



BULLETIN 1
XII GRAND PRIX POLONIA, MTB-O
DUSZNIKI ZDRÓJ, 14-22.07.2012
INTERNATIONAL MTBO TRAINING CAMP

Organisers Zachodniopomorski OZOS, MOKiS Duszniki Zdrój

Programme:	14.07.2012 Saturday	MTB Marathon
	15.07.2012 Sunday	middle distance first start – 10:00
	16.07.2012 Monday	long distance first start – 11:00
	17.07.2012 Tuesday	sprint distance first start – 11:00
	18.07.2012 Wednesday	mix relay
	19.07.2012 Thursday	long distance first start – 11:00
	20.07.2012 Friday	sprint distance first start – 11:00
	21.07.2012 Saturday	middle distance first start – 10:00
	22.07.2012 Sunday	long distance first start – 11:00

Event centre : PGE" S.A. Elektrownia Opole Ośrodek Sportowo-Wypoczynkowy
"Jamrozowa Polana" Jamrozowa Polana, 57-340 Duszniki Zdroj.
Look at the map event center: **GPS**: 50° 40.218' N 16° 38.882' E
<http://byway.pl/details.aspx?guid=4a83fb0f-0b02-4341-b6d6-c6d44a37c14c>

Terrain Mountainous, 600 – 1000 above sea level.

Map New Special MTBO – maps 1:7 500, 1:10 000. 1:15 000, 1:20 000 e – 5 m.
Brought up to date in June/July 2012.

Punching system SPORT-Ident.

Accommodation School on the floor str. Sportowa 6, Duszniki-Zdrój.

- We offer reservation for accommodation in your own area, below the links to the websites of accommodation in Zieleniec. <http://www.zieleniec.pl/info.php> ,
<http://www.zieleniec.info.pl/> ,
- <http://www.eholiday.pl/noclegi-zieleniec-51581.html> ,
Of course, if you will need to offer help in booking accommodation on the principles what will be stated in the Bulletin-2.

In Annex old maps training and area represents approximately 40% of the entire area which will be available to participants camp and competitions

Information about Zieleniec and competition:

Zieleniec is the largest ski resort in the Klodzko Valley (one of the largest in the Sudetenland). Is a district Duszniki Zdroj. It lies at an altitude of about 950 m above sea level in the band of the Eagle Mountains. There is there a special microclimate (the only such in Poland) - similar to alpine. Because of the special pressure system of air masses, local microclimate forces the human body increases production of red blood cells, which in turn greatly improves the mood of even a few days staying in Zieleniec. Zieleniec northern slopes, great skiing and a large quantity of rainfall in winter (1300 mm per year with 40% for the period from November to March) mean that snow is close to 150 days.

During the competition every day in the afternoon will be organized meeting on various themes among other things: training methods, overcoming the analysis of routes, building routes and update maps on the terrain. Polish MTBO National Team seniors and junior each year in this field is organizing of preparation 3 weeks camp before the start of the World Championships. We offer all the teams stayed together and training after the competition / 1-2 weeks /. We offer technical organization of training on the maps, and exchange experience in organizing these trainings. Available to the participants of the camp will be circa about 60 square miles of area with maps for MTBO.

It is an area in which occurs despite the climate of alpine and located at an altitude of 1000 meters above sea level, climatic conditions are such as we were staying at an altitude of 1600 meters above sea level.

In this area for several years now, also annually prepares In Ruslan Gritsan from Russia. In this field also as a prepares at the camp to start training in the main event of the actual World Champion in MTB Maja Włoszczowska from Poland.

Organizing Committee:

Event director	Janusz Rajzer
Course setter	Jan Cegielka, Maciej Krzyśko, Marek Sobiegraj.
Head office computing	Marek Sobiegraj
Author website -	Maciej Krzyśko

Please, look at our web pages <http://www.zspelczyce.pl/gpp/>

