

stockholm rogaining 15 nov '08

poäng-orientering till fots (6tim) eller cykel (4tim)

INVITATION STOCKHOLM ROGAINING 2008!

Competition Center	Hash House, c:a 10 km from Stockholm city. The exact place will be revealed in PM the week before the competition. Possible to go by train or bus to Hash House.
Classes	Men, Women, Mixed, Men's veterans, Women's veterans and mixed veterans. Veterans are those born in 1958 or earlier. If the classes are too small, we may amalgamate them - same for the bike category.
Participants per team	2-5 participants per team. The team must be within seeing and hearing distance all race. At punching the maximum allowed distance between team mates is 20 m, for bikers 30m.
Start and finish	Team envelopes will be handed out at Hash House from 10.00. The map will be handed out at 11.00, start kl. 12.00 and finish kl. 18.00 for runners, 16.00 for bike. A torch is recommended for those who intend to stay out longer than 3-4 hours!
Controls	C:a 30
Points	Between 11 and 103 points per control.
Aim	To collect as many points as you can in 6 hours, 3 hours for bike. Teams who score the same number of points will be differentiated by their finishing time, i.e. first back gets the better placing. If you finish after 18.00 or 15.00 for bike, you will lose 20 points for every minute or part minute.
Punching	SI-units. One SI card per team. You can borrow SI cards if you don't have one of your own.
Refreshments	The drinks points on the course and in the Hash house will have water and PowerBar sports drink. Drinks points will be out in the terrain from 12.30. There will also be drinks, bananas, raisins and other stuff at the Hash House. Simple food after the race is included in the fee, served from 1630 in the Hash House. We sell Power Bar product (gel, bars and sports drink) in the club house at discount – make sure to buy some before the race!
Map	Scale 1:25 000
Shower	Indoors
Prizes	Prizes to the leading teams from our sponsors.
Entry fee	SEK 200 per person, including dinner.
Entry	Per e-mail to: rogaine2008@live.se . State name, class, team name, SI-card number. By the latest 8/11. Late entry SEK300 per person at the latest 13/11. On site if enough maps. Entry is definitive when entry fee has been paid to account nr ("plusgiro") 166723-7 (OK Ravinen).
Information	Jonny Bergman, jonny.bergman@teliasonera.com ,
Web page	http://www.stockholmrogaining.se

Welcome to Stockholm Rogaining 2008!



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NACKA