

MTBO TRAINING CAMP BY BALISE 25



07-10 APRIL 2018 BESANCON FRANCE

BULLETIN N°1



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FRANCE

MTBO
TRAINING
CAMP BY
BALISE 25

07-10 APRIL 2018 - BESANCON FRANCE

YOUTH
AND
JUNIOR
SERIES

MTBO TRAINING CAMP BY BALISE 25

Our 5 international medallists are proud to welcome you to quality and fun forest trainings for the first MTBO TRAINING CAMP of 2018 and the first Youth and Junior Series from the 7th to the 10th April!



ORGANIZER: BALISE 25

CONTACT: www.balise25.fr

contact@balise25.fr

LOCATION: Besançon, France

TERRAIN DESCRIPTION AND FIRST INFORMATION:

Several maps have already been used for the French Championships in 2012 (LD and relay) and 2014 (sprint, Middle, Long and club relay) and for regional events or trainings. All of them will be updated before the camp. They are very interesting and technical terrains for MTBO.


For the Long distance, the scale will be 1:15 000, and for the Middle, One man relay, technical training in the forest 1:10 000 and for the sprint training 1:5 000.

If you wish to stay more days, we have other maps available on demand.

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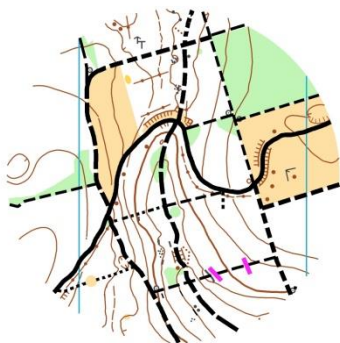
PRELIMINARY PROGRAM:

Sat 07 April Afternoon:

 **Middle distance** in Novillars, 5km away from Besançon. Race for the national French Ranking.

Youth and junior series #1. 13:30-17:00

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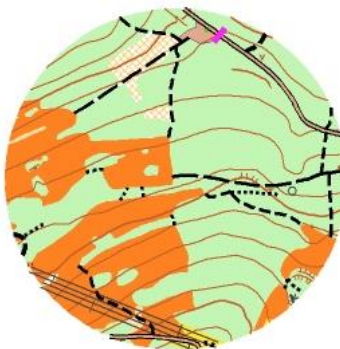
A	M20 / M21	55'-60'
B	W21 / M40	50'-55'
C	W20 / M17 / M50	45'-50'
D	W17 / W40 / W50 / M60	35'-40'
E	M14 / M70	30'-35'
F	W14 / W60	30'-35'
G	W12 / W70 / M12	25'-30'
H	W10 / M10	25'

Sun 08 April Morning:

Long Distance national Race in Gennes, 10 km away from Besançon. Race for the national French Ranking.


Youth and junior series #2. 9:30-14:00

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Courses	Categories	Expected winning time
A	M21	110'-115'
A bis	W21 / M20	110'-115'
B	M40	85'-90'
C	W20 / M17 / M50	75'-80'
D	W40 / M60	65'-70'
E	W17 / W50 / M14 / M70	55'-60'
F	W14 / W60	45'-50'
G	W12 / W70 / M12	35'-40'
H	W10 / M10	25'

Sun 08 April Evening:


 Ride to discover the UNESCO city of Besançon by night: nice tracks and breath-taking views. Time to relax and have fun all together! 19:30-21:00



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Mon 09 April Morning:



 One Man Relay/Mass-start Training in a forest near Besançon. 10:00-12:00



Mon 09 April Afternoon:



 Forest technical training on the same terrain as the Saturday's race (near Besançon)

Tue 10 April Morning:

-  Mixed relay training
-  Technical training in the same forest



Tue 10 April Afternoon:

-  Sprint training in an urban forest in Besançon with a lot of tracks. 14:00-15:00
-  Technical training on the same map 15:00-16:30



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CLASSES:

This training camp is firstly for the youth and junior riders but Elite and other classes can participate and choose their courses.

There will be 4 courses for all trainings and camp cup on Monday and on Tuesday:

A: Men 20 (+M21)

B: Women 20 , Men 17 (+W21)

C: Women 17, Men 14

D: Women 12 and 14, Men 12

Masters have to choose their course and keep the same for the whole camp.

REGISTRATION:

Important:

To be able to participate in this event, you need to provide a medical certificate from your doctor stating or showing that you are fit and able to compete in an orienteering competition, dated less than one year before the event. It must be presented at the reception / registration before the event.

Link to register to the event:

<https://goo.gl/forms/r3lzunwcCIOPBF2W2>

PAYEMENT:

Entry fee full camp (including races and trainings):

- 70€ for Elite (21) and masters
- 60€ for youths and juniors (20 years old and before)

Payment by transfer SEPA – Without any banking fees for organizer at arrival

IBAN: FR76 1250 6200 4325 0049 6601 171

BIC: AGRIFRPP825

Bank: CREDIT AGRICOLE DE FRANCHE COMTE

Account owner: BALISE 25

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ACCOMMODATION:

We recommend you to have a look at these websites to book an accommodation.

We have negotiated a special discount for you with Ethic Etapes CIS (see link below). To get this special discount, specify that you come on behalf of Balise 25.

The price per night per person (depending on the comfort of the room you choose):

- Breakfast included is between 17 to 42€
- Half board: 21 to 46€ (breakfast and dinner)
- Full board : 28 to 53€ (breakfast, lunch and dinner)

ETHIC ETAPES CIS BESANCON

3 Avenue des Montboucons 25000 BESANCON.

Phone number +33 3.81.50.07.54

Cis.besancon@wanadoo.fr

www.cisbesancon.fr

Be careful, the number of places is limited!

Type of room	Price per night per night with breakfast					
	Room for 1 person			Room for 2 people (price /person)		
	Night + breakfast	Half-board	Full-board	Night + breakfast	Half-board	Full-board
"LAVABO" (shower and toilet outside of the room, without towels)	30.00€	34.00€	41.00€	17.00€	21.00€	28.00€
"DOUCHE ET WC" (shower and toilet inside the room, towels provided)	36.00€	40.00	47.00€	21.20€	25.20€	32.20€
"CONFORT" (shower and toilet inside the room, towels provided) bigger room and more comfortable.	42.00€	46.00€	53.00€	24.20€	28.20€	35.20€

You can also have a look at this website where you'll find a wider range of accommodation to choose:

<http://www.besancon-tourisme.com/en/places-to-stay.html>