



RECREATIONAL
COURSES PROGRAMME

10MILA 2016

10MILA OPEN 13-15 MAY
Falun - Borlänge

*Unforgettable
experience*

10
MILA

FALUN BORLÄNGE - 2016

Photo: Lars Rönnols



On behalf of the Tiomilakavlen Association, Kvarnsvedens OK and the other organizing clubs of 10MILA 2016 would like to welcome everyone to the open recreational courses.

Arena

10MILA 2016 will be held in the national skiing arena at Lugnet in Falun. Sign posting from the E16 Lugnetleden for all modes of transportation.

The open courses have a separate start and finish approximately 500m from the 10MILA arena. As these courses have been planned on a completely separate area, all 10MILA runners are welcome to participate.

Parking

The entrance to the parking and the drop-off zone is at the Lugnet arena roundabout.

Parking ticket: SEK 50 (valid for the whole weekend).

Entry/Registration

Entry must be made at the arena, there is no pre-entry.

Club Entry

Those clubs which would like to train on the open courses without time registration and results can order maps from the address oppnabanor2016@10mila.se by the 5th May. Please give the number of each course when making a request. The minimum order size for this arrangement is 5 maps. The maps can be collected at the Open-Courses office at the arena.

Swedish clubs will be billed retrospectively, all others must pay when collecting the maps. The runners who run with these pre-ordered maps should not register their participation with the Sport Ident units at the Open-Courses office. Each club is responsible for their runners.

Fees

M/W 16 and under pay 70SEK, M/W 17 and over pay 120SEK. Sport Ident rental: 50SEK. Penalty fine for not returning an SI card is 580SEK. Runners who are members of Swedish clubs will be billed retrospectively, all others must pay at registration.

Open Courses Registration times

Friday 13th May 2.30pm - 10pm

Saturday 14th May 9am - 5.30pm

Sunday 15th May 8.30am - 10.30am

Start times

Friday 13th May kl: 3pm - 10.30pm

Saturday 14th May 9.30am - 6pm

Sunday 15th May 9am - 11am

The finish will close 2 hours after the last start-time each day.

Maximum running time

2 hours

Start method

Start punching.

Punching system

Sport Ident. An SI-card may only be used once per day. Any SI-card used on an open course can also be used in any of the 10MILA relays.

Control Descriptions

The control descriptions are only printed on the map, there are no separate descriptions.

Finish & SI-card Download

You should punch the SI unit on the finish line. Download of your SI-card data must be done at the Open courses office at the arena.

Courses

Eight different courses are available during the weekend: ÖM1, ÖM3, ÖM5, ÖM6, ÖM7, ÖM8, ÖM9, ÖM10. The course lengths are set to SOFT's standard TA 301. The courses are set mostly as separate courses which means it is possible to run multiple courses without having to visit the same controls repeatedly. All controls are marked with control flags and reflective markers.

Map

Scale 1:10 000, Contour interval 5m. ÖM7 is also available in the 1:7 500 scale. The maps are offset printed in 2016. Mapping 2015-2016 by Håkan Holmberg, the same mapper as for the 10MILA map.

Terrain Description

Fir and pine forest with an extensive track network. Moderately hilly, and run-ability is generally good. Areas of felling and regenerating forest exist.

Start and Finish

The start and finish are situated to the north of the arena. Follow the orange and white tapes and reflective markers 500 metres to the start. These tapes start at the Open courses office.

Results

Live results during the competition will be available here: <http://liveresultat.orientering.se/> and after the competition on Eventor.

Toilet

There are toilets in the arena and on the way to the start.

Showers

Showers will be available at the arena, see the 10MILA programme for details: www.tiomila.se

First Aid

First aid assistance is available at the arena from 10am Saturday until the end of the relay competition. At other times please visit the accident and emergency department at Falu Lasarett (the local hospital) which is situated 1km from the arena. The first aid service at the arena is primarily for competitors. Plasters and bandages will also be available at the start/finish area for the open courses.

Course Setter

Anders Calles, Kvarnsvedens OK

Information

Erik Stigsmark, Kvarnsvedens OK, 073-987 49 10

OPEN COURSES – LENGTHS AND DIFFICULTY RATINGS

Course	Length (m)	Difficulty	Description
ÖM1	2 400 metres	White	Beginners course
ÖM3	3 200 metres	Yellow	Easy course for children and adults
ÖM5	3 900 metres	Orange	Moderately easy
ÖM6	5 800 metres	Blue	Moderately difficult
ÖM7	3 200 metres	Black	Difficult course for veterans, 1:7500 map available
ÖM8	4 500 metres	Black	Difficult courses for adults (Training courses for 10mila-runners)
ÖM9	7 300 metres	Black	Difficult courses for adults (Training courses for 10mila-runners)
ÖM10	4 700 metres	Black	Difficult courses for adults (Training courses for 10mila-runners)

