

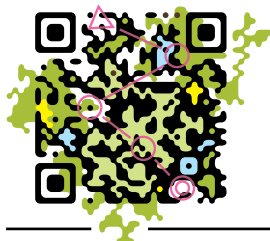
Terrain and event arena



Gribskov provide some of the best and varied terrain near Copenhagen. It was last time visited by Spring Cup in 2010 and is chosen for DANISH SPRING 2013 to ensure the terrain can sustain three high level competitions. The good atmosphere is guaranteed by one spectator friendly arena for the entire event, the enthusiastic speakers and not least - the hot drinks and meals in the large and cosy tent!

We are looking forward to seeing you for intense 24 hours of enjoyable orienteering!

If you are ready to visit Denmark the 16th to 17th March 2013, you can easily take part in Danish Spring - the event is scheduled so it is possible for teams even from Oslo and Stockholm to depart Saturday morning.



RE-ENJOY DANISH SPRING 2012
ON DS LIVE, YOUTUBE AND BAMBUSER

www.danishspring.dk

Scan with your smartphone. Use a QR-reader-app from AppStore or Android market

Organiser: OK Øst Birkerød, Denmark

Contact: danishspring@gmail.com

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2013
16.-17. MARCH
Gribskov, Denmark

DANISH SPRING

Chase & Relay weekend

The Danish spring premiere with an international touch



24 HOURS of exiting races:

- **Danish Spring Chase** – Mass start
- **Danish Spring Relay** – Night & Day relay
- **Individual courses**

Scan the QR-code with your smartphone. Use a QR-reader-app from AppStore or Android market

Preview for 2013

- 3 exiting mass-starts in 24h
- New classes in the CHASE
- ONE relay – runners in Men and Women Open still free to run both night and day.
- Attractive money prizes for the overall winners of Women and Men Open in Danish Spring Relay
- Individual courses in the Night too
- Time for recovery between all races
- NEW DATE coordinated with nordic relay events
- DS Live 2013 will be using high class mobile technology

The idea of DANISH SPRING – Chase & Relay Weekend

Danish Spring offers intense competitions with optimal preparation for the large relays in the spring season. Night and day legs in Men and Women Open make it possible for clubs to test their individual runners in various situations. In addition the CHASE provides even more of the genuine relay feeling.

And runners at all ages and skills are invited to experience the international relay atmosphere in the variety of courses and classes.

See if you can beat the Gothenburg teams in 2013!

DANISH SPRING Chase – Middle distance Mass start

Saturday 16. March 2013 at 13.00

- Men Elite and Junior Elite 35 min (7,5 km)
- Women Elite and Junior Elite 35 min (6,0 km)
- M-16, M40, W35 5 km
- W-16, M60, W50 3,5 km
- M-14, W-14, Open 3,5 km (medium)
- M-12, W-12, Open 2,5 km (easy)
- M-10, W-10, Beginners 2,0 km (beginner)

DANISH SPRING Relay

Saturday 16. March 2013 at 20.00 and
Sunday 17. March 2013 at 10.00

- Men Open: 3 night legs (3x 5 km) and 4 day legs (8-14 km)
- Women Open: 2 night legs (2 x 5 km) and 3 day legs (6-8 km)
- M/W16: 3 day legs (4-5 km, medium to difficult)
- Youth mix: 3 day legs (3-4 km, beginner to medium)
- M/W150: 3 day legs (5-6 km difficult)
- Open mix: 3 day legs (4-5 km, medium to difficult)

Women and Men Open also offers entry in the Night or Day relay only. Individual courses too at the Night and Day relay.



Anders Einum, NTNUI: "We have focused a lot on orienteering this winter and are very happy to win the night relay in this fast terrain. Danish Spring is a good preparation for our team for the relay season."

Johan Runesson, Göteborg Majorna: "I saw it could get a very tough challenge for both of us (Johan and Jonas Piilblad) ... and it was hard to keep calm during the race".



Ida Bobach, OK Pan Århus, after the Night Relay 2012: "It was really fun. Signe Klinting told me, that it was difficult, so I tried to take some secure route choices. I made some small mistakes, but I don't think anybody could have run out there tonight without small mistakes."