

Relay of the Dolomites 2023

7th edition

Bulletin 1

20-21 May 2023, Falzes - Alto Adige/South Tirol, ITALY

www.relay-dolomites.com

We are excited to welcome you to the seventh edition of this spectacular orienteering relay!
The competition has a unique and thrilling race formula based on club spirit.

Venue

The competition venue is a nice pine forests of Falzes in beautiful Val Pusteria near to Brunico. Falzes lies northwest of Brunico and is considered one of the five sunniest villages in Val Pusteria!

Program

Friday, 19th May 2023, training

14.00-18.00 training opportunity, Falzes, parking GPS 46.809144, 11.907388

Saturday, 20th May 2023, Regional Championships, Middle <https://www.haunoldoteam.it>

Arena – Sportcenter Falzes, parking GPS 46.807235, 11.881537

15.00 first start

18.00 prizegiving ceremony

Sunday, 21st May 2023, Relay of the Dolomites

Arena – Sportcenter Falzes, parking GPS 46.807235, 11.881537

9.30 first start

12.30 finish first team

14.30 prizegiving ceremony

Relay OPEN

	Classes*	Difficulty	Length
1st leg	Open	difficult	6,0km
2nd leg	Open	medium	3,5km
3rd leg	Open	difficult	4,0km
4th leg	Open	difficult	6,0km
5th leg	Open	difficult	9,0km

*the recommended age for all legs is 14 years and older

Relay WOMEN

	Classes*	Difficulty	Length
1st leg	Women	difficult	4,0km
2nd leg	Women	medium	2,5km
3rd leg	Women	difficult	3,5km
4th leg	Women	difficult	5,0km

*the recommended age for all legs is 14 years and older

Kids Relay

There will be two classes: Boys and Girls. The age is 10-14 years old (born 2009-2013). Each team consists of two athletes. The girls can run in the boys' class.

Kids Boys

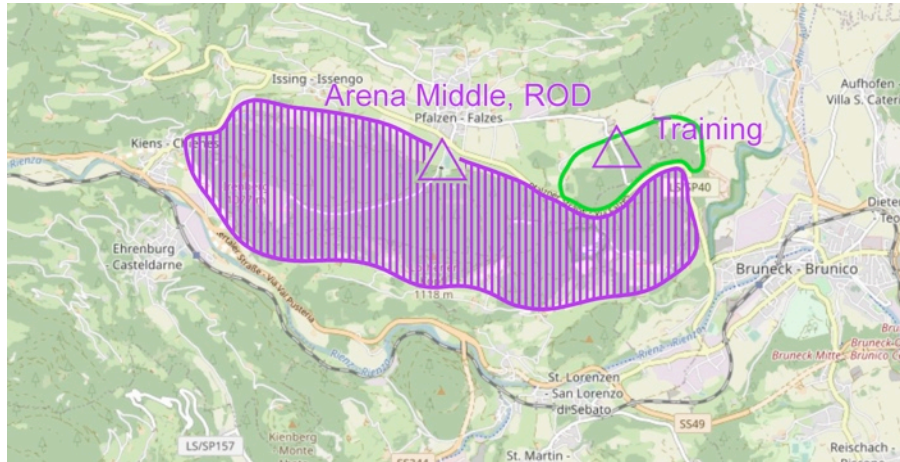
	Classes	Difficulty	Length
1st leg	MW10-MW14	easy	2,0km
2nd leg	MW10-MW14	easy	2,4km

Kids Girls

	Classes	Difficulty	Length
1st leg	W10-W14	easy	2,0km
2nd leg	W10-W14	easy	2,4km

Runners from different clubs are allowed to run together but as it is a club relay it is strongly recommended to compose club teams!

Overview map and Embargoed Area

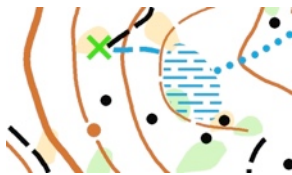


Terrain

Orienteering terrain between 1000 and 1100m above sea level. Gentle slope covered with pine forest with high runnability and good visibility. Dense net of forest roads and paths with many stone features makes the area tricky and demanding.

Map

New map. Scale 1:10.000, 5m for Relay of the Dolomites and 1:7.500, 5m for Kids Relay. The map is produced in December 2022 by the mapmakers Viktor Kirianov and Vadym Prokopchuk.



Marlene
Sportident

GPS live tracking

Live tracking will be used. On the 1st, 4th and 5th legs of Relay OPEN, 1st and 4th legs of Relay WOMEN the best teams will be asked to wear vests with a GPS unit.

Punching system

Touchfree SPORTident Air+ punching will be used. For those who do not possess SIAC Cards it will be possible to punch in the normal way.

It is possible to borrow SportIdent Cards for 2,00€

Prize-giving

The first 6 teams of Relay OPEN and Relay WOMEN will be awarded value prizes. There will be also a prize-giving ceremony for the first three teams in both classes of the Kids Relay.

Entry

The entry is open from February 1st 2023 on our website: www.relay-dolomites.com

Entry fee:

- First deadline: 1st May 2023 (date within which the entry fee has to be paid, no names required)
100,00 Euro for Relay OPEN
80,00 Euro for Relay WOMEN
10,00 Euro for Kids Relay
- Second deadline: 15th May 2023 (date within which the entry fee has to be paid, no names required)
125,00 Euro for Relay OPEN
100,00 Euro for Realy WOMEN
12,00 Euro for Kids Relay


The deadline for the final entry with the athletes' names is Tuesday 16th May!

Bank data:

Amateursportverein T.O.L. Terlaner Orientierungsläufer
Raiffeisenkasse Etschtal Gen.
IBAN: IT45W0826958960000300210366
SWIFT BIC: RZSBIT21042

Runners bank

If you have difficulties to combine your own team you can contact the organisers and ask for help via e-mail: relay-dolomites@tolweb.net. Please provide the following data: name, surname, date of birth, gender, nation, SI-Card, e-mail, phone number, preferred leg. It will also be possible to start as a single runner with the last restart. The entry fee is 20,00 Euro. Please use the Entry Form from www.relay-dolomites.com



Individual runners without team have the possibility to run one of two prepared courses reserved for single athletes.

Course 1: 7,0km

Course 2: 3,5km

Accommodation

There are many accommodation possibilities in Val Pusteria.

For more info visit www.bruneck.com, contact info@pfalzen.net or call +39 0474 538833.

Main officials

President of the OK	Ernesto Rampado
Event Director	Mikhail Mamleev
Secretary	Federica Ragona, Sabine Rottensteiner
Coursesetter	Dario Beltramba
Arena	Giuliano Rampado
Prize-giving	Verena Troi
SportIdent	Alessio Dalfollo, Fabio Marsoner
Diretta	Stefano Raus, Federico Bruni
Speaker	Stefano Galletti
Web, design	Klaus Schgaguler, Thomas Widmann
Social media	Giuliano Rampado, Sonia Rampado

Contacts

Email: relay-dolomites@tolweb.net

Website: www.relay-dolomites.com



RELAY OF THE DOLOMITES IS POWERED BY



FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO



GEMEINDE PFALZEN

