



18TH RUSSIAN ROGAINING CHAMPIONSHIPS ZALESYE 2021

May 8-9, 2021, Vladimir and Yaroslavl regions

Dear friends!

It is great honor for us to host participants of the 18th Russian Rogaining Championships Zalesye 2021, and we are glad that for the first time the large rogaine enters to the territory of the Zalesye, the location with ancient historical roots and beautiful Russian nature.

In 2021 Russia celebrates the 800th anniversary of the birth of Grand Duke Alexander Nevsky, a large number of events will be organized in the territory of Pereslavl-Zalessky, the city that is the birthplace of the Grand Duke.

Such a significant event as the Russian Rogaining Championships in the territories of Vladimir and Yaroslavl regions is held for the first time. Therefore the team of the Genesis sports project and Nizhny Novgorod rogaine which organized the Russian Rogaining Championships 2017 in Nizhny Novgorod region and the Oka Trail project participate as the partners. We are sure that this Championship will be a bright event in the history of the development of rogaine and outdoor sports in the country. Participants will enjoy the diverse terrain and the high level of organization of the event. The participation of foreign athletes is planned, the Russian Championships have open status.

As supporters will be prepared 8- and 4-hour formats of the rogaine, for a wide range of the participants who are not indifferent to the beauty of Russian nature, who want to touch the ancient history and culture of Zalesye.

For the participants who want to broaden their horizons and to have a great weekend in the eve of the Championships, we elaborate with the institutions of Pereslavl-Zalessky the cultural program related to the nature and the history of the region.

See you at the 18th Russian Rogaining Championships Zalesye 2021!

President of the Russian Rogaining Federation

S. Simakin

Organizing team of the event



1. General provisions

The Russian rogaining Championships are held for 24 hours. The competitions are held in accordance [with the Russian Rules of the Rogaine Competition](#) and [the International Rogaine Federation Rules of the Rogaine](#).

In parallel with the main format the rogaining competitions are held in the shortened formats - 4 and 8 hours running and 8 hours on MTB.

2. The period and the venue, the preliminary program

The competitions are held on May 8-9, 2021 in the Alexandrov district of Vladimir region and the city district of Pereslavl-Salessky of Yaroslavl region.

The competition center will be announced in the bulletin 2 or separately.

Shortened running formats are held preliminary on May 8, 2021.

Preliminary program of the Russian Championships:

Date and time	Event
05.05 - 07.05.	Visiting attractions of Pereslavl-Salessky, the ecological trails of the National Park in forest (optional by choice)
05.05 - 07.05.	Training on model terrain (locations near the city Pereslavl-Salessky and the competition center)
06.05.	opening of the competition camp
07.05.	transfer to Pereslavl-Salessky from the competition camp
07.05. 11 - 12.00	Laying flowers at the monument of Grand Duke A. Nevsky in Pereslavl-Salessky (optional by choice)
07.05.	moving participants to the venue of the competition from Pereslavl-Salessky and railway station Bujaninovo
07.05. evening	The briefing of the Russian Rogaining Federation and the organizing team at the competition camp (Krasnoe plamja rural village of Alexandrov district)
08.05 morning	transfers for participants to the start point from station Buzhaninovo and Pereslavl-Salessky
09.00 08.05.	issuing maps to the participants of the Russian Rogaining Championships for planning
12.00 08.05 - 12.00 09.05.	The main start of the Russian Championship format is 24 hour



08.05.	Start of the auxiliary 4 and 8-hour formats
08.05 2 hours after completion of control time	awarding 4 and 8-hour formats
09.05 14.00	final briefing, awarding
09.05 16.00	Transfers from the competition centre to Buzhaninovo train station, Pereslavl-Zalessky or Moscow, closing the competition camp

3. Travel

The competition center is located in the Krasnoe plamja rural village of Alexandrov district of Vladimir region, 95 km from Moscow, 45 km from the city Alexandrov and 35 km from the city Pereslavl-Salessky.

The center of the competition can be reached from Moscow by private vehicles on the Moscow-Holmogory highway, turning on the v. Krasnoe plamja, further 6 km on the road Krasnoe Plamja-Rupusovo; from Alexandrov - on the public bus Alexandrov - Rupusovo, from the cities Pereslavl-Salessky and Sergiev-Posad - by taxi (the cost for the current date is about 800-1000 rubles). From Pereslavl-Salessky and Sergiev-Posad - bus to the turn on the v. Krasnoe Plamja with a change to the competition point. Also, for the participants of the competition transfer will be organized to the center of the competition from the train station of the suburban traffic Buzhaninovo (direction Moscow-Alexandrov) - about 33 km. and from the city Pereslavl-Salessky to visit the model area and events of the Championship in the city Pereslavl-Salessky.

4. Accommodation

- tent camp in the center of the competition.
- hotel of hunting farm 2.5 km from the competition center (in the process of agreement with the owner of the hotel)
- Kabanchiki base (v. Goloperovo on the northern border of the location (<http://www.ohota-kabanchiki.ru>)))
- Hotels in Pereslavl-Salessky

The information of the tent accommodation in the competition center and the official placement will be published in the bulletin 2.

5. Location and competition area

The competition area is represented by the middle-crossed terrain, the northern border of the Klinsko-Dmitrovskaja ridge.



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- height difference 130 m - 271.4 m - the highest point of the Vladimir region
- maximum difference on the slope - 90 meters, the relief is hilly.
- There are several villages on the territory, including abandoned, small country areas, the largest settlement - the rural village Krasnoje Plamja (Red Flame) population less than 500 people,
- clay and sandy soils.
- as water objects are the rivers Kubr, Sablja, Zabolotnaja with tributaries, dry peat bogs, several lakes and ponds, springs (including the Holy spring of the Golden Bowl)
- the predominant species of trees: birch, aspen, spruce, pine, forest about 65%, minor loggings are presented, the area is poorly affected by barkbeetles; the passage is good and medium, with small areas with poor passability (mostly overgrown deforestation and overgrown river banks))
- animal world: moose, wild boars, foxes, hares, animals living in the National Park can enter; there is a hunting farm on the ground;
- The main natural attraction is the National Park "Pleshchevo Lake" located on the northern border of the location, along with Lake Pleshchevo (outside the competition map); the location is rich in various types of forest vegetation, has interesting relief. In the settlements of Goloperovo, Gagarinskaya Novoselka, Novoe and Mukhanovo there are temples, in the forest there are remnants of an ancient settlement; on the territory of the 12th century the battle of Russian princes at Zhdanaja mountain took place; there are equipped historical springs, several lakes.
- The road network is developed in the middle, the tracks are usually well run and driven by bicycle, in the southern part of the location a number of roads and trails was overgrown (decrease of passability), due to rare usage (will be reflected in the map).
- **dangerous places include** developed on the territory of the quarry of non-mining fossils, the federal highway, the river Kubr (across the river within the proposed location there are 2 bridges, there are several prepared fords or crossings, the river is overcome all over it by swimming. Participants cross the Krasnoje Plamja - Rupusovo motorway, observing the official rules of the road moving.
- **the territory forbidden to visit:** the roadside of the federal highway Moscow-Holmogory, the aviary of hunting farm, the developed quarries, the nursery - will be reflected on the map. Participants who visited these territories during the distance will be disqualified. The passage through these territories, subject to approval by the owners, will be marked on the map.

6. Competition map

Scale: 1:30,000

- height of the relief section: 5 meters

Signs used in rogaining maps.

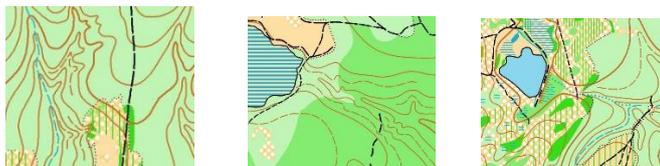
- the size of the map sheet is A1

Topographical maps, satellite imagery, as well as a map of the Moscow light project of the part of the Krasnoe Plamja rural village of the Alexandrov district used as the basis for the map. In preparation of the map field work is carried out using GPS receivers. - The area has not previously been used for rogaining and orienteering competitions.



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The direct participation in the preparation of the map is taken by: Baryev Denis, Shestakov Pavel, Loginov Evgeny.



Weather and climate

Average daily temperature - 15C, average temperature - 10C, the weather is clear, but can be cloudy, the chance of rain is low

Date: May 8, 2021

Sunset: 20.23

Start of civil twilight: 21.10

Date: May 9, 2021

Moonrise: 03.06

End of Civil Twilight: 03.34

Sunrise: 04.23

Moonset: 15.19

8. Categories and participants

Teams with 2 to 5 people aged from 16 years (one participant must be over the age of 18) are allowed to participate in the Russian Championships 2021, in the following categories:

Symbol	CATEGORY NAME	REQUIREMENTS TO THE TEAM STRUCTURE
24MO	Men, open	Men
24WO	Women, open	Women
24XO	Mixed, open	At least one man and one woman
24MY	Men, young	Men, age of each team member less than 23 years



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24WY	Women, young	Women, age of each team member less than 23 years
24XY	Mixed, young	At least one male and one woman, each team member is less than 23 years old
24MV	Men, veterans	Men, age of each team member 40 years or older
24 WV	Women, veterans	Women, age of each team member 40 years or older
24XV	Mixed, veterans	At least one man and one woman, each team member is 40 years of age or older
24MSV	Men, superveterans	Men, age of each team member 55 years or older
24 WSV	Women, superveterans	Women, age of each team member 55 years or older
24XSV	Mixed, superveterans	At least one man and one woman, each team member is 55 years of age or older
24MUV	Men, ultra-veterans	Men, age of each team member 65 years or older
24WUV	Women, ultra-veterans	Women, age of each team member 65 years or older
24XUV	Mixed, ultra-veterans	At least one man and one woman, each team member is 65 years of age or older

Teams with between 2 and 5 people aged 14 (required one participant over the age of 18) or single participants are allowed to participate in the **eight-hour** format:

8 MO	Men, open	Men
8 WO	Women, open	Women



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8 XO	Mixed, open	At least one man and one woman
8 MY	Men, young	Men, age of each team member less than 23 years
8 WY	Women, young	Women, age of each team member less than 23 years
8 XY	Mixed, young people	At least one man and one woman, each team member is less than 23 years old
8 MV	Men, veterans	Men, age of each team member 40 years or older
8 WV	Women, veterans	Women, age of each team member 40 years or older
8 XV	Mixed, veterans	At least one man and one woman, each team member is 40 years of age or older
8 MSV	Men, superveterans	Men, age of each team member 55 years or older
8 WSV	Women, superveterans	Women, age of each team member 55 years or older
8 XSV	Mixed, superveterans	At least one man and one woman, each team member is 55 years of age or older
8 MUV	Men, ultra-veterans	Men, age of each team member 65 years or older
8 WUV	Women, ultra-veterans	Women, age of each team member 65 years or older
8 XUV	Mixed, ultra-veterans	At least one man and one woman, each team member is 65 years of age or older

Teams (a group of Parents-Children) with 2 to 5 members of the age of 10 (required one participant over the age of 18, a child under the age of 14) and single members in MO groups, WO are allowed to participate in **the four-hour format**.



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Symbol	CATEGORY NAME	REQUIREMENTS TO THE TEAM STRUCTURE
4 Parents-children MO	Men's teams, 4 hours	Necessarily a boy under 14 and a man from 18 years old
4Parents-children_WO	Women's teams, 4 hours	Necessarily a girl under 14 and a woman from the age of 18
4Parents-children XO	Mixed teams, 4 hours	A child under 14 and an adult from 18 years of different sex
4BO MO	Men, singles, 4 hours	Man
4BO WO	Women, singles, 4 hours	Woman

Teams of 2 to 5 people (must one participant over the age of 18) and single participants are allowed to participate in the MTB **format** for **8 hours**.

8 MTB MO	Men's teams and men's singles, 8 hours	Men under the age of 18 are only allowed to be accompanied by adults
8 MTB WO	Women's teams and single women, 8 hours	Women under the age of 18 are only allowed to be accompanied by adults
8 MTB XO	Mixed Teams, 8 hours	At least one man and one woman

Teams are awarded in all categories they enter according to the gender and age of the team members.

The age of the participants is determined by the start date of the competition (May 8, 21). Any team must include at least one member aged 18 or over. Responsibility for the life and health of minor participants lays on the adult coaches or representatives of the teams, which is confirmed by the personal signature of the coach or representative. Each participant is required to have a compulsory health insurance policy with them and to present a compulsory health insurance policy at registration.



9. Punching system

The SportIdent electronic punching system is used in competitions. During the rogaine, each athlete must have an SI chip. Participants in the Russian Championships and shorten formats can use their own SI chips (if they have a high capacity - SI-Card6, SI-Card10, SI-Card11, SIAC), or can rent a chip from the organizers. Please specify the need for a lease at application. The following types of SportIdent chips are not allowed in the competition: SI-Card5, SI-Card8, pCard, tCard.

Participants in 4- and 8-hour formats can also use the SportIdent SI-Card9 chip. To prevent the possible separation of team members and control the passage of all controls each participant, each participant's chip is fixed on the wrist with a special control bracelet. The bracelet is made of durable waterproof material that is not stretched and cannot be ruptured by accident. At the entrance to the starting zone, as well as after the finish, the judge will check the correctness of the chip and the accuracy of the control bracelet.

To mark at the checkpoint, the participant must insert the chip into the hole at the station and wait for the station's sound and light signal, and then remove the chip from the station. Because the number of marks in the chips is limited, participants should only be tagged once on each control, otherwise there may not be enough memory of the chip to keep marks.

All members of the same team must be registered on one control within 2 minutes, otherwise points for this control team will not be awarded. To do this, it is recommended that participants who first arrive at the control wait for the stragglers of the team, if you want everyone to make a mark.

In the event of damage to the control bracelet or loss of the chip even by one member, the entire team is disqualified, and the result of the team is not counted. The fine for losing the chip is 3000 rubles. When you get out of the race, please return the rented chips to the organizers of the competition. All lost and unreturned chips are entered into the search database, and these chips will not be possible to use at any competitions.

After the finish, the participant must go through the reading station, receiving a printout of the data of the checkpoints.

10. Determining the results

The result of the team is the amount of points awarded for the mark at checkpoints, subject to compliance with the rules of the competition and additional conditions specified in this bulletin, minus the fine. For each full or incomplete minute of lateness after the established control time, the team is awarded 1 point of penalty. The team's finish time corresponds to the finish time of the last member of the team.

Places in the protocol are allocated according to the points scored. In the case of an equal number of points, the team that finished earlier is awarded a higher place.



Decisions on controversial situations and protests will be taken by the panel of judges.

11. Feeding during competitions

The Hash house will be located at the center of the competition.

In the settlements there are shops in which participants can replenish the supply of food on their own. The usual working time of the shops is from 9 a.m. to 6 p.m. Also in the settlements and some country villages is located wells, suitable for self-collection of water, there are a number of natural springs. Discovered during field work shops, wells, and springs will be marked by the sign "glass" in the map indicating stores working hours.

In two places likely to visit participants it will be equipped with destination with hot food and a point with hot tea and sweet food (bananas, oranges, raisins, cookies).

12. Health care

A medical aid station will always work on the starting meadow. In the event of injury, other team members, as well as members of opposite teams, are required to report the accident to the organizers and do everything possible to transport the injured to the medical center as soon as possible.

13. Mandatory equipment

- Map and number for each participant - issued by the organizers.
- A mobile phone with a charged battery that provides performance of at least 24 hours and with an injected number of the organizers for emergency communication.
- Clothes and shoes that match the weather.
- Magnetic compass, watch, whistle (for 24-hour format), individual chip.
- Lantern (for 24 hour format).
- drinking system with a supply of water or drink at least 0.5 liters (for the format of 24 hours) with the possibility of replenishment at the distance.

Mandatory equipment for MTB participants

- bike, helmet.

14. Recommending equipment

Emergency medicine kit; rescue isothermic blanket; drinking system with a supply of water or drink of at least 1.5 liters; carbohydrate-rich food (carbohydrate bars, gels, etc.).

While in the distance **it is** forbidden:

- Use any equipment (satellite navigation receivers, altimeters, pedometer, etc., including built into phones and watches) for navigation, except for a magnetic compass and a regular watch.



Use mobile communications and other radio and transmitting devices to share any information related to the competition, both with other teams and outsiders. The exceptions are situations that threaten the life and health of participants.

- Use vehicles, with the exception of a MTB for the MTB format, the help of strangers or other teams. The exceptions are situations that threaten the life and health of participants.

If you find a checkpoint that is not working, damaged, or destroyed, you should contact the organizers immediately.

Teams found to have violated the rules will be disqualified.

15. Registration, applications

Preliminary applications for participation in the competition are submitted from May 5, 2020 to April 15, 2021 year inclusive by filling out the registration form on the website: <https://orgeo.ru/event/registration/12636>

Details in the Bulletin 2 or additional disclosure.

Applications at the start place for 4- and 8-hour formats are accepted only if there is a technical possibility.

An application on the spot is not possible for the Russian Championships.

Cancellation of the application is possible until April 15, 2021. Organizers return 50 percent of the starting fee.

Making changes to the application until April 8, 2021 is free, from April 8, 2021 to May 1, 2021 - 300 rubles, on the day of competition - 700 rubles.

By registering for the event, You confirm that you consent to the organizer's processing of your personal data, i.e. the following actions: processing (including collection, systemization, accumulation, storage, refinement (update, change), use, anonymization, blocking, destruction of personal data), and the general description of the above methods of data processing is given in the Federal Act of 27.07.2006 No. 152-Fz in cases established by higher authority regulations and legislation.

16. Entry fee, competition funding

The costs of organizing, preparing and holding competitions, awarding the winners and prize-winners of the competition are reimbursed through sponsorship and entry fee of the participants. Entry fee per participant:

Russian Championships 24-hour format



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DATE OF PRELIMINARY APPLICATION AND PAYMENT	Earlier January 1, 2021	From January 1, 2021	PAYMENT AFTER MAY 1, 2021 OR APPLICATION AT THE START POINT
Basic application	2,100 rubles	2400 rubles.	Not possible
Benefit categories: participants under 21 and pensioners by age	1500 rubles	1800 rubles	Not possible

the format of 8 hours MTB, 8 hours running:

Participants aged 21 to 55	1200	1500	1700
Benefit categories: participants under 21 and seniors by age	700	1000	1200

4-hour running format, "Parents and children":

Participants aged 21 to 55	1000	1250	1500
Benefit categories: participants under 21 and seniors by age	600	850	1100
Parents and children	400	600	800

The cost of renting an electronic mark chip (if necessary) is 200 rubles.

The entry fee of the team is the amount of the fees of all team members. The starting fee includes a fee for participation in competitions, a map and other materials for each member of the team, hot meals, a finisher medal (only for participants of the Russian championships), a memorable magnet (for formats 8 and 4 hours), expulsion to the Russian Rogaining federation. The order of the payment of the entry fee, as well as the cost of ordering transfers and the conditions of accommodation in the field camp will be published in the Bulletin 2 or announced separately.

17. Award

The winning teams of the Russian Rogaining Championships 2021 in each category are awarded diplomas and memorable prizes.

The title of Russian rogaining champion 2021 is awarded to the team, taking the 1 place in each category.

Winners and prizers in the formats 8 and 4 hours of running, 8 hours of MTB are awarded with certificates and prizes, if there is sufficient sponsorship.

18. The organization and management of the competition

The direct conduct of the competition is entrusted to the organizing team of competitions

The composition of the competition committee:

Competition Director: Dmitry Smirnov

Composition of the panel of judges:

Chief Justice: Pavel Shestakov

Chief Secretary: Ivan Povyshev

Head of Sports and Technology: Evgeny Loginov

Head of the distance: Bareev Denis

19. Competition Partners and Sponsorship

The organizational team invites all stakeholders to mutually beneficial cooperation.

20. Volunteers

The organization of major competitions requires the involvement of additional forces and means to ensure the safety of participants at the distance, the safety of checkpoints, assistance at food points, in the registration area. If you do not have the opportunity to participate in competitions, but have a desire to help the organizers to make the competition more interesting and eventful, write to us on orientoevent@gmail.com or dnsmir@yandex.ru. We will certainly answer you.

21. Bulletin 2

The bulletin 2 will be published no later than January 1, 2021.

2 2. Training opportunities

Any rogaining trainings in the competition area, as well as a visit to the competition area in order to study the nature of the area for Russian Rogaining Championships participants are prohibited.

On May 5-7, 2021, the official training ground (model map) for the participants near the city of Pereslavl-Salessky and the competition center will be available.

Regarding participants 8 and 4-hourly formats, received information about the area of competitions, in volume more than other participants, or earlier than other participants, the claims by the panel of judges are not accepted (applied exception to the rules, taking into account the format of the competition).



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В команде с природой!

ПОСВЯЩАЕТСЯ 800-ЛЕТИЮ
СО ДНЯ РОЖДЕНИЯ КНЯЗЯ
АЛЕКСАНДРА НЕВСКОГО



23. Contact information

Page of the event – 'Vkontakte' : <https://vk.com/zalesye2021>, announcement on Facebook page of the Russian Rogaining Federation <https://www.facebook.com/rusrogaining> and on the website of the Russian Rogaining Federation <https://rogaining.ru/calendar/event/633-rrc2021>

Event website: zalesye2021.ru

E-mail: dnsmir@yandex.ru

Tel. 79152406192 Dmitry Smirnov

Email: orientoevent@gmail.com

Tel. 79159552086 Pavel Shestakov

Issues related to the application and payments of participation

Email: info@o-vector.ru

+7 (930) 285-02-67 Ivan Povyshev



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