OrienteeringOnline.
Food and Drinks	At the event areas, a large cafeteria with sandwiches, snacks and drinks is established.
Pre-race training	In the forest Ringelmoose near Rønde Tuesday March 31 st and Wednesday April 1st between 1 - 4 pm. Note that the interval has been narrowed. Meeting point is at Bregnet Kirke, Kirkebakken 2, 8410 Rønde, between Rønde and Kalø Slotsruin. Fee DKK 50 + rental of SI-card if needed. We recommend to register for the pre-race training through Orienteering online or O-service to be sure to get a map. A limited number of maps are sold at the start. There will be 7 courses to choose from: difficult 8,2 km, 5,5 km and 3,3 km; intermediate 4,9 km and 3,4 km and two easy courses of 4,0 and 2,5 km. Note that the courses will be the same on both days! For other training possibilities we recommend: Findveji.dk .
Event planners	Ebbe Møller Nielsen, OK Pan, Hamphøjvej 12, 8270 Højbjerg, tlf. +45 28351948, ebbe@loeberen.dk René Rokkjær, OK Pan, Hedevej 4, Gl. Rye, 8680 Ry, tlf. +45 61316244, rene@rokkjar.dk
Course Setters	Stage 1: Thomas Hjerrild, OK Pan Stage 2: Signe Søes og Rasmus Oscar, OK Pan Stage 3: Henrik Leth Jørgensen, OK Pan
Course Controllers	Stage 1: Henrik Markvardsen, Tisvilde Hegn OK Stage 2: Bjarne Hoffmann, OK Pan Stage 3: Mikkel Lund, Silkeborg OK
Event Controller	Flemming Thyssen, Horsens OK
Jury	Birgitte Halle, Århus 1900