

Welcome to the Relay of the Dolomites!

We're excited to welcome you the first edition of this spectacular orienteering relay.

1. Programme

Friday 27th May 2016 - Training

13.00 to 18.00 Training opportunity at Völser Weiher - Laghetto di Fiè

Saturday 28th May 2016 - Training / Middle distance race

10.00 to 12.00 Training opportunity at Völser Weiher - Laghetto di Fiè

13.00 Race office opens at Laranz / Laranza

14.00 - 15.30 Free start

19.00 Deadline for team changes (Relay of the Dolomites)

Sunday 29th May 2016 - Relay of the Dolomites

07.30 Race office opens

09.30 Start „Relay of the Dolomites“

12.20 Finish first team

13.30 Restart

13.45 Prizegiving ceremony

2. Training

Training opportunity at Völser Weiher - Laghetto di Fiè on friday from 13.00 to 18.00 and saturday from 10.00 to 12.00.

Training maps can be purchased at the meeting point for the cost of 3 Euro. Three courses, planned by Mikhail Mamleev will be available:

Short 2,4km

Middle 4,7km

Long 6,6km

The meeting point is right next to the parking at the end of the road to Völser Weiher / Laghetto di Fiè.

Google maps link: <https://goo.gl/Rrs8AB>

3. Middle distance race

- Finish arena is located at Sportzone Laranz / Laranza, situated between Seis / Siusi and Kastelruth / Castelrotto (See also map below and on our website).
- Free punching start between 14.00 and 15.30.

- Classes: MW12, MW14, MW16, MW18, MW A, MW B, MW35, MW45, MW55, MW65
- Entry Fee 3,50 for MW12, MW14, MW16. 7 Euro for all other classes.
- Entries for Italian runners shall be made through www.fiso.it, while foreign runners must enter via e-mail, specifying Name, Surname, Class, Club, SI-Chip Number and date of birth.
- Entries for this race close on 23th May at midnight.

4. Relay of the Dolomites race formula

	Length*	Classes	Difficulty	Winning time	Change over
1. leg	5,7km	open	difficult	35 min	10:05
2. leg	3,2km	-WM16, WM55-	medium	25 min	10:30
3. leg	3,7km	-WM16, WM55-	medium	28 min	10:58
4. leg	5,7km	women only	difficult	40 min	11:38
5. leg	7.4km	open	difficult	45 min	12:23

*includes 700m of marked route

Please note: there must be **at least two women in every team**.

Runners from different clubs may run together

5. Single runners without team

Single runners have the possibility to run one of the 5 legs by taking part of the Restart at 13.30.

Entries are possible only via email specifying name, surname, club, course and date of birth:

relay-dolomites@tolweb.net

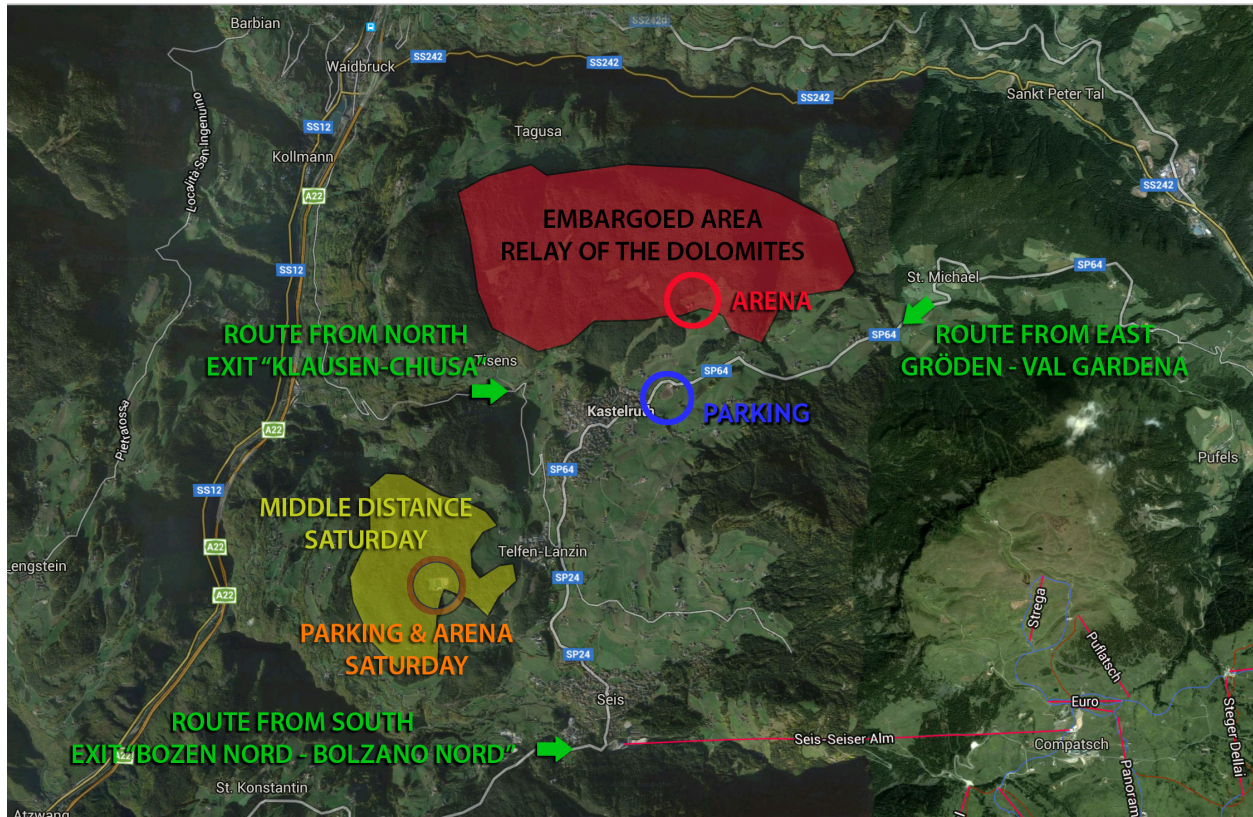
The entry fee is 15 Euro.

6. Spectator control & forking

There will be a public control after 80-90% of the course for all legs.

Forking will be used on all legs.

7. Overview map for saturday and sunday



Race office will be at the finish arena on both days. It is also possible to pick up team envelopes for Relay of the Dolomites at the race office on saturday at „Laranz - Laranza“ (orange circle on map above).

Opening hours of race office saturday 28th May at Laranz - Laranza (orange circle): 13.00 - 19.00

Opening hours of race office sunday 29th May at Kastelruth - Castelrotto (red circle): from 07.30

8. Parking

Friday - Training: directly at the start.

Saturday - Middle distance: directly at arena.

Sunday - Relay of the Dolomites: 700m and 60hm walking from the arena. It is not possible to drive to the arena. A taped route along a narrow asphalt road and then path will lead you the way up to the arena.

9. Team formation changes

Changes regarding the team formation can be done until 19.00 saturday. Every change will be charged with a processing fee of 5 Euro.

10. Terrain

Mostly pine forest at 1100m above sea level. Very good runnability and visibility. Some steep slopes. Good net of small path and forest roads. Many rocky features and areas with many details.

11. Map

Scale 1:10.000, eqv. 5m for all legs. First edition was used for JWOC 1993. Completely redrawn in 2016 by Rudi De Ferrari.

12. Restricted area

Cultivated fields are out of bounds, marked with viola raster on the map. Please respect the restricted area, any violation will be fined with immediate disqualification of the whole team and ban of the respectice person from the 2017 edition of the Relay of the Dolomites.

13. Team documents

The team envelopes contain number bibs, competition info and gadgets for all runners. Each leg has it's own colour on the bib. 1st leg – blue, 2nd leg – green, 3d leg – yellow, 4th leg – pink and 5th leg – black.

14. Punching system

SportIdent. It is possible to rent SI cards for 2,00€/piece.

15. GPS

10 best teams on 4th and 5th leg will carry vests with GPS units. The teams will be anounced by speaker during the competition after 2 legs. Make sure to pick up your vest well in time. Showing up at the start without GPS unit will lead to disqualification.

16. Control descriptions

They will be printed on the map. In some detailed areas the controls are set near to each other, please check the numbers! Near to the control on the map will be printed number and control code, ex: 1-31

17. Start

Masstart for all teams at 9.30. The runners are responsible to clear and check the SI cards and be 5 min prior to start at their positions. It is forbidden to look at the map before the start signal.

18. Changeover procedure

The incoming runner crosses the finishline, punches the finish SI unit, leaves there his map in a container and continues to the mapstand, where he picks up the next runner's map and hands it over to his teammate. Please make sure you pick up the correct map, because otherwise not only your team will

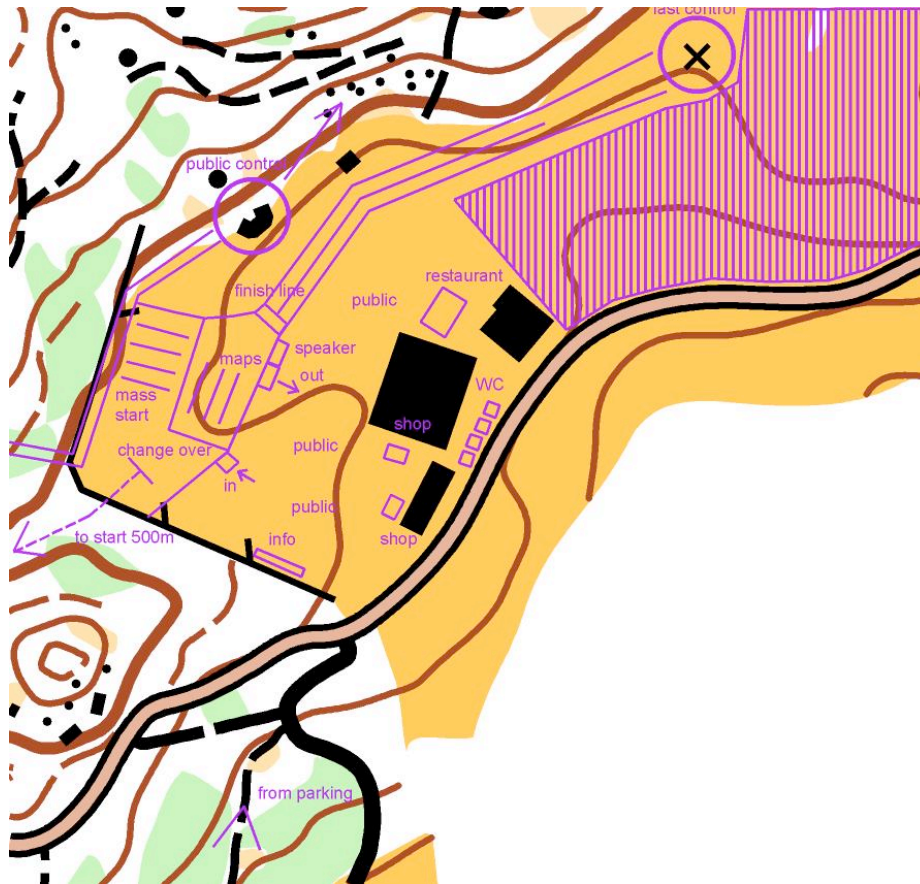
be disqualified but also the team from which you mistakenly took the map.

If you encounter any problems at the changeover immediately refer to our staff at the finish area.

REMEMBER: Even if you think the race is over, the changeover is still a crucial part. A wrong move may ruin the day of 2 teams = 10 runners, so pay maximum attention!

19. Finish and arena

For the last leg runners will be an own finish corridor. The first to cross the finish line will be the winner of the race, not the punch of the finish unit.



20. Refreshments

There will be two refreshments: in the race on the marked way to public control and after the race at the finish.

21. Food & drinks

Food and drinks will be for sale at the finish arena.

22. Pricegiving ceremony

The first 10 teams will be awarded.

There will be a special award for the fastest split time between 2nd and 3rd control, so called „King and Queen of the hill.“

23. Restart

At 13.30 there will be a mass start for all not yet started runners.

24. Maximum time

The finish will be closed two hours after restart.

25. Toilets

Toilets are available at the arena in the southern part.

26. Main officials

Event Director	Ernesto Rampado
Secretary	Federica Ragona
Course Setters	Dario Beltramba, Mikhail Mamleev
Arena	Giuliano Rampado
Finish	Fabio Marsoner
Prizegiving	Sabine Rottensteiner
Speaker	Stefano Galletti
Web, social media, Design	Thomas Widmann, Jonas Rass, Klaus Schgaguler

27. Contacts

Email: relay-dolomites@tolweb.net

Website: www.relay-dolomites.com



Kastelruth

 **Raiffeisen** Meine Bank