

Beginners instruction

Optional start time

Tolne Skov

Map: Tolne Skov. Revised 2011. The scale is 1:10,000 (printed). Contours (the distance between the contours) 2,5 m.

Control descriptions: IOF symbols. The description describes what sort of terrain element the control is placed by in the forest, plus the number of the control. The map with control descriptions are handed out 2 minutes before start. There are also loose control descriptions, if you have a holder for them.

Toilet: In assembly area. There are no toilets at start.

Optional start time: If you are in the classes: **D-10A, D-10B, D-12B, H-10A, H-10B, H-12B, Beg1 and Beg2**, you have optional start time. It means that you can decide for yourself when you want to start from the beginning of the event at 12 o'clock and 3 hours on until 15.00.

Start: By the event office there is a test control with light, so that you can check whether your EMIT card is functioning. If your card is not working, you must turn to the event office and rent a new one at the cost of 15 DKK per run.

The first runner starts at 12. You will find the start in the assembly area. Just queue up about 15 minutes before you wish to start.

When you want to start, enter the first start box, if there is room. Here you will find your back-up card on a board. If you are renting an e-card it will be on the board as well. Fasten the back-up card on the e-card. Check that it is your name on the back-up card. Officials will help you if needed.

One minute later you enter start box 2. Here you can have loose control descriptions, if you have a holder.

After one more minute ( 2 minutes before start) your start time will be checked and you will be given your map. You may spend the 2 minutes studying the map.

One minute before start you go to the last start box. At the first beep, 5 seconds before start , place the EMIT card on the unit in the start box. The dotted side must be turned downwards in the red block. You lift the card on the long beep and you have started. An official in the start box can show you how.

Over clothing will not be transported back.

- Electronic punching: It is vital that you push the card firmly down on the unit.
- Start control: When you leave the last start box, follow the tape through the viaduct to the start point, marked by a start control. You must not register this control with your e-card.
- It is strictly forbidden to cross the railway lines or stay on or near them.**
- In the forest: The controls are marked with orange and white flags on a stand with a control unit. Check that the control code/number is the same as on the control description. Do not follow other runners. They may not have the same course as you.
- The controls are quite close. Take care to check out that you are at the right control.
- There are some white and orange tape on the course. Follow it when you find it.
- Max. time: You may only be 2½ hours doing the run. If you cannot complete, you have to go to finish and register.
- Finish: Your time will be registered when you put the e-card on the finish control at the finishing line. Then you go to the finish tent and have your e-card read. A bit further on you will be given a slip with your lap times and you can see how long it took you to do the run.
- If you are going to run on Sunday you must keep your rented EMIT-card.
- If you are not running Sunday, you must hand in your rented EMIT- card.
- Take good care of it. If you lose it, it costs 400DKK.
- You may keep your map after finish, but do not show it to anyone who has not yet started.
- Prizes: Both Saturday and Sunday there will be 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prizes in all classes for youngster until D/H -16 (incl). Besides there will be small prizes for all children with optional start time.
- There are no prizes for other classes.
- Prizes will be handed out at the assembly area soon after the results are known for the various classes.
- Prizes can be picked up on Sunday.
- Prizes will not be forwarded to your home address.*
- In case you need medical assistance, turn to the event office.

Enjoy your run.