



IMPORTANT: PRINT AND FILL IN THE FORM AT THE END OF THIS DOCUMENT. YOU CAN ONLY REGISTER WITH THIS FORM!

Dear hARz Adventure Racer,

Welcome to the hARz Drehtainer 2013 Adventure Race. Nearly 200 participants representing 16 nationalities will participate in the 4th edition of our race. We might as well unofficially speak of an European Championship.

For us it's very rewarding so many teams have signed in and have faith in us. We are determined to offer you an unforgettable experience. So we are looking forward to a great adventure race weekend and are excited about what lies ahead of us. Please don't forget to print and fill in the registration form (page 8). It will shorten the time of registering for everybody.

On behalf of "the hARz 2013" organization I wish you a wonderful and challenging race and weekend to remember.

Kind regards,

Winfried Bats
Race Director the hARz Drehtainer 2013 Adventure Race



GENERAL INFORMATION

RACEBASE KIEZ Güntersberge

Stolberger Weg 36
06507 Güntersberge
Germany
www.kiez-harz.de



When staying at KIEZ Güntersberge register at the reception. You need to make reservations yourself, the race doesn't include accommodation facilities. Guests staying at KIEZ should bring their own linen (sheets & towels) or rent these for € 4 at the reception. Parking only on the general parking area (not on KIEZ property, only when unloading). Only on Friday night you are allowed to sleep in your vehicle parked on KIEZ parking grounds outside the race base. Showers on Sunday can be arranged at the reception.

FOOD

When registering or arriving at KIEZ you can buy vouchers for breakfast (€ 5,50), lunch (€ 6,50) and warm meals (€ 6,50) at the reception. After the race teams can use their lunch vouchers (2 per team) on Sunday. Supporters and other guests must have lunch on Sunday at KIEZ restaurant due to limited space in the lunch area. They can join the teams at the prize giving ceremony.

TIME SCHEDULE

Friday April 19th

14.30 – 17.00	Team registration	Location: Club der Nationen
17.30	MOVIE: Dutch Bionix World Championship 2012 Documentary	Location: Club der Nationen
18.00	Briefing, map handout and sale	Location: Club der Nationen
19.00 - 19.30	Hand In gearbags and backpack* (*= Challenger teams only)	Location: Club der Nationen
19.45	Gathering of teams	Location: Club der Nationen
20.00	Opening ceremony the hARz 2013	Location: South side KIEZ grounds (see map)
20.30 (approx.)	Start of orienteering section (a.s.a.p.)	
22.00	Cut-off orienteering section	

Saturday April 20th

03.00	Start first team	Entry KIEZ (see map page 5)
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Sunday April 21st:

11.00	FINISH! (cut-off time race)	
12.30	Racers lunch (teams and organization only)	Location: Club der Nationen
13.15	RANKING THE st-AR-s (Prize giving ceremony)	Location: Club der Nationen





THE RACE

In the Harz there's so much snow you will race on snowy or either wet and cold surfaces because of melting snow. Most teams will not be able to get all checkpoint and bonus points. This is a result of our goal to have teams using the maximum racing time. The race is tough because of the short rest before the race and long race night on Saturday, the temperature and the continuous use of your feet. Do not be alarmed: in time you will look back on a great experience!

RULES

Read the rules (pages 8) before starting the race. Some rules have changed. We will not explain or repeat all the rules at the briefing. This year we will be very strict on the rule of leaving the roads. If local organizations witness problems on leaving roads we will be fined and they will not grant permits for future races. We will hold teams responsible for any consequences.

RANKING

- A. PRO
- B. Dutch National Championships (Dutch PRO racers only)
- C. CHALLENGER

Ranking method for all categories:

1. Amount of Transition Area's (TA)
2. Amount of Checkpoints (CP)
3. Amount of Bonus points (BP's)
4. Total race time

All CHALLENGER teams have the same information and time. For them it's how you plan your race which will make the difference.



GEARBAG

We will provide a simple and small ($\pm 30 \times 40$ cm) gearbag for extra drinks, food, clothing etc. You will receive it at TA2, halfway the race. You must take everything in this bag with you. We will not take care of what you leave behind.

GEAR BACKPACK (CHALLENGER TEAMS ONLY)

All CHALLENGER teams must bring one strong/closeable bag containing 2 mattresses and 2 sleeping bags. You will get it at TA3 for your 3-6 hours rest. The minimum time was 4 hours but we have changed this. The resting location is a simple unheated place. After resting these bags will remain at TA3. CHALLENGER teams that wish to change to the PRO category should inform us a.s.a.p..

THE START

The race will start with an opening ceremony and a short orientation on Friday evening. Set-up:

- After the briefing you will receive the race map including the map for this section;
- The orientation consists of two separate orienteering sections and a final CP. These sections are coloured: red and blue;
- Your team will be split. All racers will start separately but at the same time. One person per team will start with the red section and the other with the blue section. You can decide how you split up (decide by studying the race map);
- After you have found your CP's you must return to the start, find your teammate (meeting point) and get the final CP as a team;
- If your team hasn't found all CP's you may do the orientation together but only after 15 minutes have passed after the start. You may only leave together within 15 minutes if you have all CP's;
- If you have found all the CP's you may return to the finish area, finish and get your Saturday morning starting time;
- If you haven't got all the CP's and want to stop you can hand in your checkpoint card only after 60 minutes;
- Finishing after 22.00 hours will resolve in penalties (1 CP every 5 min) you are late. This will only influence your starting time;
- This section is obligatory. Not participating will lead to race disqualification;
- The Saturday morning starting list can be found at approx 22.30 hours outside the Club der Nationen (Briefing location);
- The first team will start at 3.00 O'clock in the morning. Following teams will start within an interval of 20 seconds.





Set up opening ceremony and orienteering section Friday April 19th

SPECIAL TASKS & SKILLS:

- Archery (4 shots, two should be within the limits). Practicing archery might save you some time;
- A 1000 metre rope slide (most of you will do it in the dark) going 80 km/p/h!;
- A combination of a rope ascent and descent (abseil), approx 20 metres.
You will be assisted but you must make sure you're able to do the abseil yourself;
- You must be able to use your compass: fix and follow compass bearings and estimate distances by i.g. counting steps.

FAQ

Please check the FAQ page on the website for frequently and less frequently asked questions.

MAPS

All teams will receive two A1 sized maps including road book information after the briefing. The scale is approximately 1:30.000 (scaled 1:25.000 map) and is an improvement (see example below) compared to the maps we used in previous editions. On the map you will also find the orientation map (scale 1:20.000) which you will need on Friday evening. Extra race maps for the race or as a souvenir will be on sale (1 euro) for participants and supporters after the briefing in the same building.

You are allowed to use other (digital) maps and internet prior to the start of the race to plan your course. We can't check all teams so we have changed this rule. Other (digital) maps are not allowed during the race!



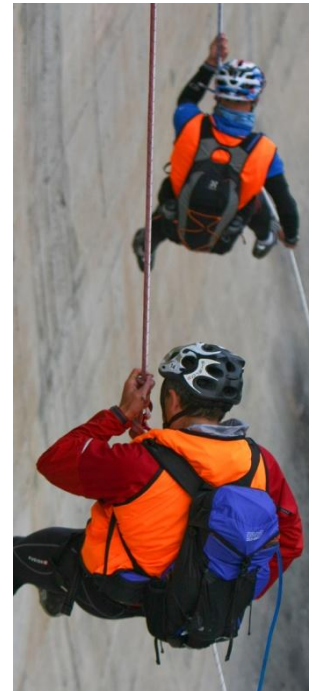


REGISTRATION

We will not check your equipment before the race. You're responsible for it! We will check mandatory equipment during the race. When missing mandatory equipment you will not be allowed to do special task #2 (1 km rope slide) including the corresponding section (a total of 3 CP's) and/or will be disqualified. If you have doubts about your equipment please ask when registering. Remember that the weather in the Harz can change rapidly. Especially in April it can be wet and dangerously freezing cold.

Mandatory individual equipment (to be carried all the time)

- 2 screw lock carabiners
- (for attaching your backback to your harness during the Harzdrenaline special task)
- Mountainbike (proper brakes)
- Cycling helmet (multi-purpose helmet allowed)
- White frontlight (headlight approved) and red rear light (when cycling)
- Headlight
- Spare batteries for your lights sufficient for a minimum of 16 hours
- Breaklight, (any colour will do)
- Survival blanket
- Waterproof jacket
- Warm long sleeved shirt
- Warm beanie (NEW)
- Warm gloves (NEW)
- Food and water (minimum 2 litres)
- Insurance card
- ID-card (e.g. passport)



Mandatory team equipment (to be carried all the time)

- Mobile phone programmed with 3 emergency numbers. Also to be found on the race map:
0031 6 4211 4999 (Winfried) 0031 6 8200 0988 (Ton) - 0031 6 2029 1196 (Mart).....
- Medical kit containing:
- 1x bandage (min. 7cm x 200 cm)
- 1x gauze to cover wounds (min. 8 x 8 cm)
- 2x adhesive plaster
- 1x compass

DEPOSIT

When registering you will be asked to pay a deposit of 50 euro's for using the race bibs, SportIdent card and bicycle number plates. Bring the exact or higher amount, we have no change. You will receive your deposit after returning all material.

WORLD CHAMPIONSHIP 2012 DOCUMENTARY PRESENTATION

Before the briefing you can relax or get into the right race mood by watching the large screen presentation of the Russchen Media documentary of Team Dutch Bionix (including Harm Bartholomeus – participant in this race – and Winfried Bats – organizer of this race) which participated in the World Championship Adventure Racing in France in 2012. Start: 17.30.



LIVE REPORT

During the race we will publish some updates (twitter.com/thehARz).



As in other years Russchen Media (Martijn/Xander), Harry van der Veen and RSA Fotografie (René) will capture this adventure. Russchen Media and Harry van der Veen will make a film documentary of the hARz from an organizational point of view.





ORGANIZATION

PARTNERS

We are very pleased to work together with the following partners, sponsors and helpful hands:

Drehtainer GmbH - Koudijs Ontwerp & Montage - Vaude - KSB Harz - Landkreis Harz - Bergwerk Quedlinburg
 KiEZ Güntersberge - DLRG Wernigerode – Harzdrenalin - Portform-link - Hennie Borkink
 RSA Fotografie - Harry van der Veen Fotografie - Russchen Media
 (and many local partners we can't mention not to reveal race information).

CREW

the hARz is only possible with the great help of our fabulous team. This year more than 50 Dutch and German volunteers are working hard for you in order to create an excellent race. They also will have a tough time out there. Keep that in mind!

RACEBASE



INFORMATION

For more information check www.thehARz.com or contact the organization: info@thehARz.com or 0031 6 4211 4999 (Winfried).





PRIZES

For all prize-winners we have a prize package with a value of ±3500 €.

the hARz Drehtainer 2013 – PRIZES / PRO CATEGORY

1st PRIZE

2nd PRIZE

3rd PRIZE



2x Vaude Bivi 1 solo tent (2x € 160)
Free Ticket the hARz PRO 2014 (±€ 250)*

2x Vaude Nevis 25 backpack (2x € 125)

2x Vaude Indoor fleece sleeping bag (2x € 60)

the hARz Drehtainer 2013 – PRIZES / CHALLENGER CATEGORY & DUTCH NATIONAL CHAMPIONSHIP

1st PRIZE

2nd PRIZE

3rd PRIZE



2x Vaude Nevis 25 backpack (2x € 125)
Free Ticket the hARz CHALLENGER 2014 (±€ 250)*

2x Edelrid Gear bag L (2x € 80)

2x Vaude Indoor fleece sleeping bag (2x € 60)

the hARz Drehtainer 2013 – PRIZES / DUTCH NATIONAL CHAMPIONSHIP

1st PRIZE

1st PRIZE

1st PRIZE



2x Vaude Nevis 25 backpack (2x € 125)
Free Ticket the hARz CHALLENGER 2014 (±€ 250)*

2x Edelrid Gear bag L (2x € 80)

2x Vaude Indoor fleece sleeping bag (2x € 60)

AND MORE!!

* Only in case of edition #5





RULES the hARZ 2013

1. GENERAL

- 1.1. Participants: minimum age for participation is 16 years at the moment of the race;
- 1.2. Declaration: participants will sign a declaration to declare to be in good health and conditions and are responsible for having a sufficient insurance;
- 1.3. Cancellation: withdrawal more than 4 weeks before the race start: 50% refund. Later: no refund. Withdrawal must be sent by email and is only accepted after confirmation by organization by email. It is permitted to hand over your registration to another participant or team.

2. THE RACE SET-UP

- 2.1. Section: part of the race in which a certain discipline is required;
- 2.2 Transition-area (TA): temporary race-base location with organization staff where teams change discipline. TA's are to be passed chronological order. Only bicycles, water bottles and small repair kit are allowed to be left behind at a TA (no shoes and helmet);
- 2.3. Checkpoint (CP): point to be passed by complete teams in chronological order (unless mentioned otherwise) carrying all material between Transition Area's (TA's). CP's can be recognized by red-white plastic ribbon, coded confetti on the ground and a SI(Sport Ident)-control station. The SI-control station can be found within a radius of two meters from the red-white plastic ribbon. In case of a missing SI-control station report this at the next TA. When missing SI-control station is confirmed by the organization CP will be cancelled, no time extraction will be given to teams;
- 2.4. SI(Sport Ident)-card: card which you stick into the SI-control station to confirm the CP. You will receive a waterproof paper checkpoint card in case the SI-control station is missing. Every station has an orienteering pouch;
- 2.5 Cut-off time: time when you must have left the Transition Area, Special Task or closing time of the Finish;
- 2.6. Racebib: race jacket with team number and logo. To be worn visible and returned after race;
- 2.7 Support: during the race teams are responsible for their own food,

material, drinks etc. Teams are not allowed to accept any help, transport or support from supporter's or other people during the race;

2.8 Behavior: you are a guest in this area. Take notice of other people on the racetrack, leave no rubbish, respect the nature and stay on the paths at all times.

3. DISCIPLINES

- 3.1. Trekking & orientation running: when dark headlight must be switched on at all times! Carry your helmet with you at all times. Backpack or helmet is not needed during the first orienteering section;
- 3.2. Mountain biking: always wear a bicycle helmet during cycling. During darkness teams must carry a white front light (on bike or headlight) and back red light (on bike or backpack). Towing team mate is allowed (not downhill);
- 3.3. Run & Bike: teams use one bicycle. Team members don't have to stay together during this leg but must arrive at CP's together. Only one team member on a bicycle. Towing is allowed (not downhill).
- 3.4. Special Tasks: in case of climbing sections a (bicycle) helmet is obligated. The organization will provide climbing equipment during the race (except for two climbing karabiners). Waiting time will be noted and extracted from the total time. Deadlines will not change.

4. CATEGORY, RANKING, PENALTIES, WITHDRAWS AND COMPLAINTS

- 4.1. Ranking: there will be three categories.
 - A. PRO
 - B. Dutch National Championships;
 - C. CHALLENGER

Ranking method for both categories:

1. Amount of TA's
2. Amount of CP's
3. Amount of BP's (bonus points);
4. Total race time

- 4.2. Penalties: TA cut off times are leading. Leaving a TA after cut off time will resolve in distraction of one CP every 15 minutes. The TA will be close 30 minutes after the cut off time. In case of arrival later than 30 minutes after the closing time you must inform the organization;
- 4.3. Withdrawal: the organization has the right to (temporarily) withdraw a participant or team. In case of voluntary withdrawal the team must inform the organization directly. The team will not be allowed back into the race. It's not the organization first priority to bring teams to the finish. New teams are allowed to be formed but will not officially race. A participant is not allowed to race solo;
- 4.5. Complaints: complaints can be submitted to the organization until 30 min after the finish deadline.

5. SECURITY

- 5.1 Race admittance: teams have to pay race fee and risk declaration prior to racing;
 - 5.2: Stick together: teams must stick together during the race;
 - 5.3 Help: in case of accidents or other emergency's help other teams at all times;
 - 5.4 TA: never skip a TA without informing the organization;
 - 5.5 Equipment: carry mandatory equipment all times. During the race you will be checked. Missing equipment will lead to extraction of points or to disqualification.
 - 5.6. Emergency protocol: (accident, severe illness etc.): printed on the race map;
 - 5.7 Equipment: see checklist page 4. We will not check your equipment prior to the race;
- Forbidden equipment during the race:
- Maps which are not provided by the organization;
 - GPS for tracking. However: in order to check your route after the race and without uploaded maps a GPS is allowed. You should inform the organization at the registration;
- 5.8. Swimming: There will be no swimming section. However, participants should be able to swim.

DREHTAINER 
Protection makes the difference.

KOU US
outwerg
montage

THE SPIRIT OF
MOUNTAIN SPORTS 





STATEMENT OF RULES ACCEPTANCE & PERSONAL RISK (PRINT, FILL IN & TAKE WITH YOU)

NR.	TEAM NAME:	
To be filled in by organization	Exact same as on the internet teamlist.	To be filled in by organization PRO / CHALLENGER
PHONE	Emergency handy phone number during the race, including country code. 00	

- I participate in "the hARz 2013" Adventure Race at my own risk;
- I understand and will commit myself to the rules (page 7). I am responsible for all consequences of not following the rules;
- A full comprehensive insurance is my responsibility; it will cover any costs of injury, transportation and material damage to myself and to other people during this event (racers are not covered by insurance by the organization);
- I am responsible for sufficient race equipment;
- I'm aware of the risks of minimal sleeping and will be responsible for resting during the race in order to guarantee the safety of my team and myself;
- I declare to be in a good health and condition to participate in this race. I am able to swim 100 meters in open water;
- At the registration I received: 2x wrist bands (wear it until lunch on Sunday), 1x gearbag, 2x race bibs, 2x bicycle number plates + 4x straps (to be placed on front side of bicycle), 1 SportIdent-card, 1x checkpointcard for the orienteering on Friday evening, 1x emergency checkpointcard, 1 gearbag label and (CHALLENGER teams only) 1 gear backpack label;
- Leaving your bicycle unattended and unlocked before and after the race is at your own risk. We will guard your bicycle at the Transition Area's and Special Tasks in pre-arranged bicycle parking courts;
- Leaving valuables unattended is at own risk;
- All pictures and video made during the event with my appearance are free of use.

Check

- 50 euro deposit for the use of the race bibs, bicycle plates and SI Card
- 50 euro deposit returned by organization

Date:	April 19th 2013
Name team member 1	Name team member 2
Signature:	Signature:
Team checked at Sport-Ident desk:	
Remarks organization:	Signature Sport-Ident team/organization:

