



# WOC-WTOC NEWSPAPER



No. 5 | THURSDAY 10<sup>th</sup> JULY 2014 | CAMPOMULO

## HERE THEY ARE: LONG DISTANCE WINNERS

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# GUEORGIU (FRA) AND MIRONOVA (RUS) MADE OF GOLD

## NEW WORLD TITLES IN ITALY'S WOC-WTOC

*Lavarone (Trentino region) hosted the Long Distance race of the WOC-WTOC 2014.*

*Svetlana Mironova (RUS) ahead of Alexandersson (SWE) and Wyder (SUI).*

*Thierry Gueorgiou (FRA) World Champion...once again!*

*Daniel Hubmann (SUI) and Olaf Lundanes (NOR) take silver and bronze.*

Defending Long Distance World champion Thierry Gueorgiou did it again. The French orienteer took gold in today's race in Lavarone (Italy) and become the first ever athlete to get three Long Distance world titles in Foot Orienteering history. And he did it in good company with Russian Svetlana Mironova, for the first time ever on a World podium.

'This morning I was sceptical about my conditions, I was unsure about my shape', said Gueorgiou at the end of the challenging 16k long race, 'but after the first kilometres I realized I could reach a great result and at last this is a very good day for me.' The French orienteer got his third title in Long Distance, and twelfth in career, over reigning European Champion Daniel Hubmann (SUI) by one minute and 27 seconds, while 2012 World Champion Olaf Lundanes closed third.

On women's side, Russia's Mironova secured victory from the very beginning and eventually clocked 79 minutes and 44 seconds. Second place went to Tove Alexandersson (SWE) who finished 31 seconds down on Mironova, while third was 2014 Long European Champion Swiss Judith Wyder. 'The main was that I made no mistakes whatsoever', claimed Mironova at the end, 'however I didn't expect at all to get the gold medal today'.

Regarding WTOC, Day 1 of the Pre-O competition took place today and Italy's Elvio Cereser (Open) and Sweden's Michael Johansson (Paralympic) got the best times in view of the second competition scheduled on Friday morning in Campomuletto di Gallio (Veneto region). The pro-mo-event '5 Days of Italy' was held in Lavarone today with over 2000 participants from all over the planet.

The IOF General Assembly is scheduled tomorrow at the Astoria Hotel in Lavarone, while the next WOC races will be the Middle on Friday at 12pm in Campomulo di Gallio.

Info: [www.woc2014.info](http://www.woc2014.info)

Download TV images:

<http://woc2014.broadcaster.it/>

### RESULTS LONG DISTANCE:

#### Men

1 Gueorgiou Thierry FRA 94:45; 2 Hubmann Daniel SUI 96:12; 3 Lundanes Olav NOR 97:09; 4 Hertner Fabian SUI 98:39; 5 Kyburz Matthias SUI 100:12; 6 Johansson Fredrik SWE 100:16; 7 Rollier Baptiste SUI 101:19; 8 Kerschbaumer Gernot AUT 101:40; 9 Nikolov Kiril BUL 101:59; 10 Dahlgren Filip SWE 102.15

#### Ladies

1 Mironova Svetlana RUS 79:44; 2 Alexandersson Tove SWE 80:15; 3 Wyder Judith SUI 80:34; 4 Fasting Mari NOR 82:06; 5 Ronning Sund Goril NOR 82:38; 6 Billstam Annika SWE 82:40; 7 Wigemyr Tone NOR 82:41; 8 Jenzer Sarina SUI 82:43; 9 Haajanen Sofia FIN 84:29; 10 Bobach Ida DEN 85:05.



# ANALYSIS

## WOC LONG DISTANCE MEN

By Jan Kocbach and Stefano Raus

Not the choice of routes on the longer legs, but rather higher speed towards the end of the course, good execution of the planned routes and stable orienteering was decisive when Thierry Gueorgiou won the gold medal at the World Championships long distance 2014 in Lavarone, Italy. Daniel Hubmann took silver and Olav Lundanes bronze.

There were three long legs in the WOC long distance course - two of them had several different route choice options (leg 4-5 and leg 14-15) whereas leg 11-12 only had micro route choices. The choice of route on these longer legs was however not the decisive point for the medals in the WOC long distance 2014. Rather the execution of both long legs and shorter legs was decisive. Long distance is all about keeping the concentration for all of the race - especially towards the end when you start getting tired.

### SUMMARY OF DECISIVE POINTS

The following is a summary of the decisive points in the course. Below the summary a complete analysis is given - including route choices for the medalists, for the fastest runner on each leg and for other runners with interesting route choice options.

#### SUMMARY:

- Thierry Gueorgiou** does a stable, good race, and is exceptionally good especially in the last part of the race after the arena passage, at the first long leg to control 4 (31 and 36 seconds ahead of Hubmann and Lundanes, respectively) and at some of the short, technical legs. He wins 7 legs - of those 3 legs are towards the very end of the course, showing that he had a very strong finish. His biggest time losses are 17 seconds at control 2 (route choice on relatively short leg; **12 seconds** lost to Hubmann), 24 seconds at control 9 (execution of route; does not lose time to medal contenders; Hubmann with equal time; loses only **9 seconds** to Hubmann), **31 seconds** to control 15 (long route choice leg; does not take optimal route; **9 seconds** to Hubmann), 18 seconds at control 17 (short leg, probably a mistake - loses only **10/8 seconds to Lundanes/Hubmann**) and **13 seconds** to control 30 (short leg with quite easy orienteering; probably insecurity?; **11 seconds to Hubmann**).
- Daniel Hubmann** also does a stable race, but has a few time losses which are around **30 seconds**. Hubmann loses **38 seconds to Lundanes (26 seconds to Gueorgiou)** already to the first control (short leg) due to mistake in the control ring and some insecurity. On the route choice leg to control 4 he loses 31 seconds to Gueorgiou - but the reason is not the chosen route but rather execution of the last part of the route. To control 7 (short, technical leg) another **24 seconds** is lost to Gueorgiou. At the leg after the arena passing another **38 seconds** is lost to Gueorgiou - again it is execution/tiredness and not route choice which is the reason. Gueorgiou also seems to have higher running speed early and late in the race - whereas Hubmann is faster in the middle part.
- Olav Lundanes** has approximately the same speed as Hubmann until the arena passing, but the speed goes down in the last part of the course after the arena passing (tiredness?). After a very strong start, he loses **46 seconds** to Gueorgiou on the first long leg to number 4 - the time loss being mainly due to execution and not to route choice. 22 seconds is lost to control 8 (**14 seconds** to Gueorgiou) after taking the same route choice as Gueorgiou, 39 seconds to the best time on the long leg to control 12 (**15 seconds** to Gueorgiou) - again after taking mostly the same route - microroutechoices being the reason for the time loss along with the execution. The biggest time loss is 1:06 at the leg after the arena passing - partly due route choice (Lundanes however being one of the very few taking this route) and partly because Gueorgiou ran very fast at this part of the course.
- Fabian Hertner** had a very good start of the race, and was in the lead after 5 control. Hertner did several mistakes - the biggest on the long leg to 15 were he did not take the wrong choice, but lost time due to losing control in the middle of the leg.

### KEY POINTS IN THE COURSE

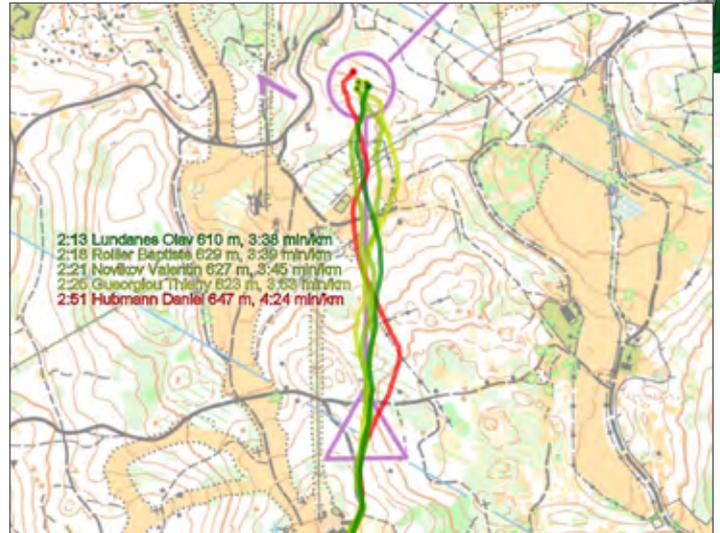


Illustration 1: Olav Lundanes starts very well - Daniel Hubmann is unsecure on the way to the control and in addition makes a mistake in the control ring. Hubmann loses 38 seconds to Lundanes on the first control. Gueorgiou starts safe and loses 12 seconds to Lundanes. - The first two controls were in an interesting area. You really had to be very accurate with the orienteering, Gueorgiou comments.

Several other Top 10 finishers lose time on the first control; Fredrik Johansson, Kiril Nikolov and Dilip Dahlgren all lose more than 30 seconds.

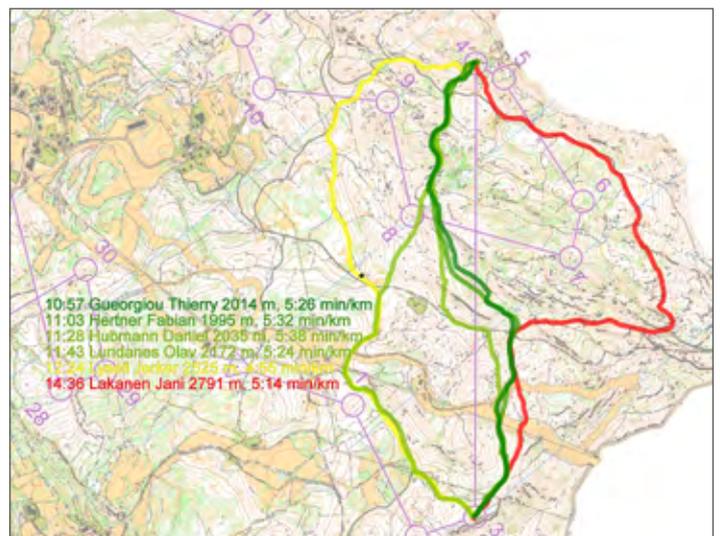


Illustration 2: The leg to control 4 is the first long leg - 1.7 km long. Gueorgiou (10:57) and Hertner (11:03) are clearly fastest on this leg taking a route close to the line in an S-shape. Hubmann is third on the leg but loses 31 seconds to Gueorgiou - this is nearly all the time Hubmann is behind Gueorgiou at the arena passing after 80% of the race. Hubmann follows a similar route, but a bit further to the left - following a large path for a bit on the middle of the leg and taking the climb steeper. Hubmann loses the time to Gueorgiou after the climb on the second half of the leg - maybe the steep climb cost too much?

Lundanes runs left along the course planners favourite route and loses 46 seconds. This is nearly all the time Lundanes was behind Gueorgiou at the arena passing. For the part where his route is different from Gueorgiou's he is nearly equally fast - just as Hubmann he loses time after the top of the hill.

World Champion from 2006 and silver medalist from 2013 Jani Lakanen makes an interesting route choice here. As the only runner he runs far around to the right and loses nearly 4 minutes. Road specialist Jerker Lyell runs road and paths to the left and loses nearly 1:30 to Gueorgiou.

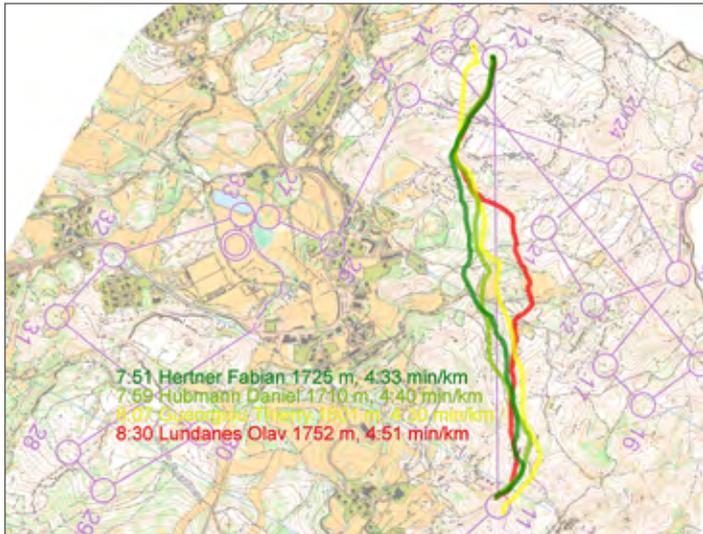


Illustration 3: The leg from 11 to 12 is the second of the three long legs in this course. Unfortunately this was not a real route choice leg - the only real decision to be made was if one should go left or right of the small hill just after halfway of the leg. However, even if there were not real route choices here, Lundanes loses 39 seconds to Hertner who is fastest on the leg. Gueorgiou loses 16 to Hertner, but still keeps his lead.

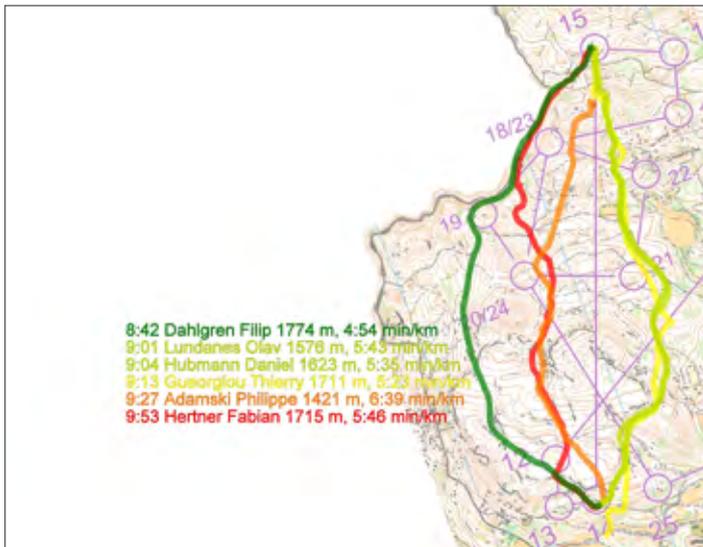


Illustration 4: The third and last real long leg in the course was the leg from 14 to 15. The fastest route here is going left on the route - the two fastest on the leg Dahlgren (8:42) and Losch (8:59) both ran left. Lundanes and Hubmann lose 19/22 seconds respectively by going right. Gueorgiou also runs right, but loses even more time; 31 seconds to Dahlgren. It is not possible to see from Gueorgiou's inaccurate GPS at this point what the reason for the time loss is. The last option is to go straight. Adamski executes direct well and is the fastest of the one choosing this route. He loses 45 seconds to Dahlgren. Hertner also runs direct, but loses control towards the end of the leg - losing even more time (1:11). With this he goes from 2nd to 4th place at this point in the race. Kyburz loses direction on the middle of the leg, and loses a lot of time (1:44).

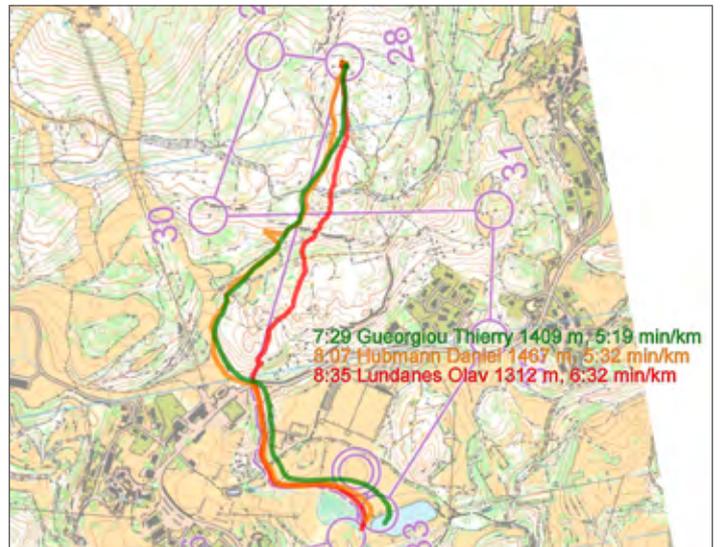


Illustration 5: Gueorgiou got some extra energy from the arena passage. Running with Zinca in tow, he wins the 1 kilometer long leg which includes a tough climb with 16 seconds ahead of Dæhlie. Hubmann loses 38 seconds - taking the same route as Gueorgiou. Lundanes takes a more straight route over a hill - losing significant time (1:06) and in practice the fight for gold and silver. Several other top finishers also lose more than 45 seconds to Gueorgiou here - this is one of the strongest legs of Gueorgiou in all of the course.



# ANALYSIS

## WOC LONG DISTANCE WOMEN

By Jan Kocbach and Stefano Raus

Svetlana Mironova decides the race by running a technically good race in the first part of the course - and executing the long legs very well. Wyder makes too many mistakes and Alexandersson does not seem to have her normal speed after stomach problems, and also does some small mistakes.

Mistakes are more decisive for the medals than route choices - although both Wyder and Alexandersson lose more than the time they are behind Mironova on the long leg to control 12 by taking a non-optimal route choice (going left instead of taking the road around - Mironova has however also not picked the best route here).

### SUMMARY OF DECISIVE POINTS

- **Mironova** makes a good technical race in the first part of the race - and builds up a lead which is large enough to endure some time losses on the last loop. Alexandersson however comes closer and closer in the end.
- **Alexandersson** is probably not 100% fit after her stomach problems - at least she is not as strong as she usually is in the physical parts of the course. A mistake at control 9 and a mistake at the control after the arena passage along with the non-optimal route choice to control 12 costs Alexandersson too much time to take the gold medal with her current shape.
- **Wyder** makes a mistake at the second control and loses nearly 1:30. She also loses nearly a minute on the long leg to the 4th control (partly due to wrong routechoice) and again on the long leg to the 12th control due to non-optimal route choice. The rest of the race she has mostly the speed and technique for gold.

Below some of the key points in the course are shown through route choices of the different athletes.



### KEY POINTS IN THE COURSE

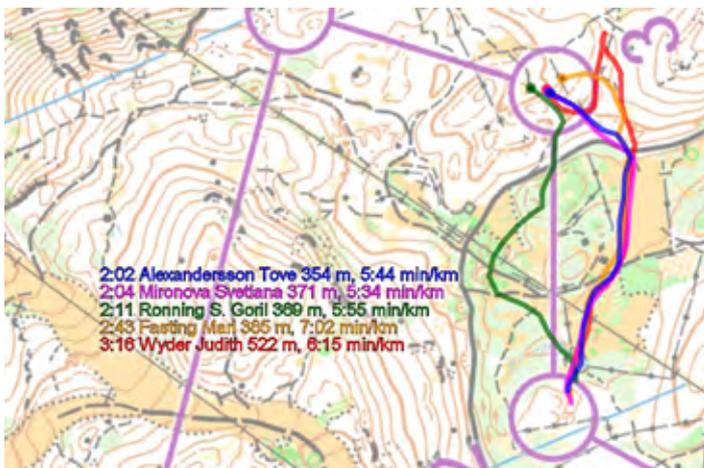


Illustration 1: Control 3 - the mistake of Judith Wyder. Wyder does a quite big mistake - losing 1:14 to Alexandersson - she is now down in 22nd place at +0:58. Wigemyr, Fasting and Hajajnen also lose more than 30 seconds here.

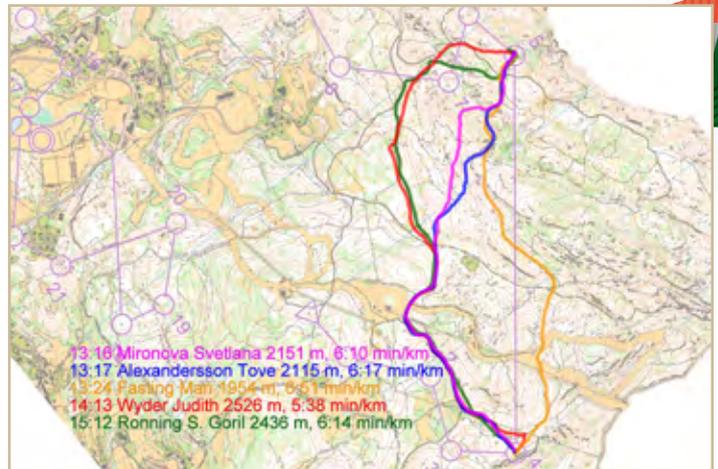


Illustration 2: The long leg to control 5 is very similar to the men's 4th leg. For the men Fasting's route was fastest (run by Gueorgiou and Hertner) - whereas Mironova/Alexandersson's route (run by Lundanes) was similar in time when disregarding the difference in execution of the route by Lundanes versus Gueorgiou. A similar trend is seen for the women. The two different variants are within 8 seconds.

Wyder and Rønning use more road (similar to Jerker Lysell in the men's class), and Wyder loses nearly a minute while Rønning loses nearly 2 minutes. The reason for Wyder's choice might be the big mistake on the control before - to gain some security again. Some of Wyder's time loss is out of the control - it looks like she first wants to run the alternative of Fasting; it could however also be due to a wrong direction out of the control.

At this point in the course Rønning Sund is 2:08 behind Mironova - after 11.0 km at the end of the race this is only 46 seconds more. Thus a bad start for the Norwegian. Note that Bobach loses 3 minutes with a more direct route which has far too much climb.

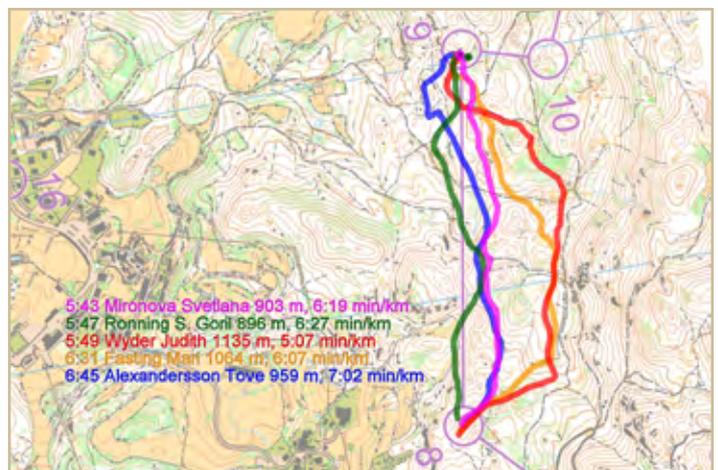


Illustration 3: A medium long route choice leg where you can either go direct or use the path to the right. Note that 6 runners are faster than the ones shown here - Ida Bobach being the fastest at 5:23 (20 seconds ahead of Mironova). All these 6 runners run direct with better execution than Mironova. Thus direct is the fastest option - but note how Alexandersson makes a one minute mistake when going direct, losing 1:22 to Bobach.

Fasting chooses a hybrid between direct and right and loses 50 seconds to Mironova and more than a minute to Bobach. Billstam runs direct and makes a mistake into the control - losing 1:50 on this leg. Before this control Billstam was in third position - now she falls down to 9th. This was a tricky leg for many runners.



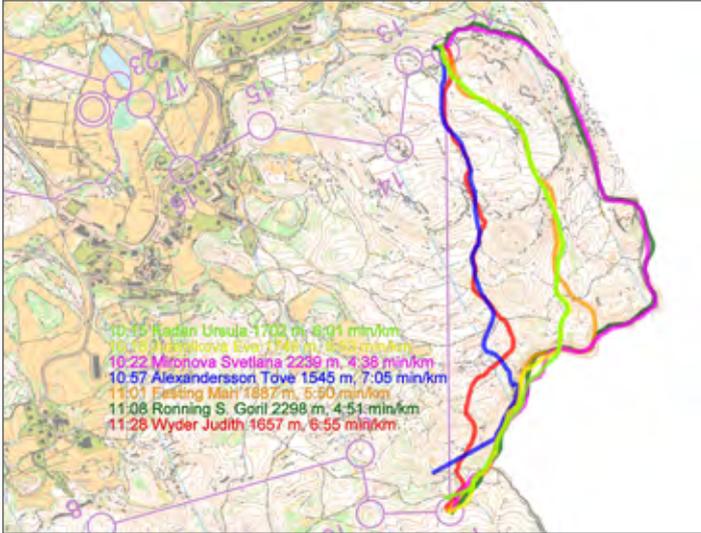


Illustration 4: The long leg from 11 to 12 is similar to the men's long leg to the 15th control, but going the opposite way. This leg however has bigger time differences than the men's, and is in this regard more interesting. The fastest option here is to start following the road and then going straight to the control like Kadan/Jurenikova do. Mironova takes an even safer route - going around to the right - losing only a few seconds to Kadan/Jurenikova. The last climb into the control is very steep and slow on Mironova's route - and Rønning taking the same route loses 50 seconds on this route. Alexandersson and Wyder both chose routes to the left which have more climb - this was the course setters favourite. Note however how both Alexandersson and Wyder lose significant time here - 42 seconds and 1:13 respectively. The main reason for the time loss is that it is slow in the middle of the leg - both due to stones and due to climb. With this long leg, Mironova is starting to build up a safe gap down to Alexandersson - now at 1:09. Wyder is now at +2:42. Jenzer runs this leg well (following Mironova's route) and is up in third position overall.

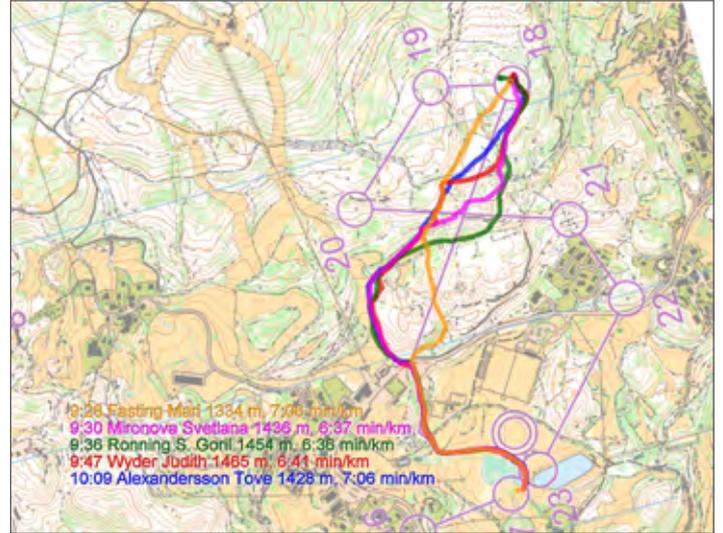


Illustration 5: Most runners run around the road here - but Fasting runs straight over the top. Olav Lundanes lost time here in the fight for medals against Hubmann and Gueorgiou - Fasting however has second best split time and beats all the competitors in the top. Both Alexandersson and Wyder lose time to Mironova here. Both do a mistake into the control - and Mironova is also very strong in the uphill.





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# ASIAGO

*sole, verde, aria,  
gioia di vivere la montagna*

*sun, green, air, joy of living the mountain*

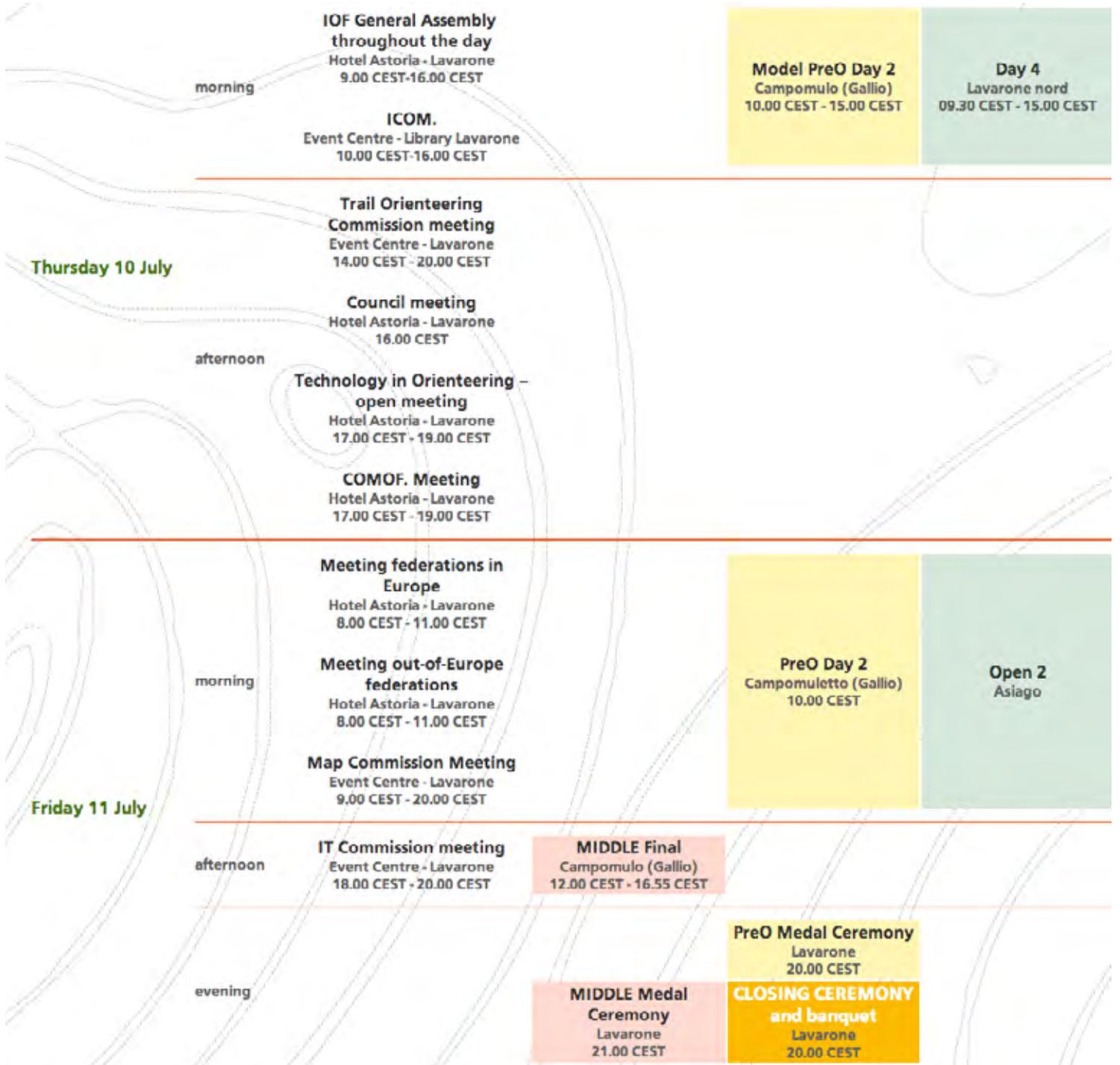
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# PROGRAM

THURSDAY 10<sup>th</sup> - FRIDAY 11<sup>th</sup> JULY



# CAMPOMULO

The middle distance final is organized in Campomulo, which is part of Asiago karstic highland, at 1500-1700 meters above sea level. The landscape is characterized by many terraces, divided by steeper areas. The vegetation varies from alpine pastures to open forest, mainly coniferous, and the ground sur-

face is very rocky throughout reducing the runnability in the forest. Trenches from World War are very common in this area. The network of paths, tracks and roads is not very dense. Cross country ski tracks exist in parts of the area.

## MIDDLE FINAL

### CAMPOMULO 11.07.2014

#### COURSE AND TERRAIN

COURSE PLANNER: CRISTIAN BELLOTTO

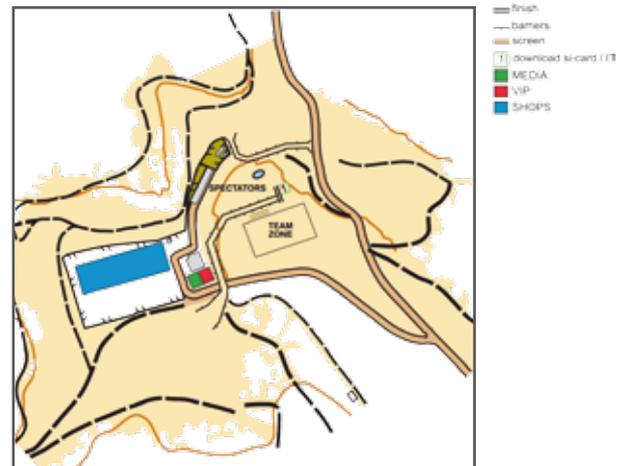
CONTROLLER: AARON GAIO

MAP: SERGEY SKRIPKO-GENNADY YASHPATROV-IGOR LEONTEEV

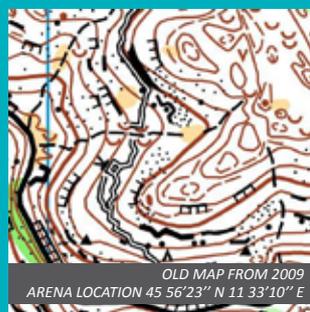
|              | LENGTH  | CLIMB | CONTROLS | REFRESHMENT | WINNING TIME | MAP SCALE | CONTOUR INTERVAL | MAP SIZE | CONTROL DESCRIPTION SIZE | MAXIMUM TIME |
|--------------|---------|-------|----------|-------------|--------------|-----------|------------------|----------|--------------------------|--------------|
| <b>MEN</b>   | 5.86 km | 290 M | 19       | 1           | 35 minutes   | 1:10000   | 5 M              | 30x30 cm | 14x5                     | 120 min      |
| <b>WOMEN</b> | 4.96 km | 230 M | 16       | 1           | 34 minutes   | 1:10000   | 5 M              | 30x30 cm | 12x5                     | 120 min      |



Details on: [http://www.woc2014.info/documenti/bulletin\\_4\\_WOC.pdf](http://www.woc2014.info/documenti/bulletin_4_WOC.pdf)



After a rest day the World Orienteering Championships continues with middle final Friday at 12:00 CEST. Now the runners move into Campomulo, which is part of Asiago karstic highland, in the altitude of 1500-1700 meters above sea level. The landscape is characterized by many terraces divided by steeper areas. Vegetation varies from alpine pastures to open forests, mainly coniferous, and the ground surface is very rocky throughout reducing the runnability in the forest. Trenches from World War are very common in this area. The network of paths, tracks and roads is not very dense. Cross country ski tracks exist in parts of the area. Last year Leonid Novikov surprised everybody – including himself – by winning the World Champions middle distance in Vuokatti. Thierry Gueorgiou finished second after a one-minute mistake at control which he never managed to fully catch up. Sweden's Gustav Bergman became third. Simone Niggli won Gold also on Middle after deciding a tricky middle distance for herself. She won with 27 seconds to Mari Fasting – and with nearly two minutes to silver medalist Tove Alexandersson who was in the lead at the beginning.



Like in the long distance, today there will be everybody in the Finals. But who are the favourites to take the WOC Middle title in this year's WOC in Italy? Will the best runners do mistakes in this technical terrain? (see the example above)

## WOC 2013: MIDDLE VUOKATTI, FINLAND

*Back to overview*

### Men

- 1. Leonid Novikov
- 2. Thierry Gueorgiou
- 3. Gustav Bergman
- 4. Matthias Kyburz
- 5. Fabian Hertner
- 5. Daniel Hubmann
- 7. Carl Godager Kaas
- 8. Edgars Bertuks
- 9. Denys Sherbakov
- 10. Peter Öberg

### Women

- 1. Simone Niggli
- 2. Tove Alexandersson
- 3. Merja Rantanen
- 4. Minna Kauppi
- 5. Irina Nyberg
- 6. Annika Billstam
- 7. Amélie Chataing
- 7. Tatiana Riabkina
- 9. Anne Margrethe Hausken Nordberg
- 10. Maja Alm

# PREO COMPETITION

## ITALIAN ELVIO CERESER AND SWEDISH MICHAEL JOHANSSON LEADING AT HALFWAY IN THE PREO COMPETITION

*Many surprises and a tight fight in the first stage of PreO at Malga Millegrobbe; a control was voided after a protest*

It's been a long day in Millegrobbe; the 100 competitors are brought to the start and come back to the arena by minibus and have to face 12 tasks and 2 timed controls after the decision to cancel the last part of the course because of the heavy rain during the previous days.

Between control 1 and control 7 the athletes make only few mistakes, but the last tasks are extremely challenging and force many big names to go out of the time limit.

In the Open class Kyrychenko, Andersson and Pérez are the best on the course but all three go over the 75-minute limit, so the Slovakian Dušan Furucz is unofficially the leader.

After two protests, one of which (from the German team) is accepted, the 10th control is voided and the Italian Elvio Cereser, 7th this year at the European Championships, becomes the winner of the 1st stage. Furucz is second and the Japanese Koji Chino third. Five other competitors have the maximum point score of 11/11, among them last year's bronze medalist, the Swedish Marit Wiksell.

World and European Champion Jari Turto is only 36th with 3 mistakes, while his teammate Rusanen is 9th with 1 mistake; everything can happen in the 2nd and final stage on Friday in Campomuletto.

In the Paralympic class great day for Sweden, which occupies the first two ranks with European Champion Michael Johansson and with Inna Gunnarsson; they have a gap of 1 point on 4 other competitors.



### RESULTS

#### Open

- 1 Elvio Cereser Italy 11 points 74 seconds
- 2 Dušan Furucz Slovakia 11 75
- 3 Koji Chino Japan 11 79
- 4 Guntars Mankus Latvia 11 84
- 5 Krešo Keresteš Slovenia 11 90.5
- 6 Sharon Crawford United States 11 101
- 7 Aleksei Laisev Estonia 11 103
- 8 Marit Wiksell Sweden 11 144
- 9 Antti Rusanen Finland 10 5
- 10 Geir Myhr Øien Norway 10 9
- 11 Marko Määttä Finland 10 12
- 12 João Pedro Valente Portugal 10 16
- 13 Maria Krog Schulz Denmark 10 20
- 14 Martin Fredholm Sweden 10 21
- 14 Vitaliy Kyrychenko Ukraine 10 21
- 14 Eduard Oginskiy Russia 10 21
- 17 Jens Andersson Sweden 10 21.5
- 18 Santiago G. Pérez Spain 10 26
- 19 Martin Jullum Norway 10 29
- 20 Tomáš Leštínský Czech Republic 10 69
- 21 Pinja Mäkinen Finland 10 70
- 22 Zdenko Horjan Croatia 10 73
- 23 Janis Rukšans Latvia 10 75
- 24 Ian Ditchfield Great Britain 10 79.5
- 25 Ján Furucz Slovakia 10 81
- 26 John Kewley Great Britain 10 87
- 27 Dmitry Dokuchaev Russia 10 99
- 28 Vibeke Vogelius Denmark 10 101.5
- 29 Haruo Kimura Japan 10 105.5
- 30 Anne Straube Germany 10 112
- 31 Mykola Opanasenko Ukraine 10 177.5

#### Paralympic

1. Michael Johansson Sweden 11 74
- 2 Inga Gunnarsson Sweden 11 92
- 3 Kari Pinola Finland 10 75
- 4 Egil Sønsterudbråten Norway 10 77.5
- 5 Arne Ask Norway 10 81
- 6 Bohuslav Hulka Czech Republic 10 90.5
- 7 Pavel Dudík Czech Republic 9 10
- 8 Yegor Surkov Ukraine 9 17
- 9 Ola Jansson Sweden 9 18
- 10 Marina Borisenkova Russia 9 35
- 11 Ricardo Pinto Portugal 9 75
- 12 Andrejs Šulcs Latvia 9 77
- 13 Pekka Seppä Finland 9 79.5
- 14 Nobuyuki Takayanagi Japan 9 85
- 15 Iryna Kulikova Ukraine 9 103

# CAMPOMULO

La seconda competizione Preo è organizzata a Campomulo, che fa parte di dell'Altopiano di Asiago, ad una altitudine di 1500-1700 metri sul livello del mare. Il paesaggio è caratterizzato da numerose terrazze divise da zone più ripide. La vegetazione varia dai pascoli alle foreste aperte, prevalentemente

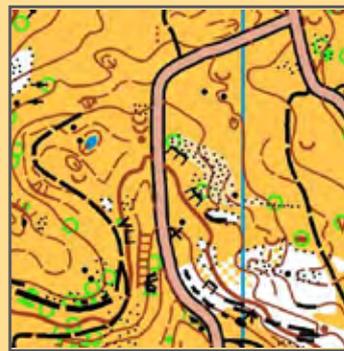
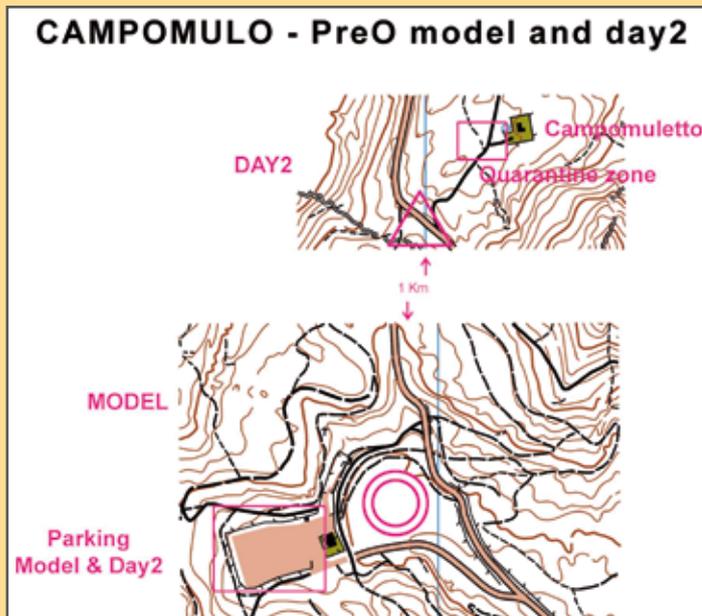
di conifere, con superficie del terreno è molto roccioso. Le trincee della prima guerra mondiale sono molto comuni in questa zona. La rete di sentieri, piste e strade non è molto densa. Esistono piste di sci di fondo in alcune parti del territorio.

## MODEL PREO DAY 2

COURSE PLANNER: **ROBERTO MANEA**

CONTROLLER: **ALESSANDRO CASARIN**

| DATE                  | EVENT      | PLACE        | LENGHT (m) | CLIMB (m) | CONTROLS | MAX TIME (min.) |
|-----------------------|------------|--------------|------------|-----------|----------|-----------------|
| July 11 <sup>th</sup> | PreO day 2 | Campomuletto | 1050       | 10        | 20       | 95              |



### PreO Open

- 1 Jari Turto Finland
- 2 Martin Fredholm Sweden
- 3 Antti Rusanen Finland
- 4 Lauri Kontkanen Finland
- 5 Stig Gerdtman Sweden
- 6 Tomáš Leštínský Czech Republic

### PreO Paralympic

- 1 Jana Kostova Czech Republic
- 2 Pavel Dudík Czech Republic
- 3 Søren Saxtorph Denmark
- 4 Yegor Surkov Ukraine
- 5 Matti Mäntyniemi Finland
- 6 Pavel Shmatov Russia

CAMPOMULO COORDINATES 45.93975, 11.551645



Course consists of three different parts but only one map. So during the course there will be two stop times and no map changes.

First stop is for timed controls and the second stop is for Team time control plus toilet and refreshment.

Timed controls are three in total for both Open and Para.

Open: one control station with 2 tasks before the beginning of the course and one control station with 1 task in the middle of the course.

Para: one control station with 1 task before the beginning of the course and one control station with 2 tasks in the middle of the course.

At the Team timed control only athlete taking part at the team competition are admitted, it consists in one station and 2 tasks.

Athlete will reach the start in Campomuletto by a minibus starting from the bus stop in Campomulo. Bus timetable will be ready together with start list and available at TOM.

At the end of the course athletes will wait at the Quarantine zone till the start is completed. At that moment will be possible to go back to the Arena in Campomulo by minibus.

# SPORT AND ENVIRONMENT

## FISO AND PEFC ECO-FRIENDLY

**FISO and PEFC Italy have signed a memorandum of understanding from the deep value eco-friendly:**

**WOC and WTOC 2014 will be in the name of environmental sustainability.**

**Several initiatives agreed between the promotion of the territory and good practice "green".**

This will open the sign of compasses, maps and lanterns the month of July 2014 between the Veneto and Trentino, with the arrival of the World Orienteering Championship (WOC) and World Trail Orienteering Championship (WTOC) which will be held July 5 to 12 from the lagoon of Venice since the plateau of Asiago 7 Comuni and the Trentino Folgaria, Lavarone and Luserna, passing through the center of Trento where it will open a new race format: the sprint relay.

While the preparations and all the land of race remain strictly embargoed for athletes, sport and sustainability have once again found a reason to proceed on a common path: that of promoting greater environmental responsibility and a proper management of forests.

And what sport could be more sensitive to the protection of forests except orienteering, the "sport of the woods" par excellence.

The FISO - Italian Orienteering Federation and PEFC Italy, an association that takes care of the management and control of the PEFC forest certification in our country, have signed a memorandum of understanding that will result in different actions to be carried out also in the forthcoming WOC and WTOC.

This partnership has begun to take its first steps last summer, when Paluzza (UD) has signed a special document aimed at sustainable development in key activity of orienteering.

PEFC certification is now a reality for several wooded areas of Veneto and Trentino, including the forests of Gallio (VI) and Lavarone (TN), which will be the scene of the global challenges of the next July.

Aware of the crucial contribution that a discipline such as orienteering can also lead in communicating the important values of environmental sustainability, FISO and PEFC have decided to cooperate in particular to provide a com-

plete information on both the discipline of orienteering that the management process sustainable forest and wood products.

PEFC Italy in the next few months will be alongside the FISO and the Organizing Committee of the 2014 WOC and WTOC creating informational materials to learn more about certified forest areas in which competitions are held. Next we will talk about environmental education for sustainable forest management in some interventions that organizers are planning in local schools that will host the WOC and WTOC 2014.

In addition PEFC Italy will help the organizers in the adoption of a series of good practice purchase, choosing products and manufacturers that rely on brand PEFC, with an eye to the territory and to local producers and a reduction of CO2 emissions into the environment.

Together PEFC and FISO will also organize a press tour where you can "touch" the great educational value that the practice of orienteering plays, as well as allowing you to explore the theme of the importance of forest certification.

The environment thanks you.



## SIDE EVENT

# EXPOSURE

## OF ORIENTEERING MAPS IN THE HIGHLANDS

At the Ethnographic Museum of the Community of Foza, from July to September, during the World Orienteering Championships (WOC 2014), an exhibition on mapping orientation will be hosted for the highlands cimbrici of Asiago, Luserna, Lavarone and Folgaria.

Orienteering maps will be exhibited from Marcesina plain in the east to Folgaria, Vezzena Millegrubbe in west: Plateaus of Asiago, Lavarone, Luserna, Folgaria a homogeneous area that was interested in the Middle Ages by the colonization of a population of Germanic origin, known as Cimbrici.

Historical maps will be also exhibited from the historic city archives, about the mapping of the area of Foza and Marcesina from 700 to the present day.

On this occasion, you will be able to visit the other floors of the museum, with interesting and engaging exhibits on World War I and pastoralism in seven municipalities, the famous sheep Foza to pensionatico and transhumance shepherds Cimbrici.

Opening Sunday 6, July at 10:00 am followed by buffet.

MECF - Ethnographic Museum of the Community of Foza  
Via Roma 1, Foza (Vi) [www.museodifoza.it](http://www.museodifoza.it)

Opening July-August: Tuesday to Friday 15:00-20:00 CEST, Saturday-Sunday and holidays 9:00-12:00 CEST and 15:00-22:00 CEST (other days and times by appointment).

Guided tours by appointment (languages: German, English, French, Portuguese).

Ticket (entire museum): 2,00 €.

# FIVE DAYS OF ITALY

## DAY 4 LAVARONE NORTH

The two starts (Red and Blue) are located at a 50/60 minute walk from the Competition Centre/Big Parking (2.5 Km + 250 climb). The paths to the Start will be indicated by tapes. Please cross the roads only at the guarded crossings. It is possible to reach the Start by using the ski-lift at € 3,00. You can buy the tickets at the Competition centre at the morning before the start.

The First Start is at 10.00 am. Please check your starting times. The starting

times in hours represent the time after the first start. Ex. Starting time 00.57 First Start 10.00 means Start at 10.57.00.

There is one big Parking space which is about 15 minutes walking distance from the 5 Days of Italy Finish.

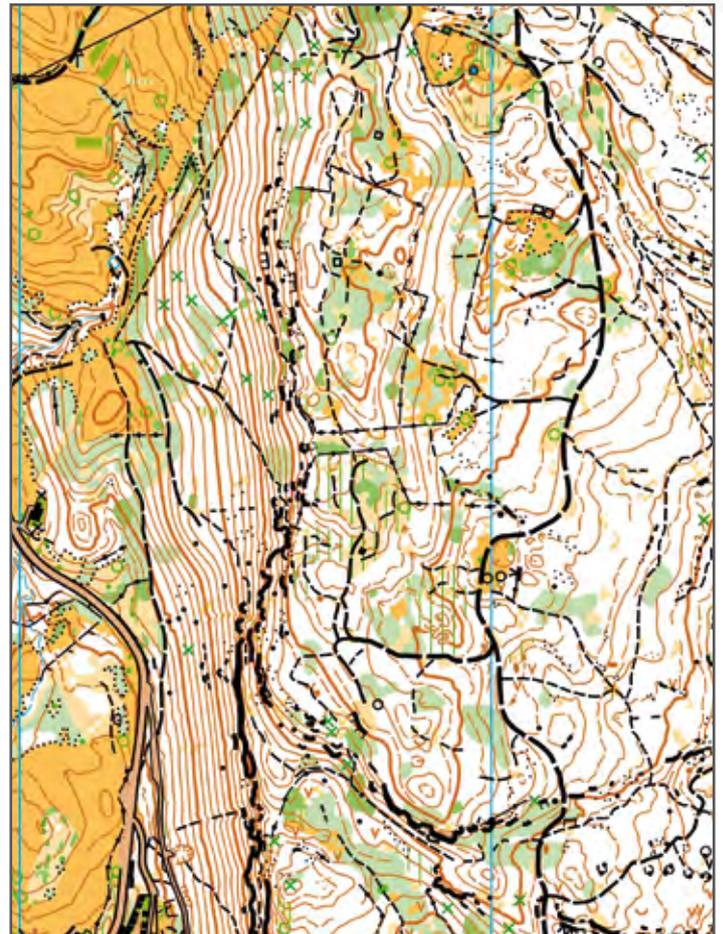
Please follow the instructions by the Staff.

Catered Food will be provided at the Arena.

### DAY 4 – LAVARONE NORTH

**THURSDAY, JULY 10<sup>th</sup> 2014**

|                                    |  |
|------------------------------------|--|
| <b>Place:</b>                      | Lavarone (TN)  |
| <b>GPS Arena:</b>                  | 45.946629, 11.263442 (GMaps)   |
| <b>Distance from event center:</b> | 30 km  |
| <b>Type:</b>                       | Long   |
| <b>Map:</b>                        | Lavarone North - 1:10.000 eq. 5 m<br>1:15.000 eq. 5m   |
| <b>Terrain description:</b>        | Alpine woods and meadows. Many types of terrain: meadows, open and dense forest, ski slopes, bushes. Forest with large boulders, cliffs, depressions and prominent hills. Dense vegetation in spots. |
| <b>Mapper:</b>                     | -  |
| <b>Course planners:</b>            | Fabio Hueller  |
| <b>Competition center open:</b>    | from 08.30 to 16.00  |
| <b>Start:</b>                      | from 10.00 to 13.30  |
| <b>Closing of finish:</b>          | at 16.00   |
| <b>Note:</b>                       | Catered food stands at the competition centre  |



# SIDE EVENTS

NOT ONLY SPORT: DISCOVER WITH US MANY ACTIVITIES AS ENTERTAINMENT & CULTURE FOR FAMILIES, ATHLETES AND TOURISTS



## JULY, 11<sup>th</sup> FOLGARIA (TN) *Circuit of Golf*

### STAGE 1

The Golf Club Asiago in the day TUESDAY 8 JULY opens the doors of its structures to orienteers in the following ways:

- Time of entry from 09.00 to 10.00 - reservation mandatory to [info@golfasiago.it](mailto:info@golfasiago.it);
- Every 10 minutes can start 4 players. The number of players allowed is 24. The entrance is free;
- 8 bags complete available for rent to men and 2 bags complete for rent to women. The rate is EUR 25.00 per day.

### STAGE 2

The Golf Club of Folgaria in the day FRIDAY 11 JULY opens the doors of its structures to orienteers in the following ways:

- Time of entry from 09.00 to 10.00 - reservation mandatory to [segreteria@golfclubfolgaria.it](mailto:segreteria@golfclubfolgaria.it);
- Every 10 minutes can start 4 players. The number of players allowed is 24. The entrance is free;
- Bags complete available for rent, to men and women at a cost of € 20.00 for the day.

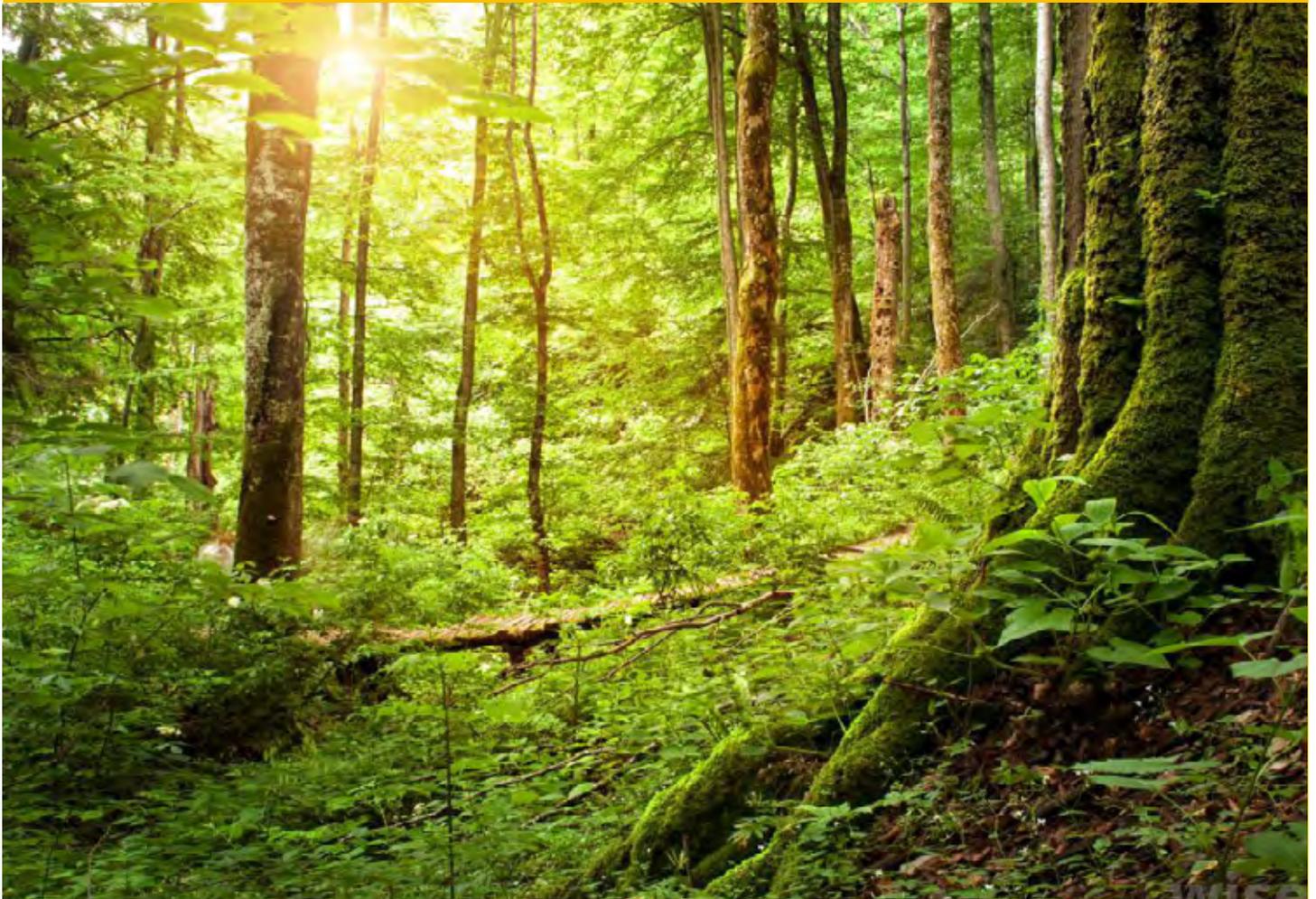
## JULY, 11<sup>th</sup> - ASIAGO (VI) - LAVARONE (TN) *Visit to the PEFC certified forests*

Guided tour with the theme "The Forest PEFC Certified - The quality of the woods and the chain of Wood" Monte Corno. Eventually chance to visit the Botanical Garden at a cost of € 3,00.

Time: 3 hours

Difficulty: Easy, suitable for ages 6 and up

The guided tours are meeting at 09.00 am from the square to the ice stadium of Asiago. Moving with own vehicles. Reservation by 18:00 the day before by calling 340.73.47.864 - Guides Altopiano. Reservations required - Cost € 10,00 [www.guidealtopiano.com](http://www.guidealtopiano.com)



## PARTNERS



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