

COURSE D'ORIENTATION

CITY RACE  
EURO TOUR

Le Comité Girondin de Course d'Orientation  
en partenariat avec Woodrise vous présente



# BORDEAUX CITY RACE 2021

COURIR EN FRANCE

## 2 et 3 OCTOBRE

PLUS D'INFORMATIONS SUR : [bdx-city-race-2021.course-orientation.fr](http://bdx-city-race-2021.course-orientation.fr)



# SATURDAY 2<sup>ND</sup>



## SPRINT - MÉRIADECK

11:00 am First starts



## MIDDLE DISTANCE - PALMER

3:00 pm First starts

# SUNDAY 3<sup>RD</sup>



## CITY RACE 2021 - CHALLENGE WOODRISE

First start of the Bordeaux City Race 2021 9:00 am  
Welcome of the WoodRise challenge teams and number collection 9:00 am  
Free time for Woodrise activities 9:00 am  
Demonstration of the Woodrise Challenge relay 10:45 am  
Mass start of the first Woodrise challenge relay runners 11:00 am  
Woodrise challenge & City race 2021 awards ceremony 1:15 pm  
Closing of the circuits 2:00 pm  
Cascades de bois at the Bassins à flots 5:00 pm

Welcome to Bordeaux,

Where we are happy to welcome you for these 2 days and 3 orienteering races. We hope you will be able to enjoy the organisations and the city and do some sightseeing in your spare time. These races mark the beginning of a week of activities and events of the Woodrise 2021 Meeting and we thank our partners who have renewed their trust in us. I hope you will enjoy running in these places as much as I have enjoyed mapping them since 2018. I would also like to thank the town halls of Bordeaux and Cenon and the prefecture of Gironde for having granted us the authorisations to be able to welcome you in good conditions despite the sanitary crisis, as well as all the volunteers who have worked to make this event a good Orienteering moment.

Have a good race,

Fabrice LAPERGUE

Coordinator of the Bordeaux City Race 2021

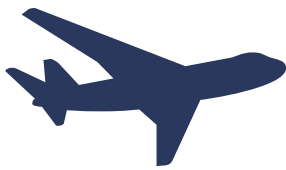


# COMING TO BORDEAUX

---

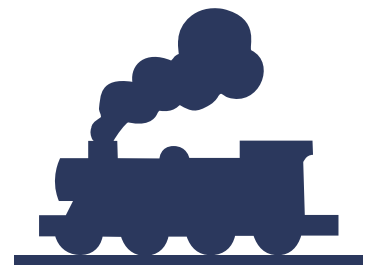
---

---



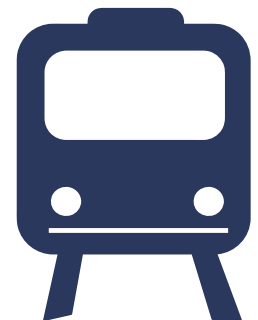
The airport is located in the town of Mérignac, 10 km from Bordeaux city centre. To get there, you have two choices : a 30' shuttle bus or the liane 1 bus line to the Saint-Jean train station, where you can take the tram.

You arrive by train at the Gare Saint-Jean from where you have to take the Tram to go to the city centre of Bordeaux.



There are many paying car parks in the centre of Bordeaux, but we recommend that you use the Tram's park and ride facilities to get to the city centre.

More information on the Tram & Bus network on :  
<https://www.infotbm.com/fr/plans/plan-dynamique/>



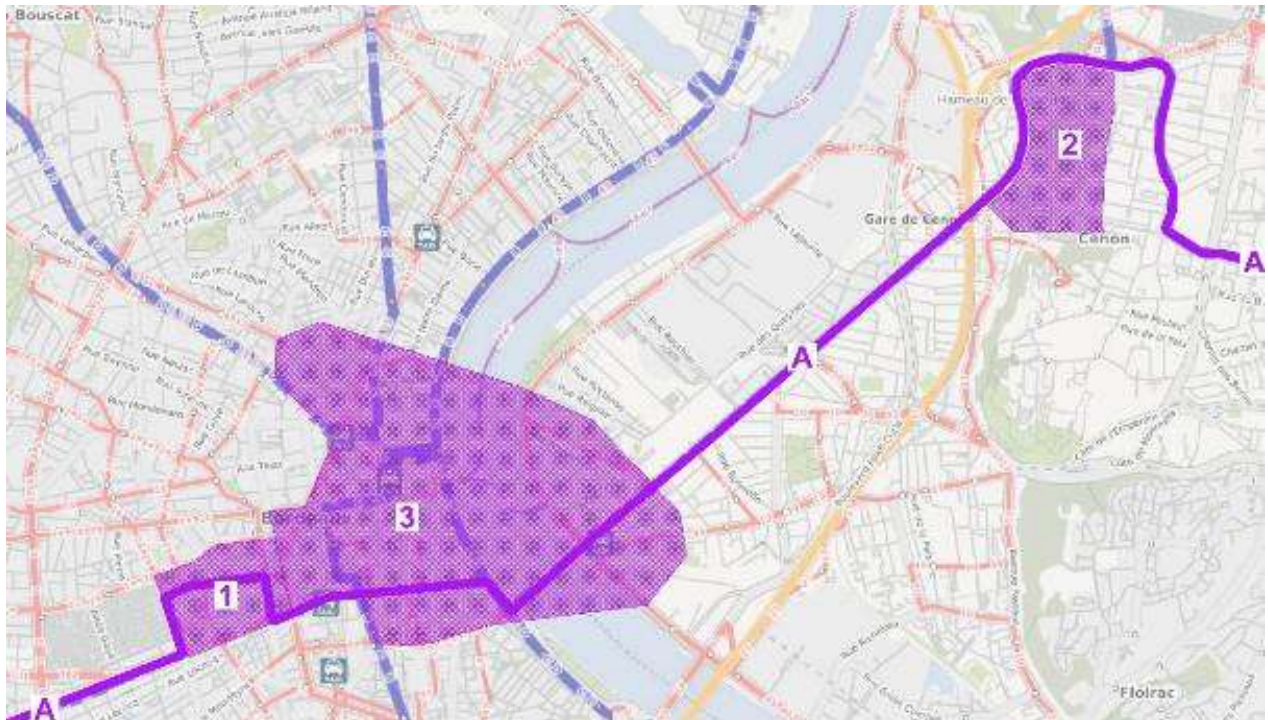


# The three race areas are accessible by tram line A



Zone 1  
Sprint  
Palais de justice stop  
Mériadeck stop

Zone 2  
Middle distance  
Buttinière stop



Zone 3  
Bordeaux City Race 2021  
Stop Stalingrad



# LE BOIS, LA SOLUTION À VOS PROJETS DE CONSTRUCTION

Engagée dans l'action de prescription bois, l'Interprofession FIBOIS Landes de Gascogne assure les missions suivantes :

- **Animation de réseau** lors de journées de Rencontres Professionnelle Bois Construction
- **Veille et référencement** d'ouvrages en bois par des prix de La construction bois
- **Suivi et accompagnement** de projets

FIBOIS Landes de Gascogne répond à vos questions sur le matériau bois ; vous présente des retours d'expériences en relation avec votre projet, vous met en relation avec un réseau de professionnels compétents.

**FIBOIS**  
LANDES DE GASCOGNE

**Sabrina FUSELIEZ**

Responsable Promotion  
et Prescription Bois

**07 83 37 58 13**

s.fuseliez@

fibois-landesdegascogne.fr



# SANITARY MEASURES



The sanitary situation in France imposes a set of measures necessary for the event to take place in the best conditions:

- Wearing a mask is mandatory except during your race.
- The distance of one meter between each person is mandatory.
- You are requested to arrive 10 minutes before your start time.
- Do not stay at the finish or at the GEC.
- Hydroalcoholic gel will be available at the reception and at the start.
- Results will only be posted on the Internet.
- Awards will be given out on site.
- Groups of more than 10 people are not allowed on the quays and in the parks.

Thank you for respecting these measures for the safety of all and to show that we are worthy of the trust placed in us by the Prefecture of the Gironde and the Town Halls of Bordeaux and Cenon.

These measures are subject to change.

# SECURITY



The races will take place in towns where traffic will not be cut off. All runners must respect the rules of the road before, during and after the races. For the crossing of some busy roads, flag will be present and their instructions must be strictly respected. The time of inter-stations interrupted by traffic will be unmarked.

Signposting  
from the Mériadeck tram stop

Coordinates of the reception :

44°50'14.2"N 0°34'53.0"W

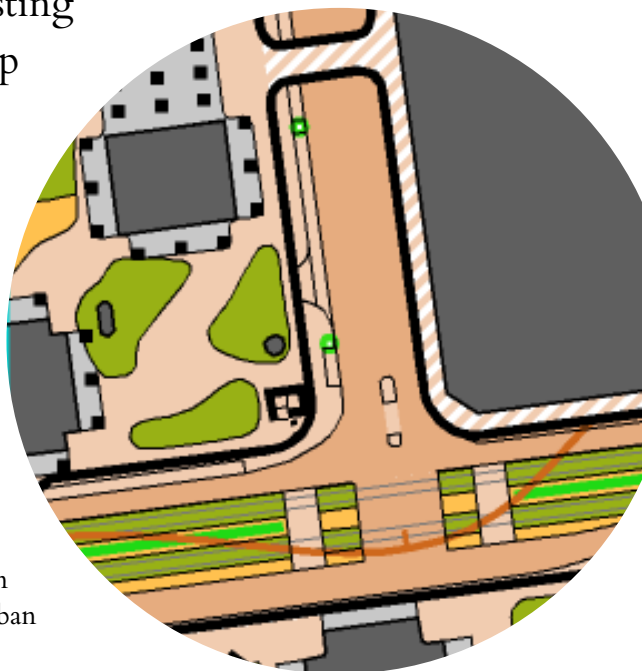
(44.837271, -0.581388)

Square Saint John Perse

Cours d'Albret, Bordeaux

In front of the town hall garden.

ISSprOM 2019 Norm  
Scale : 1/4 000  
Equidistance 2,5 m  
Urban



	km	Contrôles
A	3,50	26
B	3,10	19
C	2,60	18
D	2,20	18
E	3,00	21
F	2,20	16
G	2,50	19
H	1,90	14
J	2,10	14
L	1,50	11
M	1,30	10
N	1,10	9
O	1,90	14
P	1,50	14

**09:00** Opening of the reception

**11:00** First starts

**14:00** Closure of the circuits

Race instructions :

- Spikes are forbidden
- The lower parts of the course, at street and tramway level, are strictly forbidden. It is forbidden to run on the pavements or to cross the tram tracks at this level.
- The esplanades are shared with local residents and it is imperative not to disturb them.
- Flagmen will be present on the circuits and will check that these rules are respected.
- Any failure to do so may result in disqualification.

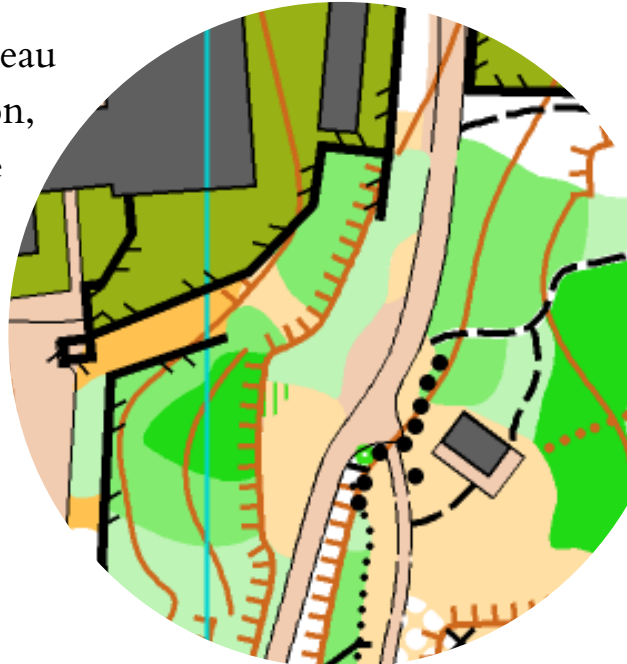


# MIDDLE DISTANCE

SATURDAY 02 OCT

Reception at the château  
of the Palmer Park in Cenon,  
allée Berthe Lapeyrade  
44° 51'41.6"N 0° 31'32.8"W  
(44.861542, -0.525785)  
Tram A : Buttinière stop

ISSprOM 2019 Norm  
Scale 1/4 000  
Equidistance 2,5 m  
Park



	Elevation gain		
A	4,9	220	30
B	3,7	170	25
C	3,9	190	25
D	3,2	155	23
E	4,6	185	30
F	3,4	125	21
G	3,7	170	26
H	3,0	75	18
I	2,9	100	21
J	3,0	100	21
K	2,4	95	17
L	2,2	75	17
M	2,1	75	15
N	1,7	50	13
O	2,0	55	15
P	1,5	25	9

14:00 Opening of the reception

15:00 First starts

19:00 closure of the circuits

## Running instructions :

- Remember to cover your legs. Crampons recommended.
- Some paths may have appeared, or on the contrary may be less marked than on the map.
- The slopes are sometimes steep and can be slippery due to the recent heavy rain.
- The relief is in places very pronounced in the forest areas with cliffs: be careful.
- Vegetation often changes, not all fallen trees are shown.
- The road around the map to the north and west of the map and the adjacent cycle track are forbidden. Do not approach the track as it is below a wall up to several metres high.

The reception will take place at  
the eco-citizen house

Quai Richelieu, Bordeaux

44° 50'19.617" N 0° 34'1.937" W  
(44.8387825,-0.5672048)

Tram A : Stalingrad stop

ISSprOm 2019 Norm  
Scale 1/4 000  
Equidistance 2,5 m  
Urban with relief



A	16,2	30
B	10,3	25
C	9,7	24
D	8,3	22
E	11,2	25
F	7,1	18
G	8,2	21
H	6,1	17
I	6,8	21
J	4,6	13
K	5,7	22
L	3,6	14
M	3,6	13
N	3,2	10
O	2,6	15
P	1,9	15
Woodrise	3,3	15
	3,3	17

08:00 Opening of the reception

09:00 First starts

14:00 Closure of the circuits

Race instructions :

- Spikes are not allowed.
- For the crossing of certain roads, there will be flagmen, you must strictly respect their instructions.
- The times of the inter-stations interrupted by the traffic will be cancelled. You have 2 minutes to cross at the green pedestrian light. There may be movements of local residents and the area is crossed by tram lines that run normally.
- In addition to respecting the rules of the road, you must respect the sanitary protocol as well as the private, forbidden and impassable zones on the map.
- Failure to do so may result in disqualification.

# CASCADE DE BOIS



Cascade de bois is a new sport that contributes to personal development. In addition to its playful, physical and sensational aspect, it links nature and forestry, forest and wood construction material.

Woodclimb is in line with the issues of sustainable development and global warming, which threaten the practice of ice climbing for mountain lovers.

It is a sport that brings together the wood industry for the educational lessons and values it conveys.

- In a natural environment where climbing trees designated for harvesting creates a link with the forest, raises awareness of its sustainable management and spreads knowledge of its life cycle. Climbing allows us to honour the tree one last time before it becomes the essential eco-material of our circular economies to store carbon and fight against global warming.
- In the urban environment, it opens the way to a low-carbon approach by creating artificial paths (on building facades or totems) storing a large volume of wood material and spreading knowledge of the virtues of using this biosourced material.







# RENCONTRES WOODRISE

→ **Programme officiel**

**3 au 9 octobre 2020**

[rencontres.woodrise.org](https://rencontres.woodrise.org)

Organisé par



INSTITUT TECHNOLOGIQUE

**FIBOIS**  
LANDES DE GASCOGNE

# OUR PARTNERS

