

CITY RACE EURO TOUR



Darmstadt · 23.–25. August 2019

Final Information



RheinMainCityRace  .org 2019

Stand: 22.08.2019

Schedule for the RheinMainCityRace Weekend

Friday, August 23, 2019

Sprint-Prologue at the **Woog Quarter**

- 16:00 Competition centre opens
(Darmstädter TSG 1846, Heinrich-Fuhr-Straße 40, 64287 Darmstadt)
- 18:00 Sprint at the Woog-Quarter (free start 18:00-20:45)
- 21:30 Course closure
- 19:00 Event accommodation opens
- 22:30 Event office closes

Saturday, August 24, 2019

Double sprint for the **Deutschen Park Tour** and **Rhein-Main-Rang-Liste** in **Arheilgen**

- 08:30 Competition centre opens in Arheilgen
(Astrid-Lindgren-Schule, Stadtweg 1, 64291 Darmstadt)
- 10:00 Race 1
- 12:30 Course closure race 1
- 14:00 Race 2
- 16:30 Course closure race 2
- 16:30 Prize-giving ceremony

Sunday, August 25, 2019

Shortened long distance for the **City Race Euro Tour** and **RheinMainCityRace** in the **Martins Quarter** and **Darmstadt city centre**

- 07:00 Competition centre opens in Darmstadt
(Ludwig-Georgs-Gymnasium, Nieder-Ramstädter Str. 2, 64283 Darmstadt)
- 08:00 Event accommodation closes
- 09:00 **RheinMainCityRace 2019**
- 13:00 Course closure
- 13:30 Prize-giving ceremony

Final Information

General Information

Competition Packs

Competition packs can be picked up at the competition centre on Friday and at the event centres on Saturday and Sunday. One per club. Open fees can be paid here.

Start Numbers

The start number must be worn unfolded and clearly visible on the chest on all days. A start number is required to receive a map and start. Defective or lost start numbers can be replaced in the event centre (3, - EUR).

Timing

Timing for all days is carried out via the electronic system SPORTident. AIR+ is enabled for contactless punching at all controls including the finish.

Please note: Because of the number of controls on Sunday on the courses 1 - 4 (D18-20, D Elite, D35, H18 20, H Elite, H35, H40-45, OLS) the following SI-Cards are not suitable:

Sicard5 and Sicard8 and ComCard-UP (Chip-numbers 1-499.999 und 2.000.0001-2.999.999)

SI-Cards can be borrowed at the event centre for a fee of 3, - EUR. Loss or non-return of the SI-Card costs 60, - EUR. SIAC (SPORTident Active Card - for contactless punching) can be bought at the O-Shop.

Competition Rules

The current competition regulations of the Deutsche Turner Bunds (DTB) apply.

Control Descriptions

For all days with symbols on the map and loose at the start.

D/H10 have text control descriptions in German on the map, as well as loose at the start in English and German.

Out of Bounds Areas

The restricted areas (pink shaded) and private properties (olive green) printed on the map may not be entered. Obstacles mapped as impassable (fences, walls, etc.) must not be crossed. Non-compliance will result in disqualification.

Please note that the courses run through large parts of the city centre. For the sake of our sport for mutual consideration. Installations in front of shops, restaurants and bistros are marked in violet and may not be crossed.

Control Locks

The controls are equipped with a cable protection on all days to prevent loss. This can lead to manual punching being impaired. Runners are responsible for successful punching.

Map Return

Maps can be kept after finishing, however, do not show the map to runners who have not started yet. Fair play!

Readout / Refreshments

Please go to the competition centre immediately after the finish to read out your SI card. Refreshments will also be available here.

Shoes

Spikes of any form are not allowed. In addition to the urban sealed areas, parks and smaller forest areas as well as small slopes must also be taken into account when selecting suitable running shoes.

Construction Sites

The races take place in urban terrain. It is therefore possible that construction sites will occur that did not exist when the maps were created. This also applies to the parks and gardens.

First Aid / Paramedics

Paramedics are on site in the respective competition centres on all days.

Catering

Friday we have fresh waffles and melon pieces in the WKZ. The Restaurant "Bistorante Am Woog" in the immediate vicinity of the competition centre also offers hot meals and drinks.

Saturday & Sunday there is coffee, cake, grilled food, vegetarian food, etc. at the Competition centre.

Kid's Course

On Saturday and Sunday a **free kid's course** is offered. On Saturday from 11:00 until 14:00 and on Sunday from 10:00 until 12:30.

Photo-O

In addition, the touristic highlight of Darmstadt, the Mathildenhöhe, can be explored with a photo-O. The outstanding Art Nouveau ensemble is just a 5-minute walk from mass accommodation. Maps can be purchased at each event centre and mass accommodation for **2, - EUR**.

Swimming Pool

For all participants there is a **discounted entrance (1, - EUR)** to the outdoor pool „**Naturfreibad Großer Woog**“, which is located directly at the event office and mass accommodation. To receive this simply show your start number.

O-Shop

OL-Shop Conrad will be present at the at the event centres on Saturday and Sunday.

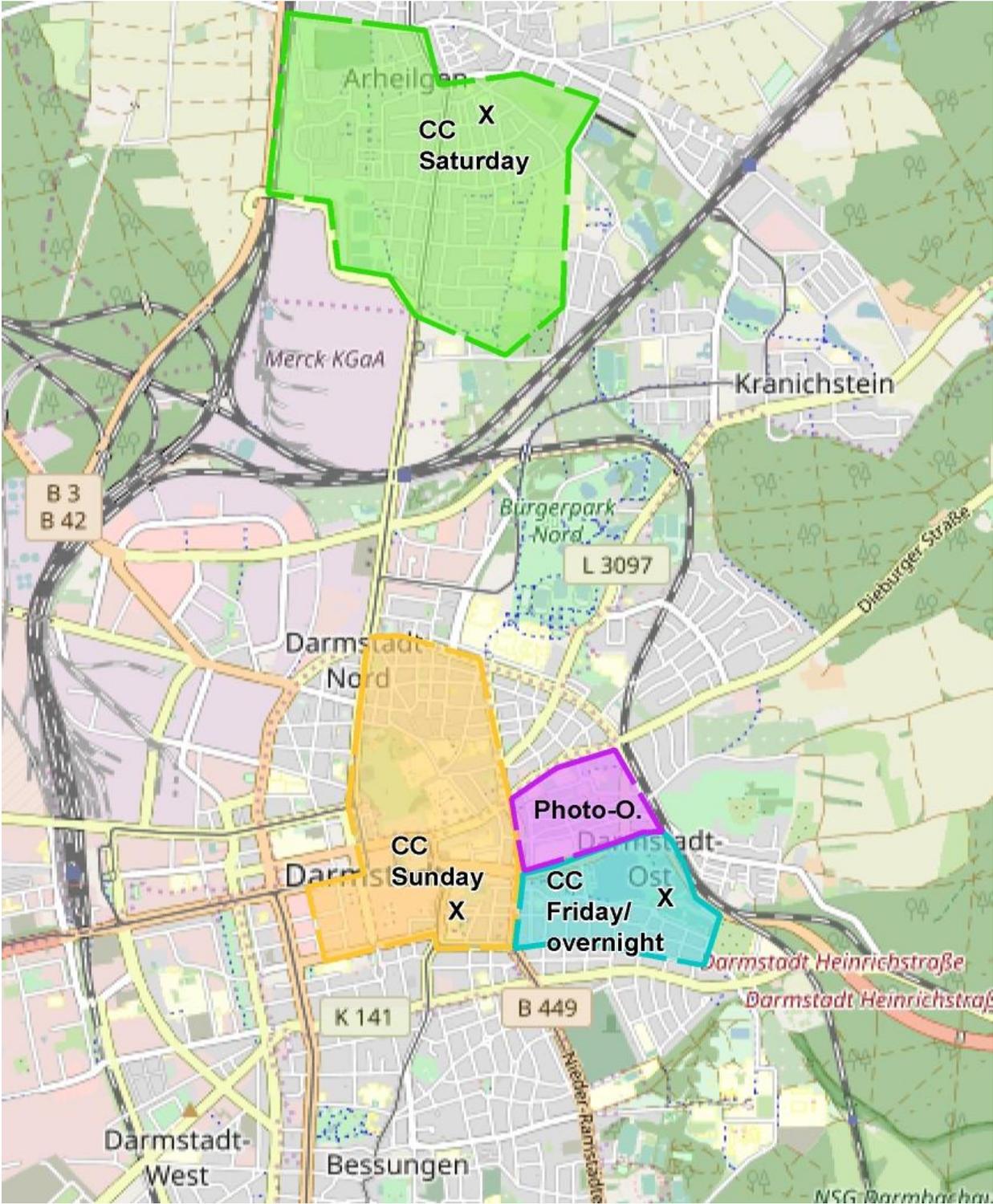
Live-Results

Live results can be viewed at <http://rheinmaincityrace.org/> or directly at <http://live.jsh.de>.

Course Data

Categories	Fr., 23.08.2019		Sa., 24.08.2019		So., 25.08.2019	
	Prolog		DPT & RMRL		RMCR & CRET	
	km	Controls	km	Controls	km	Controls
			1st/2nd	1st/2nd		
D10	1.1	8	1.0 / 0.8	10 / 9	1.2	9
D12	1.5	10	1.4 / 1.3	11 / 10	1.9	14
D14	2.4	12	1.4 / 1.3	11 / 10	3.3	18
D16	3.0	16	2.3 / 2.2	11 / 12	3.3	18
D18	3.7	16	2.3 / 2.2	11 / 12	7.5	32
D20	3.7	16	3.7 / 3.4	16 / 18	7.5	32
D Elite	3.7	16	3.7 / 3.4	16 / 18	10.4	41
D35	3.0	16	2.9 / 2.5	13 / 12	10.4	41
D40	3.0	16	2.9 / 2.5	13 / 12	6.6	27
D45	2.4	12	2.3 / 2.2	11 / 12	6.6	27
D55	2.4	12	2.1 / 2.1	14 / 13	4.7	25
D65	1.5	10	1.7 / 1.6	12 / 11	1.9	14
D75	1.5	10	1.7 / 1.6	12 / 11	1.9	14
H10	1.1	8	1.0 / 0.8	10 / 9	1.2	9
H12	1.5	10	1.4 / 1.3	11 / 10	1.9	14
H14	3.0	16	1.4 / 1.3	11 / 10	4.7	25
H16	3.7	16	3.7 / 3.4	16 / 18	4.7	25
H18	4.1	21	3.7 / 3.4	16 / 18	10.4	41
H20	4.1	21	4.3 / 4.3	20 / 22	10.4	41
H Elite	4.1	21	4.3 / 4.3	20 / 22	11.9	47
H35	3.7	16	3.4 / 2.7	13 / 15	11.9	47
H40	3.7	16	3.4 / 2.7	13 / 15	8.4	34
H45	3.0	16	2.9 / 2.5	13 / 12	8.4	34
H55	3.0	16	2.3 / 2.2	11 / 12	6.5	27
H65	2.4	12	2.1 / 2.1	14 / 13	3.3	18
H75	1.5	10	2.1 / 2.1	14 / 13	1.9	14
OLS	4.1	21	3.4 / 2.7	13 / 15	7.5	32
OMS	3.0	16	2.1 / 2.1	14 / 13	3.3	18
OKL	1.5	10	1.4 / 1.3	11 / 10	1.9	14

Event Locations



Day 1 – Sprint-Prologue

Friday, August 23, 2019

To kick off the weekend, a sprint prologue will take place on Friday evening at the university campus "Lichtwiese" and the neighbouring Woog quarter.

The area offers park-like sections with meadows and woodland as well as urban areas with winding running tracks.

The runability is good with isolated slopes.

There is no fixed start list. Between 6:00 pm and 9:00 pm you can put your name on the start list at the event centre and go to the start accordingly

Presenter: ol-rhein-main.de – a project of HTV, RhTB and TVM.

Organizer: OLV Steinberg e. V.

Competition Director: Claas Behrendt, Jakob Doetsch

Setter: Cedric Guthier

Controller: Claas Behrendt, Jakob Doetsch

Competition Form: Sprint

Map: „Woogviertel“
Scale 1 : 5.000, contour interval 2,5m, ISSOM2007, as of 08/2019

Event Office / Darmstädter TSG 1846

Competition Centre: GPS: 49.871834, 8.673994

Address: Heinrich-Fuhr-Straße 40, 64289 Darmstadt

Parking / Limited parking at the event centre Please follow the parking attendants.

Public Transport: Parking directly at the mass accommodation is not possible (walking distance from WKZ approx. 200 m).

The train station "**Darmstadt Ostbahnhof**" is about 400m walking distance away.

Info: South of the running area a 2nd division football match between Darmstädter-Lilien and Dynamo Dresden will be held. Please be considerate.

Due to the narrow streets, please pay special attention to the traffic at intersections.

Near the end of all courses, runners cross the bicycle path on the way to the start again in the area of a curve, please pay special attention to cyclists!

Special Symbols: Black circle = advertisement pillar

Distances: Parking - Event centre: ca. 150 m

Event centre - Start: ca. 400 m

Parking - Mass Accommodation: ca. 350 m

Day 2 – Deutsche Park Tour / Rhein-Main-Rang-Liste

Saturday, August 24, 2019

The venue for day 2 is the **district Arheilgen**, a small suburb to the north of Darmstadt. The terrain of detached and terraced houses, small open spaces in between and larger complexes of buildings offers tricky route choices and at the top speed requires good planning and quick decisions. Coastal feeling comes in the western part of the map, where a dune-like noise protection dam with various playgrounds brings some altitude in the otherwise flat terrain.

In addition to the [Deutsche Park Tour](#), the double sprint also gives ranking points for the [Rhein-Main-Rang-Liste](#).

Presenter:	Deutsche Park Tour (part of German Orientation Sport Association eV)
Organizer:	OLV Steinberg e. V.
Competition Director:	Claas Behrendt, Jakob Doetsch
Setter:	Toby Scott
Controller:	Brit Horst (SC Königstein)
Jury:	Helmut Conrad (USV TU Dresden), Anne-Katrin Klar (OLF Mainz)
Competition Form:	Double sprint with time addition
Map:	„Arheilgen Ost“ und „Arheilgen West“ Scale 1 : 4.000, contour interval 2,5m, ISSOM2007, as of 08/2019
Event Office / Competition Centre:	Astrid-Lindgren-Schule GPS: 49.910267, 8.660353 Address: Stadtweg 1, 64291 Darmstadt
Categories:	For the DPT ranking and the RMRL ranking the following categories pairs are combined (same course): -16/-18, -20/Elite, 35-/40-, 65-/75-.
Parking / Public Transport:	Parking is only available on the outskirts of Arheilgen. We recommend travelling by public transport. The competition area must not be entered, even by car! Use of the north-south axis Frankfurter Straße is allowed however. The nearest stop is on Frankfurter Straße (" Darmstadt-Arheilgen Löwenplatz ", approx. 350 m to the event centre). The route to the event centre will be flagged out. From the central transfer stop " Darmstadt Luisenplatz ", tram lines 7 and 8 run every 15 minutes. Parking is permitted north of Albrechtstraße. To the south of this is the competition area, where parking is not allowed.
Showers / WC:	At the event centre.
Distances:	EC - Start (Race 1) / Finish (Race 1) - EC: ca. 900 m / ca. 300 m EC - Start (Race 2) / Finish (Race 2) - EC: ca. 700 m / ca. 700 m
Info:	Due to the narrow streets, please pay special attention to the traffic and other runners at intersections.
Special Symbols:	Black X = seat bank Black circle = advertisement pillar

Day 3 – City Race Euro Tour / RheinMainCityRace 2019

Sunday, August 25, 2019

The race with **City Race Euro Tour** points and the centrepiece event also marks the conclusion of the weekend: the **RheinMainCityRace 2019**.

With the Darmstadt city centre, the Martins Quarter and the Herrngarten, an orienteering and touristic highlight awaits the participants. In the heart of Darmstadt, the most diverse types of terrain meet: the northern part of the map is located in the Martins Quarter, which dates back to the Wilhelminian era. Here, in addition to classic route choices, it is important to find the right access to winding courtyards. To the south the courses navigate the Herrngarten, an English park from the 18th century, the Hessian State Museum and the 120-year-old campus of the Technical University.

The changes of terrain demand the attention of the runners, because the parks allow high speed over open meadows, while the campus with stairs and different levels rewards more precise fine orientation. After a map change, competitors pass Darmstadt castle and Luisenplatz in the sprawling pedestrian zone. Here, numerous alleyways and passages provide adequate complexity.

Presenter: City Race Euro Tour / ol-rhein-main.de

Organizer: OLV Steinberg e. V.

Competition Director: Claas Behrendt, Jakob Doetsch

Setter: Cedric Guthier

Controller: Anne-Katrin Klar (OLF Mainz)

Jury: Helmut Conrad (USV TU Dresden), Anne-Katrin Klar (OLF Mainz)

Competition Form: Shortened long-distance urban race

Attention, extended pre-start of -6 minutes!

Map: „Martinsviertel“ and „Darmstadt Innenstadt“

Scale 1 : 4.000, contour interval 2,5m, ISSOM2007, as of 08/2019

Event Office / Ludwig-Georgs-Gymnasium

Competition Centre: GPS: 49.869801, 8.657857

Adress: Nieder-Ramstädter Straße 2, 64289 Darmstadt

Categories: The following categories are combined for the CRET ranking (same course): -14/-16, -18/-20, Elite/35-, 40-/45-.

Parking / Public Transport: The event centre is within walking distance about 1.3 km from the competition office / mass accommodation. Limited parking is available here. The way from the competition office to the event centre is flagged. No parking is available at the event centre. Parking spaces are available at the Jugendstilbad or Mercksplatz (Merckspl. 1, 64287 Darmstadt).

The competition area is out of bounds, even for cars!

The stop "**Darmstadt Schulstraße**" is located on Karlstraße directly at the event centre (approx. 100 m).

Showers / WC: At the event centre.

Distances: Competition centre / TSG - Event centre: ca. 1,3 km

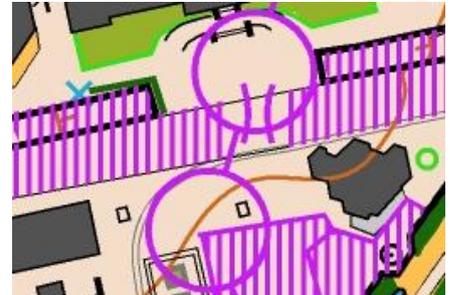
Event centre - Start: ca. 850 m

Finish - Event centre: ca. 50 m

Info:

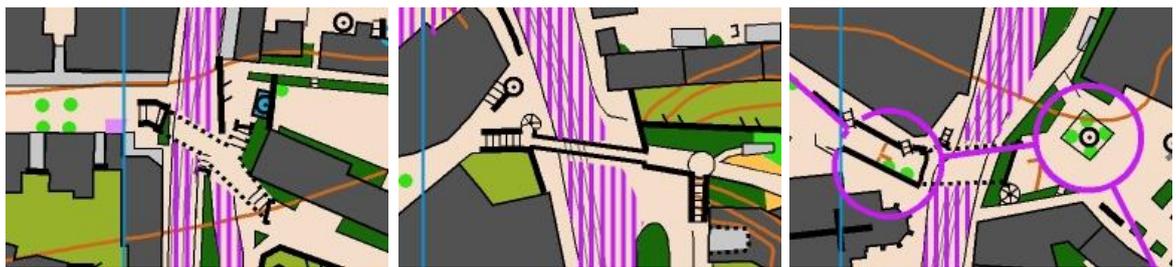
All courses cross a road at a traffic light crossing about halfway through. Runners must cross only during the green phase. Failure to do so leads to disqualification!

On both sides of the traffic light there is a control to be punched, the time in between is not counted because of the traffic light. The maximum allowed time between the controls is 1.5 minutes.



Drinks control: only at the traffic light crossing before the traffic light

Later in the course runners must cross a busy road (out of bounds) using either two underpasses or a bridge. These roads must not be crossed at street level. **Failure to do so leads to disqualification!** Courses up to D/H14 are led to an underpass and safely guided by two controls on each side.

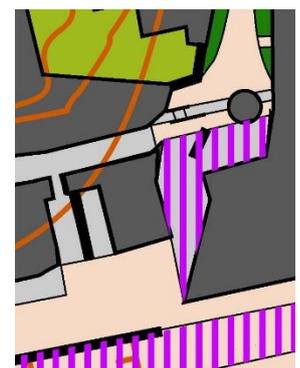


Note automatic doors:

After control 47, a route leads through a passageway with automatic doors that react to movement and open.

At this point note underground car park:

Also in this area (control 47) is the entrance to an underground car park, which is marked on the map as a restricted area. For safety reasons, it is absolutely necessary to refrain from passing through this area, infringements will be punished with disqualification.



Special Symbols:

Seat banks are not marked

Black circle = advertisement pillar of air vent

Disclaimer

Participation is at your own risk. Presenters, organizers, property owners and authorities assume no liability. Sufficient insurance is the responsibility of the participant.

The competitions take place in public streets without blockages for general traffic. There are no barriers. **Following standard German traffic regulations is mandatory.** Pedestrians, visitors and tourists must be considered.

Data Protection

The personal data provided during registration will be stored and used for the purpose of carrying out and handling the event and for the purposes of media coverage. By registering, the participant agrees to a storage of data for these purposes.

Participants are advised that the event is a sporting event of public interest, and acknowledges that it is customary for participant lists to be published in the media. Participants agree to the publication of their surname, given name, year of birth, club as well as the images in which they are depicted in all reported print media (list of participants, result list, etc.) and in all electronic media such as the internet.

If a participant does not give this consent or subsequently revokes it, they will not be able to attend the event.

The results will be forwarded to the organizers of the various ranking lists (Euro City Race Tour, Deutsche Park Tour, ol-rhein-main.de) for the calculation of the respective ranking points and used and stored by the organisers for this purpose.

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