

## Day 4 – 28. June Fredericia

### Driving directions

Parking on Esplanaden at the harbour, which shall be accessed via Kongensgade. Marking from Kongensgade 113, 7000 Fredericia, GPS-coordinates 55.558259, 9.763348 (WGS84 decimal).

### Arena

A plan of the arena cannot be shown, as this could compromise secrecy for the WOC athletes.

- Event Office. Opens at 11:45.
- Kiosk.
- First aid
- Toilets.

Please enjoy the beach just beside the arena.

### Distances and marking

- Parking – arena, app. 1,3 km, or app. 15 min. walk.
- Arena – start 1, app. 200 meter, or app. 2 min. walk. Marked with pink flags.
- Arena – start 2, app. 400 meter, or app. 5 min. walk. Marked with light green flags.

### Classes, course lengths and number of controls

Can be found in this overview: [Course/class overview 28 June](#).

Please be aware that there are two starts. The starts are indicated in the overview mentioned above. The classes are not distributed the same way on all stages, so please check which start to go to – every day.

### Race map

Fredericia, scale 1:4.000 and 1:3.000. Contour interval 2,5 meter.

Age groups M60 og W60 og above use 1:3.000, others use 1:4.000.

### Terrain description

Fredericia was built as a military fortification 400 years ago with huge ramparts, now covered by grass and forest. The ramparts are hilly, often with very steep slopes, but in some areas also gentle and flat. They are mostly covered with grass and are generally marked on the map with olive green and thus out-of-bounds areas. Inside the fortification, the town has a distinct symmetrical road network with quadrants, often

embracing intricate backyards behind the facades. The ground surface here will be hard. The area to the north comprises a modern residential area with separate family houses, public buildings, and apartment buildings. Here, the ground surface will mainly be hard, but minor areas with grass occur.

### **Out-of-bounds areas**

Out-of-bounds areas are marked on the maps by red hatching. Be aware that most open areas on the ramparts are marked on the maps in olive green and are out-of-bounds. In some areas there will be marking in the terrain to support identification of the boundary.

### **Safety**

The roads in the town are not closed and some traffic must be expected. Follow the traffic regulations and be particularly aware when crossing roads.

### **Children's course**

Sprint at its finest; quick, intense and funny. The Go4O concept encourages to play on a grass area south of the arena. Fine prizes for all runners.

### **Course setting**

Peter S. Knudsen, OK Melfar