



**ZIEMEĻKURZEME**

**Rogain "Ziemeļkurzeme 2010"**  
May 1-2, 2010

*Bulletin No 3*

**Organizer**

OK Ziemeļkurzeme

Map, course setter: Aivars Žogla

Course service: Arvis Henrišs, Harijs Meiers, Jānis Brauns, Ivars Šleiners

Design: andronkuls(WWW), Anna Orniņa

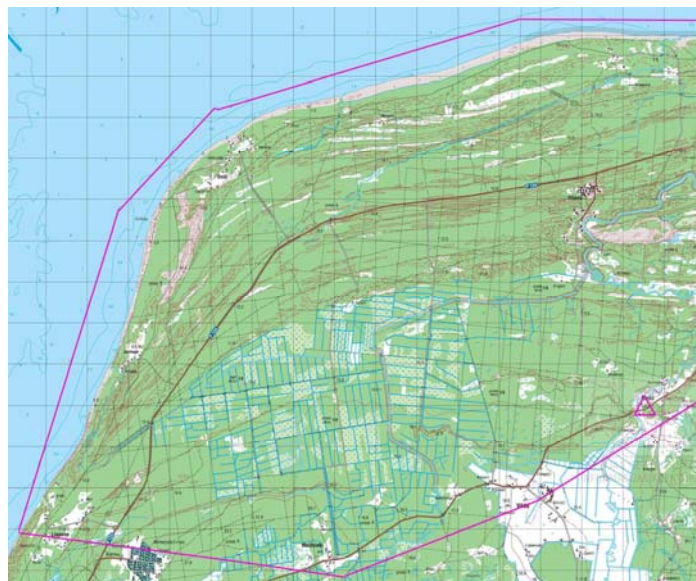
Registration, catering, etc.: members, friends, supporters of OKZK.

**Competition area, hash-house**

Ovishrags and environs. **Hash-house – guest house „Rindas skola”**. Take right turn to Kolka before Ventspils from Riga-Ventspils road, after 4km on intersection take right turn to Dundaga. Shortest route is to follow very good gravel road to Vēde which starts in Pope and to take right turn to Dundaga in Vēde.

*URL to the hash-house:*

<http://maps.google.com/?ie=UTF8&ll=57.517989,21.887255&spn=0.005497,0.019205&t=h&z=16>



**Rules**

Time limit – 6 or 12 hour on feet, 6 hours - bicycles.

Teams of 2-5 members. **(No individuals!)**

The rules of rogaining of the IRF and LOF apply.

*Additions and special instructions.*

1. Dogs are permitted at competition area, since everybody may ask owners to limit free movement of animals.

Potentially one can meet dogs and wild animals on course. Dogs, while outside their residence, are friendly.

2. It is prohibited to cross house yards, it's recommended to pass houses along sidetracks to let residents feel comfortable. It's prohibited to enter industrial areas (purple hatch). Other closed areas are residential areas, gardens, cemeteries are mapped dark green. Be careful near steep banks of rivers and sea.
3. Only compass and competition map may be used for navigation. Any other means may be used for purposes not related to navigation.
4. Planning may be done by any means.
5. Number bibs will be used. They may be attached to clothes or equipment. Participants have to prepare safety pins for this purpose. Number bib is an A5 size sheet which reads the team name and number, competitor name and number in team, number of SI-Card.



Example. Team *Lēnie zibeņi*, team number *1701*, competitor – *Rets Makvīns*, number in team – *1*, number of SI-Card *398721*.  
Check correctness of the data on your number bib at registration. Number will be used as souvenir lottery ticket .

6. Equipment or clothes must be equipped with reflecting elements. All competitors are self-responsible to follow the traffic rules.
7. There are a lot of old ruins of military buildings where remnants of barbed wire could be found. Be very careful at such places.
8. Team must carry a mobile phone with charged battery.

## Competition classes

MO, WO, XO – men, women, mixed open from 18 years of age. 15-17 years old competitors may join the team which has at least one member who is 21 years old or elder.

MV, WV, XV – men, women, mixed senior from 40 years of age.

MSV, WSV, XSV – men, women, mixed super-senior from 55 years of age.

Family – at least 2 generations from one family, at least one member is 14 years old or younger, only 6 hour rogain.

***Competitors are self-responsible for state of health and health insurance. Course may be run over route which is not dangerous for health and life. Any risks, taken by participants, is up to their own responsibility.***

## Timetable

### May 1

from 16:00 arriving, registration, team data checking

from 17:00 giving out of maps for 6 hours competition

**18:00 6 hours competition start**

from 20:00 giving out of maps for 12 hours competition

**21:00 12 hours competition start**

**24:00 6 hours finish**

### May 2

24:30 6 hours competition ends, prize-giving, souvenir lottery (only for present participants)

**[full Moon is on April 28, but it is set at night-time...]**

1:00 6 hours prize giving

**9:00 12 hours finish**

9:30 12 hours competition ends

10:00 12 hours prize giving, prize-giving, souvenirs lottery (only for present participants)

## Competition area

The shore of Baltic sea with specific relief – kangari (long rises) and vigas (long depressions). Vigas mostly

are bogged up, often impassable. Road network is well developed. Heights between 0 and 30 meters over sea level. There are about 10% open areas – meadows, sandy grounds. Lots of clearings. Terrain is little inhabited, mostly summer houses. There are a lot of soviet military remnants. Other interesting objects – Baltic's seashore, Ovishi lighthouse, Irbene radars, Angerminde (Zigati) castle hill, Rinda, Irbe and Luzhna rivers, Dizhgravis water channel, old Ventspils-Kolka railroad embankment. Route may be planned to visit these objects.

## Course, controls and punching

There will be 50 controls on the course – usual orienteering red-white flags with reflectors. Punching – Sportident. Controls have point values from 3 to 7. Point value of the control is first digit of control number. For example, control with number 33 gives 3 points, control with number 63 gives 6 points.

Total of all controls is 250 points.

Air distance between all controls is about 85km.

***One SI-Card will be attached to the wrist of each competitor. Only team member with team number, which corresponds to directions given on control station, punches at this control.***

*Example (non-exist).*

Control 47

if team of **2** members, punches member with competitor number in team **1**;

if team of **3** members, punches member with competitor number in team **2**;

if team of **4** members, punches member with competitor number in team **2**;

if team of **5** members, punches member with competitor number in team **5**;

Other team members do not punch at this control.



***There will be no points given for punching of other team members. Team will get points only from SI-Card with unbroken wrist attachment.***

## Map

Scale 1:35000, H = 5m, S ~ 160km<sup>2</sup>.

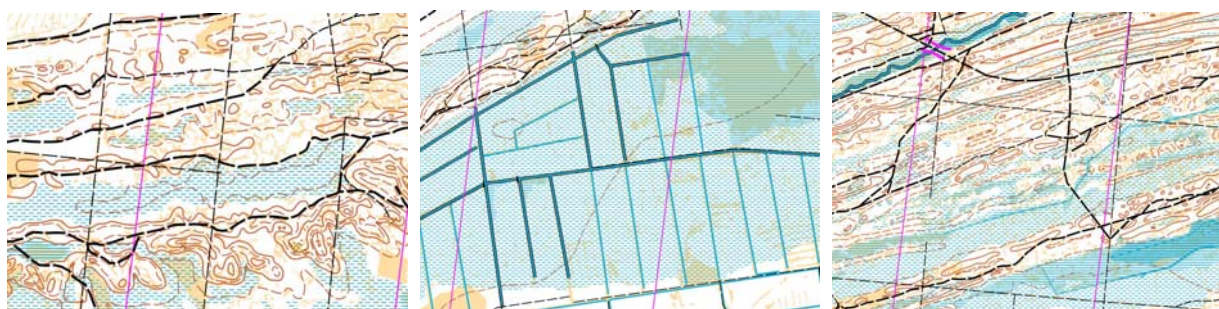
Simplified symbols of orienteering maps will be used. White – forest; dark yellow – fields, open areas; light yellow – felled areas, young forest, scattered trees, bushes, half-open areas; road symbols on the map will be given according passability. Magnetic north lines are printed with interval of 1 km.

Full map sheet size – A2, printed, soft-laminated, waterproof, nevertheless some extra water protection may be advisable.








Control descriptions – text on separate A4 paper. Team will get also one A4 sheet where details of 10 controls will be given as circle with radius of 250m around control in scale 1:10000. These handouts are not waterproof.

Rogain map is based on 1:10000 topography, orthophotos, area investigation, other sources.

## Map samples



## Roads

1		1 – 4 roads, rideable.
2		5 – roads, which are result of forestry trailing, with deep wheel trenches at places. Not all trailing roads are mapped.
3		6 – rides, moving along them varies from impassable to rideable.
4		7 – old roads, extremely variable, may disappear, covered with fallen trees, while rideable at places.
5		
6		
7		

## Water and forest

There are a lot of watercourses, some are easy crossable, some – uncrossable, which are shown with black bank line. There are wide rivers – Rinda, Irbe, Luzhna. Crossing points are shown on map. Some small watercourses may be not shown on map. Forests are from easy runnable to overgrown with undergrowth, crossed by fallen trees and bogged up. Some fresh clearings may be not shown on map.

Dashed blue lines stands for very wet, bogged up terrain, blue lines – wet, almost uncrossable marsh with fallen trees at places, bold blue lines – uncrossable, overflowed marsh, where underwater watercourses may be hidden, depth are close to navigable. **There have to be very serious reasons and self-confidence to plan route in „blue” part of the map.**

## Penalties

Each full minute over time limit gives 2 penalty points, which will be subtracted from collected points of the team. If team finishes 30 minutes and more over time limit, team's final result for competition will be 0 points.

## Water points and catering

There will be some non-serviceable water points with fresh water tanks. Placement of these points will be shown on map and described in control description paper. These water points will better serve for 12 hours competition. Water from natural sources is not recommendable.

Catering is served after finish. It will be available from 22:00.

Menu offers soup, pasta with meat sauce, fresh vegetable salad, banana, apple, bun, juice drink.

Catering, parking, tenting is included in entry fee. Also there will be toilet cabins, trash bins installed.

**Any trash MUST BE carried along course and disposed properly at finish area.** There will be sauna, showers available after finish - be friendly, because these facilities are limited. It's also possible to wash up in Rinda river which flows nearby hash-house area.

## Entries

Entries are accepted only online, while filling entry form on OK Ziemeļkurzeme homepage

<http://www.okzk.lv>

Entries receive status: registered (immediately after submitting of entry, do not make payment yet), approved (team may make payment), competitor (payment received or entry fee will be paid at registration, which must be specified in entry form).

**Entries will be registered from February 1, 2009 until April 20, 2009**

**Organizers can supply SI-Cards for 100 competitors. It is desirable to use your own SI-Cards. Any kind of SI-Cards may be used.**

**Entries for double fee may be accepted from 21.04. until 29.04. with own SI cards, if organizers could provide everything what will be provided for other competitors. (rogain@okzk.lv)**

**Replacement of team members is allowed. (rogain@okzk.lv)**

## Entry fee

**O and V classes** - 8 LVL or 12 EUR per team member;

**SV classes** – 7 LVL or 10 EUR per team member;

**Family class** – 7 LVL or 10 EUR only team members, which are eligible to enter classes O or V;

**OK Ziemeļkurzeme members** – 5 LVL each.

**Lost rented SI-Card will be charged as follows: SI-6 – 35LVL, SI-5 – 20LVL, SI-8 – 25LVL**

Entry fee must be transferred to OK Ziemeļkurzeme account (see OK Ziemeļkurzeme account details). Please, specify "rogaining" and your team name. **Competitors may pay entry fee also at registration.** Entry fee covers expenses for competition, map for every team member, catering after finish, HashHouse rent with parking place and tent place, other management and service expenses.

## Prizes

Top teams in each time and class category will be awarded. Number of teams to award will be determined by organizers depending on number of entries and budget of event. Competitors may take part in souvenirs lotteries during events closings.

## Accommodation

<http://www.tourism.ventspils.lv/>

It's possible to rest in guest-house „Rindas skola” with reservation. Mobile phone – 0037129365455. Limited number of guests.

## Info and FAQ

WWW: <http://www.okzk.lv>

e-mail: [rogain@okzk.lv](mailto:rogain@okzk.lv), [aivars\\_zogla@yahoo.com](mailto:aivars_zogla@yahoo.com)

## OK Ziemeļkurzeme account details

Reg. Nr.: 40008111499

Legal address: Lauri, Ugāles pagasts, Ventspils raj.

Account: LV44HABA0551016204530 (SWEDBANK)

**Pre-start info (team numbers, registration procedure, etc.) will be published on April 29.**



LATVIJAS VALSTS MEŽI



kurtuesi

