



# האיגוד לספורט הניווט בישראל Israel Sport Orienteering Association

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## 7<sup>th</sup> Mountain Bike Orienteering World Championship

Israel, 2009

### Bulletin 2

The Israeli Sport Orienteering Association is proud and pleased to host the 2009 Mountain Bike Orienteering World Championships in "the Holy Land".  
The championships will be held between the Ayalon and Ha'Ela valleys, home to biblical and historical sites for several major religions.

The conditions will be challenging: hot temperatures, a scorching sun and dry terrain covered with an abundance of sharp thorns ....but we also guarantee an experience to be cherished in memory!

### Organizing committee

International Orienteering Federation (IOF)	
Israel Sport Orienteering Association (ISOA)	
Event director	Amit Wainer
National controller	Erez Shalev
Logistics director	Ezra Barkai
Course setters	Noam Ravid, Tamir Alon, Ilan Shacham
Sponsors	Zohar Drori
Time keeping	Ziv Noiman
IOF event advisor	Jiri Urvalek (CZ)
Finance and foreign relations	Michael Friedlander
Public events	Doron Kissinger Keinar

### Information

Israel Sport Orienteering Association (ISOA)  
Yad Hana 42840  
Israel

Fax: +972-9-8765409  
Tel: +972-9-8765444  
E-Mail: [ymf@inter.net.il](mailto:y mf@inter.net.il)  
Web site: <http://www.nivut.org.il/mtbo/default.aspx>

## Event center

### Ben Shemen Youth Village

10 km from Ben Gurion International Airport

25 km from Tel-Aviv

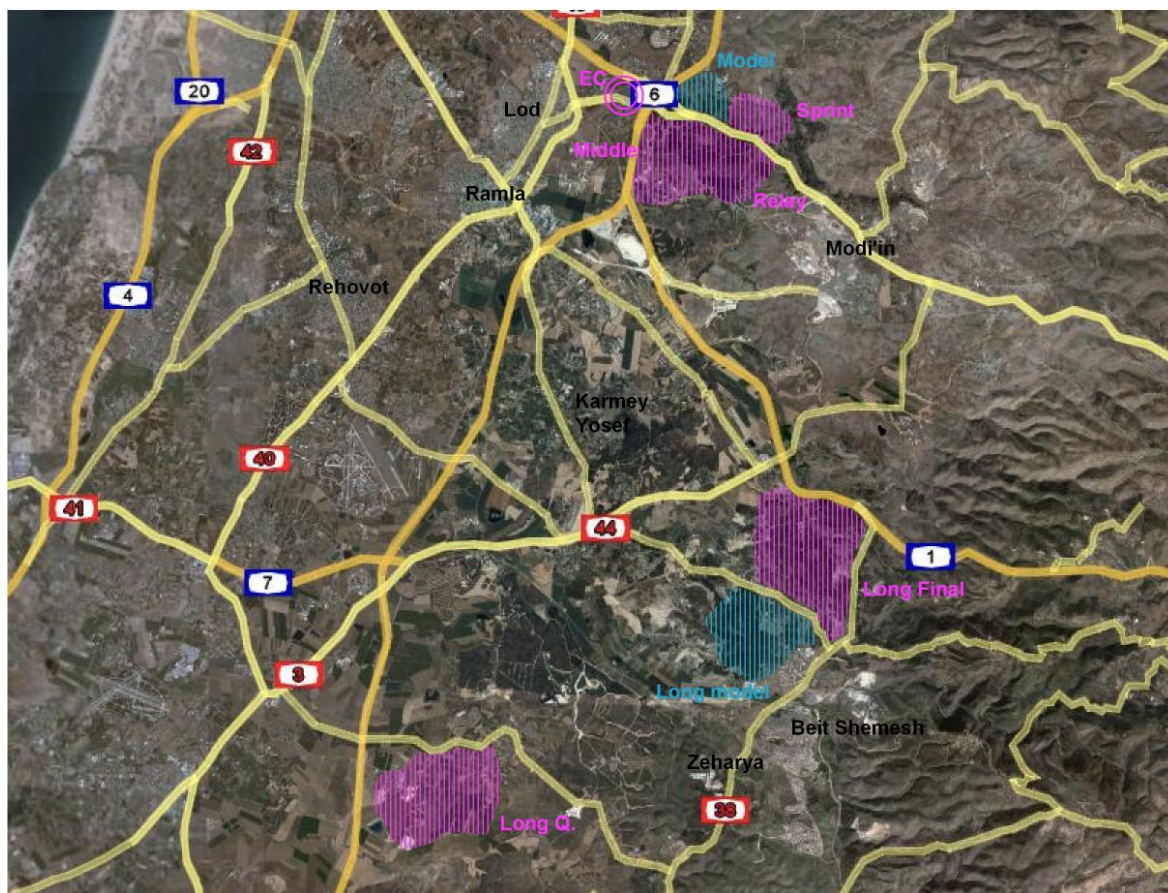
45 km from Jerusalem

## Embargoed areas

Ben Shemen forest

Haruvit forest

Eshtaol forest



## Event program

Sunday, August 9<sup>th</sup>

Monday, August 10<sup>th</sup>

Tuesday, August 11<sup>th</sup>

Wednesday, August 12<sup>th</sup>

Thursday, August 13<sup>th</sup>

Friday, August 14<sup>th</sup>

Saturday, August 15<sup>th</sup>

Sunday, August 16<sup>th</sup>

Arrival, Model event (Hadid)

Long qualification (Haruvit), Opening ceremony

Middle final (Ben Shemen)

Rest day

Relay (Ben Shemen)

Sprint final (Neot Kedumim)

Long final (Eshtaol), Banquet

Lowest O (Amiaz plains), Departure

## Classes

MTB-WOC

Male / Female. No age restrictions

## Participation restrictions

Each participating federation may register a team of up to 16 competitors (8 female, 8 male).

The number of accompanying officials is unrestricted.

### Each participating federation may register the following entries per competition:

Relay event	max. 2 male teams, 2 female teams
Sprint event	max. 4 male, 4 female
Middle event	max. 6 male, 6 female
Long event	max. 6 male, 6 female

## Entry forms (will be available on website)

### Entry form A (preliminary) by May 5, 2009:

- Country
- Number of competitors of each gender (preliminary)
- Number of relay teams
- Number of team officials
- Type of accommodation needed
- Team manager and contact information

### Entry form B (final) by June 21, 2009:

- Country
- Number of competitors of each gender (final)
- Number of relay teams
- Payment of accommodation and entry fees
- Team manager and contact information

### Individual competitor entry form by July 12, 2009:

- Each competitor: full name, gender, class and year of birth
- Each competitor: achievements resume
- EMIT card number
- Complete list of team officials

## Visas:

Visa requirements vary per country and should be verified by each participating federation.

## Entry fees

### MTB-WOC

All participants (competitors & officials)	€ 50 / per person
Sprint distance	€ 50 / per person
Middle distance	€ 50 / per person
Long distance (including Qualification & Final)	€ 80 / per person
Relay	€ 150 / per team
The Lowest O on Earth – Dead Sea	€ 20 / per person (open to all)
Open races	€ 20 / per person / per race

## Accommodation fees

The Hostel Youth Village Ben Shemen (at event center) offers air conditioned rooms including bathroom facilities for 3-4 persons per room.

Accommodation fee (full board) € 40 / per person / per day

Note: The Hostel Youth Village Ben Shemen is limited to approximately 250 persons, additional boarding options will be available at other locations.

## Transportation

Rental cars are available from Ben Gurion International Airport  
Public transportation (bus, taxi) is available, but less convenient  
The organizing committee will provide transportation:

From Ben-Gurion airport to event center	100 NIS/person (includes one bike)
From event center to Ben-Gurion airport	100 NIS/person (includes one bike)
From event center to all competitions	250 NIS/person (includes one bike)

## Payment

All payments are to be made to the **Israel Sport Orienteering Association**, as follows:

IBAN ACCOUNT NO: IL480109490000019587053

Bank Identification – SWIFT CODE: LUMIILITTLV  
Leumi Bank – Sokolov 69, Ramat Hasharon, Israel

## Maps

	Map name	Scale	Contours	Winner time men	Winner time women
Long qualification	Haruvit	1:15,000	5m	50 min	50 min
Middle	Ben Shemen	1:15,000	5m	50 min	45 min
Relay	Ben Shemen	1:15,000	5m	40 min	35 min
Sprint	Neot Kedumim	1:10,000	5m	15 min	15 min
Long	Eshtaol	1:20,000	10m	90 min	80 min

All events will be organized in accordance with the 2008 IOF Competition Rules for MTB Orienteering Events:

- Competitors must reach all control points in possession of their bikes
- Riding off-trail is permitted

### **Terrain description:**

The competition terrain consists of rolling hills of moderate elevation (approximately 200 m ASL) at the foot of the central mountains,- between the Mediterranean coastline and Jordan Rift Valley in the East.

The terrain at the competition sites is predominantly forested evergreens accompanied by a variety of fir, oak, cypress and olive trees. The forested terrain is partially rocky with small open meadows. Trail options are numerous and vary from singles to a network of fast doubles.

### **Climate:**

The eastern Mediterranean climate during the summer is very hot with no precipitation. The average temperature in August ranges from 21 -31 degrees Celsius, and the humidity ranges from 55-70%.

**Note:** Unavoidably, competition time will take place during midday sun. Competitors are advised to take extra care to avoid dehydration.

### **Other:**

The terrain is covered with rocks and stones of various sizes. During the summer, the ground is dry with an abundance of sharp thorns on the trails. It is highly recommended to use all necessary means to avoid flat tires.

## **Training opportunities**

### **1<sup>st</sup> training camp**

Completed in May 2008

### **2<sup>nd</sup> training camp**

February 23-28, 2009: 5 MTBO training maps of similar terrain to WOC Israel MTBO Cup Competition: Feb 28, 2009.

For details and registration contact Tamir Alon: tamir\_alon@hotmail.com

Note that the Israel Foot-O National Championship is February 21<sup>st</sup>-22<sup>nd</sup> . Recommended!!

### **3<sup>rd</sup> training camp**

May 24-30, 2009: 8 MTBO training maps of similar terrain to WOC Israel MTBO National Championships: May 29-30, 2009

### **Training before the WOC**

Individual competitors or federations arriving in Israel before WOC may obtain a variety of training maps from the Israel Sport Orienteering Association.

### **Open race**

During WOC competitions, an Open Race will also be held per the following:

**Classes:** Male/Female 15, 17, 21, 40, 50, 60+

### **Program:**

13 <sup>th</sup> August	Thursday	Middle distance	Ben Shemen forest
14 <sup>th</sup> August	Friday	Sprint	Neot Kedumim
15 <sup>th</sup> August	Saturday	Long distance	Eshtaol forest

## Health care

The organizing committee will provide first aid at the competition center and during each event, at site. Emergency care and major hospitals are within 30 min from each of the competition sites.

The organizing committee will not bear costs related to the health insurance of the participants.

Participants are recommended coverage of a personal health insurance.

## Sponsors :

