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Information for Competitors Thermenland-Open 2015 Alpe-Adria Cup

OC Fürstenfeld and staff give you a warm welcome for the TLO and Alpe Adria weekend in the Styrian spa region.

Time Table:

| | Competition Centre | First Start | Finish closed | Prize Giving |
|---|--------------------|-------------|---------------|--------------|
| Fryday, 19.6. - Relay Freibad Fürstenfeld | 14:00 - 18:00 | 16:00 | 19:00 | 18:00 |
| Saturday, 20.6. – Middle Distance Kulturhaus Bad Waltersdorf | 12:00 - 16:00 | 14:00 | 17:30 | 17:00 |
| Saturday, 20.6. - Sprint Main Square Fürstenfeld | 17:30 - 19:00 | 19:00 | 21:00 | 21:00 |
| Sunday, 21.6. – Long Distance Kulturhaus Bad Waltersdorf | 9:00 - 11:00 | 10:00 | 14:30 | 14:30 |

Friday: 19.6. Alpe-Adria Relay - Open-air Swimming Pool Fürstenfeld

Map: Buchwald, 1:7.500, 5 m contours, waterproof (Pretex), as at May 2015

Competition manager: Rudolf Hudax

Course setter: Wolfgang Pötsch

Car park: GPS 47,0580 / 16,0673: Please use the car park behind Mc Donald's.

Car park – Competition Centre (600 m): across the footbridge to the main entrance, follow the road to the CC. Admission for competitors is free.

Warm-up area: south of the volleyball ground (see map)

Start: direkt beim WKZ, Massenstart für alle Kategorien um 16:00, markierte Strecke zum Kartenstart durch den Campingplatz etwa 250 m.
Demonstration der Übergabe: 15:45

Start: directly at the CC, mass start for all categories at 4.00 pm, marked route to the map start through the camp- and caravan site about 250 m. There will be a demonstration of the handing - over procedure at 3.45 pm.

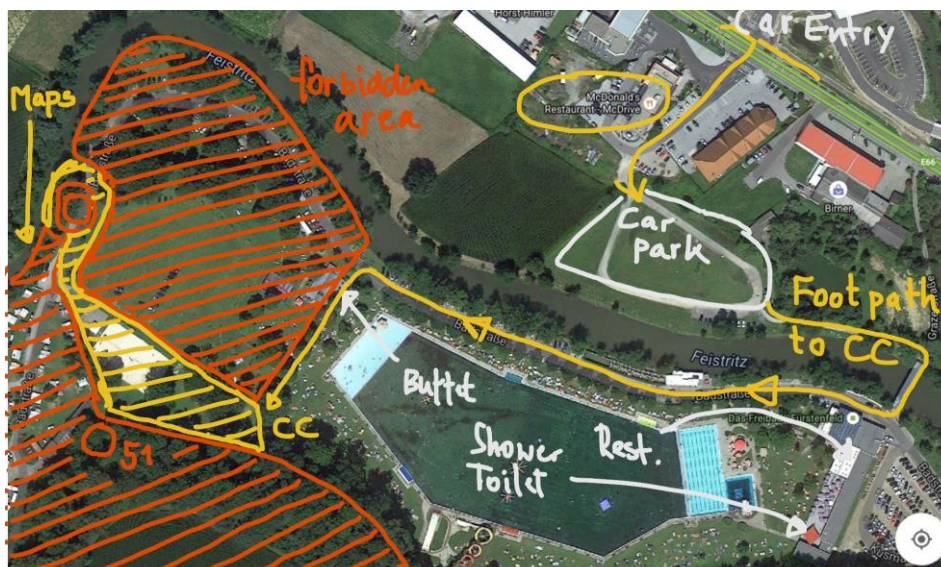
Control descriptions: on the map

Terrain: very detailed terrain with steep precipices to the river, only partly marked - be extra careful. In some parts recent clearings, thick undergrowth in the clearings, paths and trails overgrown and difficult to recognize. There is a "Path of Legends" with characteristic stations marked with a black cross on the map.

Handing over: all competitors will pass the spectators' control (51) behind the fence near the warming-up area. There will be about 4 minutes left before the handing over. Within this period at the latest the next runner moves on to the handing over area. Don't forget to clear and check your SI-chip. The finish control has to be punched immediately after handing over.

Food and drinks: available at the restaurants and snack bars around the swimming pool.

There is a number of toilets, showers and changing rooms, please do not enter with running shoes.





Saturday: 20.6. 4.AC, WRE – Middle Distance

**Sunday: 21.6. 5. AC, Austrian Championships for Juniors and Masters, Long Distance
Bad Waltersdorf**

General Information:

Directions: Motorway A2, Exit Sebersdorf / Bad Waltersdorf

Competition Centre: Cultural Centre in Bad Waltersdorf

GPS: 47,1714 / 16,0068

You will get all your material at the CC. Your bag contains starting lists, numbers and general information. Your starting number has to be fixed legibly at your front and is valid for both Austrian cup competitions (Middle and Long Distance) as well as for the Evening Sprint. There will be special numbers for the relay race on Friday. Every competitor will receive a welcome starting package from the Bad Waltersdorf Tourist Office.

Control descriptions will be available at the CC (except for all elite runners at the start)

Car Park: there are 130 parking positions for cars in the car park behind the cultural centre. You will be directed from the main road. When this car park is occupied there is free choice of parking position in the Bründlgasse, near the school ("Hauptschule"), near the open air swimming pool ("Freibad") and in the area of the sports and leisure park ("Sport- und Freizeitpark") – please follow the plan below. The western part of the large car park of the "H₂O-Therme" can be used as well (1st roundabout after exit Sebersdorf / Bad Waltersdorf). Maximum distance to the CC is 800 m. High-capacity busses have to use the car park of the "H₂O-Therme" exclusively. Passengers may be dropped off near the cultural centre. Busses may then turn at the roundabout in the south of Bad Waltersdorf and return to the "H₂O-Therme".

Competition Centre: please use only the designated places in the spa gardens and respect the closed-off areas.

Food and drinks: Restaurant in cultural centre, stalls with local products

Toilets: in cultural centre and south of the spa gardens, please do not enter with running shoes. No toilets at start.

Showers: in sports and leisure park ("Sport- und Freizeitpark) about 800 m from cultural centre (refer to map).

Child care: in cultural centre (in spa gardens if fair weather)



Starting procedure:

-3 Minutes: Check of SI-Card Number

-2 Minutes: Clear and check, Control description for Elite categories

-1 Minute: Positioning of runners in front of map box. Each runner is responsible for picking the correct map.

Finish: Maps will not be collected after passing the finish. IOF Code of Ethics and relevant Fairness Rules have to be considered.

Additional Information for Saturday, 20.6. (Middle Distance)

Map: Hofwald, 1:10.000 for MW20E und MW21E; 1:7.500 for all other categories, 5 m contours, waterproof (Pretex), as at May 2015.

Competition manager: Joachim Friessnig

Course Setter: Karin and Matthias Leonhardt

Course Lengths: Courses for W20E and M20E as well as W40 und M40 are slightly extended due to merging with MW 21E and MW35 respectively for Alpe-Adria results.

Control descriptions: in CC. Exception: in 2nd start box for all Elite categories; for categories MW20E und MW21E on the map additionally.

Warm up: on the route to start



Distance to start: 2,2 km, 80 m; flagged from large car park behind cultural centre.

Map start: 50 m after time start, marked route must not be left.

Free choice of start time from 2:30 pm for categories MW-10, W85, Open short, Open long, Beginners

Finish: External finish control, route back to cultural centre about 1 km, don't forget to read out your SI chip in CC!

Terrain: Mixed forest with medium steep slopes and a gentle part in the central part of the map. Partly very detailed terrain with ditches and gullies. Many paths and trails which sometimes are difficult to be recognized.

Special Controls: Control 127 (green X on the map) is not a rootstock but a stumb – in the control description given as special object.

Children event: in spa gardens starting at 4 pm.

Additional Information for Sunday, 21.6. (Long Distance)

Map: Bad Waltersdorf - Hohenbrugg, 1:10.000, 5 m contours, waterproof (Pretext), as at May 2015.

Competition manager: Herwig Proske

Course Setter: Thomas Krejci

Control descriptions: in CC. Exception: in 2nd start box for all Elite categories; for all categories on the map additionally.

Warm up: on the route to start

Distance to start: 1,5 km, 20 m; flagged from large car park behind cultural centre.

Map start: 50 m after time start, marked route must not be left.

Free choice of start time from 10:30 am for categories MW-10, W85, Open short, Open long, Beginners

Finish: near CC

Terrain: Mixed forest, generally gentle part, some valleys in the northern part. Many paths and trails which sometimes are difficult to be recognized.

The road from Bad Waltersdorf to Hohenbrugg is running through the competition area. This road has to be crossed by all runners twice (for categories MW20E and MW21E four times). Although there is very little traffic we ask to give special care. The road crossing in the last part of the courses will be secured by the police.

Refreshment points: close to the above mentioned road (self service – please dump empty cups close to refreshment points only)

Children event: in spa gardens starting at 12.30 pm.



Saturday: 20.6. Evening Sprint: Burgenland and Styrian Sprint - Championships, Fürstenfeld

The regional associations of Styria (STOLV) and Burgenland (BOLV) and the organizing club OC Fürstenfeld warmly welcome all participants to the sprint competition.

Competition manager: Joachim Friessnig

Course setter: Gerald Mayrhofer

Parking: limited parking facilities near the Townhall. At 6 pm there will be a running competition in the town center (Brunnenlauf) with about 600 participants. Therefore parts of the inner city area will be closed this afternoon. There's a big car park near the bridge over river Feistritz (GPS: 47,0551 / 16,0733; refer to map). The way from there to the CC (about 800m) is marked by orange paper stripes.

Competition center: at the registration tent on the Main Square (Hauptplatz Fürstenfeld)

Changerooms/showers: Stadthalle Fürstenfeld (Townhall) Showers will be closed at 9 pm.

Toilets: public toilets on Main Square

First start: 19:00 (7 pm)

Distance to start: 80 m, see map

Map: Fürstenfeld Centre, 1:4.000; 2,5 m contours, ISSOM, as at 06/2015
waterproof (Pretex)

Start numbers: please use numbers of Middle- and Long Distance events

Control descriptions: for all categories at the CC. For Beginners and M/W-14 control descriptions are also available in text form.

Start: First call 3 min. before starting time. There is a tagged obligatory track of 20 meters to the map start. It's in the responsibility of each runner to take the right map.

Attention: Open Categories and Beginners have free choice of starting time and a separate starting corridor. Runners must not forget to punch the control on the start after taking the map.

Finish: The way to the finish leads through a closed up corridor. Don't forget to read out your Si-chip in the CC and to return it if rented.

Prize giving ceremony: about 21:00 (9 pm)

Additional information:

- There will be a football match on the field next to the Stadthalle (townhall) starting at 3 pm. Please be careful when using the area.
- In case one of the electronic controls is not working (or not there anymore) punch the map.
- It's strictly forbidden to climb over walls and fences. There will be controls in the competition area. Runners who don't keep to the rules will get disqualified.
- Food and drinks will be available at the Main Square. "Braugasthof Fürstenbräu" will present gastronomic specialities.

Course details:

| Categorie | km | hm | C |
|------------------|-----------|-----------|----------|
| W15-/W15-54 | 2,08 | 30 | 13 |
| M15-Bgld | 2,35 | 30 | 13 |
| W-14 | 1,65 | 20 | 10 |
| M-14 | 1,70 | 20 | 11 |
| M15-54St | 2,38 | 30 | 12 |
| W55- | 1,76 | 15 | 11 |
| M55- | 1,97 | 20 | 11 |
| Open short | 1,65 | 10 | 11 |
| Open long | 2,16 | 25 | 10 |
| Beginners | 1,47 | 10 | 9 |

Map for orientation



Main Square



Each participant is taking part on his/her own risk. Traffic regulations as well as regulations of the forestry law have to be obeyed. The organizers cannot be made responsible for any damages or injuries whatsoever.

OC Fürstenfeld and SKV Deutsch Kaltenbrunn wish everybody interesting and fair competitions in the Styraia Spa region.