

Welcome to the 26th European Foresters' Orienteering Championship



1. Welcome

On behalf of the EFOL 2019 organizing committee, we would like to welcome you to Jablonec nad Nisou, to the 26th EFOL! Liberec and Jablonec nad Nisou are famous for many sport activities, including popular cross-country ski race "Jizerská 50" held in Bedřichov.

We warmly invite you to participate in all competitions, the forest seminar, banquet, excursions and to meet professional colleagues and friends from 14 European countries.

We will do everything to make you happy and feel comfortable. As always, three races will take place during this week. All competition areas are located within or around Jablonec n.N. You will have an opportunity to run through diverse terrain at Sprint, and deal with a technical terrain during the Middle distance and the Relay races. We wish you a lot of fun and success in the competitions.

High woodland in the Liberec Region, a less demanding terrain of the Jizera Mountains, is ideal for recreation of locals and other visitors. You will have an opportunity to learn more about it during the excursions. Participants of the forestry seminar can will learn about the current drought problems and subsequent bark calamity in the Czech Republic.

The organization of this event would not be possible without financial support of main partners - Lesy ČR (Forests of the Czech Republic) and our other important supporters: the Ministry of Agriculture of the Czech Republic, the Forest Management Institute, the Association of Owners of Municipal and Private forests Javořice a.s., Wood and Paper a.s., Decathlon, City of Jablonec n.N., Municipality, The Regional Authority of the Liberec Region.

We wish you a pleasant stay in the Czech Republic and a great sport experience.

The EFOL 2019 organizing committee, Antonín Navrátil, Jan Pícek, Hana Šimková, Roman Šimek, Zdeněk Zuzánek

2. Organizers

■ Organizing subject: TJ Tatran Jablonec n. N., z. s.

Jungmannova 14, 466 01 Jablonec nad Nisou
Czech Republic
IČ: 16389131

■ The EFOL 2019 organizing committee

Event director: *Zdeněk Zuzánek*
Marketing director: *Roman Šimek*
Secretary: *Antonín Navrátil*
info@efol2019.cz
Sport director: *Jan Pícek*
Website manager: *Johanka Šimková*
Communication: *Hana Šimková*

■ Course setters

Sprint: *Jan Pícek*
Middle: *Zdeněk Zuzánek*
Relay: *Dušan Novotný*

■ Contact

E-mail: info@wcup.cz
Web: www.efol2019.cz
 [event: EFOL 2019](#)



3. Venue

Jablonec nad Nisou

Jablonec nad Nisou is a town in northern Bohemia, the second largest town of the Liberec Region. It is a mountain resort in the Jizera Mountains, a local centre for education, known for its glass and jewelry production. Between 1938 to 1945 it was one of the municipalities in Sudetenland. Jablonec is a centre of active holiday tourism and sport, having a swimming pool, three football and athletics stadiums, an ice hockey arena, 13 gyms, and 16 playgrounds. It is also well known for its modern architecture from the 1900s, 1920s, and 1930s. The Jablonec valley dam is the northern-most intra-urban valley dam in Europe.

Jizera Mountains

Jizera Mountains (*Jizerské hory*, *Izera Mountains*) are part of the Western Sudetes on the border between the Czech Republic and Poland. The mountain range got its name from the Jizera River, which rises at the southern base of the Smrk massif, formed from granite in the south, and gneisses and mica schists, with some areas of prevalingly basalt in the northern part. The weather conditions are characterized by high annual precipitation. The Jizera Mountains are an attractive location for winter sports, cycling and hiking. The major centre for both downhill skiing and ski run is Bedřichov the international cross-country races Jizerská 50 and Bieg Piastów (*in Polana Jakuszycka*) take place. Another popular sport event old in summer is a MTB race.

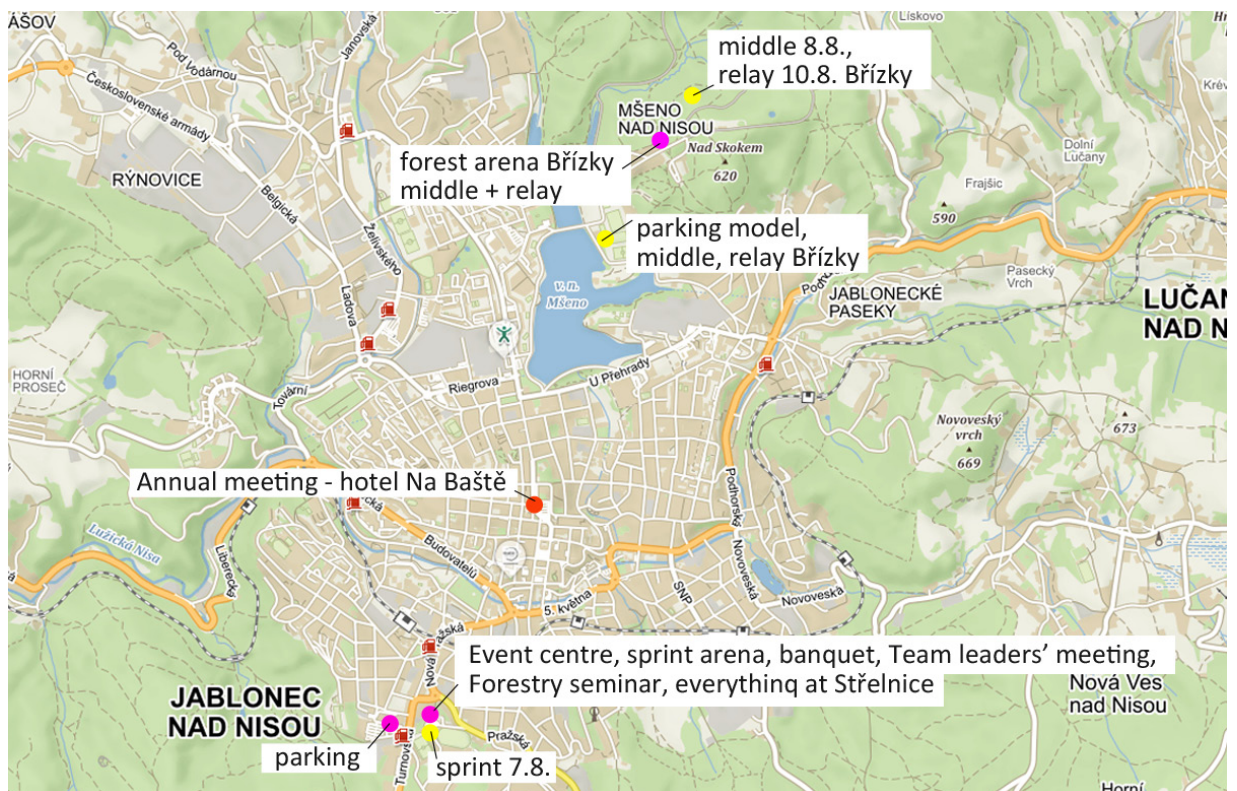
4. Event Centre



The building of the athletic stadium Střelnice (GPS: 50.7147108N, 15.1647047E)

U Stadionu 4586/1,
466 01 Jablonec nad Nisou
Czech Republic

<http://www.sportjablonec.cz/areal-strelnice>



5. Schedule

Monday August 5th		Arrival and accommodation	
Tuesday August 6th	10:00 - 21:00	Arrival and registration	Event centre Střelnice
	14:00 - 19:00	Model	Břízky
	18:30 - 19:15	Team leaders' meeting	Event centre Střelnice
	19:30 - 21:00	Forestry seminar	Event centre Střelnice
Wednesday August 7th	10:00 - 12:00	Sprint	Střelnice
	13:00 - 14:00	Opening ceremony	Střelnice
Thursday August 8th	10:00 - 14:00	Middle distance	Břízky
	19:00 - 21:00	Registration for relay	Střelnice
	19:00 - 23:00	Banquet	Střelnice
Friday August 9th	8:00 (8:30) - 18:00	Excursions	variants A, B, D
	19:00 - 21:00	Annual meeting	Hotel na Baště
Saturday August 10th	9:30 - 13:00	Relay	Břízky
		Closing ceremony	Břízky

6. General information

6.1 Time keeping

During the event, the SPORTident timekeeping system will be used. Control points will NOT be in the touch-free mode. The SIAC OFF unit will be placed in the last starting corridor. Clearing and checking of SI-cards is done by each competitor in the starting corridor. The race finishes by punching the finish unit on the finish line. In case of a SI unit failure, use the pin punch to mark the fields placed on the edge of the map and hand over your map in the finish to the finish staff.

All competitors have to read their SI-cards in the finish including those who did not finish their race. The SI-card can be hired from the EFOL must be returned after the last race at the finish area. In case of a loss or non-return of the SI-card, the runner will be charged a fee of 800 CZK (35 EUR) .

6.2 Identification

Please always wear your ID-card (badge). The badge gives you access to the competitions, banquet, excursion, opening and closing ceremonies. All competitors must wear the start number visibly on their chest during the whole race. Competitors without a start number will be not allowed to start!

6.3 Start

The way to the start will be marked by blue-white strips from the competition arena. The runners have to arrive 4 minutes in advance to the start for Sprint and Middle races. Maps will be water protected (plastic bags) and will be placed in the last start corridor for Sprint and Middle races. Each team leader will receive the start list of his/her team at the registration desk. Besides, the start lists will be published on the event website and hanged out in the competition arena.

6.4 Results

Preliminary results will be displayed at the finish area. The final results will be published on the website www.efol2019.cz

6.5 Prize giving ceremony

- **Sprint:** Athletic stadium Střelnice at the Opening ceremony
- **Middle:** Athletic stadium Střelnice, before the Banquet
- **Relay:** Břízky before the Closing ceremony

6.6. Jury

Will be announced at the team leaders' meeting.

6.7 Medical services

- At the finish area, the first aid only.
- Medical emergency telephone: 155
- Medical Emergency (hospital): Nemocniční 4446/15, 466 01 Jablonec nad Nisou, Opening hours: 8:00 – 21:00

6.8 Personal data

By entering the event, each competitor agrees to have his/her personal data published in the form of an entry list, start list and results on the web site of the event

7. Model

- On August 6th, 2019
- Training maps will be available at the Event centre for 1 EUR or 25 CZK.
- Parking: 50.7390764N, 15.1777219E (close to the Hotel Břízky)
- Start: 50.7395142N, 15.1788119E
- Information about course: 2 km / 10 controls



8. Sprint

8.1 Competition arena and finish area

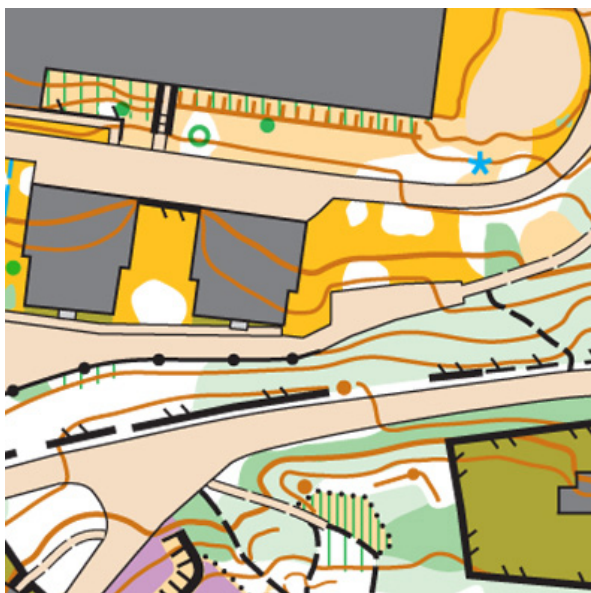
Athletic stadium Střelnice GPS: 50.7151033N, 15.1649708E

- Parking: ►►P1 at the “Kaufland” supermarket, maximum distance 300 m.
GPS: 50.7157547N, 15.1595322E
- Dressing rooms, showers and toilets in the athletic arena (50 m from the stadium)
- Snacks are available in the same building as the banquet



8.2 Terrain

80-90 % town and park, 10-20 % forest with a good runnability and visibility, hilly (altitude 530 – 620 m).



8.3 Map

Petřín 1 : 4 000, equidistance 2 m, size A4, according ISSOM 2007

8.4 Start

- First start 00=10:00
- 700 m far from the arena (route to the start will be marked by blue-white strips)
- there will be three pre-starting corridors (-3 min,-2 min,-1 min)
- the starting line will be marked by a START banner
- drinking water will not be available at the start

8.5 Courses

Control descriptions

Will be provided at the start only, available in the first pre-start corridor (- 3 min)

Traffic situation

Traffic will not be stopped, pay attention to passing cars. Risky road crossings will be guarded by the police and the organizers.

Course lengths



birth year	class	length (km)	elevation (m)	controls	class	length (km)	elevation (m)	controls
2019-2009	MW10	1	45	8				
2007-2008	M12	1,5	65	11	W12	1,5	65	11
2005-2006	M14	2	75	12	W14	2	70	13
2003-2004	M16	2,3	100	16	W16	2	75	12
2001-2002	M18	2,6	145	17	W18	2,2	95	15
1999-2000	M20	3	150	18	W20	2,3	100	16
1985-1998	M21	3	150	18	W21	2,6	145	17
1980-1984	M35	2,6	145	17	W35	2,2	95	15
1975-1979	M40	2,3	100	16	W40	2,2	95	15
1970-1974	M45	2,3	100	16	W45	2	75	12
1965-1969	M50	2,2	95	15	W50	2	70	13
1960-1964	M55	2	75	12	W55	1,9	65	13
1955-1959	M60	2	70	13	W60	1,6	60	12
1950-1954	M65	1,9	65	13	W65	1,6	60	12
1945-1949	M70	1,6	60	12	W70	1,5	60	12
1940-1944	M75	1,5	60	12	W75	1,5	60	12
1935-1939	M80	1,5	60	12	OPEN	1,9	65	13

8.6 Additional information

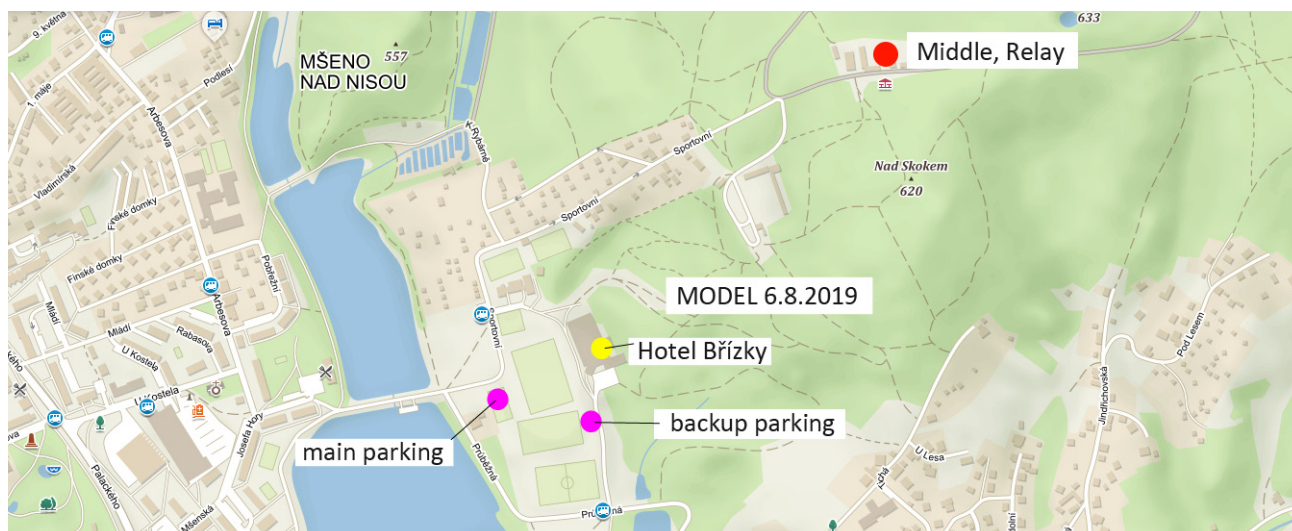
We recommend trail shoes without spikes and long trousers or knee socks.

9. Middle

9.1 Competition arena and finish area

Ski stadium Břízky

- GPS: 50.7442283N, 15.1841100E
- Parking: on football grounds (50.7396356N, 15.1757125E, 50.7390764N, 15.1777219E)
 - ▶▶ 1 km (80 m elevation) from parking to arena
 - ▶▶ Way to the arena will be marked
- Dressing rooms are not available
- Toilets, catering and washing-up bowls will be available in the arena

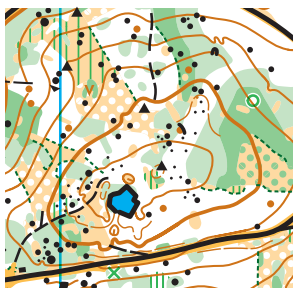


9.2 Terrain

Hilly (altitude 520 - 670 m), lot of stones, boulders, some wet places. Usually tough running conditions (stones, branches on the ground, bilberry bushes)

9.3 Map

Břízky 1 : 10 000, equidistance 5 m, according ISOM 2017, size A4



9.4 Start

- 00=10:00
- 300 m far from the arena (route to the start will be marked by blue-white strips)
- there will be three pre-starting corridors (-3 min,-2 min,-1 min)
- drinking water will not be available at the start

9.5 Courses

Course lengths

birth year	class	length (km)	controls	elevation (m)	class	length (km)	controls	elevation (m)
2019-2009	MW10	2,3	5	90				
2007-2008	M12	2,6	7	120	W12	2,6	7	120
2005-2006	M14	3,2	9	130	W14	3,2	9	130
2003-2004	M16	3,9	12	170	W16	3,6	11	180
2001-2002	M18	5,2	12	270	W18	3,7	10	200
1999-2000	M20	6,1	17	290	W20	3,9	12	170
1985-1998	M21	7,7	21	310	W21	6,1	16	280
1980-1984	M35	6,1	17	290	W35	3,8	9	170
1975-1979	M40	5,8	13	280	W40	3,6	11	180
1970-1974	M45	5,8	13	280	W45	3,5	13	170
1965-1969	M50	5,2	12	270	W50	3,5	13	170
1960-1964	M55	4,9	13	220	W55	3,5	11	160
1955-1959	M60	4,4	13	230	W60	3,5	11	160
1950-1954	M65	3,7	10	200	W65	3,5	11	160
1945-1949	M70	3,7	10	200	W70	2,9	11	130
1940-1944	M75	3,1	11	170	W75	2,9	11	130
1935-1939	M80	3,1	11	170	OPEN	3,2	9	130

Control descriptions

- Will be provided at the start only, available in the first pre-start corridor (- 3 min)

10. Banquet

Thursday August 8th 19:00- 23:00

Location: Střelnice (GPS: 50.7157639N, 15.1630986E)

Parking: at the "Kaufland" supermarket, GPS: 50.7157547N, 15.1595322E

Traditional Czech food is delicious, very filling and addictive, so run as hard as you can to get ready for all those calories. We recommend tasting the traditional Czech meal, sirloin with cream sauce and dumplings.

A requirement for a gluten-free meal must be announced by the team leader until 21:00 on the August 6th at the Event Center Střelnice.

Participants who paid for the banquet will be provided a wristband (included in the welcome package) that must be worn during the banquet. Within the program will results announcement middle, music, dance. Enjoy your meal and have a pleasant evening with a good food, music and dancing!

Three meal options will be available:

- A) sirloin with cream sauce and dumplings
(traditional Czech meal)
- B) chicken with champignons and rice
(gluten-free)
- C) baked potatoes with spinach, cheese and tomatoes

The selections for the whole team must be announced by the team leader at the Event Center before August 7th, 10 am.

Music and dancing will be a part of the banquet.



11. Excursions

EXCURSION A Sandstone Rock Town in Bohemian Paradise

- a visit to the Protected Landscape Area Bohemian Paradise majestic sandstone formations with rock towers up to 55 metres in height
- a guided tour through a forest and the Arboretum Bukovina
- visit to the Valdštejn Castle
- visit to Svijany Brewery

Place of boarding: Jablonec nad Nisou, Pod Baštou
(50.7273594N, 15.1710831E),

departure 8:30



EXCURSION B Forestry-Oriented Trip with Ancient Volcano Visit in Kokořínsko Area

- visit to the Protected Landscape Area Kokořínsko – Máchův kraj

- sustainable forest management with emphasis on the recreation
- visit to the Bezděz Castle built on an ancient volcano
- visit to Malý Rohozec Brewery

Place of boarding: Jablonec nad Nisou, Pod Baštou (50.7273594N, 15.1710831E),
departure 8:30.



EXCURSION D World Famous Stone Formations and Glass Manufactory in Lužické Mountains

- trip through the Protected Landscape Area Lužické Mountains
- visit to Panská Rock basalt
- lookout tower Na Stráži
- visit to a natural Forest Theater and a Rock Castle in Sloup
- Samuelova Cave
- a guided tour in a glass manufactory
- stylish folk restaurant Glassmakers' Tavern
- visit to Cvikov Brewery

Place of boarding: Jablonec nad Nisou, Pod Baštou (50.7273594N, 15.1710831E),
departure 8:00.

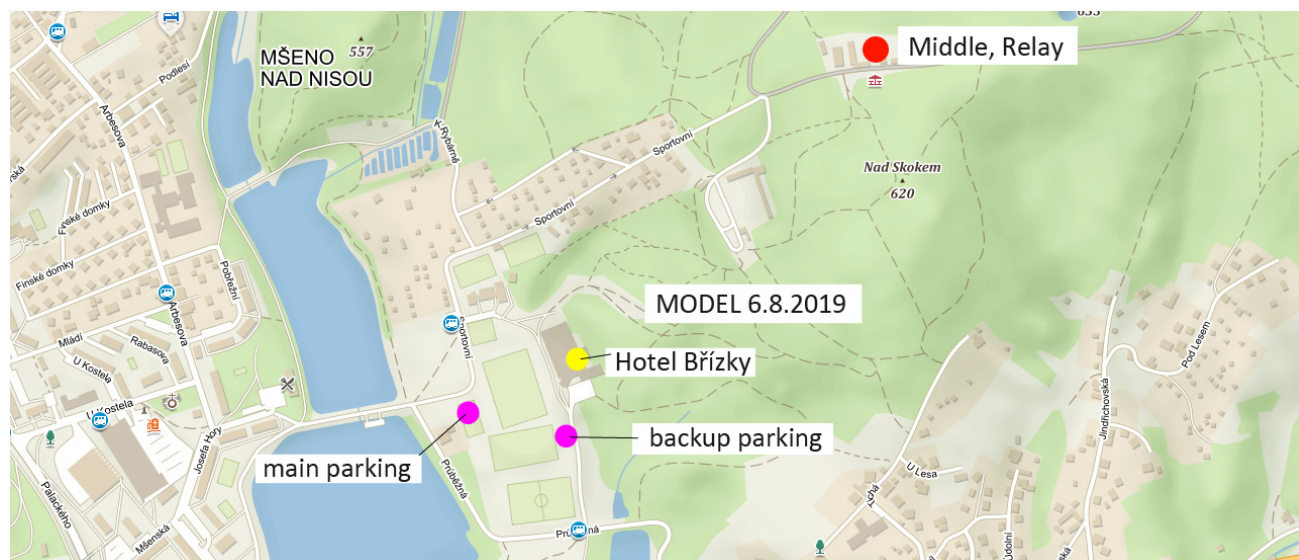


12. Relay

12.1 Arena and finish area

Ski stadium Břízky

- GPS: 50.7442842N, 15.1841372E
- Parking: football grounds (50.7396356N, 15.1757125E, 50.7390764N, 15.1777219E)
- 1 km (80 m elevation) from parking to arena
- Way to arena will be marked
- Dressing rooms will not be available
- Toilets, catering and washing-up bowls basins-will be available.
- Start and finish area are in the competition arena.

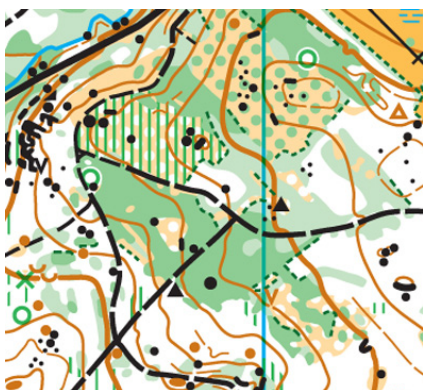


12.2 Terrain

Hilly (altitude 520- 670 m), lot of stones, boulders, some places are wet. Usually tough running conditions (stones, ...)

12.3 Map

Břízky 1 : 10 000, equidistance 5 m, according to ISOM 2017, size A4,



12.4 Start

start schedule

- ▶ **9:15** demonstration of the start procedure
- ▶ **9:30** M21, W21
- ▶ **9:35** M18, W18, M105, W105
- ▶ **9:40** M20, W20, M135, W135
- ▶ **9:45** M165, W165, M195, W195, OPEN
- ▶ **9:50** M12, W12, M14, W14, M16, W16



12.5 Courses

- If there are less than three relay teams in a category, the organisers reserve the right to merge it with a close age category.

Course lengths

birth year	class	length (km)			elevation (m)			controls		
		1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd
2007-2013	M12	2,4	2,4	-	95	95	-	10	10	-
2005-2006	M14	3,1	3,1	-	115	115	-	15	15	-
2003-2004	M16	3,1	3,1	-	115	115	-	15	15	-
2001-2002	M18	4,4	4,4	4,4	150	150	150	17	17	17
1999-2000	M20	4,4	4,4	4,4	150	150	150	17	17	17
1985-1998	M21	5,4	5,4	5,4	200	200	200	21	21	21
1935-1984	M105	4,4	3,7	4,4	145	110	145	20	17	20
1935-1984	M135	3,8	3,2	3,8	125	105	125	17	16	17
1935-1984	M165	3,3	2,8	3,3	105	90	105	16	13	16
1935-1984	M195	2,8	2,5	2,8	90	75	90	14	11	14
2007-2013	W12	2,2	2,2	2,2	85	85	85	10	10	10
2005-2006	W14	2,8	2,8	2,8	95	95	95	14	14	14
2003-2004	W16	2,8	2,8	2,8	95	95	95	14	14	14
2001-2002	W18	3,6	3,6	3,6	125	125	125	14	14	14
1999-2000	W20	3,6	3,6	3,6	125	125	125	14	14	14
1985-1998	W21	4,2	4,2	4,2	145	145	145	16	16	16
1935-1984	W105	3,6	3,1	3,6	125	105	125	15	14	15
1935-1984	W135	3,2	2,6	3,2	105	80	105	15	12	15
1935-1984	W165	2,7	2,3	2,7	85	75	85	14	12	14
1935-1984	W195	2,4	2,1	2,4	80	65	80	12	10	12
	OPEN	2,9	2,9	2,9	105	105	105	12	12	12

Control descriptions

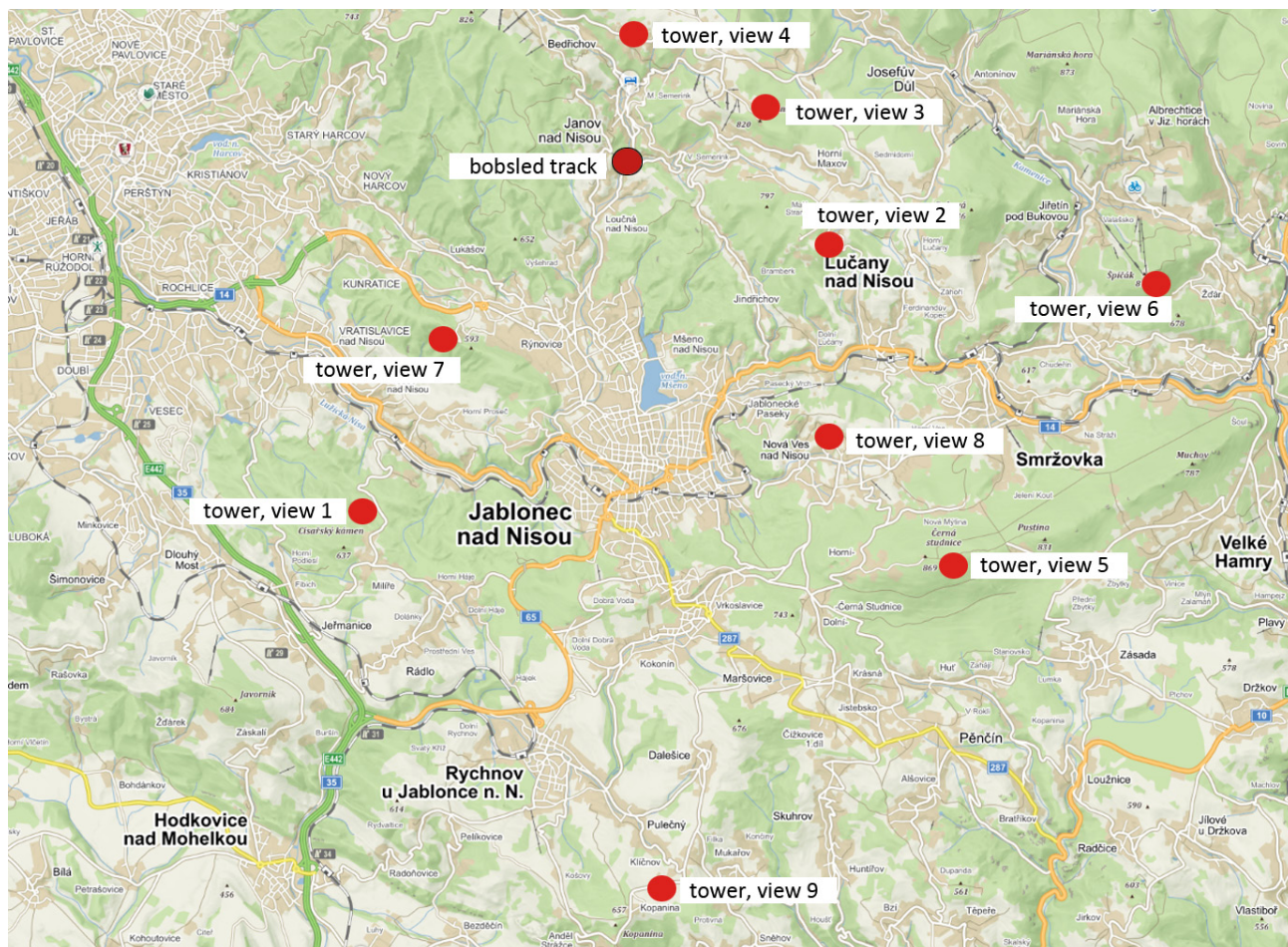
- Only on the map

12.6 Additional information

Showers will be available near to parking places – (50.7411083N, 15.1758047E) after the race (12:00-15:00).

13. Recommended leisure-time activities

13.1. Towers – attractions in surroundings of Jablonec



Legend

- 1 – Tower Císařský kámen 50°42'47.666"N, 15°6'15.818"E; free access
- 2 – Tower Bramberk 50°45'22.516"N, 15°12'21.318"E; entry fee 20 CZK; open 10.30 – 17.00
- 3 – Tower Slovanka 50°46'23.796"N, 15°11'46.588"E; free access
- 4 – Tower Královka 50°47'31.346"N, 15°9'27.113"E; entry fee 40 CZK
- 5 – Tower Černá Studnice 50°42'42.281"N, 15°13'58.604"E; entry fee 50 CZK, open 10.00 – 22.00
- 6 – Tower Tanvaldský Špičák 50°45'5.393"N, 15°16'56.459"E; entry fee 40 CZK; open 10.00 – 18.00

- 7 – Tower Proseč $50^{\circ}44'31.856''N$, $15^{\circ}7'46.941''E$; open 11.00 – 21.00
- 8 – Tower Nisanka $50^{\circ}43'51.357''N$, $15^{\circ}12'50.975''E$; entry fee 15 CZK;
- 9 – Tower Kopanina $50^{\circ}39'35.153''N$, $15^{\circ}9'52.901''E$;
- 10 – beautiful view Ještěd $50^{\circ}43'57.425''N$, $14^{\circ}59'6.173''E$; free access – observation platform
- 11 – rock castle Frýdštejn $50^{\circ}38'54.813''N$, $15^{\circ}10'7.520''E$; entry fee 50 CZK; open 10.00 – 17.00
- 12 – rock castle Vranov $50^{\circ}38'31.509''N$, $15^{\circ}11'21.543''E$; entry fee 50 CZK; open 10.00 – 19.00
- Tower Štěpánka (Hvězda) $50^{\circ}44'47.419''N$, $15^{\circ}21'57.193''E$; open 10.00 – 18.00
- Numbers 2, 3, 4, 5, 7, 8, 10 – you can get to the towers by car
- Numbers 1, 9, 11, 12 – parking within 0,5 km
- Number 6 – to the tower by cable car

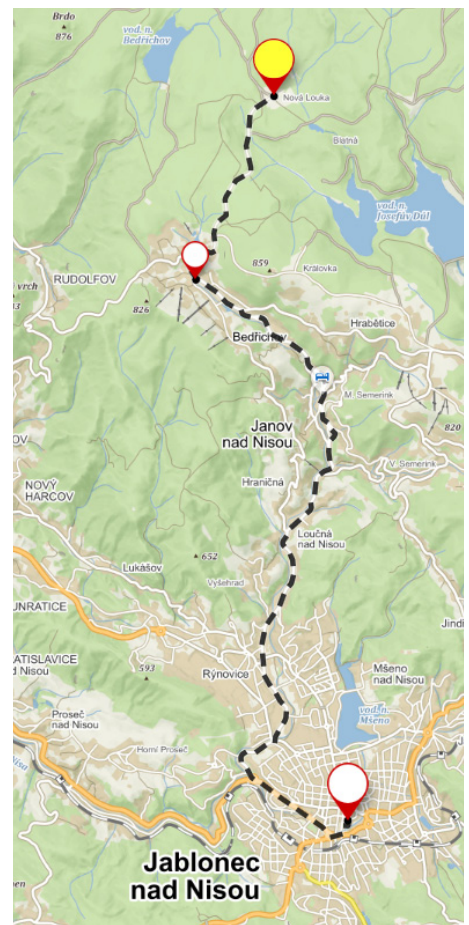
13.2 Jablonec nad Nisou – the city of glass and jewellery

Come and visit the Museum of Glass and Jewellery in Jablonec nad Nisou ($50.7225547N$, $15.1722464E$) located in the stunning ancient Art Nouveau building. More information at www.msb-jablonec.cz/en.

Or visit **the „Fragile Beauty“ Fair** that starts on August 8th ($50.7228869N$, $15.1724217E$). You will get to see glass work of local manufacturers and you can buy here some piece of glass to bring home. Especially recommended for women participants, but there will be some entertainment programme for whole family. More information at [HYPERLINK "http://www.krehkakraza.cz/"](http://www.krehkakraza.cz/) www.krehkakraza.cz (Czech only).

Trips nearby visiting Bedřichov (by bus or car), the place of the famous cross country skiing race Jizerská 50. From there, you can hike to Nová Louka with the old wooden chalet Šamálova chata (Samal's chalet); www.samalova-chata.cz (in Czech only).

Jizera mountains offer endless kilometres of tourist trails in a beautiful countryside; <http://www.bedrichov.cz/jizerska-magistrala-1/trasy-pro-pesi/>



Jablonec is also known for its exquisite chandeliers production. More information at www.jablonex.com



13.3 Liberec

Liberec is the regional city in the heart of mountains. The city's pride is the majestic Ještěd Mountain with a lookout and TV tower on its top. You can enjoy local cuisine in the summit restaurant while having views of Germany and Poland. The building has been awarded prize The Building of the Century and its architect was awarded the prestigious Auguste Perret Prize. You can reach the 1012m summit by hiking or taking a cable car; www.lanovka-jested.cz/funicular.

Further activities

The Liberec ZOO - the oldest ZOO in the Czech Republic, famous for its white tigers; www.zooliberec.cz/en/welcome-to-the-liberec-zoo-website.html

The Liberec Botanical Garden - the oldest botanical garden in the Czech Republic; www.botaniliberec.cz/angl-index.php

IQ Park! – a bad-weather entertainment option; all-day fun for both kids and adults; HYPERLINK "http://www.iqlandia.cz/cz/iqpark" www.iqlandia.cz/cz/iqpark

a walk to the city centre with elegant villas and gardens around the Liberec Museum (currently under reconstruction). On the opposite site of the street, there is a gallery Lázně, a former spa building, with several on-going exhibitions; HYPERLINK "http://www.ogl.cz" www.ogl.cz. The city tour can be finished at Náměstí Míru square dominated by an impressive City Hall building.



Photo: <https://www.zooliberec.cz/en/white-form-of-bengal-tigers.html>

14. Adventure activities near Jablonec

14.1. Makak Aréna Jablonec-indoor climbing wall

An indoor climbing wall with 150 routes from beginners to professionals, including children's profiles with top rope belay and lots of holds for small hands. For complete beginners or solitary climbers, there are three self-locking winches in the arena that are very easy to use.

There is a possibility to borrow complete climbing equipment. Entry fee is 130 CZK for adults, 110 CZK for students, children up to 15 years for 70 CZK, family ticket for 290 CZK and children up to 120 cm for free.

Opening hours from 10:00 to 23:00, 50.7264719N, 15.1487125E

More information at <https://www.makakarena.cz>

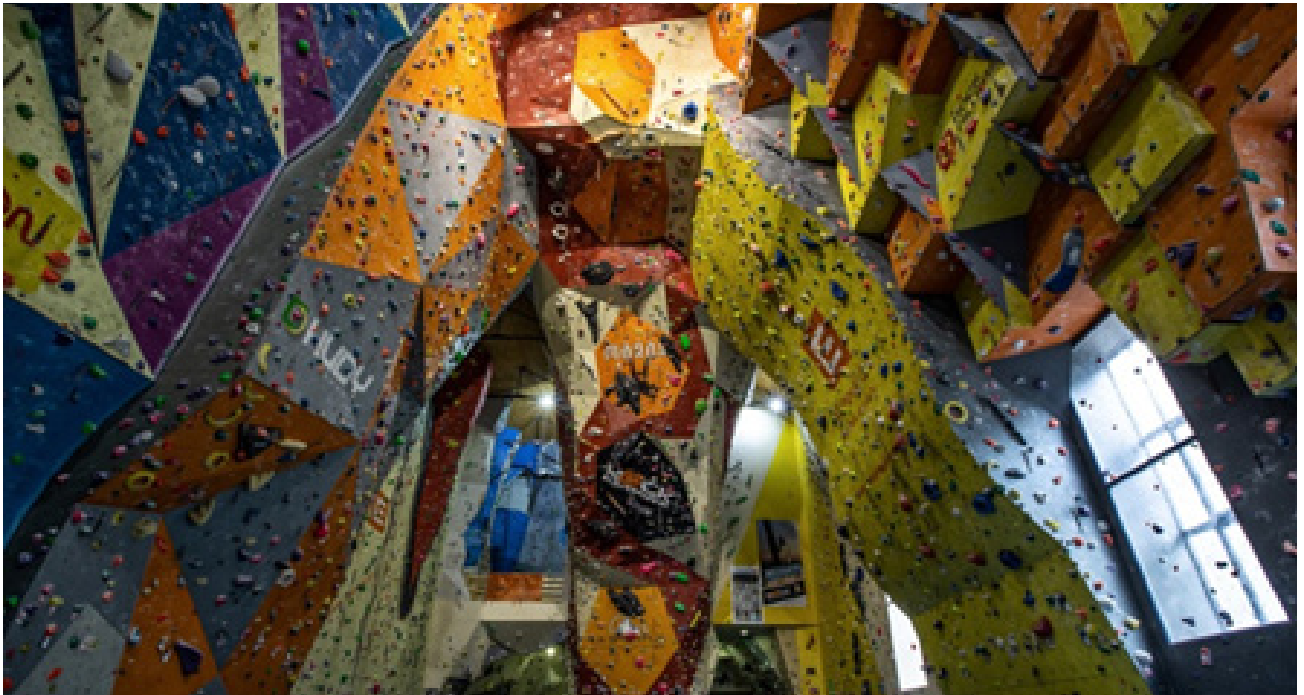


Photo: <https://www.makakarena.cz/makak-arena>

14.2 Via ferrata Liberec

Secure journeys - Via Ferrates - are becoming increasingly popular. Via ferrata Liberec is located in a former quarry and has a length of 130 meters with different difficulty options. It takes approximately half an hour. It is just 5 minutes from a parking place in the centre of Liberec. There is a possibility to borrow complete equipment.

Entry fee is 100 CZK per hour. GPS 50.7657839N, 15.0553881E. More information at <https://ferrataclimbing.eu/viaferrata/horolezecka-arena-liberec/>



Photo: <https://ferrataclimbing.eu/viaferrata/horolezecka-arena-liberec/>

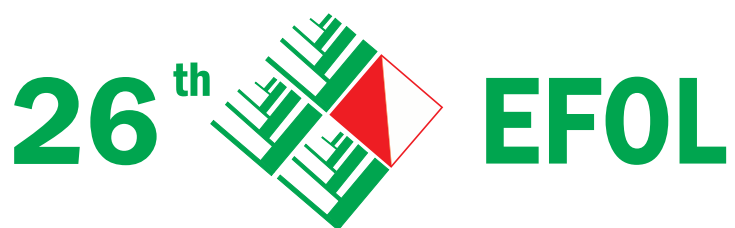
14.3 Singletrek pod Smrkem

Singltrek pod Smrkem is a paradise for lovers of trails. It is the largest and most popular area of MTB trails in the Czech Republic. Singltrek pod Smrkem is situated in a beautiful natural environment of the northern slopes of the majestic mountain Smrk. This place has gained worldwide recognition through tens of kilometers of amusing natural trails. Singltrek pod Smrkem currently offers routes totalling over 80 kilometers at four levels of difficulty. The Singltrek Center is located on a beach of a natural swimming pool and includes a restaurant, bike rental, bike cleaning, toilet, showers, sitting area and a playground.

It is open nonstop. The entry is free of charge and a bike rental is from 590 up to 790 CZK. *GPS 50°55'35.668"N, 15°14'44.527"E.*

More information at <https://podsmrkem.singltrek.cz/>





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