



VTT 2011



CENTRE SPORTIF PAUL GLÜCK

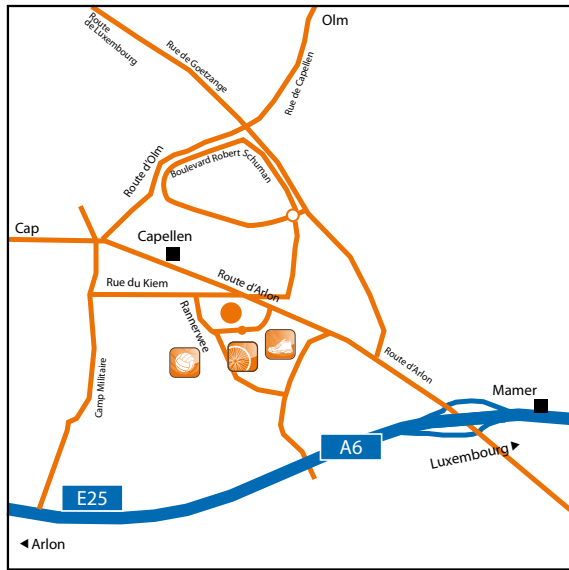
9 Rannerwee
L-8334 Capellen

Site manager: Marion

Route manager: Monsieur Huijnen

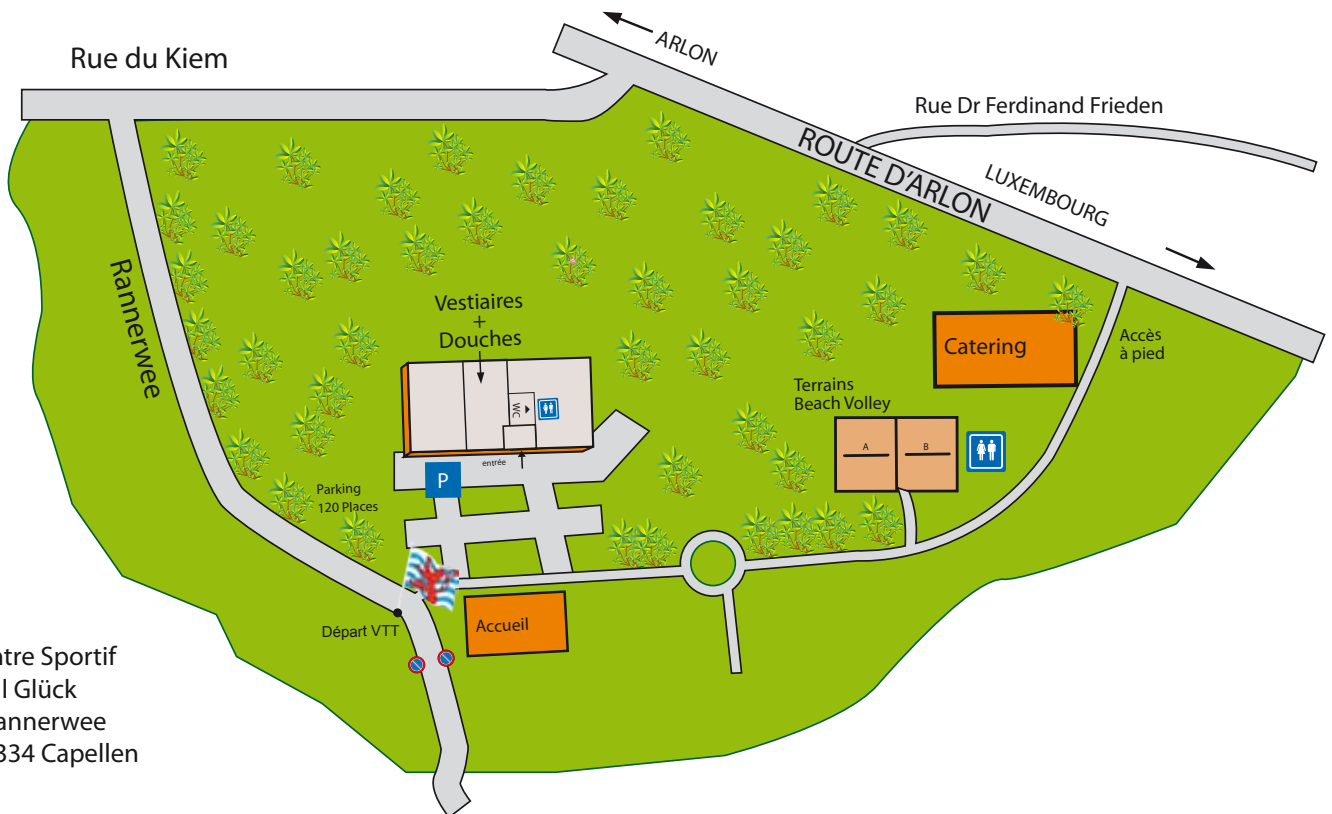
HOW TO ACCESS

BEACH VOLLEY / VTT /
PARCOURS PEDESTRE



Centre Sportif Paul Glük
9 Rannerwee
L-8334 Capellen

MAP



Centre Sportif
Paul Glük
9 Rannerwee
L-8334 Capellen



ACCESS & PARKING

- Drive out of Luxembourg
- At Strassen, follow N6/ Route d'Arlon
- At roundabout, take 1st exit and follow Arlon/Mamer, N6
- Drive through Bertrange, then Mamer. At roundabout take 2nd exit, follow Capellen Arlon, N6
- Turn left: rue de Kiem
- Turn left: Rannerwee

Follow BG signs until Paul Glück Sports Center.

WELCOMING

Participants should go to reception to confirm their team's enrolment and to receive a bag containing:

- 1 T-shirt for daywear
- 1 cap
- 1 50cl bottle of water
- 2 envelopes:
 - An orange envelope for the day: containing refreshment tokens
 - A white envelope for the evening: containing an entry bracelet and a drinks stamping card (four drinks, one of which should be alcohol-free)

Team captains will receive a road book that contains the route map and checkpoints answers grids.

We kindly ask teams to arrive 30 minutes before race beginning

DESCRIPTION & RULES

After a short briefing, teams will receive a Road book. Check points will be signaled on the race. Race lasts 16 km and is marked. Each team runs 2 laps. To check if teams follow the right route, check points will be set on the first lap of the race; during second lap, teams must sign at every check point to validate the race.

Teams must validate their road book at every check point. If a team does not, it receives a 30-minute penalty on its global race-time. Team's chronometer is stopped when the three members get across finish line. If one of the participants has an accident and cannot continue the race, then its bike must get across the finishing line to stop the chronometer. If one of the participants has a technical problem with his bike, chronometer is stopped when he gets across the finishing line (even without his bike). Each participant brings his own bike. We advise you to wear body protections.

DEPARTURE TIMING

DEPARTURE	Teams	Arrival
10h30	Banque Raiffeisen	13h00
10H45	Caceis	13H15
11H00	Microtis	13H30
11H15	"RTL Team 1"	13H45
11H30	"RTL Team 2"	14H00
11H45	CargoMountain1	14H15
12H00	CargoMountain2	14H30
12H15	SEB Group	14H45

PRACTICAL INFORMATION

Please bring your own bike, don't forget to bring a flask, energy drinks will be offered at every check point.

Clothing recommendation

Don't forget to bring a helmet, sunglasses, short, t-shirt and a k-way in case of rain! Bring suitable and comfortable shoes.

Catering

Catering will be offered all day long in "Business Games" tents in exchange of your refreshment tokens, which can be



found in the orange envelope including 1 breakfast, 2 sandwiches, 1 french fries and 2 drinks. During the race, two catering points will be available where you'll find fresh drinks and fruits.

A friendly and impressive closing evening event!

This year, we are offering you a Mexican evening in the form of a buffet which will begin at 7.00 pm and for which no refreshment tokens are required. However, for drinks, you will have a card to be stamped at the bar which allows you four drinks of which one is alcohol-free. (It is possible to purchase extra drinks tokens). Remember to bring your access bracelet found in your evening envelope

Programme

A Hot & Spicy ambiance awaits you at the closing ceremony

The BUSINESS GAMES Luxembourg 2011 Day

Would you like to invite colleagues, family or friends to take part in the evening ceremony?

They are welcome upon prior subscription!

As the venue capacity is limited and the organisation counted over 500 competitors last year, we would advise you to reserve your places

- Doors open at 6.30 pm
- Results & trophy awards at 9.00 pm
- A DJ provide the entertainment
- Refreshment buffets throughout the entire evening
- Cocktail bars
- Celebrations end at 1.00 pm

CELEBRATION MENU:

Hot Buffet

- Chilli con carne (minced beef, onions, kidney beans, tomatoes, cumin, capsicum and peppers)
- Vegetarian empanadas (small pasties filled with tuna, olives, onions and hard-boiled egg)
- Chicken enchiladas (grilled tortilla - chicken, tomato, onion and peppers)
- Nachos and chilli with cheese served in individual bowls (tortilla chips and cheese, cream and hot pepper sauce)
- Corn on the cob grilled on the barbecue
- Potato wedges served from a giant pan

Cold buffet

- Mexican salad (tomatoes, sweetcorn, red onions, kidney beans, coriander)
- Pico de gallo (diced tomatoes, coriander, onion and lime juice)
- Guacamole nachos
- Nachos with salsa sauce
- Unlimited Jalapeno peppers

Desserts

- Sweet pop corn on show
- Mexican fruit salad with aloe vera
- Choux à la Cajeta (cream puffs)
- Giant coloured vases of marshmallows



All participants are expected at this evening event. Friends, family, partners and children are welcome but it is essential to let us know exact numbers so we can prepare the catering.



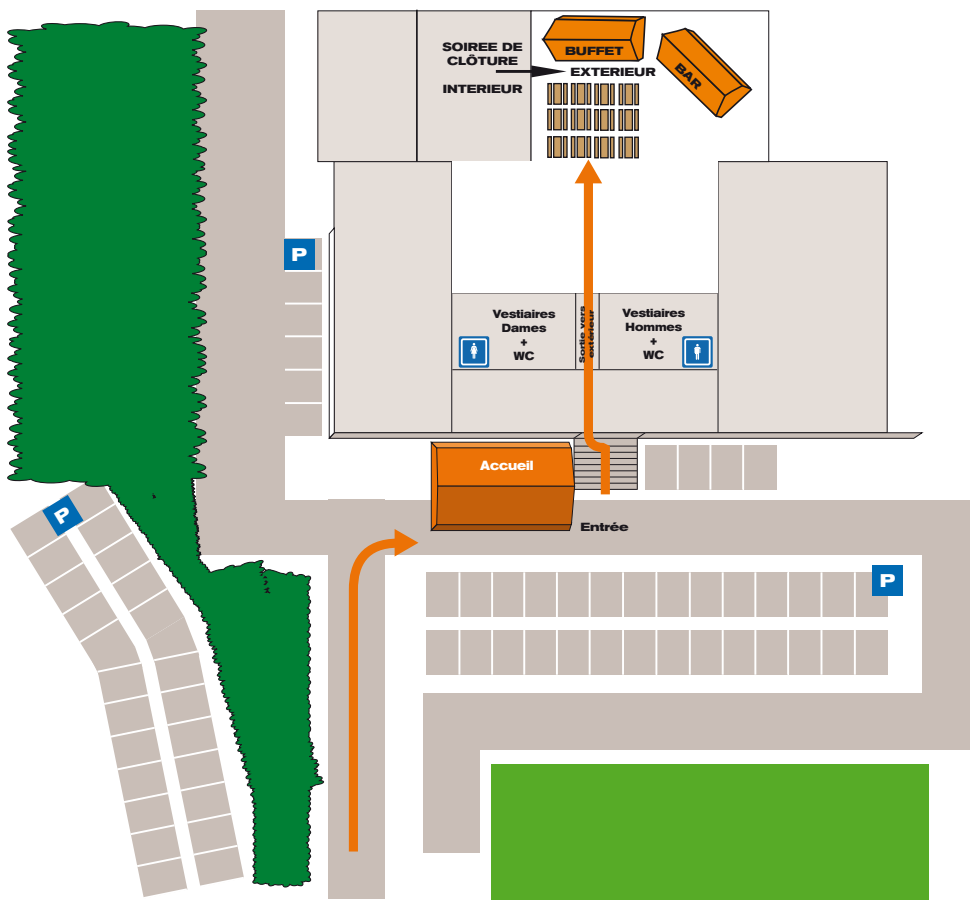
SITE PLAN FOR THE EVENING EVENT



SOIREE DE CLOTURE



CK Sport Center SA
 20 rte de Bettembourg
 L-1899 Kockelscheuer
 Tel : 47 22 85
www.ck-online.lu



Parking à proximité:
 P+R Kockelscheuer

