



### Pre-start information.

LAPSU (FOX) ROGAINING, Pārgauja 2015.

When: November 7, 2015.

Where: Pārgauja Municipality, "Ungurmalas", 57°21'00.0"N 25°06'00.0"E.

**Race map: laminated from both sides, size 55x48cm, scale 1:30000 (10cm=3km), contours ~5m.**  
However, it is recommended to use sticky tape for edges in wet weather.

**Participants are responsible for their health and safety including accident insurance. For those younger than 16 their parents/custodians are responsible.** It is possible to complete the race without risking one's health and safety.

### Schedule

#### November 7

from 07:00 arrival of participants, registration

07:43 sunrise

09:00 distribution of maps

#### **10:00 start**

12:00 distribution of maps for MTB

#### **13:00 MTB start**

#### **16:00 finish of 6 hour rogaine**

16:20 sunset

16:30 6 hour race closed

17:00 6 hour award ceremony

#### **19:00 MTB finish**

19:30 MTB race closed

20:00 MTB award ceremony

#### **22:00 finish of 12 hour race**

22:30 12 hour race closed

23:00 12 hour award ceremony

24:00 event centre closed

### Pre-start routine.

Participants arrive from 7:00.

Parking according to parking rules:

- 1) parking A (next to the event centre building) for 12 hour race participants,
- 2) parking B (about 100m from the event centre building) for 6 hour race participants.

There are two registration desks in the event centre building:

- 1) Desk A (GREEN), teams without any changes, participation fees transferred,
- 2) Desk B (ORANGE), teams with changes and/or participation fees in cash.

Registration is obligatory for the whole team, personal SI cards are presented and cleared (CLEAR). **Participants sign the Indemnity form for themselves For those younger than 16, parents or custodians sign the form.** The Indemnity form (1 copy per team) can be printed and filled in, while signing is done at the registration desk.

After the registration the participants receive the team package that contains team number bibs, safety pins, hired SI cards (already cleared), bracelets for fastening the SI cards. See pictures for fastening and punching:



SI bracelets are waterproof and no sticky tape is allowed.

There will be zip case for car keys in every package if it is needed to deposit them.

There are WC in the event centre and drinking spring water. Participants are asked to apply sanitary hand wash after using WCs and before meals.

The maps are distributed simultaneously to all teams' representatives. There are rolls of maps – one map for each participant + one for planning. All maps are laminated. Roll will be grouped depend on team member amount. Participants are asked not to crowd, the speed is not a decisive factor here.

There are several planning facilities:

- 1) a shelter near the lake with tables and chairs,
- 2) the registraton room inside the event centre (a really warm one),
- 3) tables and chairs all around the territory.

There are 3 entrances to the start area. SI cards are prsented to referees and CHECK-IN punching is done. Start is given according to the start clock in the start area.

## Terrain

Vicinity of Lake Ungurs, ancient valley of the Gauja, territory of Gauja National Park.

The terrain is variable The N part of it is mostly open, flat area with several lakes of various size, swamps – some of them natural, some used for peat extraction. The S part is mostly forested with distinct hills and forked ravines near the Gauja. Height difference on one slope can be up to 50m. There is an extensive net of field and forest roads. The terrain is less wet than usually in this season, the swamps are easy to cross. However, beware of bushy uncrossable ditches!

**It is strictly prohibited to enter peat extraction areas and sown agricultural fields!**

## Drinking points, catering, services



Sthere will be 4 drinking points in the area with water tanks and mugs, there will not be any cups for drinking, so it is recommended to carry them with you.

Catering available from half an hour before each category finishing time. Vegetarian soup is also on offer.

MERITS		Ēdienkarte		07-Nov-15			
Piektdiena		Svars		Uzturvērtības porcija			
				Olbalt. / Tauki / Ogļhidr. / Kcal.			
Solanka ar galu	*A06,A07,A10,A11	300 gr. (+/- 10%)	22.4	43.2	13.3	535	
Kakao krēms ar ķīseli	*A07	200 gr. (+/- 10%)	7.0	18.5	60.2	437	
Klona maīze	*A01	40 gr. (+/- 10%)	2.5	0.4	18.3	87	
Piparmētru tēja		200 gr. (+/- 10%)	0.0	0.0	15.0	60	
Kopā :			31.9	62.1	106.7	1118	
* Iespējams ēdiens satur norādītās grupas alergēnus							
MK172		Olbalt. / Tauki / Ogļhidr. / Kcal.					
Kartē		31.9 62.1 106.7 1118					

For those interested in showers, they will be available at Stalbe sports hall, about 5 km from the event centre on the way to Rīga.

There will be equipment and sports food stalls before the start.

Medical aid available at category finish times at the event centre!



## Information and FAQ

rogaining.lv webpage discussions: <http://www.rogaining.lv/sarunas/>  
Contact information: (+371) 29218759, rogain@r24.lv

See you at Pārgauja!