



# Nuuk O-Fest 2016



**Organizer:** Nuuk Orienteering

**Program:** Friday, 24 june 2016

**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)

Saturday, 25 june 2016

**Nuuk O-fest stage 1 –**

Middle-distance, first start at 11:00.

**O-fest Dinner Party**

Three course dinner with greenlandic specialities.

Starts at 18:00, in the NSP clubhouse.

Sunday, 26 june 2016

**NATLOC stage 2 –**

Long-distance, first start at 13:00.

**Historic city walk**

Introduction to the history of Nuuk with a guided tour, meeting outside the café in Katuaq at 19:00.

Monday, 27 june 2016

**NATLOC stage 3 –**

Sprint distance, first start at 18:00.

**Prizegiving**

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

Tuesday, 28 june 2016

**Guided hike to top of mount Ukkusissat**

Enjoy a snack with the great view from 800 m high Ukkusissat. Leaving from the Centre of Nuuk at 16:00. Expected duration 4 hours.

### 28 or 29 June 2016

It is possible to fly to Ilulissat, to participate in the Arctic Midnight Orienteering event, 29 June to 2 July, for the complete Greenland Experience.

(see more at [www.iog.gl](http://www.iog.gl))

## **Nuuk O-fest:**

### **Stage 1 – Sisorarfiit**

scale: 1:10.000, contours: 5 m, map updated in 2015.

Sisorarfiit, means the 'skilifts'.

The area is a mountainous terrain just north of the Skilift near the airport. The terrain which is open mountain, with almost no footpaths or roads, offers good running and many rocky features.

### **Stage 2 – Quassussuaq**

scale: 1:10.000, contours: 5 m, mapped in 2015.

This area stretches from the top of Quassussuaq to beyond the "paradise valley". It lies next to the sisorarfiit area, and offers another open mountain terrain with next to no paths or man made structures. In parts of this area running is slow due to uneven ground and steepness. A couple of passable rivers cross through the terrain.

### **Stage 3 – Qinngorput (Sprint)**

scale: 1:5.000, contours: 2,5 m, mapped in 2013 and 2016.

Qinngorput is the newest part of Nuuk. It is a residential area, dominated by newly build public housing complexes. It is allowed to run between houses.

## **Warm-up:**

### **Warm-up event – Nuup avanna**

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

Nuup Avanna 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.

<b>Classes</b>	<b>Difficulty</b>	<b>Stage 1</b>
Warm-up	<b>Intermediate</b>	4,5 – 5,0 km (↑ ~200 m)

Also you may find courses with permanent controls, in a terrain just outside of town.

[www.nasp.gl/findvej](http://www.nasp.gl/findvej)

**Competition:** Nuuk O-fest, is the annual international orienteering event for Nuuk. In 2016 it is organised for easy connection with the Arctic Midnight Orienteering event in Ilulissat.

**Pre-registration:** Runners are encouraged to pre-register online, a reduction of the fee is available for people who pre-register no later than 24 may.

**Registration:**

- All runners must register on 24 june.
- 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 individual arrangements with the eventmanager.

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

**Info-package:** When registering runners will receive an info-package containing:

- The runners start times
- Separate control description sheets
- Information on meeting places, start and finish.
- Rental SI-card (for those who need)

**Start list:** The info-package will contain a starttimes for the three stages. Every day, a complete startlist will be available at the meeting place.

**Meeting place:** The info-package will also contain a description of how to find the meeting place and starting area, and approximate time to get there.  
For non locals we organise transportation to the meeting places. (fees may occur)

**Classes:** There will be the following classes:  
Competition men / Competition women:  
 The competition classes run the same course for men and women. Depending on age you are placed in the long or short version. You may change to the long class and still compete, but if you change to shorter class you are not competing.  
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 children's class has its own competition, and the courses are meant for even the smallest children.

Classes	Difficulty	Stage 1	Stage 2	Stage 3
Competition age 18 - 50	Difficult	4,5 – 5,0 km (↗ ~200 m)	5,5 – 6,0 km (↗ ~350 m)	2,5 – 3,0 km (↗ ~70 m)
Competition age 15-17 & 51+	Difficult	3,5 – 4,0 km (↗ ~150 m)	4,5 – 5,0 km (↗ ~250 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)	2,5 – 3,0 km (↗ ~70 m)
Children	Beginner	1,2 – 1,5 km (↗ ~50 m)	1,5 – 1,7 km (↗ ~70 m)	0,8 – 1,3 km (↗ ~40 m)

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

**Prizes:** Prizes are given based on the combined results of all three days.  
 Adults will have prizes for men and women coming 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in the competition classes.  
 If a class has fewer than five competitors, the number of prizes will be reduced accordingly.

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 competition.

No entries on the day.

**Shadowing:** Parents (or others) may shadow the runner in the Children's and Intermediate classes.

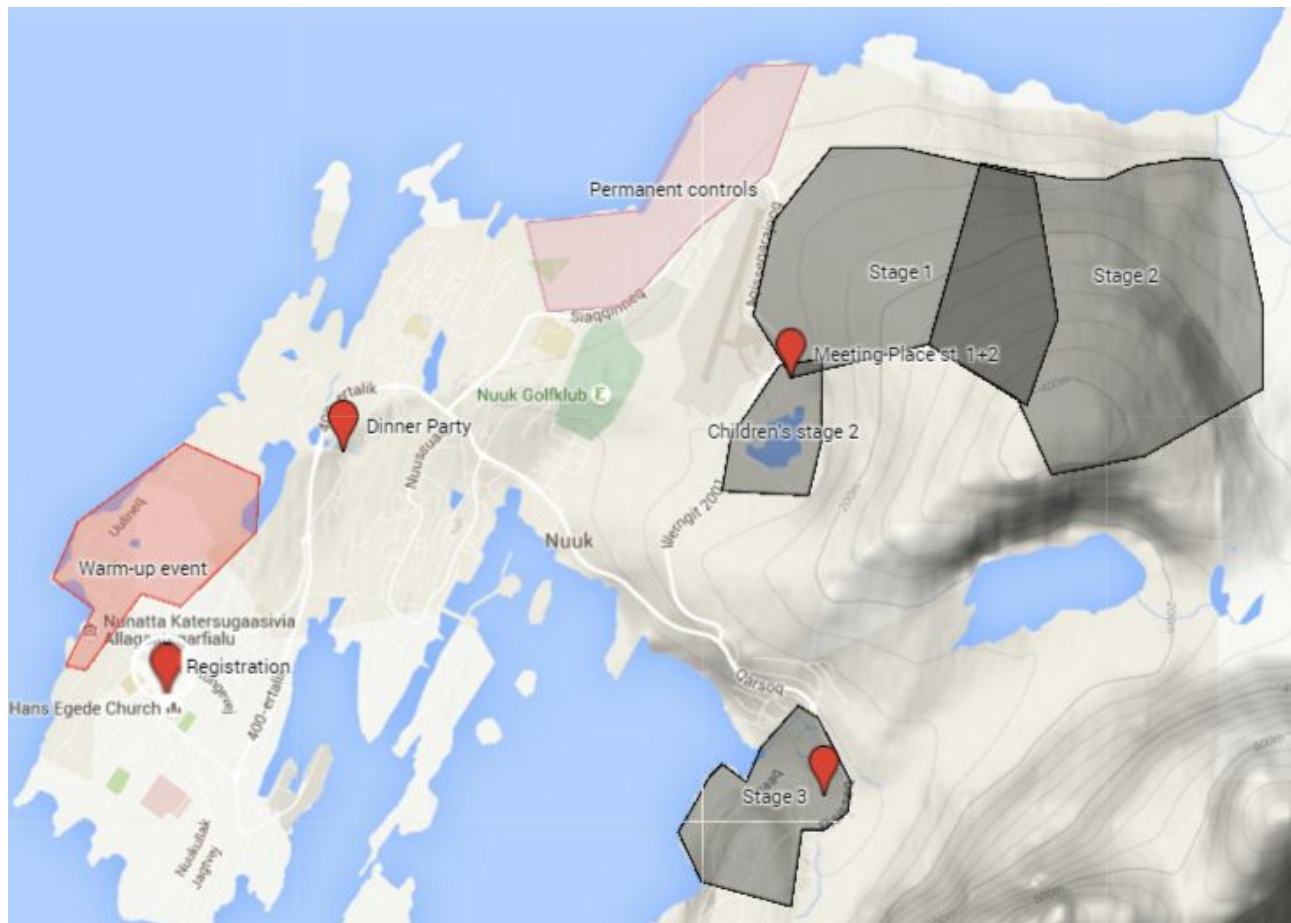
**Timekeeping:** Sport Ident, (up to 30 BSF8 station, cards 5, 6, 7, 8 and 9 are all good).

**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 DKK 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.

**Children:** Childrens courses every day, but no caretaking.

**Fees:** Fees are dependent on classes and time of preregistration.

(prices in DKK – danish kroner) (100 DKK ~ € 14 ~ us \$ 16)	Before 17 may 2016	17 may and later
Competition classes, pr day	150,-	175,-
Intermediate class, pr day	100,-	125,-
Childrens class, pr day	50,-	75,-
Rental of SI chip, pr day	20,-	20,-
Warm-up event (free for members of NASP)	50,-	50,-
Dinner party - adult	250,-	250,-
Dinner party - Children	50,-	50,-
Historic City Walk	100,-	100,-
Guided trip to mount Ukkusissat	200,-	200,-

**Payment:** Payment may be done in cash on Registration day, or by transfer from a danish bank account.

From Danish/Greenlandic banks:

Money transfer to: reg. 8120 konto 3060174724

**Event management:**

Event manager: Klaus Georg Hansen

Contact: [naspok@gmail.com](mailto:naspok@gmail.com)

Event committee:

Dorthe Petersen

Jesper Regin

Christian Wennecke

**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 28 June – 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!

### **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.