ROADBOOK



Course: EuroSeries/Master

TEAM NOTES:



General Rules

Please read and familiarize yourself with the general rules of Adventure Races held in Denmark under the national AR association DARU, as they may differ slightly from the rules of your home country.

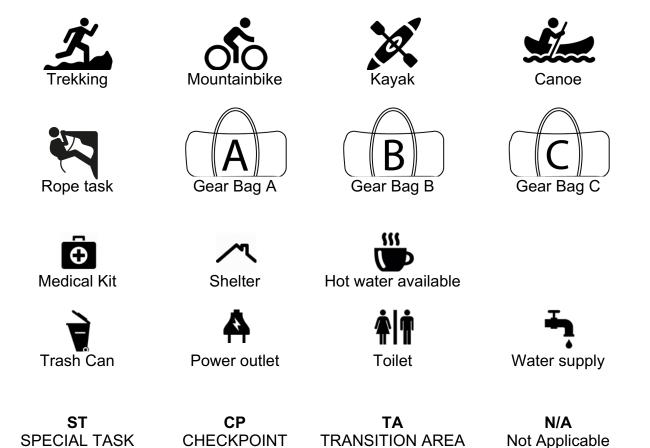
The official DARU Rules count unless special rules apply for a specific stage, in which case it will be evident from the Stage Notes in this Roadbook.

An all stages:

- Bring mandatory team and personal race gear.
- The CPs have to be visited in ascending numerical order.
- All team members must visit the CPs together, meaning that everyone has to be within 5 meters of the CP before continuing.
- Beware of the forbidden areas indicated on the maps. In case a team by accident find themselves inside a forbidden zone, they must return by the same path and continue racing from the point where they entered the forbidden zone
- Always follow traffic regulations, respect red lights, people, nature and animals.
- Front and rear lights must be worn on all biking stages after dark.

Symbology

Indicating stage activities and facilities at TAs, the following icons and abbreviations are used:



Mandatory Equipment

On all Stages:

- **Team** First Aid kit, knife, Mobile phone, compass, waterprrof pen, digital camera, 1 big headlamp, roadbook, GPS, water supply for 6 hours
- **Personal** Survival blanket, Whistle, headlamp, red light, Wind and Waterproof shell, SportIdent card, Racebib, running shoes

On trekking stages

Team

Personal

On MTB stages

- Team Repair kit
- Personal Bike, helmet, Team number, front and rear lights

On Paddling stages

TeamParachute rocket, emergency flare, 4 extra glowsticksPersonalPFD, whistle, 2 glowsticks, Accessible phone and GPS, (own paddles are optional).

All equipment for special tasks and rope legs will be provided by organizer

Forbidden Equipment

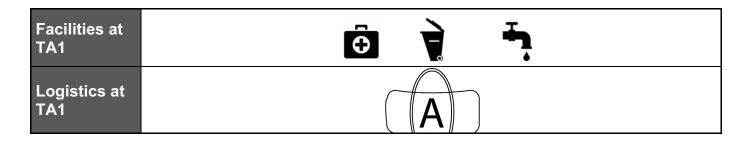
- GPS-navigation equipment. (Watches with GPS are ok for tracking but no map function)
- Motorized vehicles
- Maps not provided by the race organization
- Wheels for canoe and kayak
- Sails for canoe and kayak

HAPPY RACING!



S0	* * *	PROLOG	iUE
TIME			
45 minutes			
СР	Description	Control	NOTE
START	Square		
P1	Riverside	No clip	
P2	Gully	Clip	
P3	White Water Relay	approval	All team members must go down the stream in kayak
P4	Climbing	approval	Complete 4 climbs to the top per team. Individual team members may climb several times if so desired.
P5	Stairs	Clip	
P6	Bridge	Clip	
P 7	Gully	Clip	
P8	Bushes – west side	Clip	
P9	Wall corner – down North East	Clip	
P10	Green Area	Clip	
P11	Bushes	Clip	
P12	Bushes - corner	Clip	
Finish	Square	Timing	
STAGE NOTES	It will be a mass start. The times of the prologue will; 1: Give the teams starting position. Fastest team in prologue start first – and then the rest of the teams will start with 30 seconds interval. 2. The time the team is behind the fastest team of the prologue will be a "sit down penalty in TA3" – where teams are not allowed to enter the TA3 and access their gear before after the "Sit down".		
Facilities at START	Ē 🗥 🗟 🔺 🖬		
Logistics at START			
	ADVENTU CHALLEN Silkebore	RĚ GE	

S1	ోం	СН	ASING WOLVES
TIME / KM	Opening hours		
4-7 hours 65 km	Start: Thursday 19.00		
СР	Description	Control	NOTE
Start	Beach	-	
1	Hill top	41	Leave mtb on trail
2	Trail	42	
3	Trail Curve	43	
4	Waterhole	44	
5	Trail - Curve	45	
6	Pit	46	Leave mtb on trail
7	Track	31	
8	Viewpoint	32	Leave mtb down
9	Church	SELFIE!	Check Selfie Description!
10	MTB-trail (START)	34	Follow trail to next CP!
11	MTB-Trail (END)	35	Back to own navigation!
12	Viewpoint / Hill Top	36	Leave mtb on road
13	Trail - old	37	Use extra orienteering map
14	Trail	38	Use extra orienteering map
15	Trail-bend	39	Use extra orienteering map
16	Fishermens Boat Landing	SELFIE!	Check Selfie Description!
TA1	Trail-roundabout	40	Team must go to TA1
STAGE NOTES	Only cycling on trails, tracks and roads. And ofcourse do not enter violet forbidden areas!		





S2	Š.	Wild West Coast
TIME / KM	Opening hours	Short Course
4½-6½ hours 35 km	TA1: Thursday 22.30 – Friday 02.00 TA 2: Friday 03.00-09.00	

СР	Description	Control	NOTE
TA1	Trail roundabout	N/A	Remember to check out Start of Navigation Trial
17	Pit	33	Navigation Trial
18	Hill Top	47	Navigation Trial
19	Open area, SW corner	49	Stop of Navigation Trial
20	Track / open area	48	Green dike is now gone
21	Top of hill	50	
22	Spur 51		
23	WWII Bunker	52	
24	Viewpoint / WWII Bunker Selfie Point Check Selfie		Check Selfie Description!
25	Stony Beach 53		
26	"Dry" lake W 54		
27	On roof of WWII Bunker (Solitary bunker 200 m west of bunker cluster).		Take care when climbing!
TA2/ST1			Remember to check out
STAGE NOTES	Tip: Little water to be found during the stage – so fill up bottles before starting the trekking! Water to be found at public toilet near CP 27. Respect forbidden areas!		

Facilities at TA 2	
Logistics at TA 2	A



S 3	50 <u>5</u>	SOUTHBOUND!	
TIME / KM	Opening Hours		
5½-9 hours 70 km	TA2: Friday 03.00- 09.00 TA3: Friday 8.30 – Friday 19.00		
СР	Description	Control	NOTE
ST1	38 mm canon	Special Task	ST2: Map and instructions will be given, when entering TA2. ST2 must be done before leaving TA2
TA2	38 mm canon	N/A	
ST2	House/Beach	126	TEAMS will get wet! (Instructions on site).
28	Hilltop	56	
29	Trail - bend	57	
30	Hilltop	72	
31	Trail / lake	58	
32	Hilltop	59	
33	Pit / marsh	60	Be aware of zones for walking the bike / use O map
34	Beacon	Selfie Point	Check Selfie Description
35	Hilltop	61	Be aware of no bike zone / Use O-map
36	Hilltop	62	Be aware of no bike zone / Use O-map
37	Pier - end	Selfie Point	Check Selfie Description



38	Landing	Selfie Point	Check Selfie Description
39	Hilltop	63	Be aware of no bike zone / Use O-map
40	Pit	64	be aware of no bike zone / Use O-map
41	Trail / Bushes	65	be aware of no bike zone / Use O-map
42	Hilltop	67	
43	Hilltop	69	
44	Clocktower	Selfie Point	Check Selfie Description
45	Lakeside - S	70	
TA3 + ST3	Open Area	125	In TA3 all team members must complete the ST3, before you can leave the TA3. You decide, when to do the task but all team members must go together and do the task.
STAGE NOTES	"Prologue Sit-down penalties" executed before entering TA3. Only cycling on trails, tracks and roads. Be aware of the different zones – and make wise strategical choices on where to enter zones!		

Facilities at TA 3	الله الله الله الله الله الله الله الل
Logistics at TA 3	B



S4	R	Seals, Seaguls and endless waters
TIME / KM	Opening hours	Short course
5-8 hours 41 km Short Course 25 km	TA 3: Friday 8.30 – Friday 19.00 TA4: Friday 13.30 – Friday 00.00	Teams starting S4 later than 17.00 will skip CP 48

СР	Description	Control	NOTE
TA3	Harbour	N/A	Remember to check out
46	Beach – Old Fence	74	
47	Small Peninsula / Hollow	73	Laying!
48	Old Ferry Dock	Selfie Point	Selfie Point. Water and toilet nearby
TA4	Harbour	75	Land just north of harbour
STAGE NOTES			

Facilities at TA 4	à 4 411 -
Logistics at TA 4	B



"YP PEE KI-YAY motherfucker!

- John McClane, Die Hard



S 5	S O	WET WET WET
TIME / Km	Opening hours TA4	Short Course
1½-2½ hours	TA4: Friday 13.30 – Friday 00.00	
28 km	TA 5: Friday 15.00 – Saturday 03.00	

СР	Description	Control	NOTE
TA 4	Harbour	N/A	Remember to check out
49	Lakeside	71	
50	Barrow - East	76	
51	Barrow – South West	77	
TA 5	Road/Moor	78	
STAGE NOTES	Only cycling on trails, tracks and roads.		

Facilities	NONE – you can get water at church
at TA 5	before TA5
Logistics at TA 5	C



S 6	Ľ,	Moor & Lakes
TIME	Opening hours	Short Course
2½-4 hours 17 km	TA5: Friday 15.00 – Saturday 03.00 TA 6: Friday 17.30 – Saturday 08.30	

СР	Description	Control	NOTE
TA 5	Moore / Road	N/A	Remember to check out
52	Flat Spur	79	
53	Marsh	80	
54	Lakeside	81	
55	River bend	82	East Side
56	Ditch / Lake	83	Start Running Trial!
57	Old Monastry	Selfie Point!	Selfie inside. Then follow hiking trail
58	Fresh Water Spring	Selfie Point!	Selfie by the spring. Follow hiking trail
TA 6	Public Parking Space	84	End Running Trial! Remember to check out
STAGE NOTES	No Reflective Material	on CPs	

Facilities at TA 6	
Logistics at TA 6	



S 7	Speeding Longer than Long		
Time / KM	Opening hours	Short Course	
7 -12 hours 100 km	TA 6: Friday 17.30 – Saturday 08.30 TA 7: Saturday 01.30 – Sunday 04.00	Teams arriving at CP 73 later than Sunday 03.00 shall bike directly to the finish line	

СР	Description	Control	NOTE
TA 6	Public Parking	N/A	Remember to check out
59	Pit	85	
60	Pit	87	
61	Pit	88	
62	Wall	90	
63	Pit	91	
64	Fishing Shed	92	Find old Bridge! It is ok to bring bikes in terrain
65	Trail bend	93	Muddy Roads. It is ok to bring bikes in terrain
66	Trail / Gully	94	
67	Trail bend	95	
68	Trail Junction	96	



69	Marsh / Forest Road	97	
70	Barrow	100	
71	Barrow	101	
72	MTB Trail (Gravel Road)	102	Teams MUST follow the mtb-trail to CP 73
73	MTB-trail	103	Teams arriving later than sunday 03.00 at CP 73 shall bike direct to finishline
TA 7	Old Farm (Knøsgården)	104	Teams must leave bikes in the center of the farm. Remember to check out
STAGE NOTES	DANGER: Do not enter forbidden area around CP 59 – 63 under any circumstances. It is an active military shooting area – and it is active during the race! Only cycling on trails, tracks and roads, except for CP 64-65. Remember: Finish line closes at 7 AM Sunday!		

Facilities at TA 7	tin
Logistics at TA 7	



S 8	Sky Mountain		
TIME / KM	Opening hours	Short Course	
1½ - 2½ hours / 8 km	TA 7: Saturday 01.30 – Sunday 04.00 TA 8: Saturday 05.00 – Sunday 05.00	Teams arriving later than sunday at 00.01 must take as many CPs at S8 as they can – but must reach TA 8 before 03.00! Teams arriving later than Sunday 02.00 skip this stage and RUN direct to TA8	

СР	Description	Control	NOTE
TA 7	Old Farm	N/A	Remember to check out Follow the direction of the red line for easy hiking trail to CP 74
74	Spur	105	
75	Spur	106	
76	Tower / Sky Mountain	Selfie Point!	
77	Hill Top - Flat	107	
78	Hill top - Flat	108	
79	Gully - flat	109	
80	Rock	110	From here race director would choose to follow the direction of the red line. (Respect forbidden areas).
TA 8	Small Wooden House	119	It says private on a blue sign - but just enter!
STAGE NOTES			

Facilities at TA8	各 補情 [∓] ?
Logistics at TA8	



S 9	J. J	Lakelands - The final push	
TIME	Opening Hours		Short Course
2½ hours – 4 hours 11 km canoe 10 km on foot	TA8: Saturday 05.00 – Sunday 05.00 Finish line closes at 07.00		
		Control	NOTE
СР	Description	Control	NOTE Remember to check out
TA 8	Wooden House	N/A	Follow the direction of the red line for easy hiking trail to CP 74
81	Hill Top	111	
82	Rock	112	
83	Spur	113	
84	Trench - junction	114	
85	Pit	115	
86	Viewpoint	116	All team members must go in the canoe across lake and visit the CP together
87	Lakeside - south	117	All team members must visit the CP together
88	Trench - north	118	
FINISH	Square	FINISH LINE	App. 300 meter before harbour take the canoe up on eastside of river and run with canoe to finish line. (A flag and an official will tell you where to leave water)
STAGE NOTES	SPECIAL RULES: Teams split in pairs. One on land and one in the canoe. All team members must go together to CP 85 + 86, but the remaining CPs only need to be visited by two particiapants. That means that for lake crossings teams are gathered in the canoe. And the last leg to the finish line teams are gathered in canoe and must carry canoe to the finish line! If teams choose to carry the canoe on land between CPs – it MUST always be carried and must NOT be towed on ground! Use the orienteering maps for exact navigation to CPs		



SELFIE DESCRIPTIONS



CP 9 – LERUP KIRKE

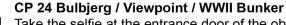
Church build in Roman Times! Famous for its wall paintings dating back to 1400. It has been restored several times, but as you can see it still has some of the original walls and bows for windows. Take the Selfie so we can see the blue road sign and if possible

the church in the background. Enjoy the ride – and HEY! you have a nice mtb-trail coming up!



CP 16 Thorup Strand – Fishermans Boat Landing.

Take a selfie so we can see a fisherboat on land. Be careful if fishermen are working. Thorup Strand is the last full time active fisherboat coast landing in Denmark. Other landings you pass are only part time. Enjoy – soon you will be running!





Take the selfie at the entrance door of the observation Bunker. During world war 2 germany occupied Denmark and build around 8000 concrete constructions in DK and 2000 of them where bunkers.

The Head Quarter of the German Army in DK where actually in Silkeborg – where there still is a lot of bunkers to be found in the forests around the city. You will not see them in this years race – but next year you will experience them! Happy Racing!

CP 34 – Bøgstedrende – Sømærket Bårken.



Take the selfie at the northernmost leg. Remember you are only allowed to the walk the bikes here.

These beacons along the coast used to be the roadsigns for sailors. The west coast is a very rough coast – and many ships have been in trouble and have sunken here. Between the year 1858 and 1882 1200 ships where reported stranded along the Danish west coast.

Bøgsted Rende had several watermills in the years 1600-1700 and you can ruins of the mills when coming down from dunes.



CP 37 – Vorupør Pier. (no bikes on pier)

Take the selfie at the small light tower at the end of the pier. If waves are crazy – go out as far as possible and take a selfie showing that team went out as far as possible! Breaking the waves and making harbour safe.















CP 38 – Stenbjerg Landingsplads

Take a selfie next to the anchor.

Stenbjerg Landingsplads is now only for free time fishermen. The rescue house and boat was used for the last time in 1969. The anchor is from one of the ships that stranded here in 1800 century.

CP 44 Hvidbjerg Kirke (Svankjær)

Take a selfie showing team and the bell. The bell is from the 1500 century and the church are from roman times (1100). The graveyard has many allied and german soldiers.

CP 48 VENØ OLD Ferry Dock

Take a selfie showing the barrier of the old ferry dock barrier. (In Danish bom).

There is app. 260000 passengers and 130.000 vehicles pr year and the ferry sails 36000 times a year! The crossing is one of the shortest in Denmark and takes around 2 minutes!

CP 57 Stubber Kloster (Monastery)

Take a selfie showing the pillar in the basement of the monastery. Stubber Kloster is mentioned first time in 1268, but it is dated back as far as the 1100 century.

Christianity came to Denmark around the 800 century.

Harald Blåtand (bluetoth) is said to have brought christianity to Denmark around the year 965.

But Vikings were hard to convince. In the year 1050 most Danes where Christians.

CP 58 Holy spring by Stubbergårdsø

Take a selfie showing the team and the spring. The spring delivers around 10000 liters of water daily. The water is said to have healing powers especially around midsummer. (Sct Hans).

CP 76 Himmelbjerget (Sky-Mountain)

Take a selfie at the entrance door to the sky mountain tower. The Sky mountain is the most famous hill in Denmark. It has played a big role in the Danish fight for democracy.

The tower was finished in 1875 as a tribute to Danish king Frederik 7.th who gave the constitution to Denmark in 1849. It was also hidden protest against the Landlords in DK. At this time they had diminished the democracy....

Luckily constitution has been changed many times since then



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