

TECHNICAL STATEMENT - SHORT COURSE

Race base location:

As in the previous edition, the race base will be the area at the Municipal Stadium, Wioślarska Street, Złotów.

There will be a possibility to put up tents in the green area, and in the building that was under renovation last year, showers and toilets will now be available, and the race office will also be located there.

At the race office, there will be places to put the equipment for transition areas and they will be picked up in the same place after the competition.

Race office:

The office is open on Friday from 4:00 p.m., and on Saturday from 7:00 a.m. After signing the relevant declarations, you will receive starting numbers for bicycles and starting cards. From 8:00 am it will be possible to pick up maps at the race office. Without the orienteering ones - you will receive these before each stage.

Bicycle transport:

The transition zone before the cycling stage and the start of the first orienteering run as well as the entire competition will be located in the Lipka Forest District, about 25 km from Złotów.

Address: Mały Buczek 38, 77-420 Mały Buczek

Pin: <https://goo.gl/maps/ysie7yTYZJAmq4Pr6>

Bicycles can be delivered to the transition zone in person at the following times:

Friday, 20/08/2021: 18:00 - 21:30

Saturday, August 21, 2021: 7:00 a.m. - 8:30 a.m.

or through the organizer.

If you choose the transport option by the organizer, you must deliver the bike to the competition base on Friday, August 20, 2021 until 21:00 and pay for the transport in the competition office: PLN 10 per bike.

Note 1: the starting numbers for bikes will be at the race office, but if it is logistically convenient for someone to deliver bikes without numbers, they can do so. In this case, the numbers should be picked up from the office, taken with you to the start and attached to the bikes before the race.

Note 2: Items for the bike (helmets, cycling shoes, repair equipment, etc.) can be left with the bike or (better) taken with you on Saturday morning to the start and deposited with your bike upon arrival. Please note that this is not a standard transition zone, so take all items with you to the cycling stage after the orienteering run.

Transport to start:

Two coaches depart from the race base at the stadium at 9:10 to the start, don't be late. We drive about 25 km. We start at 10:00.

Transition zone:

We have one transition area (A) where you can deposit bags, there is no size or weight limit. When you come to the office with bags, the staff will help you label it. In the transition area, you will have 5 liters of water available per team.

Remember to keep order in the transition zones and pack everything after using your bag and prepare it for transport.

Detailed stage distances:

The total distance of the race is about 68 km, the scheme is unchanged, but the distances of the individual stages have changed slightly.

Stage 1: Orienteering - 8 km

Green Control Point, posts instead of lanterns.

Map for orientation, 1: 10,000.

After completing all the points, you return for the bikes.

Stage 2: Bike - 22 km

Topo map 1: 50,000.

Stage 3: Kayak - 8 km

Topo map 1: 50,000

Stage on the lake. The order in which the points are scored is optional. Even though the kayak and run start in the same transition zone, the kayaking stage should be done first.

Stage 4: Orienteering - 7 km

Topo map 1: 15,000

The order in which the points are scored is optional. After the kayak or the running stage, a special task remains to be performed - shooting with a slingshot at the target.

Stage 5: Bike - 23 km

Topo map 1: 50,000.

Finish: At the finish line you will receive a commemorative medal and you will be able to eat pasta in the vegetarian version and pea soup in the definitely non-veg version. However, you do not have to choose, you can eat both. There will be a warm shower and a bike wash.