



Instructions for DM Lang 2018

Sunday den 9. september 2018



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| Rendezvous point | Markings for parking, event area and event center on route 579 app. 7 km west off highway 13, turn by Vievej. GPS-coordinates N 56,612; E 9,398. Event area is open from 9.00 am. |
| Parking | Parking is on the same field as the event site. Busses will be parked on a nearby courtyard. |
| Maps | Ulbjerg Plantation. Scale 1:10.000 and 1:7.500 (D60- og H60-). Contour interval 2,5 m Maps are newly drawn in 2018 based on digital height-model (COWI-curves). The map is expected to receive DOF's quality mark. Map is drawn by (reconnaissance and inking): Steen Frandsen Viborg OK. The map is offset print in plastic bag. Post descriptions are printed on the map, the relevant descriptions for classes with map flip is printed on the relevant side. |
| Terrain | Ulbjerg Plantation – also known as C.E. Flensborgs Plantation – was established by HedeDanmark during 2. World war through purchases and later planting of a large area of moors with inland dunes, al in al an area of 703 ha. In 1953 the Skovfrøcentral (forest seed central) was established in the plantation with the intent of developing and supplying seeds for HedeDanmarks own nurseries. Domestic and foreign forestry have reaped the benefit from this establishment. The plantation has a very varied vegetation with a large hilly heather area in the east and smaller heather areas in the plantation. There is a large area with forested inland dunes in the middle and western part with a detailed contour image Due to the trees having grown large, the runnability is quite good while the visibility is varied. Only exception is the areas where storms has felled old trees and that has been replanted with new coniferous trees or overgrown with blackberry, broom and similar seasonal growth. Here runnability is poor. Apart from a small creek in the southeastern part the forest is without wetlands, ditches, bogs and similar features and without nettles. Even though it is a plantation, the large forest roads are asymmetrical, a consequence of the topography and there are areas without paths. |

Examples of different terraintypes:



Classes and tracks
as stipulated by
the regulations

| Classes | Difficulty | Length | Water | Posts | Scale | Map flip? |
|---------|------------|--------|-------|-------|----------|-----------|
| D10 | Beginner | 2950 | 0 | 12 | 1:10.000 | |
| D12 | Easy | 3310 | 1 | 11 | 1:10.000 | |
| D14 | Medium | 4130 | 2 | 11 | 1:10.000 | |
| D16 | Difficult | 5750 | 2 | 13 | 1:10.000 | |
| D18 | Difficult | 7360 | 2 | 15 | 1:15.000 | |
| D20 | Difficult | 7840 | 1 | 13 | 1:15.000 | |
| D21 | Difficult | 11090 | 3 | 26 | 1:15.000 | yes |
| D35 | Difficult | 7850 | 1 | 13 | 1:10.000 | |
| D40 | Difficult | 7360 | 2 | 15 | 1:10.000 | |
| D45 | Difficult | 6160 | 1 | 15 | 1:10.000 | |
| D50 | Difficult | 5250 | 2 | 11 | 1:10.000 | |
| D55 | Difficult | 4580 | 1 | 12 | 1:10.000 | |
| D60 | Difficult | 4060 | 1 | 13 | 1:7.500 | |
| D65 | Difficult | 3560 | 1 | 11 | 1:7.500 | |
| D70 | Difficult | 3170 | 1 | 9 | 1:7.500 | |
| D75 | Difficult | 2660 | 1 | 9 | 1:7.500 | |
| D80 | Difficult | 2060 | 0 | 8 | 1:7.500 | |
| D85 | Difficult | 2060 | 0 | 8 | 1:7.500 | |
| D/H90 | Difficult | 2060 | 0 | 8 | 1:7.500 | |
| H10 | Beginner | 2950 | 0 | 12 | 1:10.000 | |
| H12 | Easy | 3700 | 1 | 12 | 1:10.000 | |
| H14 | Medium | 5380 | 2 | 11 | 1:10.000 | |
| H16 | Difficult | 7360 | 2 | 15 | 1:10.000 | |

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|-----|-----------|-------|---|----|----------|-----|
| H18 | Difficult | 11090 | 3 | 26 | 1:15.000 | Yes |
| H20 | Difficult | 12320 | 4 | 23 | 1:15.000 | Yes |
| H21 | Difficult | 17100 | 5 | 38 | 1:15.000 | Yes |
| H35 | Difficult | 11090 | 3 | 26 | 1:10.000 | yes |
| H40 | Difficult | 10340 | 4 | 23 | 1:10.000 | |
| H45 | Difficult | 9040 | 4 | 21 | 1:10.000 | |
| H50 | Difficult | 8210 | 2 | 17 | 1:10.000 | |
| H55 | Difficult | 7360 | 2 | 15 | 1:10.000 | |
| H60 | Difficult | 6700 | 1 | 16 | 1:7.500 | |
| H65 | Difficult | 6160 | 1 | 15 | 1:7.500 | |
| H70 | Difficult | 5750 | 2 | 13 | 1:7.500 | |
| H75 | Difficult | 4060 | 1 | 13 | 1:7.500 | |
| H80 | Difficult | 3170 | 1 | 9 | 1:7.500 | |
| H85 | Difficult | 2660 | 1 | 9 | 1:7.500 | |
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Max. time is 3 hours in D-classes and 4 hours in H-classes.
There is no manned radiopost.

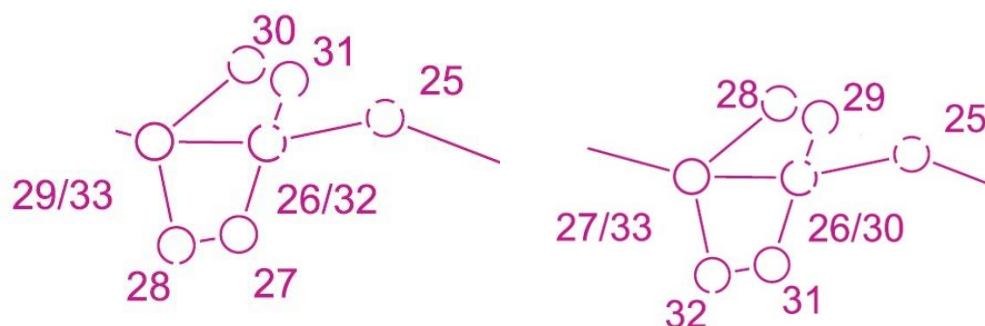
There is in the classes: H21, H20, D21, H18 and H35 a spectator passage, where the runners have a forced passage under a bridge. Here you run past the last post (**should not be punched at this time**) and follow a marked route toward the finish – runners on the spectator route turns left shortly before the finish line and follow the edge of the event area out in the running area again.

The marked route must be followed past the event area (there will be observers of the passage).

There is free orienteering to the next post after the spectator passage but a marked passage under the bridge with the starting area must be followed, keep left under the bridge on this route.

There is a butterfly passage on the **H21 route** and runners should be aware of the following.

- **Runners with even start minute (0, 2, 4, 6, 8) should have post descriptions and map for route 101A, while runners with uneven start minute (1, 3, 5, 7 and 9) should have post description and map for route 101B. There will be postings about this in the respective starting box.**
- All runners have the same posts and the same stretch, but not in the same order. Half the runners run the posts in the orders as show in the example on the left below while the other half run in the orders as show on the right below.
- The first and last post in the butterfly is punched twice. In the example below, post number 26 is the first and number 33 is the last in the butterfly



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| Speaking | There will be speaking on selected classes. The speaker will be Helge Lang. The following classes will therefore run with number label: H/D 14, H/D 16, H/D 18, H/D20 and H/D21. These will be hanging at the start for polite self-service. |
| Seeding | There will be seeding in the classes D20, H20, D21 and H21 in accordance with DOF regulations and the World Ranking list per the 15 august 2018. There will be no vacant spots, we refer to late entries and open classes. |
| Medals | Nr. 1 in the classes D21 and H21 will receive Danmarks Idræts-Forbunds (DIF) championship medal. Nr. 2 and 3 in D21 and H21 will receive DOFs championship medal, respectively in silver and bronze. Nr. 1, 2 and 3 in the other championship classes will receive DOFs championship medal in respectively gold, silver and bronze. Medals are awarded to the participants that have completed regardless of the number of participants in the class. Medals are only awarded to persons who are a member of a club under the federation and a Danish citizen or on the day of the event is signed up with the Danish population register. |
| Open classes | There will be the following open classes: Open 1: Black – difficult 6,5 km 1:10.000 Open 2: Blue – difficult 3,5 km 1:7.500 Open 3: Yellow – medium 5 km 1:10.000 Open 4: White – easy 4 km 1:10.000 Open 5: Green – beginner 3 km 1:10.000 Open classes are for sale in the event center from 10.00 - 12.00 and is limited by the first comes first serves principle as there is a limited number of maps Open classes may start freely after the ordinary routes, approximately 12.30. Starting fee for open class is the same as the fee for timely signed up runners. Own EMIT-unit may be used. Rental fee for EMIT-unit is 20,- DKK. |
| Finishing | At the finish, the post at the finishing line should be punched and that will determine the finishing time. Continue to get your unit read. Please keep the line in the event of a dead unit. Lastly place your map in the relevant club bag for pickup after the last start. Runners who do not complete the race must report to the finish. |
| Water | There will be water stations on the course as per the course overview. After the finish there will be water and thin juice |
| Children course | There will be a children course. Entry is free and pre-registration is not necessary. Open from 9.45 to 14. |

There will be a small prices for the children.

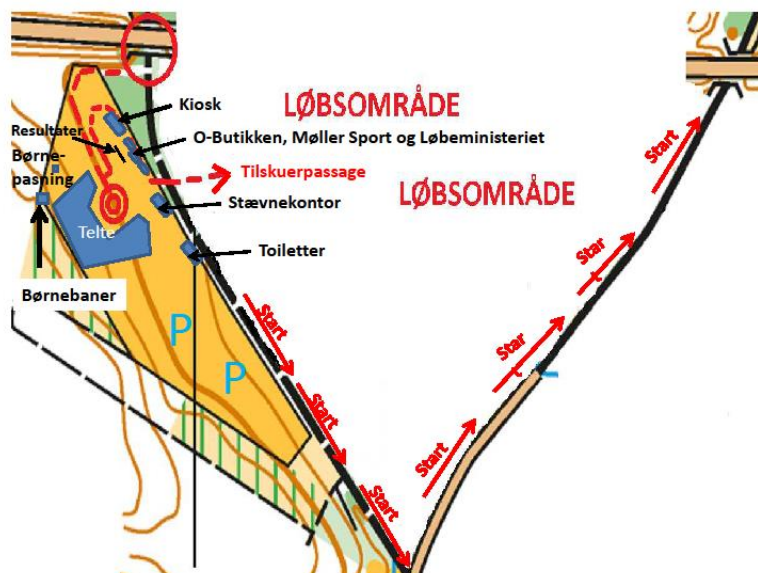
Punching system EMIT electronic acknowledgement and timing system.
If own unit is used, the unit number must be stated in connection with registration.
Rental fee is 20 DKK per unit. Lost rental unit is subject to a penalty of 500 DKK.
It is the runner's own responsibility to be aware of the usage of the EMIT system.
The number on each post unit is shown vertically.

Start First start at kl. 10.00.
Starting interval minimum 1 min.
Call in 4 min. before start:
Box 1: handout of backup-card og potential rental unit
Box 2: handout of post description for runners with a suitable holder and a map example is hanging here.
Box 3: control of starting time/unit number and a map example is hanging here.
Box 4: map may only be taken at the start time
Participants in D/H -12 will have the map handed out 2 min. before start
Late starters must report to the officials at the start.

Distance Parking to event center: 0 m. Busses have approx. 300m
If bus parking is needed, let the event director know.
Event center-start: 600 m. Follow the red tapes.
Outer garments are not transported.

Childcare Registration through O-service.

Event center Event office on the event center opens at kl. 9.00.



There will be a defibrillator at the event center and a emergency post in the forest (marked on the maps)

Showers No options for showers.

Toilets There are toilets on the event center.

Kiosk Well-stocked kiosk on the event center.

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| Result service | The results will be hung at the event center and put online after the event. Tracks will be put on O-track and be visible from 13.30 |
| Event organization | <ul style="list-style-type: none"> ▪ Event directors: Svend Erik Skovsgaard and Karsten Christiansen, Viborg OK. ▪ Course setters: Jess Rasmussen and Søren Elkjær, Viborg OK ▪ Event control: Erik Bobach, Silkeborg OK ▪ Course control: Erik Flarup, Skive AMOK ▪ Jury chairman: Erik Bobach, Silkeborg OK ▪ Jurymembers: Søren Klingenberg, Faaborg OK Jens Viktor Nørgaard, FIF Hillerød Anne Møller Skaug, OK Pan <p>The jury chairman will be available, contact the event office between 11.00 and 16.00.</p> <p>Disqualified runners can contact the event office if they cannot accept their disqualification.</p> <p>Proper complaints are handed in to the event office and must be written.</p> <p>Timeframe: 30 minutes after the max-time on the last stating competitor has run out.</p> |
| Accommodations | We refer to Viborg Tourist Agency, Nytorv 9, 8800 Viborg. - Tlf. 87 25 30 75 – www.visitviborg.dk |
| Information | Contact event director Svend Erik Skovsgaard. Tlf. 23 35 57 93 E-mail: svenderik@bachskov.dk |