



Nuuk O-Fest NATLOC 2015



Organizer: Nuuk Orienteering

Program: Thursday, 2 July 2015

Register, pay and get event package

16:00 – 18:00 in Katuaq, culture centre.

Warm-up event 1 – Nuup Avannaa

A long sprint, with free start between 16:00 and 18:00 from Katuaq. (see below)

Friday, 3 July 2015

Sightseeing day

Boat trip to icefjord and small settlement, good chance to see whales. Organised with Touring Greenland.

Warm-up event 2 – Sisorarfiit

Rogaining, with mass start at 18:00, by the skilift.

Saturday, 4 July 2015

NATLOC stage 1 – Qallussuaq

Middle-distance, first start at 11:00.

NATLOC dinner party

Three course dinner with greenlandic specialities. Starts at 18:00, in the NSP clubhouse.

Sunday, 5 July 2015

NATLOC stage 2 – Quassussuup tunua

Long-distance, first start at 13:00.

Monday, 6 July 2015

Historic city walk

Introduction to the history of Nuuk with a guided tour.

NATLOC stage 3 – Nuup kujataa

Sprint distance, first start at 18:00.

Prizegiving

when possible, and around 19:00 at meeting place.

Tuesday, 7 July 2015

Guided hike to top of mount Ukkusissat

Enjoy a snack with the great view from 800 m high Ukkusissat.

Competition: Nuuk O-fest, is the annual international orienteering event for Nuuk. In 2015 it is at the same time the “North Atlantic Orienteering Championships” (thus NATLOC).

Pre-registration: Runners are encouraged to pre-register online, a reduction of the fee is available until 1 June, for people how pre-register.

Registration: All runners must register on 2 July.
At the registration, runner information in the computersystem is checked and corrected.
Runners may pay in cash only at the registration, or by bank transfer before registration.
Runners will receive an info-package at the registration.
Runners not able to come to the registration must make an arrangement with the eventmanager in stead.

Info-package: When registrating runners will receive an info-package containing:

- ☐ start lists
- ☐ loose control definitions
- ☐ information on meeting places and start
- ☐ rental SI-card (for those who need)

At the registration there will be people who can answer any question about the event.

Start list: The info-package will contain a startlist for the three NATLOC stages. Every runner should find his or her own start times on this list.

Meeting place: The info-package will also contain a description of how to find the meetingplace and starting area, and approximate time to get there.
For non locals we arrange pickup in the town centre.

Classes: There will be the following classes:
Competition men:
Competition women:

The competition classes run the same course for men and women. The courses somewhat resemble what would be the class M35 or M40 in other events.

Intermediate: The intermediate class is outside of the competition, and is mostly for less experienced orienteers. Some experienced children and older runners might choose this class.

Children: The childrens class has its own competition, and the courses are meant for even the smallest children.

Classes	Difficulty	Stage 1	Stage 2	Stage 3
Competition classes	Difficult	4,5 – 5,0 km (↗ ~200 m)	6,0 – 6,5 km (↗ ~300 m)	2,5 – 3,0 km (↗ ~70 m)
Intermediate	Difficult / Intermediate	3,0 – 3,5 km (↗ ~100 m)	4,0 – 4,5 km (↗ ~150 m)	
Children	Beginner	1,0 – 1,3 km (↗ ~50 m)	1,2 – 1,5 km (↗ ~70 m)	0,8 – 1,3 km (↗ ~40 m)

(↗ ~200 m) means that the course will have approximately 200 height meters (between 150 and 250).

Warm-up	Difficulty	
Event 1	Intermediate	3,0 – 3,5 km (↗ ~100 m)
Event 2	Difficult / Intermediate	Point-race (rogaine) 45 minuts max

Prizes: Prizes are given based on the combined results of all three days.
Adults will have prizes for men and women coming 1st, 2nd and 3rd in the competition classes.
Children will get medals according to their best result of the day during the event (each child may only receive one medal).
No prizes in the intermediate class.

Open courses: Adults not running “Competition class” are not taking part in the NATLOC competition.
No entries on the day.

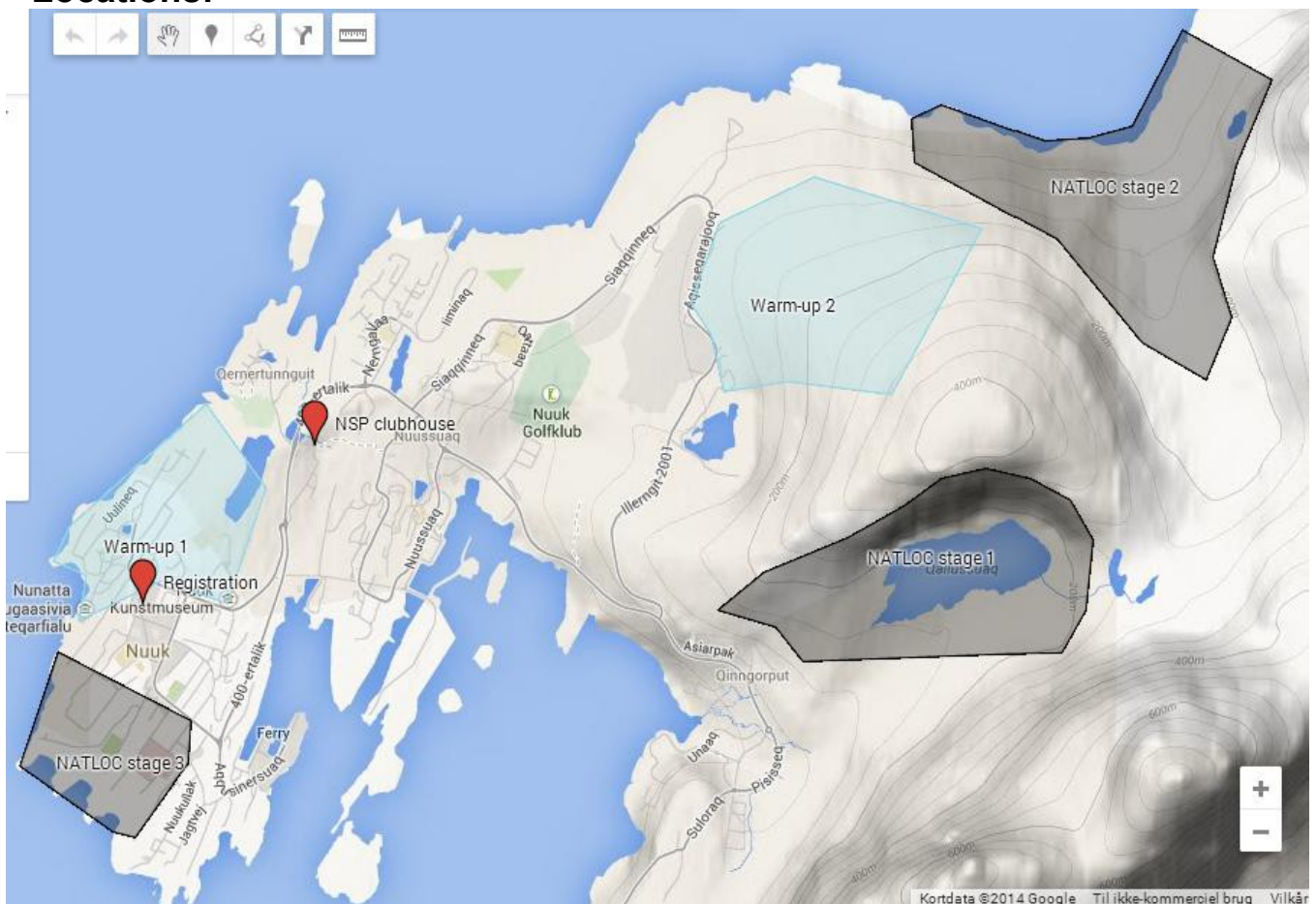
Shadowing: Parents (or others) may shadow the child in the Childrens and Intermediate classes.

Timekeeping: Sport Ident, (up to 30 BSF8 station, cards 5, 6, 7, 8 and 9 are all good).

SI-card rental: We have a few SI cards (28) for rental.

Accommodation: We advise participants to stay at a hotel, hostel or rent an apartment.
We offer hard floor accommodation, with a mattress, for 50 dkr pr day. The sleeping place will be in the NSP clubhouse. It has toilets and a kitchen, but no shower. Please contact us for details.

Locations:



Meeting place: The event site for every day will have a tent, for timekeeping and some snacks. Change of clothes can be kept dry, in the tent or in cars.
It is possible to buy some orienteering clothes (NATLOC or NUUK OK) in the tent.

More detailed information on meeting places in the info-package.

Transportation: Information on transport options, distances to start, and to meeting places will be in the event packet. Usually we offer

pick-up in city centre for non-local runners.

Children: Childrens courses every day, but no caretaking.

Fees: Fees are dependent on classes and time of pre-registration.

(prices in DKK – danish kroner) (100 DKK ~ € 14 ~ us \$ 16)	Before 1 june 2015	1 june and later
Competition class (M/W) all 3 days	400,-	500,-
Competition class (M/W) one day	150,-	175,-
Intermediate class, all 3 days	200,-	300,-
Intermediate class, one day	75,-	125,-
Childrens class, all 3 days	100,-	200,-
Childrens class, one day	50,-	75,-
Rental of SI-chip	20,- / day	20,- / day
Single warm-up event (free for members of NASP)	50,-	50,-
Dinner party – adults	250,-	250,-
Dinner party – Children	50,-	50,-
Historic City Walk	50,-	50,-
Guided trip to Ukkusissat (with snack)	150,-	150,-
Boat trip	ca. 1.500,-	ca. 1.500,-

Payment: For people with a danish bank, please pay upon registration to the club bank account. Others, please pay with cash on registration day (2 july 2015).

From Danish/Greenlandic banks:

Money transfer to: reg. 8120 konto 3060174724

Event management:

Event leader: Christian Wennecke
contact: naspok@gmail.com; +299 56 23 78

Event committee:
Dorthe Petersen
Jesper Regin
Klaus Georg Hansen

NATLOC:

Stage 1 – Qallussuaq

scale: 1:7.500, contours: 5 m, mapped in 2013.

Qallussuaq is also called "Lake Nuuk" or "Cirkussøen". It is an area between the mountains Quassussuaq (Lille Malene) and Ukkusissat (Store Malene), surrounding the lake. The terrain is all mountain (no trees), combines rock face and grass, on footpath cross this area alongside the lake. Specific for this area is the large number of rocks situated in a very little space.

Stage 2 – Quassussuup tunua

scale: 1:10.000, contours: 5 m, mapped in 2014.

Quassussuup tunua means 'backside of Quassussuaq'. A well visited camp-site is in the middle of this piece of greenlandic nature right outside Nuuk. This area offers some great views, and some interesting terrain features. Near the camp-site, rivers have eroded the landscape for millenia, carving deep trenches, and to the west a handfull of huge boulders has been tossed like dices on the table.

Stage 3 – Nuup kujataa (Sprint)

scale: 1:5.000, contours: 2,5 m, mapped in 2013.

Nuup kujataa means 'south part of Nuuk'.

The area contains the historic site of the german missionary settlement "Neu Herrnhut", which is interesting because you can still see the remains of the old greenlandic peat houses next the missionaries house. Around "Neu Herrnhut" lies now mostly residential areas, which makes interesting orienteering, as you may run between the houses (and sometimes even under them).

Warm-up:

Warm-up event 1 – Nuup avannaa

scale: 1:5.000, contours: 2,5 m, mapped in 2012.

Nuup Avannaa means 'north part of Nuuk'.

This area hosts the old town with the 'colonial harbor', a piece of nature and the somewhat confusing residential area of 'myggedalen' (mosquito valley) – where you hardly ever find a mosquito.

As soon as you have registered for the races, you will get the map for this warm-up, and you are free to start when you like.

Warm-up 2 – Sisorarfiit

scale: 1:10.000, contours: 5 m, mapped in 2013.
Sisorarfiit means 'the skilifts', the area is bordered to the south by the long skilift. In the area there are hardly any paths, but plenty of boulders and rock surfaces. In some places rock formations almost form a maze, making this a difficult but fun terrain.

Sideevents:

Greenlandic dinner party

Saturday 4th of July - 18:00 in NSP clubhouse.

We expect a three course dinner with Greenlandic food.

Drinks can be bought at the party.

Guided Hike to the top of Mount Ukkussissat

Tuesday 7 July – 16:00 from Hotel Hans Egede.

We drive to the suburb of Qinngorput, and walk from there hike to the top of the highest mountain near Nuuk (app. 800 m high), here we enjoy a snack with the fantastic view. Snacks are included in the price.

This hike is a bit tough!

Boat trip on Sightseeing day

A daytrip including lunch in the icefjord in the bottom of Nuuk fjord, and a visit to the settlement Kapisillit. Kapisillit is the nearest settlement to Nuuk, only about 120 km away, and inhabited by 150 people.

There is a good chance of seeing whales on the way out or home.

This is a highly recommended trip.

Specific details about the trip depends on weather and number of participants. But some choices will be available, even for small number of people.

Other things to do

Nuuk offers a few other nice things to do.

- ◆ There are good hiking opportunities outside town, please ask us for a map.
- ◆ Or even just a nice walk to the university would be recommended.
- ◆ There is a very nice national museum, with some very well preserved mummies in its collection.
- ◆ There is a nice art museum, with a combination of classic and modern Greenlandic art.

- ◆ The Culture centre often has exhibitions of contemporary artists.
- ◆ You can spend hours in the souvenir shops looking at handicraft.
- ◆ You can visit some of the different handicraft workshops, for a very interesting insight and to buy directly from the artist at a good price.