



BULLETIN No 3

Format

European Rogaining Championships (ERC) are held in 24 hour rogaine. At the same time 6 hours rogaining event for fun will be held.

Rules

The Rules of Rogaining of the International Rogaining Federation (<http://www.rogaining.com/resources/irfrules062010.pdf>) are followed, with the exception of rules B15, B16, B17, B20, B29(b) and C16. The rules listed above are respectively replaced by the following provisions:

B15₁. All team members shall carry the SI card during the whole competition from start to finish. It will be attached by organizers by a non-removable wristband.

B16₁(b). In order to gain points for a checkpoint, all members of a team shall punch their SI cards at the SI station of that checkpoint within a time interval of 60 seconds.

B17₁. In the event of the electronic recording device being lost or wristband being broken the team shall report to the event officials and return to an administration area. Failure to do so shall result in disqualification of the team. The organizers shall provide a replacement electronic recording device or wristband and the team shall be admitted to continue the competition. Points shall be credited only for checkpoints visited after replacement.

B20₁. Whenever visiting the hash house area during the competition, all team members shall punch the SI station labeled "check-in". Immediately before leaving the hash house area, all team members shall punch the SI station labeled "checkout".

B29₁(b). The SI station at each checkpoint will give light and sound feedback, indicating that the visit was recorded. In case of failure of the SI station (there is no light/sound signal), team shall write down letter-digit code, which is indicated on marking at the location of the checkpoint. In the event of the SI station being broken or missing at the checkpoint, teams shall be awarded the checkpoint score if they can report this checkpoint code at finish.

C16₁. A team's score is determined on the basis of the reading of SI cards of all team members. Checkpoint letter-digit codes are taken into account only when it is established that there has been a failure of the SI station or SI station is missing at a given checkpoint.

Further exceptions from the IRF Rules of Rogaining may be specified in Pre-start information.

Participants

Teams of 2 – 5 members. A team member/competitor is considered to represent a country of which she/he is a national or a permanent resident.



Competition classes

- MO – Men open
- WO – Women open
- XO – Mixed open
- MJ – Men Junior, under 20
- WJ – Women Junior, under 20
- XJ – Mixed Junior, under 20
- MV – Men Veteran, 40 and older
- WV – Women Veteran, 40 and older
- XV – Mixed Veteran, 40 and older
- MSV – Men Superveteran, 55 and older
- WSV – Women Superveteran, 55 and older
- XSV – Mixed Superveteran, 55 and older

Participation in the ERC is open to all, without any qualifying conditions. For the Junior, Veteran and Super Veteran categories the age is determined on the first competition day (i.e. 23 July 2011). Any team that has a member younger than 14 years of age must also have a member 18 years of age or older.

Teams are competing in every category for which they are eligible.

Teams are entered into particular categories based on gender and age of their members. Teams competing in the Junior and the Veteran categories are also automatically entered into the corresponding Open category. Teams competing in the Super Veteran categories are also automatically entered into the corresponding Open and Veteran categories.

Map

The competition map is a specific map, prepared for the ERC and drawn in OCAD10. Map is prepared using old military maps of SU, orthophotos, information from forestry institutions and investigations of competition area.

Description of map symbols will be printed on map, made available on the ERC website and at the hash house.

The map scale is 1:35000, contour interval 5 meters. The size of the map sheet is 50 × 58 cm. The map will be printed in offset print and laminated, water- and tear-resistant. In case of wet weather it may be useful to wrap the map into additional protection, which is competitors own responsibility.

Control descriptions will be made available on separate sheets.

Each team will get one plain paper, non-protected map for planning purposes.

Course

The total number of controls and the maximum value of points will be announced one week before the event in the pre-event information. The first digit of the checkpoint number reflects its point value.

Control markers have reflective stripes.

On the competition terrain, there will be water stations. The water stations are indicated on the event map.



Timetable

Friday, July 22, 2011

12:00 Camping at the hash house opens

Saturday, July 23, 2011

09:30 Map handout

11:00 SI cards attached

12:00 Start

18:00 Finish of 6 hour event

18:00 Catering available at the hash house

21:56 Sunset

22:49 The end of civil twilight

23:40 Moonrise (3Q)

Sunday, July 24, 2011

04:12 The beginning of civil twilight

05:05 Sunrise

12:00 Finish

14:00 Catering at the hash house closes

14:00 Prize-giving and closing ceremony

Monday, July 25, 2011

10:00 Camping at the hash house closes

Punching system

SPORTident punching system will be used. One SI card (version 6) for each team member.

Teams may use their own SI cards, if they have a version 6 card, or other, if they are not going to visit more controls+extra punches than capacity of particular SI card allows.

Organizers will not accept protests if, using your own SI card, you will exceed capacity of SI card.

SI cards will be attached to each competitor with a non-removable wristband to the wrists of competitors by organizers in the morning of the first day of competition before 11 am.

Rental of SI cards (version 6) will be available for extra fee only until end of registration to ERC, 10.07.2011, (see *Entry fee*).

Location of the event center

The event center is near the small town Rauna, one of the most beautiful settlements in Vidzeme region (<http://www.rauna.lv/>).

The site, where hash-house will be located, is called KIEGELCEPLIS ("brick tiler"). It is about 110 km to the east-north from the capital of Latvia, Riga, on the Riga – Pskov motorway. Historically, there was small brick tiler, which is currently operated by a local pottery "Raunas Ceplis".

[Find Location on Google maps](#)

Terrain

Competition area (approximately 225 square kilometers) is located in the north part of Vidzeme highlands, known as Mežoles hilly. The heights are generally about 180-190 m above sea level, but often exceeds 200 m above sea level. The highest point Slapjuma Hill ("Wet Hill") in the middle of Mežoles hilly is 248 m above sea level.

Terrain is hilly. The relative height of hills is 5-40 m. There are glacial structural moraine hills and ranges. Some of Gauja river basin river sources - Palsa, Rauza and Rauna - start in Mežoles hilly. There are more than 30 relatively small lakes, located between hills in subglacial glens.

The terrain is partly covered by coniferous and mixed forests of different ages, partly by timber felling sites, partly by open fields and meadows.

There is a semi-developed network of local and forest roads, but some areas are without any roads. Offroad area may be very wild, low areas around ditches often are flooded due to beaver activity.

Hazards and annoyances

Main hazards: some wide ditches, impassable marshes, electric fencing around some fields, ticks, hogweed. Wide ditches can be crossed using fallen trees or beaver dams. Impassable flooded marshes shall be avoided. Care shall be taken when crossing electric fences, wires are about 50–70 cm from the ground. Some ticks may carry tick-borne encephalitis or Lyme disease. It is advisable to check the whole body after the race. Some insect repellents are also effective against ticks. All parts of hogweeds (http://en.wikipedia.org/wiki/Heracleum_sosnowskyi) contain the intense toxic allergen furanocoumarin. It is dangerous for humans because even small drops of plant's juice cause photosensitivity and burns. Avoid contact with this plant as much as possible, especially, at sunny daytime. Good news – they are not widespread at competition area.

Care should also be taken when crossing or running on the gravel roads as there may be some traffic. Riga-Pskov motorway crosses competition area. Course is designed to avoid crossing of this road as much as possible. Traffic will be guarded by police at start. Competitors are strongly advised to carry reflective parts of equipment or clothes.

Main annoyances: stinging nettles, horse-fly.

Stinging nettles (http://en.wikipedia.org/wiki/Stinging_nettle) grow in marshy forest and by some ditches. It is advisable to wear trousers which are sufficiently thick to provide protection against nettles. Horse-fly (<http://en.wikipedia.org/wiki/Horse-fly>) is more annoying than hazardous.

Wildlife

Competitors may encounter elk, deer, fox, rabbit, martena, wild boar, beaver, badger, lynx, wolf. The only venomous snake is the European adder (http://en.wikipedia.org/wiki/Vipera_berus), which is encountered this year a bit frequent than usually. Its bite is not life-threatening, but nevertheless requires immediate medical attention.



Indemnity form

All competitors shall sign an indemnity form that they participate in the competition at their own risk. The indemnity form shall be signed by the time of delivery of SI cards.

Medical aid

First aid is available at the event center and provided by a qualified medical professional. In more complicated cases, the injured competitor may be transported to a hospital. All foreign competitors should have adequate travel health insurance, covering also participation in a competition. In the absence of health insurance, hospitals may charge the full cost of treatment.

Weather

The weather in Latvia is moderate and very variable. Extreme meteorological phenomena are rare.

(<http://www.accuweather.com/nwo/forecast.aspx?lng=en-us&loc=EUR|LV|LG005|Rauna>)

Registration

Registration to the event opens on February 1, 2011.

Entry fee (per competitor)

Early registration (with payment up to 31.03.2011)

Open, Veteran — **40 EUR**

Super Veteran, Junior — **30 EUR**

General registration (with payment up to 15.06.2011)

Open, Veteran — **50 EUR**

Super Veteran, Junior — **35 EUR**

Last chance registration (with payment up to 10.07.2011)

Open, Veteran — **75 EUR**

Super Veteran, Junior — **50 EUR**

Entry fee in 6 hour competition for fun is **30 EUR**. Entry and payment must be made

before last registration deadline – **10.07.2011**.

The entry fee covers participation in the competition, rogaining map and course planning maps, number bibs, catering during the race, parking and tenting in the event center, and awards for the best teams. The entry fee includes an IRF levy (approx. 5 EUR).

Rental fee of SI card is 3 EUR. In case of loss of the SI card, a fee of 50 EUR will be charged.

Complete team's entry fee with all extras taken in account must be paid according invoice sent to team's e-mail (*see Registration*) All changes in entry fee, which may arise for reasons described below, team must pay at registration desk before event.

Registration

Registration in the event takes place only via online registration, which opens on February 1, 2011. At registration, each team shall provide the following



information on each competitor: first name, family name, gender, date of birth and the country which the competitor is representing. Each team shall provide the e-mail address for contacts and shall secure the registration with password for future editing of entry.

Any changes to the registration data may be edited until the end of registration deadline – 10.07.2011

By entering the registration data, participants give their consent to the organizers to set up a database of ERC participants and publish the names of competitors on the ERC website. The information provided at registration will not be used by organizers for any other purpose than for organizing the ERC and seeking feedback after the event.

Upon registration or after any substantial editing, which changes amount of entry fee for the team, invoice will be sent to team's e-mail provided. Failure to transfer the entry fee within time indicated on invoice leads to increase of entry fee according to next registration deadline (*see Entry fee*). Failure to transfer the entry fee until 10.07.2011 (*bank transaction date*) leads to cancellation of the registration. All bank transaction costs shall be borne by the payer.

Organizers will not reimburse the paid entry fee. It is possible, that entry fee may be partly reimbursed and this decision will be announced after the event.

Changes in team composition at registration desk before event are possible only for team member withdrawals. Team may receive maps and souvenirs for absent competitors.

When completing registration form, please, fill in all required fields. If competitor will use his own SI card, you can write the number of SI card at first registration or you can edit in this number later. Please, specify also T-shirt sizes. Organizers will take it in account if such gift will be made for competitors.

In Notes, please, specify your needs for transportation, vegetarian food, number of tent places, etc. All related information will be helpful.

Accompanying persons and spectators

Accompanying persons and spectators (7 years of age and older) staying at the event center have to pay a fee 5 EUR (catering not included).

Start

All competitors shall enter the start area by 11:45 am. SI cards are cleared and checked by organizers at start area gate. Each competitor must be sure his SI card is cleared and checked when entering the start area.

The start is given 12:00 on Saturday, July 23 with well audible sound.

Finish

The control time is 12:00 on Sunday, July 24. After finishing the course (by punching the SI station 'Finish'), the organizers will remove the wristband and download the reading of the SI card.

The point penalty for finishing after the nominated finish time is 1 point per each minute or part thereof. Teams finishing more than 30 minutes late are not eligible for a placing.



Results

After the finish, each competitor gets a printout of the reading SI cards, indicating all controls visited, the total time, time of each leg and the sum of points collected. The individual SI printout shall be considered as a preliminary, and not a final result. Preliminary team results are posted at the hash house after the control time. Final results are published on the ERC website.

Protests

Within 45 minutes of the nominated finish time, a team may submit a protest about any team thought to have breached the rules, about the preliminary results of the team or about any actions of the organizers that they consider made the competition unfair. Protests shall be submitted in writing in English.

Jury

Any protests are considered and determined by a three person jury. Members of the jury will be announced in pre-start information. Any IRF member or observer present at the hash-house can be called in as an alternate jury member in case of a protest involving one of the nominated jury members.

Prizes

The team with the highest score in each class is granted the title of the European Rogaining Champions. Three best teams in each class are awarded with prizes.

Travel and visa information

The event center can be easily reached by car (own or rental) from Riga airport and ferry terminal as well as from the surrounding countries. In case of major request special bus from Riga shall be organized. Team may indicate their needs in Notes of registration form.

Residents of the European Union member states, as well as Switzerland, Norway and Iceland do not require a visa and may enter Latvia using a valid passport or identification card. Residents of other countries need a visa to enter Latvia. The visa shall be obtained from the Latvian embassies abroad. Further information on visas:

<http://www.pmlp.gov.lv/en/pakalpojumi/vizas.html>

Upon request, indicated in registration entry form, organizers will send an official invitation (for a fee of 5 EUR). Please send your personal information and special requirements for invitation to: registration@rogaining.lv rogain@okzk.lv

Teams will be informed on invitation issues.

Getting there

Direct intercity buses to the ERC event centre from Riga (Rīga – Ķieģelceplis) - 5 times a day:

http://www.1188.lv/traffic/intercity_buses/?selected_from=7083&selected_to=711&date=&from=R%C4%AB&to=Kieģelcep

Direct intercity buses from the ERC event centre (Ķieģelceplis – Rīga) - twice on Sunday evening, others on Monday:



http://www.1188.lv/traffic/intercity_buses/?from=Kiegelcep&to=R%C4%AB&date=&selected_from=711&selected_to=7083

Trains from Riga to nearest town Cēsis (35km from the the ERC event centre):

http://www.1188.lv/traffic/trains/?date=date&selected_from=9578&selected_to=9429

Trains from nearest town Cēsis (35km from the ERC event centre) to Riga:

http://www.1188.lv/traffic/trains/?selected_from=9429&selected_to=9578&date=1309640400

Transfer buses on demand (for separate fee) will be provided on Friday afternoon from Cēsis to the ERC event centre, and Sunday afternoon from the ERC event centre to Riga and on Monday morning from the ERC event centre to Cēsis.

Preliminary timetable and prices:

22.07. Friday - 21.00 Cēsis - Event centre - 2.00 LVL (3 EUR)

24.07. Sunday - 14.30 Event centre - Riga - 5.00 LVL (7 EUR)

25.07. Monday - 9.00 Event centre - Cēsis - 2.00 LVL (3 EUR)

Accommodation

Teams could camp using personal tents and camping equipment on the camping area signed by organizers close to event center from Friday 12.00 until Monday 10.00.

Camping will be located in a meadow near the event center, separate from the car park. At the campsite there will be provided drinking water, toilets, outdoor shower and a place for charging electrical devices. At camping area it is prohibited to use an open fire. We recommend to visit the buffet - restaurant at the event center (preliminary menu and prices watch below).

During the race participant number bib will be your entrance at camping area.

For other accommodation possibilities, please visit local websites, for example: accommodation in Rauna county

<http://www.vietas.lv/eng/index.php?fClass=21&location=8413&fpdropsub=+Select+>

[&img=0&field=0&product=0&map=0&p=15](http://www.vietas.lv/eng/index.php?fClass=21&location=8413&fpdropsub=+Select+&img=0&field=0&product=0&map=0&p=15)

accommodation in Smiltene county

<http://www.vietas.lv/eng/index.php?fClass=21&location=8427&fpdropsub=+Select+>

[&img=0&field=0&product=0&map=0&p=15](http://www.vietas.lv/eng/index.php?fClass=21&location=8427&fpdropsub=+Select+&img=0&field=0&product=0&map=0&p=15)

and also WHERE TO STAY on ERC website.

Parking

There will be a car park for competitors and supporters at the parking area signed by organizers close to event center.

Car park will be located separately from the camping area next to the event center. participants who will arrive on time and staying in camping will take some advantage, since their car will be closer to camping area. During the race participant number bib will be your entrance at car parking area.



Catering

Catering will be provided at the buffet - restaurant at the event center, during race – hash house. Preliminary Food menu and prices see below.

July 22:

Cold soup Okroshka (white)	1.00 LVL
Boiled dumplings with cream	2.00 LVL
Pork meatballs with additives	2.00 LVL
Pork schnitzel with natural additives	2.60 LVL
Bean Leco	2.00 LVL
French fries with sauce and salad	1.00 LVL
Dressings: French fries or rice / lettuce / mayonnaise / ketchup	

July 23:

Coffee / tea	
Muffins	
Salad with mayonnaise	1.00 LVL
Vegetable Salad	1.00 LVL
Pasta with chicken fillets into a pan of	1.50 LVL
Muesli with yoghurt	1.50 LVL
Pancakes with jam	
Porridge	

Meal and drinks at Hash house (will be announced before competition).

Meal after race – Saturday dinner for competitors 6h and Sunday lunch for competitors 24h:

Cold soup	
Pork chop omelet / omelette chicken / chicken Leco	
Additives - rice / french fries / lettuce / mayonnaise / ketchup	
Bread	
Soft drink	

Other food and drinks will be available at the buffet for additional fee.

Training possibilities and related events

Kõrvemaa Rogain 2011, 17 July 2011, 3/8 hour event.

On travel plans, accommodation, natural and historical attractions see also

<http://www.vietas.lv/eng/index.php?p=11&id=5>

Organizers

OK Ziemeļkurzeme

OK Meridians

Valters Kaminskis – event director,
course setter, mapping

Aivars Zogla – deputy director, visas,
payments, mapping

Andris Leja – registration, webmaster,
designer, results

Ilze Lapina - advisor



Ieva Meiere – treasurer
Guntars Rubenis – mapping
Martins Vimba – information at HH
Juris Knēts – course manager
Edmunds Cinis – HH manager

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Q&A

<http://erc2011.okzk.lv/index.php?forum&z=8>

Information provided in Bulletin No 3 replaces the preliminary information of Bulletin No 1., 2.

Pre-start information will be published on July, 18.

Welcome to Latvia!