



DuO Run-Ride-Run 2015
Emerald, Sunday March 1
COMPETITOR INFORMATION
Enquiries: 0409 135 020 or debbiedodd@iinet.net.au



Assembly

Emerald Lake Park, Emerald Lake Road, Emerald (Melway 127 K4). Follow orienteering signs from the park entrance. Parking is on the east side of Lakeside Station. Toilets are located nearby. You do not need to buy a parking ticket as this is included in your entry fee.

Timetable

- 8am – park gate opens.
- 9am – Registration opens. ALL competitors need to check in.
- 9am – Transition zone opens for bikes and gear.
- 9.30am – Coaching session.
- 9.50am – Briefing for all competitors. Transition zone closes.
- 10am – Long course starts.
- 10.15am – Short course starts.
- 12.30pm – Presentations.
- 1pm – all courses close.

Courses

LONG COURSE Total distance approx 23 km

Leg 1 Run – Choose any 13 of 15 controls, in any order

Leg 2 Ride – Choose any 13 of 15 controls, in any order

Leg 3 Run – Choose any 8 of 10 controls, in any order

SHORT COURSE Total distance approx 15 km

Leg 1 Run – Choose any 9 of 15 controls, in any order

Leg 2 Ride – Choose any 9 of 15 controls, in any order

Leg 3 Run – Choose any 6 of 10 controls, in any order

Note: the transition and finish controls are additional, and must also be punched.

The objective is to be the first person/team back to the Finish, having visited all required controls. Expected winning times are Long Course – 80 min, Short Course – 60 min.

Registration

Please make any outstanding payments, and collect a Sportident stick if you don't have one.

Note: there is a \$50 replacement fee for lost or damaged Sportident sticks, payable on the day.

Coaching

A short basic navigation coaching session will be held at 9.30am for interested competitors.

Event Briefing

All bikes, helmets, shoes etc must be in the transition zone at this time. The briefing will explain the changeover details for each of the legs, including the map exchange.

Controls

The control units are cabled and padlocked to an object (eg tree, gate) as per the control descriptions listed on the maps. There will be a triangular orange and white flag with the control unit. All competitors will have an electronic timing device (SI stick) which they must use at each control they visit. The procedure is simple – check that the number on the control unit matches the number on the map. Insert the stick into the hole on top of the control unit, and wait for a confirming beep and/or flashing light.

Course Information

All three legs have a set number of controls which must be visited, before returning to the transition zone. The first leg has a mass start, and maps will be handed out just before "Go" time. On your return, punch the numbered Transition control, collect your second map, and commence the Ride leg. Note that the Transition control does NOT count towards your tally.

Follow the same procedure at the end of leg 2. You are now on the home stretch! On completion of Leg 3, head to the FINISH control (between the flags). This control does NOT count towards your tally, but must be punched in order to record your finish time. From here, head to the Download station, where you'll receive a printout of your times for each leg. Your total time will be displayed on the Results board, and later on our website droc.orienteering.com.au

Competition Rules and Safety

Note that you are running and riding on public land, including roads. Please ensure your own safety and respect your fellow competitors, motorists, riders and pedestrians. Obey road rules at all times. Pedestrians always have right of way, and tracks will be busy with other park users.

- Ride only on mapped roads and tracks, and keep to the left. You must stay with your bike at all times (ie you cannot leave your bike behind to run/walk any portion of the leg)
- All competitors must wear a bike helmet during the ride leg
- Competitors must NOT ride within the transition zone. When leaving, proceed on foot to the exit before mounting your bike. When returning, dismount at the entrance and proceed on foot to your position in the transition area
- Pairs must run and ride together at all times. Each person must carry an SI stick and punch all controls. Final time is taken when both team members have punched the Finish control.
- Relay competitors will use one SI stick per team, which will be passed to the other team member at Transition.
- If you see another competitor in difficulty please stop and assist them
- For safety reasons, all competitors must return to the Finish even if you did not complete your course. Course closure time is 1pm.

Water and a small toolkit should be carried on the bike leg. We also recommend carrying a mobile phone. The emergency contact number during the event is **0409 135 020**.

Drinks, Refreshments and Presentations

One water bottle per competitor will be provided at the drink station, for use during or after the race. Post-event refreshments are also provided. Please bring a picnic lunch and enjoy the park. Prizes will be awarded to category winners, as close to 12.30pm as practicable.

Fundraising

We'll be selling yummy home made jams and relishes to raise funds for our junior orienteers.

Thanks

Venue – Emerald Lake Park

Carl Stemp – course checking and fieldwork

Jakob Edsen – course planning

Peter Cusworth – mapping and all-around support

Organisation – the Dandenong Ranges Orienteering Club crew – www.droc.orienteering.com.au

SELFIE COMPETITION - send us your Selfies!

- Take a Selfie during the event (but not while riding please!)
- Email LO RES only (under 200 kb) to ovsi@inet.net.au
- The most creative selfie will feature as the lead photon the Orienteering Victoria facebook page www.facebook/vicorienteering