



Each team member must pass CP within 1m radius! **It is extremely important that each competitor looks at that moment that his/her SIAC card is blinking red!** SIAC-card also beeps when CP is marked, but when there are many competitors near CP, there will be a lot of beeping. SIAC-card blinks green all the time, when the card is switched on – thus, a green light is no indication of CP marking.

When the last member of the team passes under finish arc, team time stops. There is no need to stop or mark at the finish line. After finish, all SIAC cards of the team must read information to finish computer.

THE TASK

Three-member teams have the goal to bike through as many checkpoints as possible in 4 hours. The team can freely choose the distance, the number and order of checkpoints to visit (also known as free-order orienteering or MTB rogaining). The team that collects the most CPs is the winner. In case the number of collected CPs is equal, the ranking will be based on finish time.

PARTICIPANTS

Three-member teams compete in three categories:

1. Men
2. Mixed
3. Women

Prizes are awarded to the three best teams in each category.

COMPETITION CENTRE

[Risti School](#)

Warm food and showers await the teams after the finish.

TIME SCHEDULE

Saturday, September 28, 2019

Competition centre opens	10:00
Start area opens	11:35
Maps can be taken (route planning starts)	11:45
Start	12:00
Showers and catering opens	15:00
Time limit	16:00
Finish closes	16:30
Prize giving ceremony	17:00

TERRAIN AND COURSE

There are 30 checkpoints (CP) located along tracks, paths and rides.

There is one refreshment point on the terrain, where sports drink and water is available. It is allowed to fill drinking bottles at the point.

The team has 4 hours to complete the course. (12:00:00-16:00:00). CPs will be deducted from the result of late-coming teams according to the following logic:

16:00:01-16:05:00	minus 1 CP
16:05:01-16:10:00	minus 2 CP
16:10:01-16:15:00	minus 3 CP
16:15:01-16:20:00	minus 4 CP
16:20:01-16:25:00	minus 5 CP
16:25:01-16:30:00	minus 6 CP

After 16:30:01 the team is disqualified.

The team that withdraws must pass through the finish.

EQUIPMENT

Compulsory Equipment

- Bikes for all team members
- Helmets for all team members

Recommended Equipment

- Compass
- Spare tyre and bike repair kit
- Weatherproof clothing similar for one team
- Sports drink and energy-rich food
- Waterproof-packed mobile phone with organiser's number
- Marker for course planning

Equipment Provided by Organisers

- 3 SIAC-cards – must be returned in finish
- 3 wristbands for SIAC-cards
- 3 number bibs for bikes
- 3 maps

The organisers ask to bring lost and found things to information desk. To recover lost things, please ask race director before November 1.

TIMEKEEPING

Contactless SPORTident AIR+ electronic punching system is used for time-keeping. The competitors themselves attach the SI-cards firmly with the wristband to the wrist of each team member.

At start area gate:

1. The **competitor clears** the SIAC-card.
2. The **organizer checks** the SIAC-card and its attachment.

RULES

All team members must pass all checkpoints with their SIAC-card! In case the checkpoint is not recorded to all SIAC-cards of the team, the checkpoint does not count for the result!

In case the wristband is broken, 1 CP per broken wristband will be deducted from the result. It is recommended to **tape the wristband** for protection.

Riding a bicycle outside roads, tracks, paths, minor paths, rides and clearings is forbidden. In case the team decides to go off-path, the members must carry or push the bikes. The team must start and finish with bikes, but may pass checkpoints on foot.

Competitors must keep to the right side of the tracks. Since the teams bike freely around the terrain, the risk of collision is high!

It is forbidden to use outside help! Such teams will be disqualified.

It is forbidden to leave things and trash (bottles, wrappings, etc) on terrain! Trash can be disposed at refreshment point.

Written protests must be submitted before 16:55.

SAFETY

The competitors must be aware that Vaude Bike Xdream is a dangerous competition with high health risks! The team must assure that they are aware of the dangers and must sign the waiver before the start (the waiver is termless).

The organizer bears no liability for injuries, traumas and death that may occur during the race. A first aid person is available in the competition centre. There are organisers at the refreshment point.

ENTRY PROCEDURE

Entry can be done via Adventure Club Xdream homepage www.xdream.ee or by e-mail to xdream@xdream.ee.

The entry form contains the following information:

- Team name
- Team homepage or blog
- Name & surname, gender, phone and e-mail for all members

Entry fee **per team member**:

	with own SIAC	without own SIAC
until 18.09	23 EUR	27 EUR
19.09-25.09	33 EUR	37 EUR

After 25.09 entry is possible only with permission of the race director.

Entry fee can be paid in the competition centre or to the bank account:

Receiver: Seiklusklubi Xdream

IBAN: EE702200221026320226

SWIFT/BIC code: HABAE2X

Swedbank AS (reg.code: 10060701), Liivalaia 8, 15040 Tallinn, Estonia.

For payment confirmation and please contact: xdream@xdream.ee

The number of personal SIAC-cards must be announced with the entry form to receive the lower price. In case SIAC card is lost, the team must compensate 66 EUR.

ORGANISER – Adventure Club Xdream

Race director: Sten-Eric Uibo
+372 50 12 872
sten-eric@xdream.ee

Course planner: Margus Hallik
+372 52 00 110
margus.hallik@orienteerumine.ee

Additional instructions will be published at www.xdream.ee about 5 days before the race. These are posted in the competition centre.

HOW MANY CHECKPOINTS CAN YOU TAKE IN 4 HOURS?