

8th World Rogaining Championships

Karula National Park, Estonia

13 – 14 September 2008

BULLETIN No 3

Format

The World Rogaining Championships (WRC) are held as a 24-hour rogaine.

Terrain

The terrain includes the Karula National Park (<http://karularahvuspark.ee/?lang=en>) and surrounding areas. The landscape features the Karula Uplands with varying land forms of glacial origin, notably hillocks, moraine and esker formations with relative height up to 30–40 meters. The difference between the lowest and the highest point on the terrain is about 80 meters. Parts of the terrain are flat. Forests of varying types (predominantly coniferous) cover over three quarters of the terrain. Passability of the forest varies from very good (open pine forest) to very bad (alder, willow, bird cherry thickets). In certain areas of the terrain, passability is reduced by undergrowth (fern, heath, marsh rosemary etc.) or fallen trees. There are a number of lakes, bogs and marshes of different size, streams and ditches. Some of the marshes are impassable. Some of the ditches are wide and difficult to cross. There is a network of tracks and forest rides. The terrain also includes cultural landscapes presenting traditional South Estonian dispersed villages and farmland.

The total area of the competition terrain is over 250 square kilometers. The terrain includes some out-of-bound areas, in particular, the two nature reservations of the national park. It is strictly prohibited to enter a nature reservation, violations are punishable by law. Also the immediate surroundings of private homesteads are marked on the map as out-of bounds.

Hash house

The hash house is located at the visitor center of the Karula National Park in a village Ähijärve, Võru county in South Estonia. The coordinates of the hash house are Lat N 57°42'45" and Long E 26°30'18".

The distance from Tallinn to Ähijärve is 290 km (3.5 – 4 hour drive), from Tartu to Ähijärve 100 km (1.5 hour drive).

Map

The competition map is a specific rogaining map, prepared for the WRC and drawn in OCAD 9. Authors of previous maps of the competition area are Kalle Remm, Kalle Kalm, Madis Oras, Avo Veermäe, Toivo Kotov and others. Fieldwork for rogaining, map corrections and OCAD drawing by Lauri Leppik. Description of map symbols will be made available on the WRC website and at the hash house.

The map scale is 1:40000, contour interval 5 meters. The size of the map sheet is 50 x 55 cm. The map will be printed on water- and tear-resistant material Polyart, printed by Printcenter AS.

Control descriptions will be printed on the map, but are also made available on separate sheets.

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

- Men's Open (MO) — men, no age restriction
- Women's Open (WO) — women, no age restriction
- Mixed Open (XO) — at least one man and one woman, no age restriction
- Men's Junior (MJ) — men, all must be under 20 years of age
- Women's Junior (WJ) — women, all must be under 20 years of age
- Mixed Junior (XJ) — at least one man and one woman, all must be under 20 years of age
- Men's Veteran (MV) — men, all must be 40 years of age or over
- Women's Veteran (WV) — women, all must be 40 years of age or over
- Mixed Veteran (XV) — at least one man and one woman, all must be 40 years of age or over
- Men's Super Veteran (MSV) — men, all must be 55 years of age or over
- Women's Super Veteran (WSV) — women, all must be 55 years of age or over
- Mixed Super Veteran (XSV) — at least one man and one woman, all must be 55 years of age or over

Teams are entered to particular categories based on gender and age of their members. Teams are deemed to compete in every category for which they are eligible. That is, teams competing in the Junior and the Veteran categories are automatically entered in the corresponding Open category. Teams competing in the Super Veteran categories are automatically entered in the corresponding Open and Veteran categories. For the Junior, Veteran and Super Veteran categories the age is determined on the first day of competition (i.e. 13 September 2008).

Timetable

Friday, 12 September 2008

14:00 Camping at the hash house opens

18:00 Secretariat opens

20:00 Meeting of the IRF Members and Observers

Saturday, 13 September 2008

8:00 Attachment of SI cards

10:00 Map handout

11:45 Competitors shall be in the start area

12:00 Start
15:00 Catering available at the hash house
19:00 Moonrise
19:40 Sunset
20:20 The end of civil twilight

Sunday, 14 September 2008

5:15 Moonset
6:00 The beginning of civil twilight
6:40 Sunrise
12:00 Finish
12:45 Deadline for submission of any protests
14:00 Catering at the hash house closes
14:00 Prize-giving ceremony

Monday, 15 September 2008

10:00 Camping at the hash house closes

Punching system

SPORTident punching system will be used. One SI card (version 6) will be issued to each competitor. SI cards are attached to each competitor with a non-removable wristband. SI cards are delivered by organizers. Competitors may not use their own SI cards. SI cards are attached to the wrists of competitors by organizers in the morning of the first day of competition, 13 September, before map handout from 8 am. There is no extra fee for SI card rent, this is included in the entry fee. In case of loss of the SI card, a fee of 50 EUR is charged.

Rules

The Rules of Rogaining of the International Rogaining Federation (http://www.rogaining.com/Docs/IRF_Rules_All_Parts_2-1-04.pdf) are followed, with the exception of rules B2, B11, B15, B16, B17, B20, B29(b) and C16. The rules listed above are respectively replaced by the following provisions:

B2¹. A team that has a member under 16 years of age shall also have a member 18 years of age or over.

B11¹. A competitor shall show the wristband with the SI card to any event official, on request.

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. 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. Breaking the wristband or loss of the SI card by any team member leads to disqualification of the whole team.

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 "check-out".

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), all team members shall use the manual punch at the checkpoint, punching one of the R squares at the edge of the competition map. In the event of the SI station and the manual punch being broken or missing at the checkpoint, teams shall be awarded the checkpoint score if they bring a piece of paper with the printed code of the checkpoint, which can be picked up from the location of the checkpoint.

C16¹. A team's score is determined on the basis of the reading of SI cards of all team members. Manual punches are taken into account only when it is established that there has been a failure of the SI station at a given checkpoint. Printed codes of checkpoints are taken into account only when it is established that both the SI station and the manual punch were broken or missing.

Training embargo

The terrain within a radius of 15 km from Ähijärve is closed to training until the start of the event. Violations to the embargo are punishable by disqualification from the event.

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 point range of controls varies from 2 to 9. The first digit of the checkpoint number reflects its point value.

Control markers have reflective stripes.

On the competition terrain, there will be 5 water stations with cold drinking water. The water stations are indicated on the event map.

Route plan

All teams must complete an intended route plan. These shall be drawn on one of the course-planning maps, which are distributed together with the event maps and submitted to the organizers before the start.

Hazards and annoyances

Main hazards: wide ditches, impassable marshes, electric fencing around some fields, ticks. 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. However, ticks are rare in September after the first night frosts. Nonetheless, it is advisable to check the whole body after the race. Some insect repellents are also effective against ticks.

Care should also be taken when crossing or running on the gravel roads as there may be some traffic.

Main annoyances: deer flies, stinging nettles. Deer flies (http://en.wikipedia.org/wiki/Lipoptena_cervi) are active in September, they can

be a nuisance, crawling on your body, but are harmless. 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. Two layers of orienteering trousers normally also provide sufficient protection.

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.

Wildlife

Competitors may encounter elk, deer, fox and rabbit. Other wild animals are seen rarely, but these include wild boar, beaver, badger, lynx, wolf and brown bear. The only venomous snake in Estonia is the European adder (http://en.wikipedia.org/wiki/Vipera_berus), which is encountered rarely. Its bite is not life-threatening, but nevertheless requires immediate medical attention.

Weather

The weather in Estonia in autumn is very variable. Daytime temperatures in mid September are normally in a range of +12 °C to +20 °C and nighttime temperatures +5 °C to +15 °C. However, a night frost is not excluded. The weather could be either a golden and dry 'Indian summer' with clear skies, or low clouds with slight drizzle, or intermittent showers with clear spells, or rain accompanied with strong wind.

Historic weather data (including temperature and precipitation) on daily and hourly basis for Tartu for the years 2000-2008 is available at the web-site of the Institute of Environmental Physics of the University of Tartu: <http://meteo.physic.ut.ee/?lang=en>

Night-time lows at the competition terrain may be 2-3 Celsius degrees lower than in Tartu.

Registration

The entry limit at the 8WRC is **800**.

WRC2008 entries by countries as of 31 July 2008:

Estonia – 233
Latvia – 176
Russia – 121
Australia – 61
Finland – 44

New Zealand – 30
Czech Republic – 29
USA – 25
Lithuania – 17
Great Britain – 13
Ukraine – 11
Sweden – 7
France – 5
South Africa – 4
Canada – 4
Austria – 4
Belgium – 3
Belarus – 3
Japan – 2
Hungary – 2
Poland – 2
Spain – 2
Germany – 1

Any changes to the registration data (incl. withdrawal of registration, replacing a team member etc.) shall be communicated to organizers by e-mail: secretary@rogain.ee

In case of withdrawal of registered teams, the organizers together with the IRF World Championships Manager retain the right to accept replacement teams within the overall entry limit, giving preference to competitive teams and teams from underrepresented rogaining countries.

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

Entry fee

- Competitors aged 20 years or over, but under 55 years of age — 50 EUR per competitor.
- Competitors under 20 years of age or 55 years and over — 35 EUR per competitor.

The entry fee is calculated on the basis of the age of the competitor as of the first day of competition, regardless of the competition classes where the team is entered. The entry fee of the team is the sum of entry fees of all team members.

The entry fee covers participation in the competition, rogaining map, course-planning map, rental of SI card, catering, parking and tenting at the event center, and awards for the best teams. The entry fee includes an IRF levy (8 USD).

In case of withdrawal of participation by a team or a team member the organizers will reimburse 50 percent of the paid entry fee (minus bank transaction charges)

in case of withdrawals notified up to 31 August 2008. In case of withdrawals notified from 1 September 2008 onwards the entry fee will not be reimbursed.

Replacing a team member is free of charge up to 31 August 2008. From 1 September 2008 a team member can be replaced only for an extra charge of 5 EUR.

Accompanying persons and spectators

Accompanying persons and spectators (over 6 years of age) staying at the event center shall pay a fee of 15 EUR, which includes tenting and catering at the hash house and the event map (delivered after the event). Registered accompanying persons and accompanying children up to 6 years of age are provided a wristband, which gives access to catering during the event.

Distribution of event materials

SI cards are attached to the wrists of competitors by organizers from 8 am on Saturday 13 September. At the same time, the number bibs are distributed and indemnity forms shall be signed. Teams shall come to the attachment of SI cards in full composition. Each competitor shall personally sign the indemnity form.

Event maps and course-planning maps are distributed at 10 am on Saturday 13 September to the team representative. Please send only one representative of the team to collect the maps for the whole team. The team representative shall wear the number bib.

After the finish, competitors are delivered an extra copy of the event map. These maps are distributed to the team representative upon presentation of the number bib. Additional copies of the event map can be purchased.

Start

All competitors shall enter the start area by 11.45 am. SI cards are cleared by organizers before distribution, so there is no need to clear the card. However, each competitor shall punch the 'check' station when entering the start area. Punching the 'check' station serves as a proof that the competitor has gone through the start area. The start is given 12.00 on Saturday 13 September by a sound of a hunting horn.

Finish

The control time is 12.00 on Sunday 14 September. 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 WRC 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 are Peter Taylor, Sergey Yaschenko and David Baldwin. Any IRF member or observer, or a member of the ARA Council 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 World Rogaining Champion. The members of the three best teams in each class are awarded medals and prizes.

All participants finishing the course will get a certificate and a souvenir.

Catering

Catering is provided at the hash house (included in the entry fee) from 3 pm on Saturday 13 September until 2 pm on Sunday 14 September. Menu will be made available on the WRC website and at the hash house.

Outside the abovementioned hours, competitors staying at the hash house have to cater for themselves. There will be a commercial catering provider selling food and beverages at the hash house outside the competition hours.

Tenting

Participants seeking accommodation at the hash house during the event shall bring their own hiking equipment. Communal tents are not available. Tenting is permitted only in designated tenting area. Tenting and parking areas are nearby, however due to limited parking space it is not possible to put your tent next to your car. Fires can be lit only in designated places.

Storage for baggage, valuables and car keys is arranged.

Toilets and showers

Toilets and outdoor water taps and near the tenting ground. After finishing the event, participants can use showers at the visitor center of the national park (limited capacity – 6 showers for men and 3 for women) or go to sauna at Antsla school (own transport only). It is also possible to dip in the lake (cold water, no soap or shampoo shall be used). Washing of clothes and boots is permitted only at outdoor water taps.

Visa information

From 2008 Estonia is a member of the Schengen Agreement. The other member countries of the Agreement are Austria, Belgium, the Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain and Sweden. The Schengen Agreement implies that there will be no longer any frontier controls at the borders between member countries of the Agreement. Nevertheless, participants from the other Schengen countries are advised to carry a personal identification document.

Nationals of the other European Union member states, not belonging to the Schengen agreement — Bulgaria, Cyprus, Ireland, Romania, the UK — as well as Switzerland do not require a visa and may enter Estonia using a valid passport or personal identification card. Also the nationals of Australia, Brazil, Canada, Japan, New Zealand and USA do not need a visa for a stay up to three months and may enter with a valid passport (for a complete list of visa-waiver countries see http://www.vm.ee/eng/kat_132/915.html). Nationals of other countries (including China, the Russian Federation, South Africa, Ukraine) need a visa to enter Estonia. The Schengen Agreement enables nationals of these countries access to all Schengen countries with a single visa. With a Schengen visa, you may enter one country and travel freely throughout the Schengen area.

The visa can be obtained from the Estonian embassy or consular office. For more information on visas, look: http://www.vm.ee/eng/kat_132/7718.html. The visa application form can be downloaded from the following address: <http://web-static.vm.ee/static/failid/442/VIISATAOTLUSANKEET.pdf>. Upon request, organizers will send an official invitation (for a fee of 10 EUR). Please contact: Marika.Kirsspuu@tv.ttu.ee

Travel information

The only international airport in Estonia is in Tallinn (http://tallinn-airport.ee/?intro_eng=true). Those considering a side trip to Scandinavian countries can also take a fast boat from Helsinki (travel time to Tallinn about 1.5 hours) or an overnight boat from Stockholm. For the boat schedule see: http://www.ts.ee/passenger_ship_schedule.php?suund=saabuvad&sadam=hel&k=3 (NB! Transport schedules may change!)

There are the following main options for getting to the event site:

- Own car (local participants or those living in neighboring countries). Driving instructions are available on the WRC website. Signs directing to the event center will be posted on main nearby intersections.

- Rental car. Several international car rental companies operate in Estonia with their counters at the Tallinn Airport. Europcar offers 8WRC participants a special 10 percent discount on the local prices. Enter a promotional code 0110 when making the booking at: <http://www.europcar.ee/?section=galerii&action=list&lang=eng>

- Special bus. Special buses run from Tartu to Ähijärve before the event, and from Ähijärve to Tartu and Tallinn after the event. Timetable of special buses:

Friday 12 September 5 pm Tartu-Ähijärve (2 buses)

Saturday 13 September 7 am Tartu-Otepää-Ähijärve (1 bus)

Sunday 14 September 3 pm Ähijärve-Tartu-Tallinn (1 bus)

Monday 15 September 9 am Ähijärve-Tartu-Tallinn (1 bus)

Buses from Tartu will depart from the city center, in front of the Vanemuine theater (on Kõuni Street).

The driving time from Tartu to Ähijärve is about 1,5 hours. From Ähijärve to Tallinn about 4 hours. Ticket price is 150 EEK (10 EUR) for a one-way trip between Tartu and Ähijärve, and 350 EEK (22 EUR) for the trip from Ähijärve to Tallinn.

Seats in the special bus are guaranteed for those who have notified the organizers. A limited number of seats are still available.

To travel from Tallinn to Tartu participants can take one of the regular intercity buses, which depart about every half-an-hour from the main bus station in Tallinn (situated about 2 km from the airport). For the bus schedule between Tallinn and Tartu see: <http://bussireisid.ee/?KEEL=en>.

Training possibilities and related events

Orienteering events taking place in South Estonia few days before the WRC, which could be used for training:

Orienteering Tuesday in Kiidjärve, near Põlva on Tuesday 9 September, start from 4 to 6 pm. 7 courses of different length (1-9 km) and difficulty level. There is also a possibility for a score orienteering (make your own course) on a A3 1:10000 scale map. Map samples and location map at:

<http://www.orienteerumine.ee/kaart/kaartshow.php?Kood=9411>

<http://www.orienteerumine.ee/kaart/kaartshow.php?Kood=2006032>

Orienteering Wednesday in Nahijärve, near Otepää on Wednesday 10 September, start from 4 to 7 pm. 4 courses of different length (1-5 km) and difficulty level. There is also a possibility of score orienteering. The terrain resembles some parts of the WRC terrain. This terrain was used for the 2006 European Orienteering Championships, see the map at: <http://www.orienteerumine.ee/kaart/kaartshow.php?Kood=2006002>

Orienteering Thursday in Vooremäe, near Tartu on Thursday 11 September, start from 5 to 6.30 pm. 6 courses of different length (from 1 to 9 km) and difficulty. There is a special bus from Tartu to the event site departing 5 pm in

front of the Vanemuine theater. See the o-map and location map at:
<http://www.orienteerumine.ee/kaart/kaartshow.php?Kood=2005015>

Maps of the latest TAOK rogaines (Jägala-Joa 2007 and Kolga 2006) are available for training. These terrains are located respectively 30 and 50 km east from Tallinn. The terrains are not representative of the WRC terrain as the landscape in South Estonia is different from North Estonia. However, the rogaine mapping style is similar to that used at the WRC and the vegetation is largely similar. Electronic versions of these rogaining maps can be consulted at: http://www.rogain.ee/Kolga_rada_2006.gif and http://www.rogain.ee/Jagala_rada.jpg

Paper copies of these maps are available for purchase, send an e-mail to: L.Leppik@online.ee

The price of one map is 30 EEK (2 EUR). Maps can be picked up in Tallinn from 1 to 10 September.

On travel plans, accommodation, natural and historical attractions see also:
<http://visitestonia.com>, <http://www.welcometoestonia.com/en>,
<http://tourism.ee/en/>

Organizers

TAOK club

Lauri Leppik — event director

Ilmar Kirjanen — course setter

Tõnis Erm — course vetter

Kristjan Gans – course vetter

Mari Roots — chief secretary

Tarmo Klaar — IT support

Lea Leppik — treasurer

Ele Sisas — catering coordinator

Marika Kirsspuu — hosting of foreign participants

Sulev Kuiv – hash house coordinator

Merle Parmson — webmaster

Contact details

Lauri Leppik

Phone: +372 5615 9998

E-mail: l.leppik@online.ee

Website address

<http://8wrc2008.rogain.ee>