



BULLETIN

5 DAYS MTBO PILSEN 2011

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Charming O-ladies, brave O-gentlemen,

Welcome at the 5 Days MTBO in Pilsen. After 2 years we are back at Ostende camping, where the history of 5 days MTBO was started in 2005. Once again we prepared various types of tracks in different terrains. We hope you will spend wonderful five days in the City of beer, together with the help of weather, our ability to improvise and your good temper. Except for the races, we will organize typical Pilsner cultural parties, maybe you even gonna like them☺...

Organizer: KOS Slavie VŠ Plzeň

Dates: 2. – 6. July 2011

Stages:

Saturday 2.7. E1, middle
Sunday 3.7. E2, long, 13th event of Czech cup, World ranking event
Monday 4.7. E3, sprint, 14th event of Czech cup
+ late afternoon: Orienteering Triathlon Relay
Tuesday 5.7. E4, middle, 15th event of Czech cup, World ranking event
Wednesday 6.7. E5, middle, chasing start

Event centre: Plzeň, camping Ostende

Event office:

5 days MTBO:

1st July 4 p.m. - 10 p.m. in event centre

2nd July 9 a.m. - 10.30 a.m. in stage 1 centre

Single stages:

a day before the stage 6 p.m. – 7 p.m. in event centre

Maps: MTBO, 6/2011, no waterproof

Parking:

Parking is possible next to cabins and tents. Please be reasonable and considerate! The camps will be full; all of you need to get in. Thank you.

Number bibs:

You will receive number bibs at the event office. Bibs have to be placed visibly on your bike. Stage 1 to 4: each competitor has the same number

Stage 5: the first 6 competitors in each class shall pick up new number bibs before the start. Other competitors will keep their original number bibs.

**Punching System:**

Electronic SportIdent. If SI fails, use fields R1 – R3 in the maps. You finish by punching the SI unit at the finish line. In case of “photo finish” in 5th stage, sequencing on finish line is conclusive. Finish unit is punched after the finish line.

Equipment Check:

Equipment check will be performed at start for classes H/D 14, H/D 17, open only.
You will not be admitted to the race without wearing a helmet and your SI card fixed to your bike.

Bike Depository:

Competitors accommodated in cabins may take their bikes inside. For the others, there will be a bike depository in 1st floor of event office

Hours: reception: 7.30 p.m.-8.00 p.m.

release: 8:00-8:30 a.m.

Organizer has no responsibility for bikes in bike depository.

Bike wash:

On dedicated place at Ostende camping and partially available in stage centers (water-hose, brooms, brushes).

Bike service

Monday 9 a.m. – 6:30 p.m. Hannah centrum, Americká 54, Plzeň

And partially in the centre in Ostende at Hannah stand.

Price giving ceremony:

After 1st – 4th stages in Ostende event centre starting at 8 p.m. After 5th stage only overall results (1:30 p.m.– 2 p.m.)

After 2nd and 4th stage (World ranking event) – flowers ceremony will take place in stage centre after the race. Time of ceremony will be announced by speaker during the race.

Jersey dressing:

As you got used at well-known cycling events, the concerned competitors (men and women) will obtain colored jerseys (competitors will change jerseys at price giving every day):

- **Yellow** – YELLOW GUY – leader in H21E and D21E in overall ranking after each stage.
- **Black** – LOSER – competitor with the biggest time loss to the stage winner in his class. Higher overall time decides if more guys had same time loss.
- **Orange** – FASTER – competitor with the fastest lap time from the last check point to the finish in the stage. If the lap times were equal, better position in his/her category decides, then overall time.

First aid: Every day in stage centre

Refreshment:

Water and sport drink at the finish every day.

Ribbons:

White and Blue: to start

Red: from the last check point to finish (route from last check point to finish is mandatory route)

Orange: dangerous track

Results:

Results will be posted up continuously in each stage centre.

Overall results will be posted up every evening in the event centre

**Protests:**

Protests shall be handed over to the main referee within 30 minutes after publication of official results with 200,- fee.

Jury: Will be announced in centre of each stage

Main referee: Ondřej Vodrážka

IOF Advisor: Ondřej Hašek

Maps Giving at Start:

E1 – E4: 1 min before (as usually during MTBO events)

E5: each competitor will take his/her map after start

Maps Giving at Finish:

Put your maps to a plastic bag with an abbreviation of your club after crossing the finish line. You will get your maps after the start time of the last competitor of the day. (E1 – 1:40 p.m. / E2 – 1:00 p.m. / E3 – 12:00 / E4 – 1:10 p.m.)

Training and Trip Tips:

You will obtain MTBO training maps and tips for trips at the Event Office. MTBO 5 Days 2009 maps will be provided to you for training. Organizers will not place any checkpoints for training; we just furnish you with maps. The rest is up to you.

Babysitting in Kids Corner:

Babysitting will be provided by organizers for kids under 6 years for the time you will be competing.

Services and stands:

jumping stilts for rent at Stage 3 centre at also in Ostende (one evening, to be specified)

Honey from Šumava Mountains – (only E1 and E5 – contact Háša)

Hannah outdoor equipment stand at Ostende

Sponsor: Hannah, Mercuri, KOS Plzeň, Škoda, Stock

Rules:

Competitions will be run in accordance with the MTBO rules and competition rules of ČSOS.

Useful advices

Ride and pass by on the right side! You stay in ordinary camps – organizer is not liable for any damage or loss of your stuff. There should be accommodated only 5-Days participants in the camping site, nevertheless watch your bikes and other stuff. You compete at your own liability in all races.



STAGE 1

„roots-single track-car-cross-warm-up“

Date: Saturday, July 2, 2011

Type of race: middle

Competition Centre: meadow at the open air pool in the village Letkov

Transport: by bikes: pleasant bike route on the northern part of Bolevecký pond, to Bílá Hora. Then along the yellow tourist mark down to the river Berounka, around the hill Chlum, along the bike route through Újezd, Červený Hrádek into Kyšice. Then use road to Letkov. Forest tracks are here forbidden - area of the race!!! Total 11 km. Other alternative is to use you own car - 10km from the centre will be marked (see map).

Parking: in the streets close to the pool area, follow the organizers' instructions

Map: Zletkova, 1:15 000, E 5m, state 6/2011, size A4

Terrain: Slightly undulation, suburb forest with a high density of paths and tracks, mostly easy riding. Some parts with roots, some parts with fast single tracks. Do not enter the highway and main roads- both are marked on the maps and are forbidden to use for biking.

Distances: Competition Centre = finish
Competition Centre – start 1km, mainly down on a local road, ride on the right hand side! Attention: you will cross the main road. The car are fast at that part, be careful!!!

Start: 00 = 11:00

Parameters:

Class	Length	Ideal length	Controls	Climb	Class	Length	Ideal length	Controls	Climb
H14	5,9	8,2	9	140	D14	5,9	8,2	9	140
H17	7,6	10,1	12	180	D17	6,5	9,6	12	155
H20	14,2	19,9	26	295	D20	10,9	14,8	20	220
H21E	14,2	19,9	26	295	D21E	10,9	14,8	20	220
H21A	12,6	16,6	21	250	D21A	9,5	13,2	15	180
H21B	11,3	15,5	19	220	D21B	8,4	12,3	13	170
H21C	9,7	12,9	13	215	D40	8,4	12,3	13	170
H40	11,3	14,8	19	220	D50	6,5	9,6	12	155
H50	7,6	10,1	12	180	Open Short	6,5	9,6	12	155
					Open Long	9,7	12,9	13	215

Duty marked track: classes HE, H20, H21A, H21B, D21E have between check points 123 and 124 duty marked track (car-cross sport). The holder of the best time will be honored!

ATTENTION: all classes cross the main road at the check point No.118. Follow instructions of the organizers there! There is short mandatory marked track there. It is forbidden to use main road for biking (marked in the map).

Be careful in the end of race. Most of classes touch the village Letkov with narrow track between the fences.

No refreshment during the race

WC: TOI TOI toilet on the parking place. **Please do not use the toilet in the hotel!**

Refreshment: in front of the hotel restaurant

Music: **To honor you, the mayor of the Letkov organizes concert of a professional army music group Foligno at the garden of the community culture centre (village pub) 500m far from the centre. Beginning at 14:30. Entry free. Refreshments in the pub there.**

Time limit: 150 min

Price giving ceremony: 20:00 in the Camp

Course setter: Hasák

Notice: It is restricted to wash the bikes in the pool, whisk brooms will be available in the centre.

Key to victory:

- Manage the single tracks
- Save some power to the last part (hilly, fast, hard)

Evening Party/cultural program: Discussion with elite Czech mountaineer Ondra Háša Hašek about expedition Manaslu 2011 and other celebrations. (Begins at about 21:00)

Competition centre map





STAGE 2

„Zvysoka classic hard work“

- Date:** Sunday, July 3, 2011
- Type of race:** 13th race of Czech Cup, WRE, long distance
- Competition Center:** Čižice, outdoor pool – 15km to the south from Ostende (there is a playground for your kids)
- Parking:** near the event centre – be careful to the citizens and follow the instructions of Organizers
- Map:** Zvysoka, 1:15,000, E 5m, 6/2011, size A3
- Terrain:** hilly, very fast tracks as well as slow paths offering various route choices (shortcut/go around)
- Distances:** Competition centre=finish
Competition Centre – start 2,3km, 50m climbing. – mainly on the district road direction Předence - be careful, then across the river and up the hill-
- Start:** 00 = 10:00

Parameters:

Class	Length	Ideal length	Controls	Climb	Class	Length	Ideal length	Controls	Climb
H14	6,0	8,1	9	150	D14	6,0	8,1	9	150
H17	12,6	16,2	12	240	D17	11,8	15,8	13	270
H20	19,1	26,4	17	360	D20	15,0	19,3	13	280
H21E	25,0	33,5	24	470	D21E	17,2	23,5	14	370
H21A	19,1	26,4	17	360	D21A	15,0	19,3	13	280
H21B	15,3	22,6	15	340	D21B	13,1	17,6	13	270
H21C	14,6	18,8	13	320	D40	13,1	17,6	13	270
H40	15,3	22,6	15	340	D50	11,8	15,8	13	260
H50	12,6	16,2	12	240	Open Short	11,8	15,8	13	260
					Open Long	14,6	18,8	13	320

Attention: *class H21E has a map exchange in the half of the race.
The last controls are in the village – be careful. The marked route from last control to finish crosses the district road, watch out for the weekend cottage drivers; you never know what they may be up to!*

No refreshment point

WC: toilettes in the event center

Refreshment: Restaurant in the centre – meals will be offered - pasta salad, grilled steak, sausages....

Flower Ceremony: at 15:00 in the centre

Price giving ceremony: at 20:00 in the camp

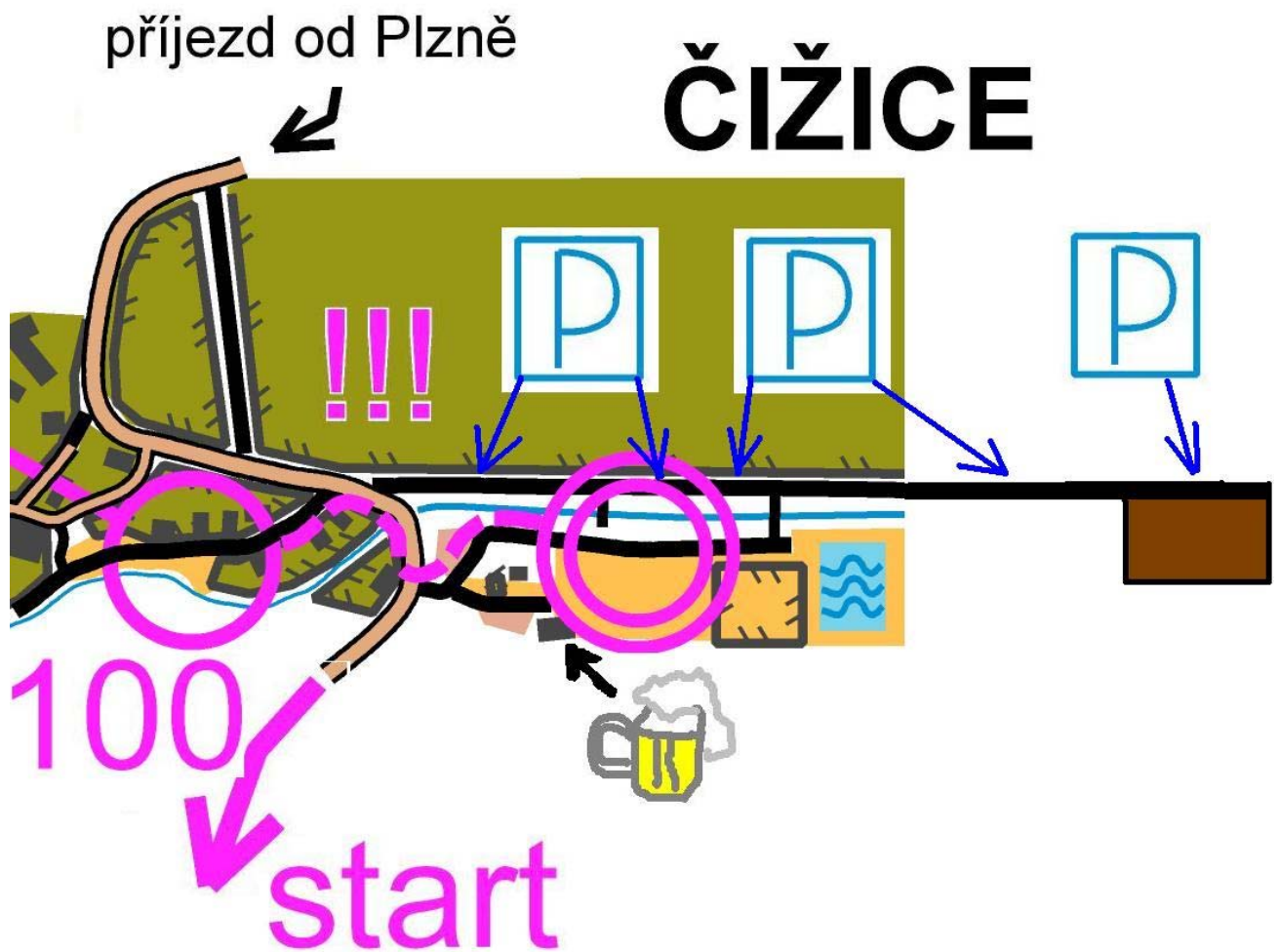
Course setter: Onřej Háša Hašek

Key to victory:

- The hills are not that steep as they may appear; nevertheless, take deep breaths
- Do not be afraid of tracks with grown grass – they are quite fast all the time but be ready to jump over the wooden sticks hidden in the grass
- Limit speed in the last downhill to the village and watch the dogs around cottages

Night Party: Live concert of the band A JE TO - <http://www.ginevra.cz/index0.php?in=ajeto>

Competition centre map





STAGE 3

„Zhomolky Fast and Furious“

- Date:** Monday, July 4, 2011
Race type: sprint, 14th race of the Czech Cup
Competition Center: Plzeň – Doudlevice, Škoda Park (free-time zone – beach volleyball nad football courts, skatepark, climbing tower, inline loop, jumping stilts rental and other attractions)
- Transport:** own cars or by bike (recommended) – see the attached map
Parking: In the event center. Limited space, follow the organizers’ instructions.
- Map:** Zhomolky, 1:5.000, E 5m, 6/2011, size B4
Terrain: Fast park tracks, short and steep climbings, technical downhill, and the network of paths and tracks that will make you feel dizzy. The Czech Cup in MTB cross-country was in the same area two weeks ago. Many new, technically demanding single tracks have been traced in the forest. You will be competing in the same area as the XC Czech Cup and some classes will take a crack at the single tracks which thoroughly tested the best Czech bikers.
- Distances:** Ostende – event center 8 km (ideal to warm up)
 CC = finish
 CC – start 3km
- Warming up area:** route to start (the second half is the cycling track with no traffic) and also the cycling track towards city center (down the river stream, right river bank)
Start: 00 = 10:00
 Way to start: the first half goes along the road with high traffic, stay all the time on the left sidewalk and do not enter nor cross the road! Watch out for the pedestrians! After you cross the second bridge, there is a cycling route with no cars.
Time limit: 90 min

Courses information:

Class	Length	Ideal length	Controls	Climb	Class	Length	Ideal length	Controls	Climb
H14	2,7	3,6	13	65	D14	2,7	3,6	13	65
H17	3,1	4,0	17	70	D17	2,9	3,8	14	65
H20	3,4	4,4	21	90	D20	3,0	3,9	17	70
H21E	3,7	4,8	22	90	D21E	3,2	4,2	18	80
H21A	3,4	4,4	21	90	D21A	3,0	3,9	17	70
H21B	3,1	4,0	18	85	D21B	3,0	3,9	15	65
H21C	3,3	4,3	17	80	D40	3,0	3,9	15	65
H40	3,1	4,0	18	85	D50	2,9	3,8	14	65
H50	3,1	4,0	17	70	Open Short	2,9	3,8	14	65
					Open Long	3,3	4,3	17	80

Entering the competition area is prohibited during the way to the event center.

CAUTION! #1: *The race takes place in a city park, do not shortcut by leaving the tracks and paths!!! You will be disqualified – the race area will be surveyed by both organizers and municipal council!!!*

Some meadows are drawn by the symbol 839.2 Ridable Area Orange – these areas are allowed to use for bike riding wherever you want. Symbol looks like that:



CAUTION! #2: *Pay maximal attention to foot pedestrians, kids, baby-carts and dogs!!! This also applies to other O-bikers. Although the courses are designed to minimize the chance of passing against each other in 40km/hour, there is still a chance of injuries!*

Paths are narrow, pass each other from the right side and watch other bikers coming against you.

Dangerous stairs are marked by orange ribbons.

CAUTION! #3: *There are stairs on the map drawn by specific symbol (not a path/track symbol). You are allowed ride your bike down these stairs.*

Refreshment: buffet in the event centre

Bikes and competitors washing: In the river in the finish area. Do not wash your bikes in the river; that is the water we use to brew the beer; and that beer is the reason you came to Pilsen☺

WC: toilettes in the event center (in buffet building)

Key to victory: Check the codes and order of controls. There are many of them, and the routes cross several times. Ride fluently and read the map. Count the crossings. Do not let you bother by other competitors and nervous dog walkers.

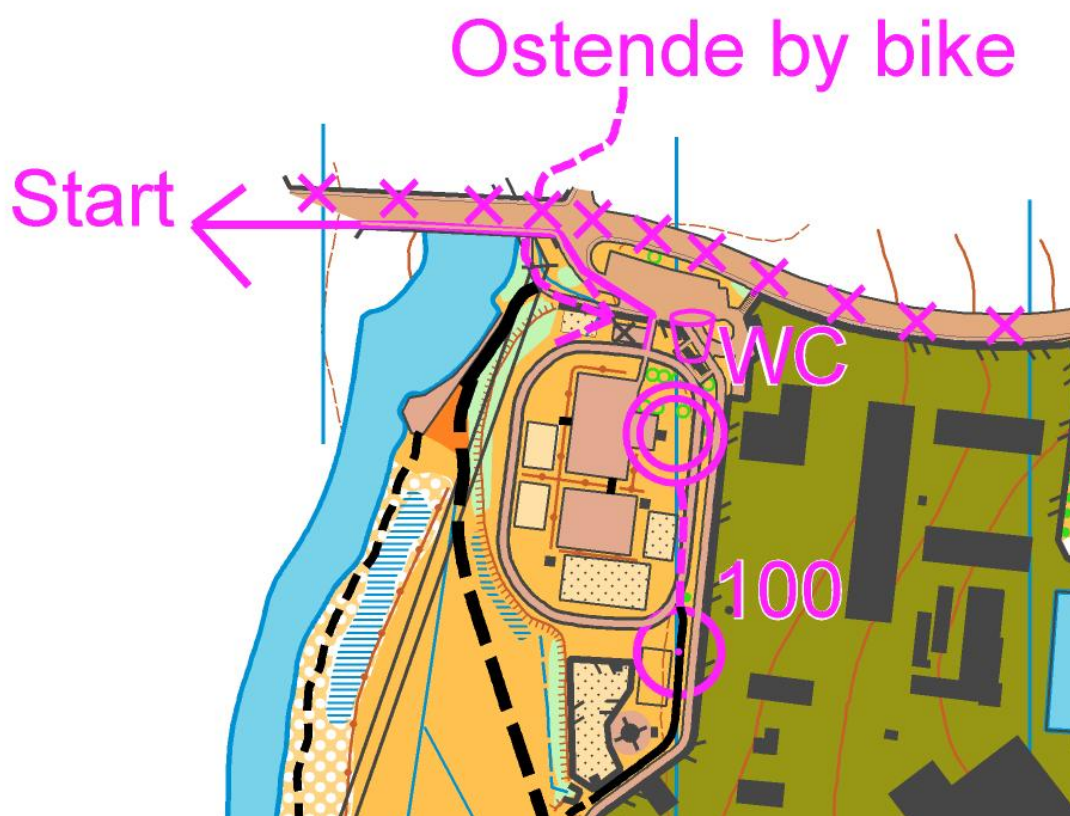
Price giving ceremony: 20:00 in the Ostende Camp

Courses setter: Jiří "Mlátíl" Bouchal

Sponsor of the stage: "U Marka" bakery

Party: retro disco-rock party made by KOS Plzeň, to jump the fatigue out of your legs

Competition centre map





TRIATHLON

„Team Spirit“

- Date:** Monday July 4, 2011, 5:30 p.m.
- Race Type:** Relay o-triathlon – this time starts with Foot-O leg
- Classes:** M - Men, D -Women (mixed teams compete in M class)
- Competition Center:** Camp Ostende
- Entries:** Fill in the enclosed entry form and hand it over in the Event Office by Friday 8 p.m.
There is no entry fee,
- Sponsor:** Stock Božkov
- Maps:** Foot-O: Triathlon pěšáci - 1:10,000, size A4
Swimming – no map, no punching
MTBO: triathlon MTBO- 1:10,000, size A4
- Terrain:** Humid, well known, camps and surrounding areas
- Distances:** CC= finish=start
- Track lengths:** 1st leg: Foot-O, free order, 3km, 15 controls
2nd leg: Swimming –route will be marked by floats, approx. 300m, instructions will be delivered before the start
3rd leg: MTBO, 3,5km, 10 controls
- Start:** 00 = 6:00 p.m
- Punching:** Bikers and runners will punch to the same paper card which runner will hand over to biker. Write the number and name of your team on the card too. Please each of you start punching to the new line.
- Caution:** Foot-O control descriptions will be available in the CC
Please be careful, especially during the swimming. Avoid punching each other; we do not want to have to jump to the water for somebody drowning down there. The race will be held also in the campsite; watch out for other competitors and residents. Bike- O and Foot-O courses cross the road; be careful and stay right. You compete at your own liability.
- Price Giving Ceremony:** approx. 8:15 pm, after Stage 3 price giving in the CC
- Courses Setter:** Tomáš Karýk Kamaryt
- Party:** retro disco-rock party made by KOS Plzeň, to jump the fatigue out of your legs



STAGE 4

“ToMrtník and fromMrtník”

- Date:** Tuesday, July 5, 2011
- Type of Race:** 15th race of Czech Cup – middle distance, WRE for H21E and D21E
- Competition Centre:** Mrtník village, 23km north from Pilsen, football playground, , 49°54'3.529"N
13°19'8.635"E ..
- Transport:** From Pilsen use road no. 27 to the north to Kaznějov, behind Kaznějov take to the right road no. 204 to Mrtník. There will be signs in the village.
- Parking:** in competition centre, follow organizers' instructions
- Map:** Zmrtníku, 1:15,000, E 5m, 6/2009, size A3
- Terrain:** Very close to the typical pilsen terrain
BE CAREREFULL – DANGEROUS FORESTER
- Distances:** Camp – event center – 23 km
Finish is in the CC
CC – start 3.2 km
- Warming-up area:** the route to start and also roads to the village
- Start:** 00 = 10:00

Parameters:

Class	Length	Ideal length	Controls	Climb	Class	Length	Ideal length	Controls	Climb
H14	4.5	6.8	9	165	D14	4.5	6.8	9	165
H17	6.9	9.3	14	190	D17	5.3	7.6	11	170
H20	9.4	13.9	16	240	D20	6.4	8.8	13	180
H21E	10.3	15.2	19	250	D21E	7.7	11.0	14	200
H21A	9.4	13.9	16	240	D21A	6.4	8.8	13	180
H21B	8.5	12.4	15	220	D21B	5.4	7.8	11	170
H21C	7.6	10.8	17	190	D40	5.4	7.8	11	170
H40	8.5	12.4	15	220	D50	5.3	7.6	11	170
H50	6.9	9.3	14	190	Open Short	5.3	7.6	11	170
					Open Long	7.6	10.8	17	190

Time limit: 150 min

No refreshment point

Toilets: local + TOI-TOI mobile toilettes

Showers: trough for washing – do not waste water!

Refreshment: buffet in the CC

Flower Ceremony for WRE: at 14:30 in the CC

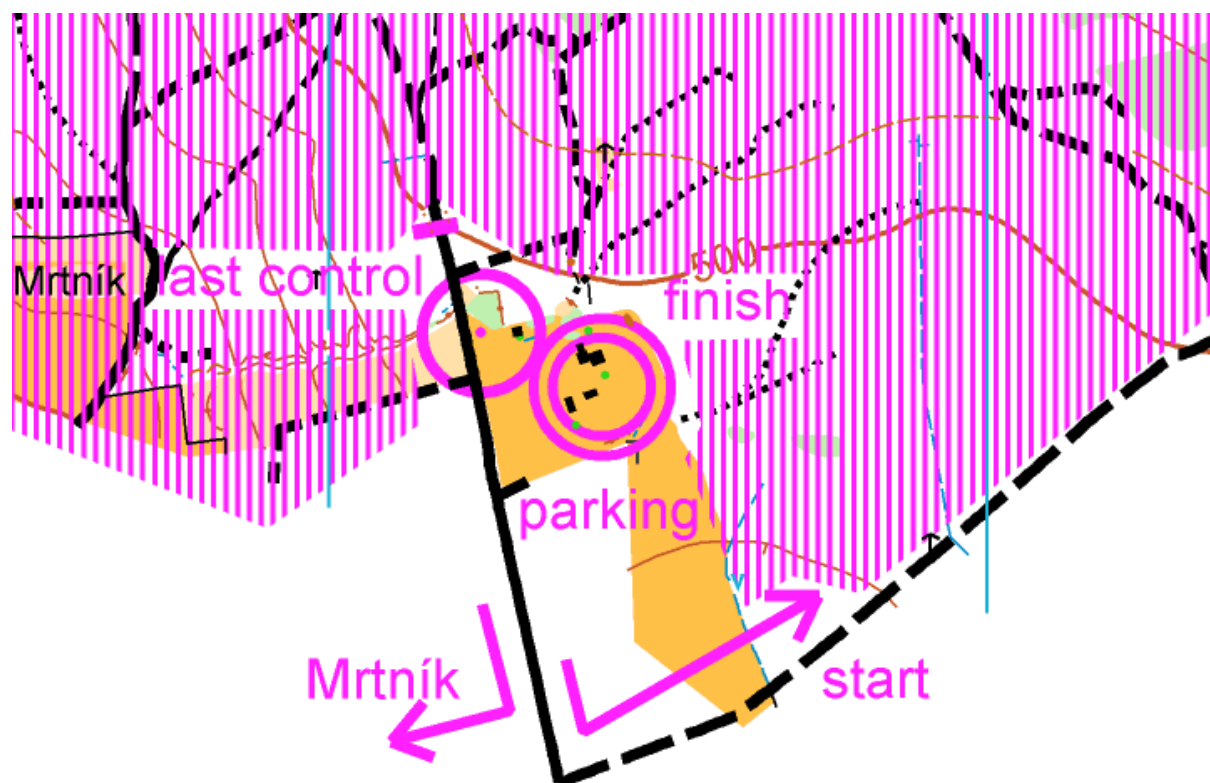
Price giving ceremony: at 20:00 in the Ostende camp

Course setter: Ondra Sud Vodrážka

Key to victory: Lock the fork on the second control and leave sex after the race

Party: After price giving, the “typical KOS Pilsen party” will start.

Competition centre map





STAGE 5

„Traditional ending at Ostende“

Date: Wednesday, July 6, 2011
Type of Race: middle + free order (see sketch below), chasing start
Competition Centre: Plzeň – auto camp Ostende
Parking: Competitors who are not accommodated in Ostende camping are not authorized to park their cars inside of camping area. Parking is available close to camping.
Map: Zostende, 1:15.000, E 5m, 6/2011, dimension A4
Terrain: Suburban forest with thousands of pathways
Distances: camping = competition centre
 competition centre = finish
 competition centre – start 3 000m
Warming – up area: route to start
Start: 00 = 10:00

Start organization:	1. CORRIDOR	2. CORRIDOR	3. CORRIDOR
10:00	H17	D17, OPEN	H14,D14
10:10	H20	D20	H40
10:20	H21B	D21B	H50
10:30	H21A	D21A	D40,D50
10:40	H21E	D21E	H21C

Chasing start till 60 minutes of time loss, after interval start 1 min

Time limit: 150 min
Winner's time: 40 - 50 min
WC, showers: in the camp

Parameters:

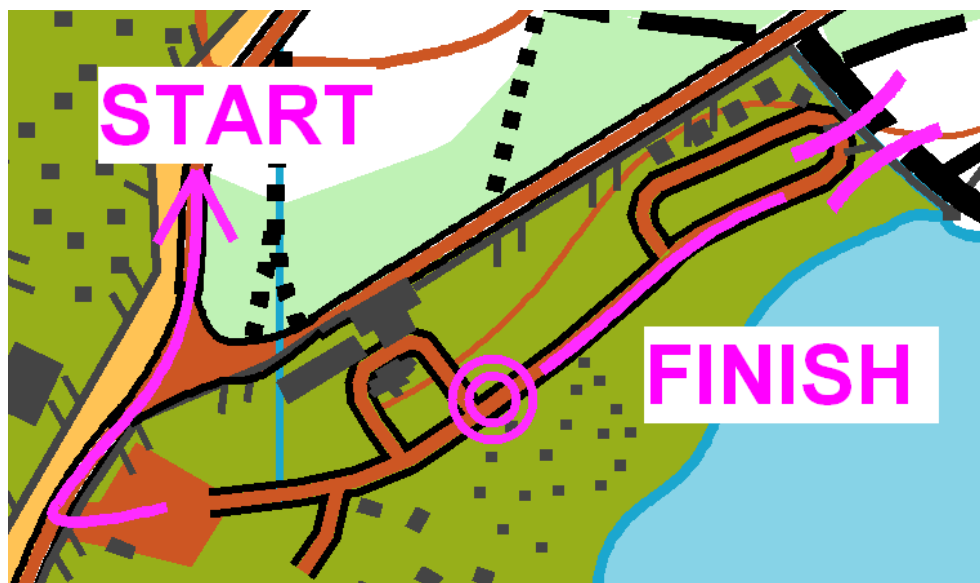
Category	Length – best checkpoint order selection	Checkpoint (fixed order)	Checkpoint (free order)	Category	Length – best checkpoint order selection	Checkpoint (fixed order)	Checkpoint (free order)
H14	5,7	7	3	D14	5,7	7	3
H17	10,1	7	7	D17	6,8	6	6
H20	12,3	11	8	D20	9,2	9	6
H21E	13,4	14	7	D21E	11,4	9	7
H21A	12,3	11	8	D21A	9,2	9	6
H21B	11,3	9	6	D21B	7,7	7	6
H21C	10,1	8	7	D40	7,7	7	6
H40	11,3	9	6	D50	6,8	6	6
H50	10,1	7	7	Open Short	6,8	6	6
				Open Long	10,1	8	7

ATTENTION: Competition takes place in suburban forest – **ride carefully!!!**
 Many tourists, bassinets, dogs expected in competition area!!!

KEY TO VICTORY: Rather count free order checkpoints at start.

Course setter: Robert Gibon Anděl

Competition centre map



Race system: middle + free order

You are obliged to take all checkpoints in your map. There is given order for those which are connected by line. You can take the others any time.

