

Őrség Cup



2021. May, 22-24.



Bulletin 2



The Alpokalja SK organizing team once again invites you into the heart of the Őrség, where we have organized with Szentgotthárd center, the Őrség Cup. Saturday we will kick off with a fast-paced sprint race, which will be followed by two forest races on Sunday and Monday. Notably, the middle and long distance forest runs will be hosted on the same terrain as the seniors world cup was in 1990.

Organizer: Alpokalja Szabadidősport és Környezetvédő Egyesület

Location: Szentgotthárd and Magyarlak

General information for the three race days

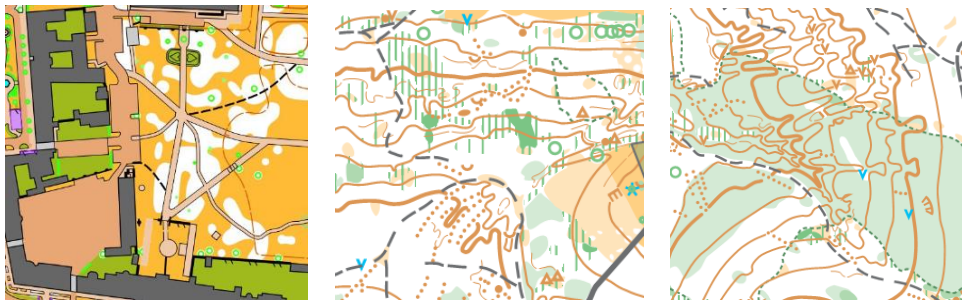
Competition Committee:

- **President:** Júlia Juhász
- **Vice President:** Levente Szalay
- **Secretary:** Györffy Kristóf
- **Course setter:** Csertán András (short), Gyenizse-Nagy Balázs (middle), Szalay Levente (long)

Controller and IOF Event Advisor: Zoltán Mihácz

Structure of the Race: three days, three runs race with complex result.

- **May 22., Saturday, 15:00:** short distance, Szentgotthárd – Downtown (46.953518, 16.276250). The Sprint Liga 1st run for M/W 16, 18 and 21 categories and WRE run in M/W 21 categories.
- **May 23., Sunday, 10:00:** middle distance, Magyarlak – Vörös-hegy (46.947058, 16.344368). WRE run in M/W 21 categories.
- **May 24., Monday, 10:00:** long distance, Magyarlak – Vörös-hegy Magyarlak (46.947058, 16.344368).



Map:

- **1st run, Szentgotthárd – Downtown:** Created in 2020-2021, 1:4 000 scale, 2,5 m contour interval. Map maker: Balázs Gyenizse-Nagy and Kristóf Györffy. Printed on waterproof pretex paper. The map officially has the approved Qualified Hungarian Orienteering Maps certification.
- **2nd run, Magyarlak – Vörös-hegy:** Created in 2020-2021, Scale: 1:7 500 in M/W65 and older categories, 1:10 000 in other categories, contours: 5 m. All the maps are in A4 format. Map maker: Gábor Tóth and Levente Szalay. Printed on waterproof pretex paper.
- **3rd run, Magyarlak – Vörös-hegy:** Created in 2020-2021, Scale: 1:15 000 in M/W16E21E categories (A4 size), 1:7 500 in M/W65 and older categories (A3 size), 1:10 000 in other categories, contours: 5 m (A3). Map maker: Gábor Tóth and Levente Szalay. Printed on waterproof pretex paper.

Price giving ceremony: May 24th, Monday at 14:30 in the Magyarlak event center. We are able to hold the price giving ceremony only if everyone Cooperates in the following ways: maintain social distancing regulations, avoid holding hands as well as forming large crowds.

Prices: Those who reach the podium will receive unique medals and honours, including pumpkin seed oil from the Őrség and official Őrség Cup craft beer.

Registration and Changes: In order to streamline registration for the race and to follow pandemic regulations, please send any information changes (including SI number modifications) to kristof.gyorffy@gmail.com, for which the **deadline is 2021, May 20th 20:00**. So as to avoid any large crowds forming, we cannot facilitate last minute changes to such information on race day.

For registration we ask only **one** team leader or representative to come to take the start numbers for the group. Payment will be done online through e-transfer and the bill will be sent to previously given e-mail addresses.

On the spot registration: for only open categories, 15eur/person/run.

SI rentals: 2eur/piece/run.

Changes to categories: the W21B has been merged with the W21Br category and F75B has been terminated.

Late for Start: runners are responsible for their own punctuality to the start of the runs.

Kids race: Sunday and Monday in the event center from 11:00 and onwards.

Hardfloor accommodation: in the Széchenyi schools gym. (46.955898, 16.275478), it will be open from 19:00 until 9:00 the next day, by which point the gymnasium must be cleared. Facilities for showering exist. We also kindly ask that no one enter the gym with shoes on and no one leave garbage behind in the morning.

Vépi college (Vép, Szent Imre u. 36-38): register at the reception desk, dinner is between 18:00 and 20:00.

Szentgotthárd college (Szentgotthárd, Hunyadi u. 27): open from 18:30 onwards.

Payment for overnight accommodations will happen through e-transfer, please send the billing information to kristof.gyorffy@gmail.com, for which the **deadline is 2021, May 20th 20:00**.

Other general info:

- The competition will be held using Sport Ident system which also works in Air mode.
- Merchandising and sales during the race may only happen with permission from the event organizers.
- Everyone taking part in the race takes full personal responsibility for themselves.
- The map is waterproof pre-tex paper, plastic covering is not provided.
- Control descriptions are on the map, and extra control descriptions are in the start to find.

Information privacy: By registering all those participating in the race, as well as those accompanying them, agree to the publication of photos and videos taken at during the

race, for online and print media. Furthermore, participants give permission for their names, year of birth, gender and their results in the race to be shown in the registration list, the start list, results list, and shown online and in the print media, including on social media platforms.

COVID restrictions and requests: We ask that everyone in the event center wear a mask, avoid forming large crowds. The start quarantine is set up to be spacious, with lots of airflow, therefore wearing a mask there is not required.

In the event center ensure that there is enough space for arriving groups to be able to find separate space.

In the event center, by the washrooms and in the start we will place hand sanitizer, please use it!

Furthermore, anyone who is not in good health please stay home!

We find it important that everyone participating in the event respect the differing and varied sensitivities of people in regard to pandemic regulations, that being said, let us all be cooperative in following pandemic guidelines!

Sprint specific info - May 22nd, Saturday

Event center: in arriving at the parking lot and race center, we ask that you **do not follow your route planner, but rather use the route outline below to arrive**, as to avoid arriving through embargoed areas.

Arriving from highway 8, at Rönök turn left towards Csörötnek, once in the village go right in the roundabout towards Szentgotthárd. Once in Szentgotthárd take a right after the sports complex on to the first street (István király u.), then in 150m the parking lot will be on the right side. Everyone please park here to avoid being on race territory, there will be toilets here as well.

From the parking lot simply follow the yellow markings for 400m to reach the event center.

The event center will be in the park named Várkert. Everything out of the event center are embargoed areas. Please stay within the demarcated zone!

On the edge of the race center is a water tap, where you can get drinking water.



Terrain: Szentgotthárd city center: streets, courtyards of public buildings, inner courtyards and parks.

Start, quarantine: The Sprint Liga categories, (M/F 16, 18, 21), will have a start quarantine which they must enter by 15:00. All other categories will arrive by the same route to the start quarantine, they however may only enter the start quarantine after the 70 minute mark, as per their start time. In the quarantine there will be a toilet. The event center-start distance is 1000m. The event center-start quarantine distance is 600m.

Extra control descriptions: can be picked up in the start quarantine, we will provide adhesive and scissors.

Courses and traffic: The race will cross moderately busy streets at several junctures. On the busier streets you may only cross on the designated zones, crossing the road anywhere else is not allowed. Organizers in yellow vests will monitor the crossing zone, and anyone who fails to cross at the designated zone will be disqualified. Please follow sensible traffic etiquette and rules, watch out for your own safety. The race organizers will not take responsibility for any accidents which may occur.

On the course we have manually closed off certain paths, these will be marked off with yellow tape. Crossing these will of course lead to disqualification.

Punching system: the SI will be in Air mode.

Start bibs: for the sprint it is required to wear your start bibs, pinned onto your chest. Safety pins are limited, so everyone please bring your own. Wearing the bibs will not be required for the forest runs on the second and third days.

You will not be required to hand back your map after the race, however we ask everyone please ensure fairplay by putting away their map after the fact.

Result announcement: In the finish we will be utilizing an online system to share the results of the race. The results will be reachable via Wi-Fi provided, using mobile data will not be necessary.

Technical data: SSID: result (open system, no password is required to join).

Enter result.hu into your browser. Here you can reach the simplified website of the race, where you can find the online results. The results will also be projected in the finish, however we ask only those without internet access go here, so as to avoid crowding.

Other info: in the race center there will be a limited buffet, offering drinks and sausages.

There will be no trash collection following the race, we therefore ask everyone to avoid leaving garbage lying around and to ensure that before leaving everyone leaves everything in order. Please take your own garbage away, rather than overflowing the buftes garbages. We appreciate everyone's cooperation in this regard!

Forest runs

Event center: The next two race days event center will be in the same location: just above the Magyarlak cemetery on a small clearing. Parking should take place on the street behind the sportsfield and on the clearing above it. If these become full, we ask that you park in the yard of the community house and on Magyarlak's main street, in accordance with what the parking coordinators indicate!

Changing rooms: for getting changed and taking showers the soccer fields change rooms will be available. We ask that everyone be clean, respectful and to not leave valuables behind!

Terrain: Steep valleys and sloping hillsides characterize this terrain, typical of the Őrség. Generally open and visible forests, interspersed with thicker, more difficult to run sections, with a dense road network and detail rich hillsides. A large wildlife population in the area means there are large amounts of water objects that may appear on the terrain. Due to recent intense logging activity in the area there may be new small tracks formed throughout the terrain which the map does not show.

Start: from the event center just follow the blue and white markings.

Extra control description: can be picked up in the start quarantine, we will provide adhesive and scissors.

Start sequence: the usual: stand in 3 minutes before your start time, the map will be picked up at the moment of the start.

In the finish we will provide water, however ask that everyone ensure cups for themselves.

Result announcement: In the finish we will be utilizing an online system to share the results of the race. The results will be reachable via Wi-Fi provided, using data will not be necessary.

Technical data: SSID: result (open system, no password is required to join).

Enter result.hu into your browser. Here you can reach the simplified website of the race, where you can find the online results. The results will also be projected in the finish, however we ask only those without internet access go here, so as to avoid crowding.

There will be a buffet operating in the finish.



Middle distance specific info - May 23rd, Sunday

“o” time: 10:00

Event center-start distance: 1200 m/15 m ascent. The event center- quarantine distance is 1200m (next to the start)

For the categories which are ranked for Hungarians (M/W 16, 18, 21) and for WRE categories there will be a start quarantine, by which they must arrive by 10:30. There will be toilets and water in the start quarantine. For the rest of the categories there will be no start quarantine.

For this day there will be lots of checkpoints, so be sure to pay attention to the codes!

Refreshment point: for the WRE courses there will be a refreshment point about 50-70% through the race. Where water and cups will be provided, we will not take out individual refreshments.

Long distance specific info - May 24th, Monday

“o” time: 10:00

Racecenter- start distance: 1300 m/10 m ascent. There will be no quarantine.

Refreshments and map switches: At the refreshment point there will be cups and water provided, individual refreshments will not be taken out. For the M20E and M21E categories we will be utilizing map switches, the continuation of the course will be printed on the back side of the map.

categories	refreshment at the % of the course	map switch
M45A	70	no
M40A	60	no
M35A	65	no
M21B	65	no
M21E	45	yes
M20E	40	yes
M18E	75	no
W21E	50	no

Course data

M	dist./cp. sprint	dist./elev./c p. middle	dist./elev./c p. long	W	dist./cp. sprint	dist./elev./c p. middle	dist./elev./c p. long
EC-start	1100	1200/15	1300/10	EC-start	1100	1200/15	1300/10
10D	1,7/15	2,9/2,0/60/6	3,2/2,0/80/5	10D	1,7/15	2,9/2,0/60/6	3,2/2,0/80/5
10DK	1,7/15	2,9/2,0/60/6	3,2/2,0/80/5	10DK	1,7/15	2,9/2,0/60/6	3,2/2,0/80/5
12C	2,1/14	2,3/60/9	3,2/100/7	12C	2,1/14	2,3/60/9	2,9/95/6
12D	1,7/15	2,9/2,0/60/6	3,2/2,2/80/5	12D	1,7/15	2,9/2,0/60/6	3,2/2,1/80/6
14E	2,8/15	2,9/130/11	5,6/195/11	14E	2,6/15	2,4/105/8	4,1/120/9
14C	2,4/17	2,5/65/9	3,7/90/7	14C	2,4/17	2,5/65/9	2,9/95/6
15-18C	2,4/17	2,9/115/11	5,2/135/9	15-18C	2,4/17	2,9/115/11	3,2/100/7
16E	3,4/22	3,8/150/14	7,6/275/12	16E	2,9/19	2,9/130/11	5,6/195/11
18E	3,8/22	4,4/210/14	9,6/320/16	18E	3,3/21	3,6/130/12	6,9/220/12
20E	3,8/22	5,3/220/13	11,2/360/16	20E	3,3/21	3,6/140/13	7,2/220/13
21E	3,8/22	6,0/225/17	16,2/495/21	21E	3,3/21	4,1/185/14	9,7/310/15
21B	3,4/19	5,0/210/13	10,3/295/18	21Br	2,3/16	2,4/105/8	4,7/195/7
21Br	2,8/15	2,9/125/11	6,0/195/11	21C	2,7/14	3,3/130/13	5,2/135/9
21C	2,7/14	3,3/130/13	7,3/195/13	35A	2,6/15	3,6/130/12	6,9/220/12
35A	3,4/19	5,0/210/13	10,3/295/18	35Br	2,3/16	2,2/80/7	3,0/130/8
35Br	2,6/15	2,8/120/11	5,4/170/7	40A	2,6/15	3,4/130/12	6,0/175/9
40A	3,4/19	4,4/210/14	9,3/245/11	45A	2,5/14	3,2/120/12	5,4/170/7
45A	3,0/16	4,4/210/14	8,1/240/12	50A	2,5/14	2,8/120/11	4,8/150/6
50A	3,0/16	3,8/150/14	7,6/275/12	55A	2,3/16	2,4/85/8	4,7/195/7
55A	2,8/15	3,6/130/12	6,0/195/11	60A	2,3/16	2,2/80/7	4,1/120/6
60A	2,5/14	3,4/130/11	6,0/175/9	65A	1,9/13	2,0/60/7	4,1/120/6
65A	2,3/16	2,8/120/11	5,4/170/7	70A	1,9/13	2,0/60/7	2,4/105/7
70A	1,9/13	2,4/85/8	4,1/120/6				
75A	1,9/13	2,0/60/7	3,0/130/8				
80A	1,5/12	1,5/45/6	2,4/105/7				
NYT	2,9/19	4,0/165/15	4,8/150/6				
NYK	2,1/14	2,3/60/9	3,2/100/7				

We look forward to seeing you all!

Alpokalja Szabadidősport és Környezetvédő Egyesület

