



## One week in Denmark with participation in the Easter 2009 and pre-training for JWOC 2010

One week in Denmark with participation in the Easter 2009. Three days of running with two divisions of the Danish Junior Ranking Event, and pre-training for JWOC 2010. It is not an official part of the JWOC training program, but the terrain is like the JWOC terrain.

**Possibility for own choice training on the 5<sup>th</sup> and 6<sup>th</sup> of April.**

Use Herning OK's or Holstebro OK's club houses as starting point for these training sessions. Shower and changing facilities are available and possibility for 'lighter' cooking.

**Participate in the pre-training to the Easter on the 7<sup>th</sup> and 8<sup>th</sup> of April 2009.**

**Participate in the Easter on the 9<sup>th</sup> to 11<sup>th</sup> of April 2009.**

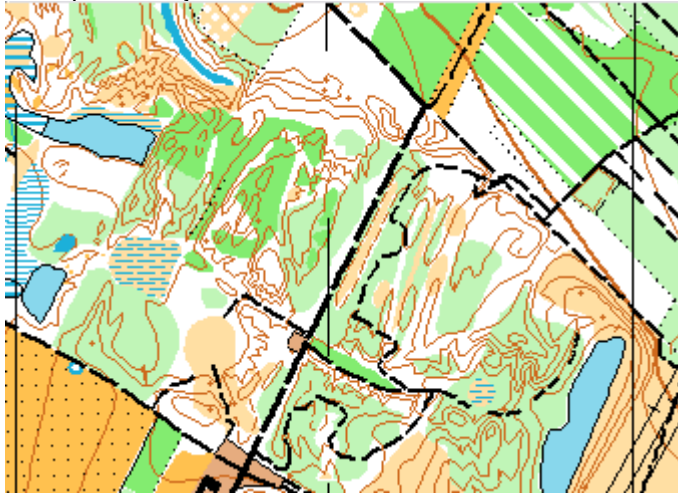
Own training Sunday the 5<sup>th</sup> of April and Monday the 6<sup>th</sup> of April. .

A: Starting point from Herning OK's club house. Three different maps:

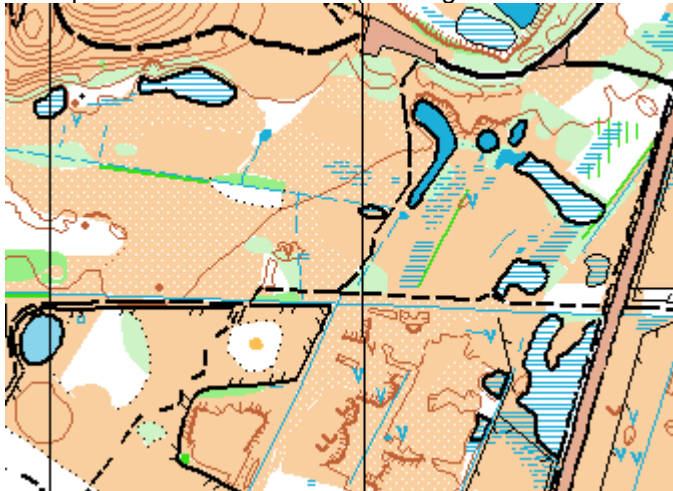
Sprinter Map Ikast 1:4000



O-Map Momhøje 1:10.000



O-Map Knudmosen 1:10.000 (Herring OK's club house is on the map).



B: Starting point from Holstebro OK's club house.

O-Map Vestre Plantage 1:10.000  
(sorry no sample)

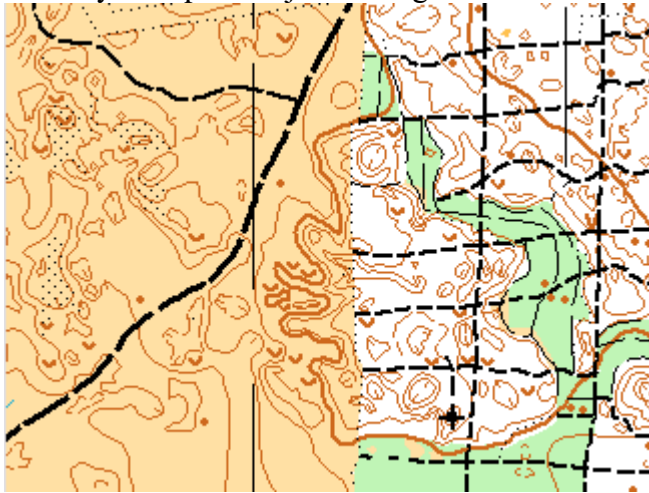
### Pre-training Easter 2009:

Tuesday the 8<sup>th</sup> and Wednesday the 9<sup>th</sup> of April there will be pre-training for the Easter Races.

Courses from 4 to 10 km.

Punching system: Emit

Tuesday 7<sup>th</sup> April. 'Fejsø Plantage' from 12.00 - 18.00 'clock



Wednesday 8<sup>th</sup> April. 'Hoverdal' from 12.00 -17.00 o'clock



**The Easter 2009: Please see [www.PL2009.dk](http://www.PL2009.dk)**

Thursday 9/4. 'Stråsø øst', first start at 12.00 o'clock

Friday 10/4. 'Husby Vest', first start at 10.00 o'clock

Saturday 11/4. 'Husby Sydøst', first start at 10.00 o'clock

Danish Junior Cup.

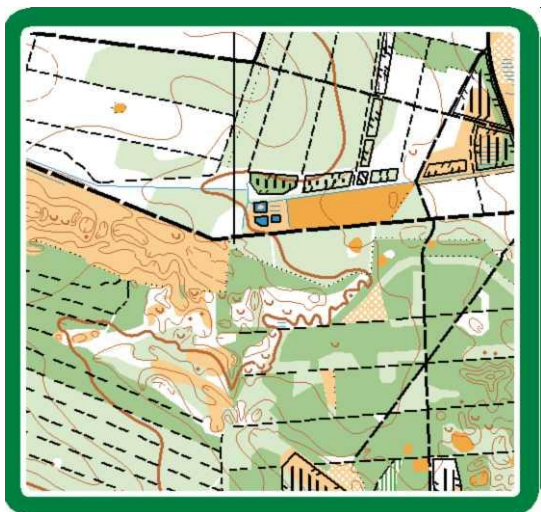
Accommodation: Please see [www.ulfborg-turist.dk](http://www.ulfborg-turist.dk) for accommodation

Information:

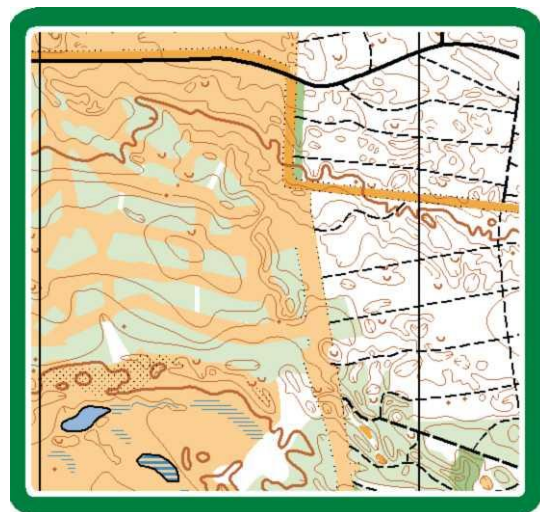
Contact: Ole B. Andersen  
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Phone: +45 97137390



Map samples:  
Easter 2009



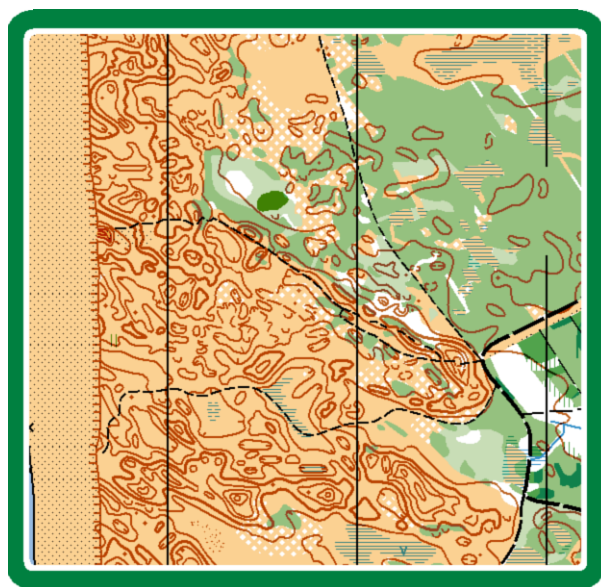
Stråso



Stråso



Husby South-east/Sydøst



Husby West/Vest

