5DAYS ARDF

DORIS
5. - 9. 7. 2023
**EVENT DATE**

5. - 9. july 2023

**EVENT CENTER**

Dobříš city, department středočeský kraj

Sport hall DOKAS Dobříš
(https://mapy.cz/s/hegosudufa)

**EVENT TYPE**

Championships event

**ORGANIZER**

ROB Pardubice z. s.

**PROGRAMME**

5. 7. - E1 - Sprint competition 3,5 MHz
6. 7. - E2 - 1. classic 144 MHz
7. 7. - E3 - Relay Czech Championship 3,5 MHz
8. 7. - E4 - 2. classic 3,5 MHz
9. 7. - E5 - Foxoring Czech Championship

**ORGANIZERS**

- **Event director:** Martina Jansová
- **Main referee:** Lucie Zachová (E1)
  - Pavel Hora (E2, E4, E5)
  - Jitka Šimáčková (E3)
- **Route creators:** E1 - P. Kolský, L. Zachová
  - E2 - M. Jansová, L. Zachová
  - E3 - O. Šimáček, P. Šrůtová
  - E4 - M. Šafář, J. Pavlů
  - E5 - P. Kolský, J. Pavlů
- **Event jury:** I. Machová, M. Kinc, J. Baxa st.
- **Event delegate:** Petr Hrouda

**CATEGORIES**

- Classics, Sprint and Foxoring: according to rules
- Relays: M14, D14, M19, D19, M20, D20, D35, M40, D55, M50, MIX (nonchampionship)
MEASURE SYSTEM
Sportident for all categories

FOXES STYLE
- **Classics**: orange/white lampions 30 x 30 cm
- **Sprint, Relay**: foxes will be marked with red and white rod with SI unit, beacon and spectator fox will be marked with orange/white lampions 30 x 30 cm
- **Foxoring**: foxes will be marked with black rod with SI unit, beacon with orange/white lampion 30 x 30 cm

TRANSMITTERS FREQUENCY
According to rules (will be provided later)

TERRAIN
Mainly clear forest with rocky slopes with many roads. In some parts, there is dense blackberry bushes, we recommend leg protection.

EMBARGED AREA
10 km around of city Dobříš + area between Řevnice a Řitka villages.

TRANSPORTATION TO STARTS
With own cars, closer information will be provided soon. Problems will be dealt with individually.

STARTING FEES
- 200 CZK/ Etape (8€)
- 300 CZK/ Relay (12€)

INSURANCE
Participants have mass health insurance by ČOV
ACCOMMODATION

In the city sports hall in the event center using own sleeping bags. Price is 100 CZK/nacht (4€)

DINING

In Modrá kočka restaurant in the event center.
- breakfast (buffet) : 110 CZK (4,5 €)
- lunch : 150 CZK - selection from 3 meals (6 €)
- dinner: 150 CZK - selection from 3 meals (6 €)
Menu is in the end of the outlines.

ENTRIES AND PAYMENTS

- Filled entry form here (https://5days.ardf.fun/?page_id=31) and send it on e-mail info@ardf.fun until 18. 6. 2023
- Send payments according to entry form until 18. 6. 2023 on account 250324390/0300, with name of club into note
- Later entries are accepted for increased price 250 CZK/ etape (10 €).

EVENT PROGRAMME

- Wednesday 5. 7.
  - 12:30 - 14:00 - arrival, presentation in event center
  - 13:30 - 14:00 - training Sprint + Relay in event center
  - 15:30 - start 00 Sprint
  - 20:30 - 21:00 - training 144 MHz in event center
- Thursday 6. 7.
  - 10:00 - start 00 - 144 MHz

- Friday 7. 7.
  - 10:00 - 10:30 start 00 - Relay
  - 19:00 - 20:00 - training 3,5 MHz in event center

- Saturday 8. 7.
  - 10:00 - start 00 - 3,5 MHz

- Sunday 9. 7.
  - 10:00 - start 00 - Foxoring

- timetable for dining and awarding ceremony will be provided later

- earplugs
- leg protection
- cup/bottle for drinking at start and finish area

Since the date of issue of outlines, the terrain of competitions is treated as embargoed. By submitting an application, the participant confirms that he is medically fit to take part in the competition.
- Breakfast every day: Chicken ham, smoked cheese, edam, salami, eggs, sausages, mustard, ketchup, corn flakes, butter, honey, jam buns, bread, whole grain pastries, orange juice, milk, coffee, tea

- 5.7. - Dinner
  - Vege-300g Curry vegetable risotto
  - 150g Minced meat with cheese and mashed potatoes
  - 250g Chicken leg with rice

- 6.7. - Lunch
  - Vege-300g Spaghetti pomodoro with mozzarella
  - 150g Pork stew with pasta
  - 150g Chicken curry mixture with rice

- 6.7. - Dinner
  - Vege-300g Gnocci with spinach and mushrooms
  - 150g Pork mix with tried mashed potatoes
  - 150g Tenderloin on cream with cranberry sauce and homemade bun dumpling

- 7.7. - Lunch
  - Vege-150g Buckwheat meatballs with boiled potato and herb dip
  - 300g Dumplings with smoked meat and cabbage
  - 150g Fried pork steak with potato salad

- 7.7. - Dinner
  - Vege-300g Vegetarian lasagna
  - 150g Roast beef with rice
  - 150g Chicken slice baked with ham and cheese, french fries

- 8.7. - Lunch
  - Vege-300g Asparagus risotto
  - 300g Bolognese spaghetti with parmesan
  - 150g Roasted pork on garlic with mashed potatoes

- 8.7. - Dinner
  - Vege-150g Zucchini meatballs with boiled potatoes and dill dip
  - 150g Pork cubes on mushrooms with rice
  - 150g Fried chicken steak with boiled potatoes

- 9.7. - Lunch
  - Vege-300g Baked potatoes with broccoli and cheese
  - 300g Serbian risotto with pickled cucumber
  - 150g Pork with cabbage and homemade potato dumpling