

Pre-start information

Arrival

1. We will be ready to welcome participants from 16:00 (02.05.2015) at Sport hall of Adamova school. See directions below.
2. Parking is within range from 50 to 250m to the competition centre (registration). 3 and 6 hour participants' cars will be directed in order to get 12 hour participants' cars closer to competition centre. Please, follow the directions of the marshals, do not move your car closer to centre even if there is free space. Thanks for your cooperation!
3. Entrance into the sports hall is facing the Adamova lake.
4. Feel free to occupy the space for your team in the sport hall, but, please, use only appropriate shoes (or do not use them at all).

Registration and maps delivery

1. Upon arrival team must fill and sign indemnity form before registration, then pay entry fee, if not done already. Team will get competition materials – rent SI cards, team bibs (with safety pins, but you may take your own with you), tearproof SI card attachment bands (if not sure, ask organizers to help you to attach SI card to you wrist), cattering cards (for canteen's account)
2. Maps will be delivered in time, specified in Bulletin. Take them at delivery place which corresponds to the number of participants in your team. Each team member will get a map and team will get one extra map for planning as well. All maps are laminated, but you can do extra “laminating” using scotch in case of wet weather.
3. Rent SI cards are cleared. Personal cards you must clear at registration desk.
4. There will be places for planning also in some classrooms.

Start – at time specified in Bulletin from start place – south end of sports ground. You must check your SI card when entering the start place. Absence of check mark in “Check” station may lead to recognize your team as not started.

Finish – within time limit. Finish station will be near the entrance to sports hall.

On course

1. Vast majority of homesteads are informed about rogain, locals are friendly and cooperative. There are dogs at living houses, they will be loud enough, but they are not going to attack you, bigger ones will be limited. Roads through backyards is runnable, if it becomes necessary.
2. Control 50 is reachable from south by dry path over west part of the marsh. North end of this path is marked for about 150m for safety reasons.
3. There are also more dangerous places on course – ditches, which had get muddy without any idea about real depth. Take the most safe route to move on!
4. Make good use of reflectors! Road police is nothing to do but explain this necessity taking your own money investment on such meeting site.
5. Noises, which you are producing while moving in the forest, will be enough to let animals move away. If they are not moving, there is possibility of youngsters nearby. In such case it is your turn to get away.
6. Safe wells, springs and bottled water places are marked on the map, altogether 6 water points.
7. Farmers have begun to work on fields, newest ones may not be shown on map. You have to pass cultivated fields only along the side.
8. Attempt to connect all controls in crow-fly is giving distance of 76km.
9. Control markers are supplied with light reflectors.

Cattering – after finish in the school's canteen.

Showers – wardrobe of sports hall.

Toilets – several in sports hall (follow signs), another one – at school.

First aid – scars, blisters, etc.

Rest after 12h – please, apply as soon as possible, if you are planning to use one of our offers in information for participants.

See you in Adamova!

Piebraukšanas shēma.

