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# 50<sup>th</sup> EFNS

European Forester's competition in Nordic Skiing

**28.01. - 03.02.2018**

Welcome to South Tyrol!

**Biathlon centre Antholz/Anterselva**

**Südtirol Arena Alto Adige**



**SÜDTIROL**



**Antholzertal**  
Valle Anterselva



AUTONOME  
PROVINZ  
BOZEN  
SÜDTIROL



PROVINCIA  
AUTONOMA  
DI BOLZANO  
ALTO ADIGE

## Welcome to Antholz, Welcome to South Tyrol!



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Dear Sport Friends,

on behalf of the South Tyrolian Forestry Association, I would like to welcome you to the “European Forester's Competition in Nordic Skiing” in South Tyrol. This year, the EFNS championship takes place for the 50th time. A very special anniversary – and it is a pleasure to host this event. The location Antholz/Anterselva, where the Biathlon World Cup takes place annually, is famous all over Europe. It is a wonderful sporting area in the middle of forests in between the Lake of Antholz and the stunning mountains of the Rieserferner Group.

It's already the third time that the South Tyrolian Forestry Association hosts the “European Forester's Competition in Nordic Skiing”. The competition has already been held in 1984 in Kastelruth/Castelrotto and 1992 in Toblach/Dobbiaco. 26 years later, it returns for its 50th anniversary.

The organising committee led by our motivated chair Heinrich Schwingshackl has been working intensively for over 2 years to organize interesting competitions and an attractive frame programme. A very special highlight is the Jubilee Run “50 Years EFNS”: Every cross-country enthusiast can run the popular Tour de Ski course from Cortina to Toblach/Dobbiaco without timekeeping. EFNS is not only about sports competitions but also about friendship without borders. It is remarkable that so many participants with different jobs in the wood and forestry sector of over 20 European Countries come together. In this sense, also EFNS 2018 shall unite and offer a platform for talking, discussing, celebrating and fair play. I am very much looking forward to your participation and wish you an amazing winter week in South Tyrol.

*Good luck and best regards!*

*Christoph Hintner*

*President South Tyrolian Forestry Association*

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## Programme

### Saturday, January 27 Individual Arrival

Race office open from 4pm-8pm in the civil protection centre Antholz/Mittertal

Distribution of the participation documents to the team captains

### Sunday, January 28 Individual Arrival

Race office open from 4pm-10pm in the civil protection centre Antholz/Mittertal

Marcialonga race

Distribution of the participation documents to the team captains

### Monday, January 29 Excursions

Race office open from 7am – 9am and 5pm-8pm in the civil protection centre Antholz/Mittertal

8.30am Meeting point for departure to the excursions at the civil protection centre Antholz/Mittertal

6pm-10pm EFNS area at the Biathlon Centre Antholz/Anterselva

### Tuesday, January 30 Excursions

Race office open from 7am – 9am and 5pm-7pm at the civil protection centre Antholz/Mittertal

8.30am Meeting point for departure to the excursions at the civil protection centre Antholz/Mittertal

8pm Opening ceremony at the EFNS area at the Biathlon Centre Antholz/Anterselva

6pm-11pm EFNS area at the Biathlon Centre Antholz/Anterselva

### Wednesday, January 31 Training

Race office open from 8am - 10am and 6pm-10pm at the Biathlon Centre Antholz/Anterselva

9am – 1pm Skiing and shooting training at the Biathlon Centre Antholz/Anterselva

3pm Team captains meeting at the biathlon centre Antholz/Anterselva followed by the committee meeting

8pm Conference evening at the Biathlon Centre Antholz/Anterselva

10am – 10pm EFNS area at the Biathlon Centre Antholz/Anterselva

### Thursday, February 1 Individual Competitions

Race office open from 5pm-10pm at the Biathlon Centre Antholz/Anterselva

8.30am Start individual competition – classic

1.30pm Start individual competition - freestyle

6.30pm Anniversary celebration 50 years EFNS at the Biathlon Centre Antholz/Anterselva

Until 10pm Registration for relay competition

10am – 5pm EFNS area at the Biathlon Centre Antholz/Anterselva

### Friday, February 2 Relay Competitions

Race office open from 8am - 10am at the Biathlon Centre Antholz/Anterselva

10am Start relay competition men

10.05am Start relay competition female and youth

1pm Festival of the Nations – Biathlon Centre Antholz/Anterselva

9pm Medal ceremony and flag presentation, team captains thanks to the host, closing ceremony with music and dance at the EFNS area within the Biathlon Centre Antholz

6pm-2am EFNS area at the Biathlon Centre Antholz/Anterselva

### Saturday, February 3 Individual departure

Race office open from 8am – 10am at Biathlon Centre Antholz/Anterselva



## Overview



## Competition

### Competition Rules

The competitions are operated according to the EFNS competition rules and guidelines.

The following groups are authorized for participation:

- Pensioners or employees of forest, wood or wood processing enterprise as well as their families;
- Forester students and people with an education in forestry;
- Forest owners;
- Foresters;
- Forest workers;
- People with a completed education in forestry;
- Family members of the above named people

### Categories

The categories are divided by gender and age:

Category	Category	Year
Students	D 13, H 13	2003 and younger
Youth	D 16, H 16	2000 - 2002
Women/Men	D 19, H 19	1988 - 1999
Women/Men	D 31, H 31	1978 - 1987
Women/Men	D 41, H 41	1968 - 1977
Women/Men	D 51, H 51	1958 - 1967
Women/Men	D 61, H 61	1948 - 1957
Women/Men	D 71, H 71	1938 - 1947
Women/Men	D 81, H 81	1937 and older
Disabled	D, H	All

### Individual Competition

There are single competitions in classical (CT) and freestyle technique (FT):

Category	Distance	Details
Students D13, H13	2,7 km	1 lap red course WITHOUT shooting
Youth D16, H16	5,4 km	2 laps red course WITHOUT shooting
Women/Men D81/H81		
Disabled D/H		
Women D19, D31, D41, D51, D61, D71	5,4 km	2 laps red course WITH shooting
Men H19, H31, H41, H51, H61, H71	10 km	2 laps blue course WITH shooting

**Shooting:** After 1 lap: 5 shoots with 50 meters distance, standing. For each blow out, the participant has to run a penalty lap of 150 meters.

**Time penalty:** For each not fired shoot or for each non-run penalty, the participant receives a time penalty of two minutes.

**Disqualification:** Participants using the free technique during the classic competition are disqualified as well participants who do not respect the safety regulations at the shooting range and those starting without transponder.

**Awarding:** A minimum of 3 participants is needed in order to award the category. In case there are less than 3 athletes in a category, they will compete with the better category. The first three athletes of each category receive a certificate, a medal or a trophy, those landing on place 4-6 get a certificate and a material prize. At the relay competitions, the 3 best teams of each category receive a prize. **Between all participants, several valuable material prizes are raffled.**

### Relay Races

All relay races are without shooting sessions.

Category	Distance	Technique
Youth (women) D13/D16	3 x 5,4 km	1 CT + 2 FT
Youth (men) H13/H16	3 x 5,4 km	1 CT + 2 FT
Women under 50 D19/D31/D41	3 x 5,4 km	1 CT + 2 FT
Women over 50 D51/D61/D71/D81	3 x 5,4 km	1 CT + 2 FT
Men under 50 H19/H31/H41	4 x 10 km	2 CT + 2 FT
Men over 50 H51/H61/H71/H81	4 x 10 km	2 CT + 2 FT

### Competition Jury

- Kaltenbach Siegfried, Technical Delegate EFNS
- Leitgeb Lorenz, Competition Chief
- Franzelin Norbert, Shooting Range Chief
- N.N. Representative of Team Captains
- N.N. Representative of Team Captains

The final decision of the competition's result is taken by the competition jury.

### Competition Area

All competitions take place at the biathlon area of Antholz-Obertal.

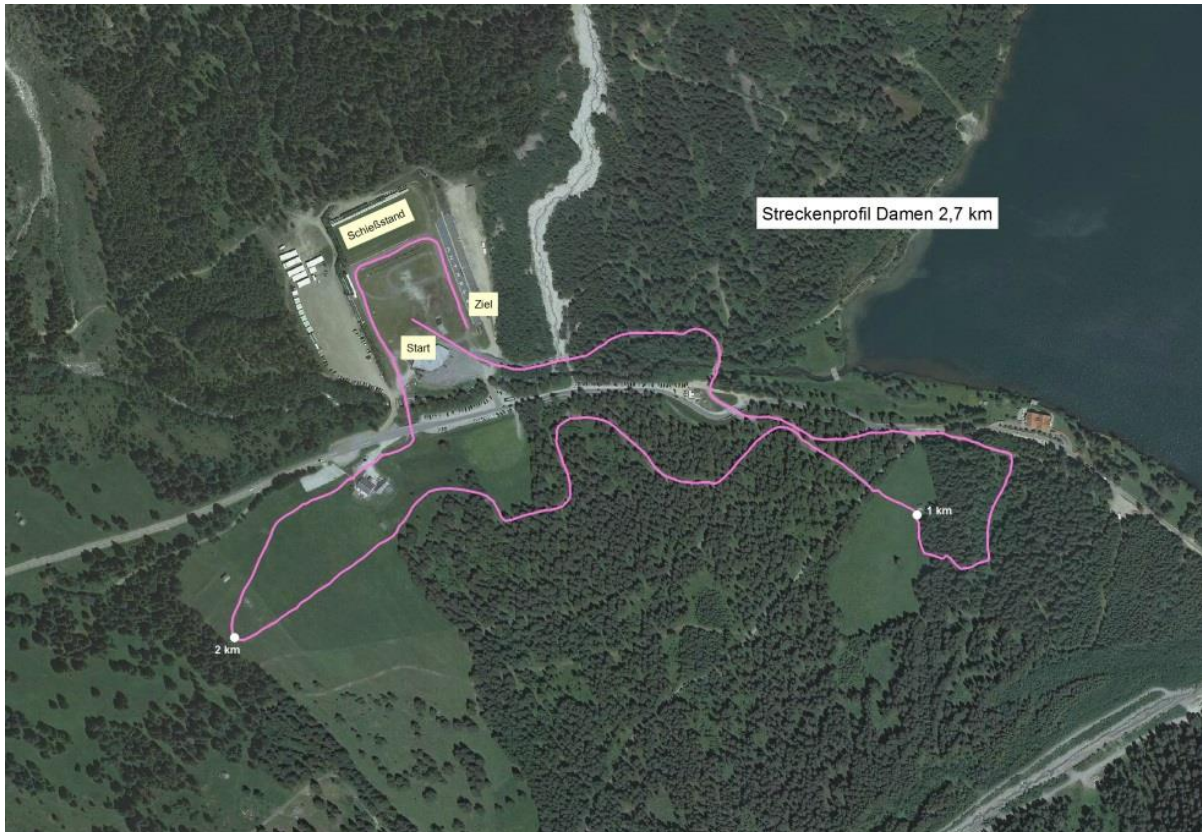






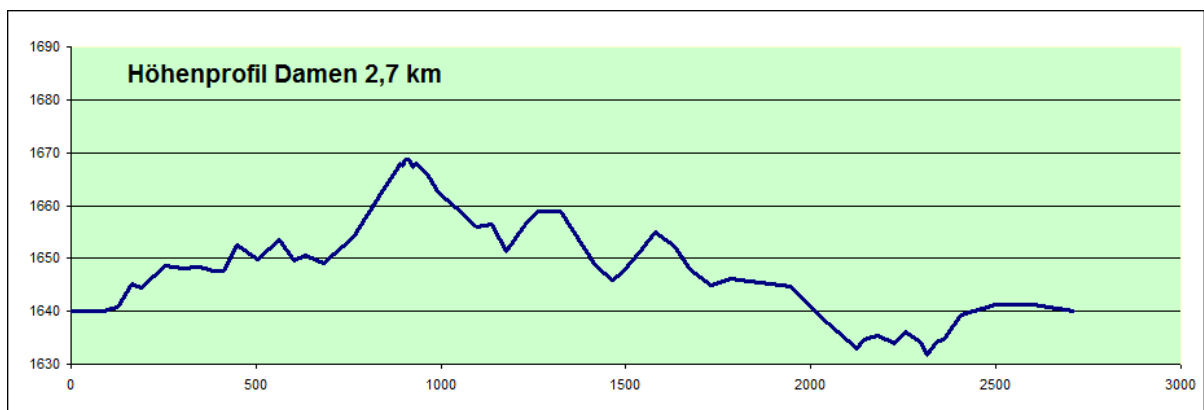
## Track/Lap

Red lap: 2.7 km



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Route profile women 2.7 km



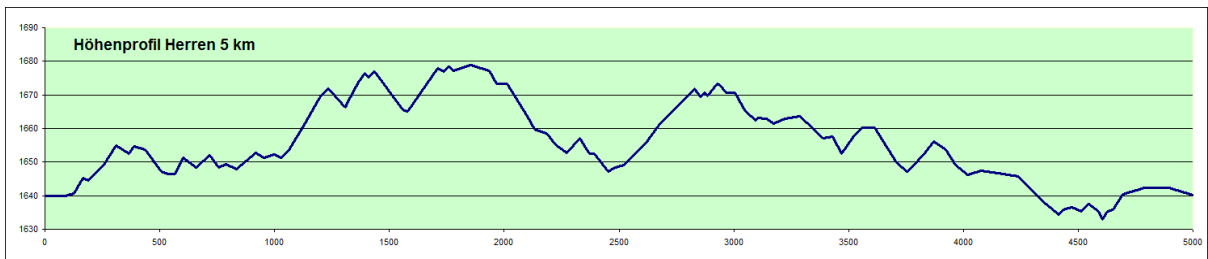
Elevation profile women: 2.7 km Total climb 80 m

The following categories run the red lap: Students D13, H13 - Youth D16, H16 – Women/Men D81/H81, Disabled D/H - Women D19, D31, D41, D51, D61, D71.

Blue lap: 5 km



Route profile men: 5 km



Elevation profile men: 5 km Total climb 140 m

The following categories run the blue lap: Men H19, H31, H41, H51, H61, H71.

## Registration

### Competition

Registration is exclusively possible over the EFNS website <https://www.efns.eu/de/registration>

### Registration deadline: 1.10.2017-1.12.2017

Late registrations for the competitions are possible until December 31, 2017 (additional fee of EUR 25.00).

### Accommodation

Every participant takes care of his accommodation. For more information please contact the tourist board Antholz/Anterselva: 0039 0474 496269, email: [sarah@antholzertal.com](mailto:sarah@antholzertal.com)

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## Fees

The starting fee includes the shuttle service during the week, parking fees, the usage of the cross-country skiing trail on Wednesday, Thursday and Friday, entrance to the EFNS area, conference evening, opening and closing ceremony, anniversary celebration with dinner on Thursday, EFNS badge and starting package.

The EFNS fee of EUR 5.00 per participant is not included.

### Starting fee:

1 Style	90 €
2 Styles	100 €
Accompanying person	65 €

### Attention!

The first 70 participants born in 1993 or later do not have to pay any starting and EFNS fee. The International Committee and the Organising Committee take over the full amount of the costs in order to promote youth participation.

### Payment Conditions

**The starting, excursion and any further fees have to be paid until January 5, 2018.** In case of cancellation, the amount won't be refunded. However, the start number can be passed on to another participant.

### Payment details:

Account: Südtiroler Forstverein – EFNS 2018 Antholz  
IBAN: IT 78 U 08035 58731 000306002731  
BIC-Code: RZSBIT21605  
Bank: Raiffeisenkasse Bruneck Gen. Filiale: Antholz (SWIFT: RZSBIT2B)



### Disclaimer

After submitting their registration forms, competitors waive their right to claim any indemnity of any kind from the International Committee of European Forest Nordic Skiing Competitions (IK-EFNS) and the organisers of the EFNS (Local Organising Committee). The disclaimer concerns injury to persons or damage to property caused by any degree of negligence and also to the period beginning with the journey to EFNS, continuing during the week of competitions and ending with the home journey. In their own interest, competitors must show that they are in possession of an existing insurance cover for third party liability and accident as well as a current health certificate, which confirms the physical ability to participate in competitions. Regardless of the obligation to provide proof of possession of the above documents, competitors exempt the IK-EFNS and the Local Organising Committee from any liability on the part of the organisers towards third parties on account of persons suffering material damage or financial loss, including legal costs for the defence against third-party claims, attributable to the competitors. The organising committee itself is in a position to demonstrate the possession of a binding third-party liability an accident insurance for its members, its helpers and the spectators of EFNS.

## Shuttle Service

During the whole week, a shuttle service will run between Niederrasen and the Biathlon Centre leaving every hour. If it is necessary, this service will be expanded.

## EFNS Area

The tent at the Biathlon Centre is the meeting place for the EFNS participants. During the opening hours, you can buy drinks and hot meals.





## How to reach Antholz/Anterselva



### By car

- Coming from the north over Innsbruck – Brenner Motorway – exit Brixen/Bressanone – Puster Valley State Road SS49 - turnoff Rasen/ Antholz – Rasun/Anterselva
- Coming from the west and south over Bozen/Bolzano – Brenner Motorway – exit Brixen/Bressanone – Puster Valley State Road SS49 – turnoff Rasen/Antholz – Rasun/Anterselva
- Coming from the east over Lienz – Drautalstraße B100 and Puster Valley State Road SS49 – turnoff Rasen/Antholz – Rasun/Anterselva

### By train and bus

International train connections (Line Innsbruck-Bozen/Bolzano) until Franzensfeste/Forzezza.  
 Change to regional train connections to Olang/Valdaora.  
 From there by bus to Rasen/Antholz – Rasun/Anterselva

### By plane

The closest international airports are:  
 Innsbruck (approx. 140 km) [www.innsbruck-airport.com](http://www.innsbruck-airport.com)  
 Treviso (approx. 180 km) [www.trevisoairport.it](http://www.trevisoairport.it)  
 Venice (approx. 190 km) [www.veniceairport.it](http://www.veniceairport.it)  
 Verona (approx. 250 km) [www.aeroporto.verona.it](http://www.aeroporto.verona.it)  
 Munich (approx. 300km) [www.munich-airport.de](http://www.munich-airport.de)  
 Bergamo (approx. 400 km) [www.orioareoporto.it](http://www.orioareoporto.it)  
 Milan (approx. 435 km) [www.sea-aeroporto.milano.it](http://www.sea-aeroporto.milano.it)

A shuttle from or to the airport can be organised (to be paid extra).

## Excursions January 29-30, 2018

### EXCURSION 1: FORESTRY SERVICE + FOREST + WOOD + ENERGY

Monday and Tuesday (29/30.01.) 8:30am-6pm // Place: Prags/Braies, Toblach/Dobbiaco // Bus ride: 30 min // lunch included **Participation fee: 35 €**

OVERVIEW OF THE ORGANISATION AND TASKS OF THE SOUTH TYROLIAN FORESTRY SERVICE: Visiting the forests from Lake Prags to Schmieden (2h): tree marking (for the careful selection of trees for harvest), wood sorting and measuring as well as onsite sale of wood.

TONEWOOD: The Prags Valley is famous for its spruces' tonewood. Antholz's guitar manufacturer Rudolf Bachmann shows how he chooses the perfect tonewood.

HEATING PLANT TOBLACH/DOBBIAICO: In 1994, the first heating plant opened in Rasen/Rasun. Today, South Tyrol is the region with the highest density of district heating plants in Europe (72 heating plants). 1,200 customers are supplied by the heating plant in Toblach/Dobbiaco. Heating materials are wood chips, bark and sawdust. Each year, 55,000 MWh of district heating and 10,000 MWh of electrical power is produced.

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### EXCURSION 2: CULTURE + TECHNIQUE

Monday and Tuesday (29/30.01.) 8:30am-6pm // Place: Bozen/Bolzano // Bus ride: 1,5h // lunch included **Participation fee: 50 €**

SOUTH TYROL MUSEUM OF ARCHEOLOGY: Ötzi, the iceman, is a glacier mummy from the Copper Age, who, thanks to extraordinary circumstances, has been preserved down to the present day. He was discovered accidentally by hikers in 1991, together with its clothing and equipment, on the Schnalstal/Val Senales Valley glacier and has been subject of intense research ever since.

COMPANY TECHNOALPIN SPA, BOZEN/BOLZANO: The company is global leader in snow-making systems and mainly invests in research and development with the main goal to produce high quality snow in an energy-efficient way. Around 1,800 customers in 48 countries rely on the know-how of TechnoAlpin.

### EXCURSION 3: CULTURE + WINE + TRAFFIC

Monday (29.01.) 8.30am-6pm // Place: Brixen/Bressanone, Neustift/Novacella, Franzensfeste/Fortezza // Bus ride: 1h // lunch included **Participation fee: 55 €**

AUGUSTINIAN CANONS REGULAR MONASTERY ABBAZIA DI NOVACELLA AND WINE TASTING: Novacella ranks among the most noteworthy attractions of South Tyrol with its Castel Sant'Angelo or Engelsburg (eng: Castle of the Holy Angel), its late Baroque basilica, its Gothic cloister, the unique library and historical art gallery. The monastery also has vineyards and a wine cellar. Neustift's altitude and climate offer ideal circumstances for the production of the typical Eisack valley white wines which we are going to taste.

BRENNER BASE TUNNEL: With its 64km, this tunnel will become the longest continuous railroad tunnel in the world when completed in 2025. The costs of 9 billion Euro are funded by Austria and Italy as well as by a contribution of 40% by the EU. The exhibition in the Fortress of Franzensfeste/Fortezza as well as the underground construction site in Mauts/Mules will be visited.

#### EXCURSION 4: FORESTRY SERVICE + ALPIN PASTURE + CONTEMPORARY HISTORY

Monday (29.01.) 8:30am-6pm // Place: Prags/Braies // Bus ride: 30 min // lunch included

Participation fee: 35 €

ORGANISATION AND TASKS OF THE SOUTH TYROLIAN FORESTRY SERVICE WITH MAIN FOCUS ON ALPINE PASTURE: Alpine pastures characterize the South Tyrolian landscape. Besides numerous advantages for animals and farmers, the pasture land also prevents erosion, preserves drinking water and the natural biodiversity and offers space for recreation. During a 2 hours hike to the Plätzwiese/Prato Piazza (2,000m above sea level), you get information about the development and the livestock of this alpine pasture as well as details on its special geological features. On top of that, you have an amazing view on the three distinctive peaks of the Drei Zinnen/Tre Cime, the heart of the Dolomites World Heritage Site.

DOLOMITE FRONT DURING THE GREAT WAR: The Plätzwiese/Prato Piazza was part of the Dolomite Front during the Great War. A fortress as well as bunker installations are silent witnesses of these painful years.

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#### EXCURSION 5: ALPINE SKIING

Monday (29.01.) 8:30am-6pm // Place: Olang/Valdaora // Bus ride: 30 min // lunch included

Participation fee: 60 € (ski pass -1 day included)

SKIING IN THE HEART OF THE WORLD HERITAGE SITE OF THE DOLOMITES: Experienced alpine skiers will guide you through the unique ski circuit of the Sellaronda and Gran Risa in Alta Badia – slopes that have already fascinated Alberto Tomba, Hermann Maier, Michael von Grünigen and Lasse Kjus. Surely you shouldn't miss visiting the skiing area Kronplatz/Plane de Corones with its 32 lifts and 120 km of slopes. The equipment can be rented onsite.

#### EXCURSION 6: WOOD PROCESSING + CITY TRIP

Monday (29.01.) 8:30am-2pm // Place: Kiens/Chienes, Bruneck/Brunico // Bus ride: 30 min. // no lunch

Participation fee: 15 €

WOOD PROCESSING – COMPANY RUBNER: The company's 5 strategic sectors guarantee a complete chain of values and thus an efficient and durable use of the raw material wood, which makes Rubner one of the leaders in the sector. Rubner Holzindustrie (eng. Rubner Wood Industry) produces glulam beam strips, solid wood panels and glulam wood. Rubner Holzbau (eng. Rubner Wood Structure) is market leader in Europe for the production of technically complex wood structures. Rubner Objektbau creates turn-key wood buildings, customised as to the client's needs. Rubner Türen (eng. Rubner Doors) produces entrance and internal doors in wood and already since 1964, Rubner Haus (eng. Rubner Homes) builds 500 wood houses per year all over Europe.

WALK THROUGH THE CITY OF BRUNECK/BRUNICO: With its 15,000 inhabitants, the city of Bruneck/Brunico is one of the main places in the Puster Valley. During a 2 hours' walk you can visit the castle and the beautiful old town.

#### EXCURSION 7: WOOD PROCESSING + MILK PROCESSING

Tuesday (30.01.) 8:30am-2pm // Place: Strassen – East Tyrol (Austria), Toblach/Dobbiaco // Bus ride 1h // no lunch Please bring your ID card or your passport!!! **Participation fee: 20 €**

WOOD PANEL PRODUCTION IN TASSENBACH: In only one step from round timber to solid wood panels – that's the slogan of the company Nordpan Rubner in Tassenbach, East Tyrol in Austria. The company is specialized on the purchase of small diameter round timber (diameter from 12cm, length 3m) from thinning. The wood originates from the Puster Valley and East Tyrol.

DREI ZINNEN SHOW DAIRY IN TOBLACH/DOBBIACO: One hour tour through the show dairy. There, approx. 35,000 litres of milk from 180 local farmers is processed every day. The raw milk is turned into cheese, butter, yoghurt, cream and fresh milk.

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#### EXCURSION 8: ANNIVERSARY RUN 50 YEARS EFNS

Tuesday (30.01.) 8:30am-6pm // Place: Cortina, Toblach/Dobbiaco // Bus ride: 1h // lunch included **Participation fee: 35 €**

The anniversary run is not a classical race with timing but a cross country skiing trip in the middle of the World Heritage Site of the Dolomites. Every participant has 6 hours to run 30 or 50 kilometres on the popular Tour de Ski course from Cortina to Toblach/Dobbiaco. Accompanying persons take care of the participants and make sure that everyone arrives safely. Several aid stations along the course provide drinks, fruits and cake; in Landro, every participant gets a warm meal. More details: [www.forstverein.it](http://www.forstverein.it).

Programme modifications reserved. All excursions are organized in German and English.  
For more information, please visit [www.forstverein.it](http://www.forstverein.it)



Keep in mind!



Bring your stainless steel cup and help avoiding plastic waste!

Download our EFNS songbook on our website [www.forstverein.it](http://www.forstverein.it). Print it out and take it with you!



There is a ski rental as well as a guard service at the Biathlon Centre Antholz/Anterselva.

## Contact

Organising Comitee EFNS 2018 Antholzertal  
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I - 39035 Welsberg-Taisten  
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Mobile phone: 0039 331 17 33 556 (OC-President Heinrich Schwingshackl)  
E-mail: [efns2018@provinz.bz.it](mailto:efns2018@provinz.bz.it)

We are very much looking forward to your participation!