

Nordic Championships and European Cup TrailO 2014



Silkeborg, Denmark
19. - 21. September 2014

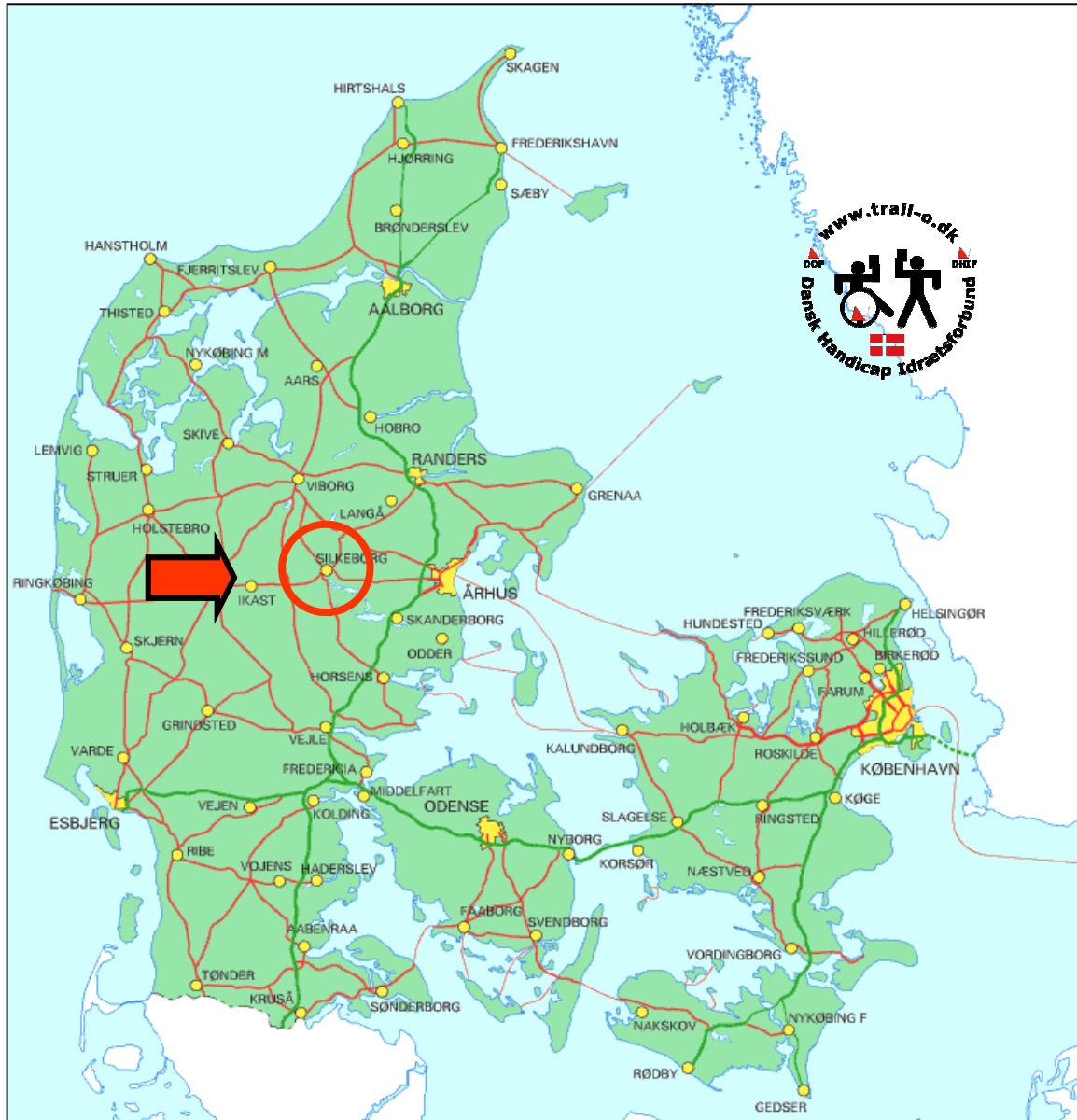


www.Silkeborg-ok.dk



www.trail-o.dk





Distance to Silkeborg from:

- | | |
|---------------------|------------------------------------|
| Copenhagen 300 km | Frederikshavn 194 km |
| Grenå 100 km | Billund Airport 67 km |
| Karup Airport 37 km | Padborg (the German border) 174 km |



Silkeborg Orienteering Club is a big and very active club. The club organises FootO, TrailO and MTBO as well as Multisport events.

The cover photos were taken at a Multisport event in the centre of Silkeborg.

Information	
Secretariat	Birthe Helms, bhelms@post.tele.dk Information about courses etc.: Vibeke Vogelius, vibeke.vogelius@silkeborg.dk
Programme	Friday 19.9 Night PreO, Vejlbø Mose. Start when you want from 20.00 to 21.30 Saturday 20.9 PreO, Hårup Sande. First start at 12.30. Sunday d. 21.9 PreO, Silkeborg Sønderskov West. First start at 10.00.
Entry Date	The entry should be sent to Birthe Helms, bhelms@post.tele.dk no later than Thursday 4th of September
Entry fee	Night PreO Friday 19.09: 80 DKK. Saturday 20.09 and Sunday 21.09: Nordic Match and Elite course: 280 DKK (in total for the two days). A-course 100 DKK per day. The entry fee should be paid together with the entry to Silkeborg OK's bank account : BIC: JYBADKKK IBAN: DK3478440007766557



Last winter's storms have caused a lot of damage in the Silkeborg forests.



Typical Silkeborg terrain

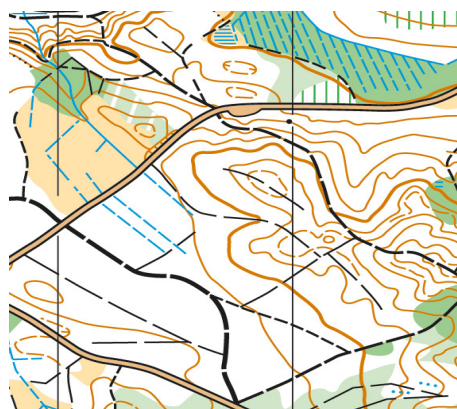
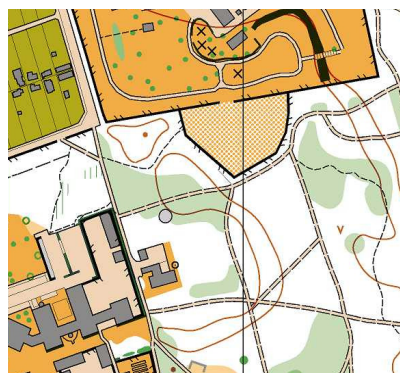
Further information	
Personal helper	You are expected to bring your own personal helper, if you need any help during the competition. The routes will follow good forest tracks/paths, and there will be very little climbing.
Social dinner Saturday evening	The social dinner on Saturday evening will take place in the Youth Hostel. You don't need to stay there to take part. The cost will be approx. 200 DKK. The entry should be made no later than 12.9 to bhelms@post.tele.dk
Accommodation	We recommend DANHOSTEL Silkeborg, but there are also hotels, camp sites and holiday cottages ("sommerhuse") situated only a short drive from the arenas. The Hostel (Silkeborg Vandrerhjem) is in a very picturesque setting – one of the best in Denmark.
Silkeborg town	Silkeborg has a lot to offer. Beautiful scenery, a relaxed atmosphere with good shops, an interesting history and museums – e.g. Museum Jorn, where the world famous artist Asger Jorn's 100 years anniversary is celebrated this year (www.silkeborg.com).



Information about courses	
Classes	Friday: Elite course Saturday and Sunday: Elite and A-courses
Terrain	The terrain around Silkeborg consists of many forests and lakes. It is an undulating moraine landscape with some small inland sand dunes. There is a good path network everywhere. Hårup Sande is an area with small inland sand dunes covered with heather and old pine forest. Silkeborg Sønderskov is a hilly area with deep valleys caused by erosion as a dominant feature. There are also areas with old beech forest, conifer and mixed forest.
Time-keeping	Time-keeping by EMIT system. You can bring your own EMIT unit or hire one from SOK for 15 DKK. Please email your EMIT no. to b.helms@post.tele.dk together with your entry.
Punching	Competitors use their own punch.

Map examples of the terrain used for the competitions

Vejlsø



Silkeborg Sønderskov



Hårup Sande