

ABSOLUT BALTIC SEA 42:a HÖST ÖST 2009



42:a HÖST ÖST-RESAN - ABSOLUT BALTIC SEA



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Sist lagret:08.09.2009
Forfatter: Frode Konst

A glimpse of the Höst-Öst history

By Bernt O Myrvold, Norway

Readers in Central-, South- or Eastern Europe might have encountered the band of weary, sleep deprived runners, who jump out of a bus, put on some rather rancid o-cloths, and then disappear into the bushes. After a short thank you to the local organiser they disappear again, only leaving a wisp of diesel fume, and some empty beer bottles. Höst-Öst has hit town, or more likely the local forest. Here is the explanation for what this is all about.

It starts early in the year. People are whispering “are you going?” No need to ask where, for the initiated there is only one trip. Höst-Öst. Literally meaning Autumn - East. The first trip was organised by PeO Bengtsson 43 years ago, and the idea was to give young Scandinavian orienteers the chance of trying different orienteering terrain. The basic idea is still there, and over the last years runners like Emil Wingstedt, Emma Engstrand, Mats Troeng and Erik Andersson has used Höst-Öst as part of the preparations for coming championships.

Jörgen Mårtensson once declared that orienteers have to learn to cope with the unexpected - and that Höst-Öst is the perfect way of learning this. This really is a moving circus. There are long haul in bus with it's unexpected problems. In the author's memory there has been, faulty wind screen swipers, doors that would not lock, leaky tires, and running out of diesel, and the reoccurring bridges and tunnels that are too low for the bus. In addition there are the border controls which might take anything from 15 minutes to 8 hours. This has given rise to one of the fiercest competitions. The border-pivo cup. The aim is to guess the time from the first stop at the border to the final go.



The bus driver has taken his doubledecker bus up the 'road' to the right and enjoys a well deserved rest, while Bente Konst prepares for a race in Bulgaria.

But to label Höst-Öst as a preparation for championships does of course not explain why runners well into their seventies or eighties take part year after year. The orienteering is of course one important part of it. Many tough and interesting terrains, but also some flat uninteresting green bushes. Some really excellent maps, while others have seen their best days several years ago, and still some maps probably never had a best day.

The best thing about Höst-Öst is the comraderie that develops. The maps are discussed with runners of all ages and abilities. People are literally shaken together in the bus. There are the same parties to go to, there are joint meals. And of course there is the competition. A fierce competition in the Pivo cup (named after PeO Bengtsson, which by a strange coincidence has a name that sounds nearly like beer in most countries in Eastern-Europe. Points are awarded in each event. Last minutes change in courses take place depending on where people believe there are most points to be gathered.

The Höst-öst spirit is still probably the main reason for runners returning year after year. In 1986 a group

of experienced travellers formed the Höst-Öst legends. To become a member it is necessary with at least three tours and five weeks at Höst-Öst, and pass the gruelling test by the present members. The group (to call it an organisation would be to exaggerate the formality of the club) have grown to 186 members. Some years ago the Höst-Öst legends also decided that they should support the orienteering development in one of the countries they pass through. This is a way of showing gratitude for all the hard work that organisers have done over the years, and also, hopefully, a way of furthering the development of orienteering.



Post-mortem in a Venice street cafe.

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PROGRAM O-RINGEN 42th AUTUMN EAST TOUR 25 OCT-8 NOV, 2009.

DATE	COMPETITION-PLACE	DISTANCE	COUNTRY	REMARKS	ACCOMODATION	BUS-TRAVELS
Su 25/10	Smålands-kavlen Bornholm Open		SWE DEN	Ålagille		200+120 km
M 26/10	Gdynia	Long	PLN	JWOC 2011-training	Karlskrona-Gdynia-ferry	400 km
Tu 27/10	Hrodna	Long	BLR		Hrodna Minsk	270 km
W 28/10	Minsk	Sprint Middle	BLR BLR		Minsk	
Th 29/10	Minsk	Long	BLR		Vilnius	170 km
F 30/10	Vilnius	Sprint Middle	LTU LTU	Europe Culture-town 2009	Vilnius	
Sa 31/10	Kaunas	Long	LTU	Legendar annual meeting	Riga	100+150 km
Su 1/11	Riga	Sprint Long	LAT LAT	NU ÄVEN MED DAGÖ!	Riga	
M 2/11	Vöru	Long	EST		Vöru	220 km
Tu 3/11	Dagö (Hiiumaa)	Long	EST	Ferry Rohukula-Heltermaa 10.30-12.00	Dagö	200 km
W 4/11	Ösel (Saaremaa)	Middle	EST	Ferry Triigi-Söru 08.15-09.15 Ferry Kuivastu-Virtsu 14.00-14.35	Tallinn	150 km
Th 5/11	Tallinn	Sprint	EST	Ferry Tallinn-Helsinki 08.00-10.30		150 km
	Esbo	Long	FIN	Ferry Turkku-Långnäs 20.15-24.40	Eckerö	
F 6/11	Eckerö (Åland)	Middle	FIN	Ferry Eckerö-Grisslehamn 13.30-14.30 Ferry Nynäshamn-Visby 20.05-23.20	Visby	180 km
L 7/11	Slite (Gotland)	Middle	SWE		Visby	80 km
S 8/11	Slite (Gotland)	Long	SWE	Ferry Visby-Oskarshamn 17.05-20.00 Ferry Visby-Nynäshamn 16.00-19.15		80 km



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Baltic Sea in winter.

Baltic Sea

The Baltic Sea is a brackish inland sea, alleged to be the largest body of brackish water in the world (other possibilities include the Black Sea). It occupies a basin formed by glacial erosion during the last ice age.

Dimensions

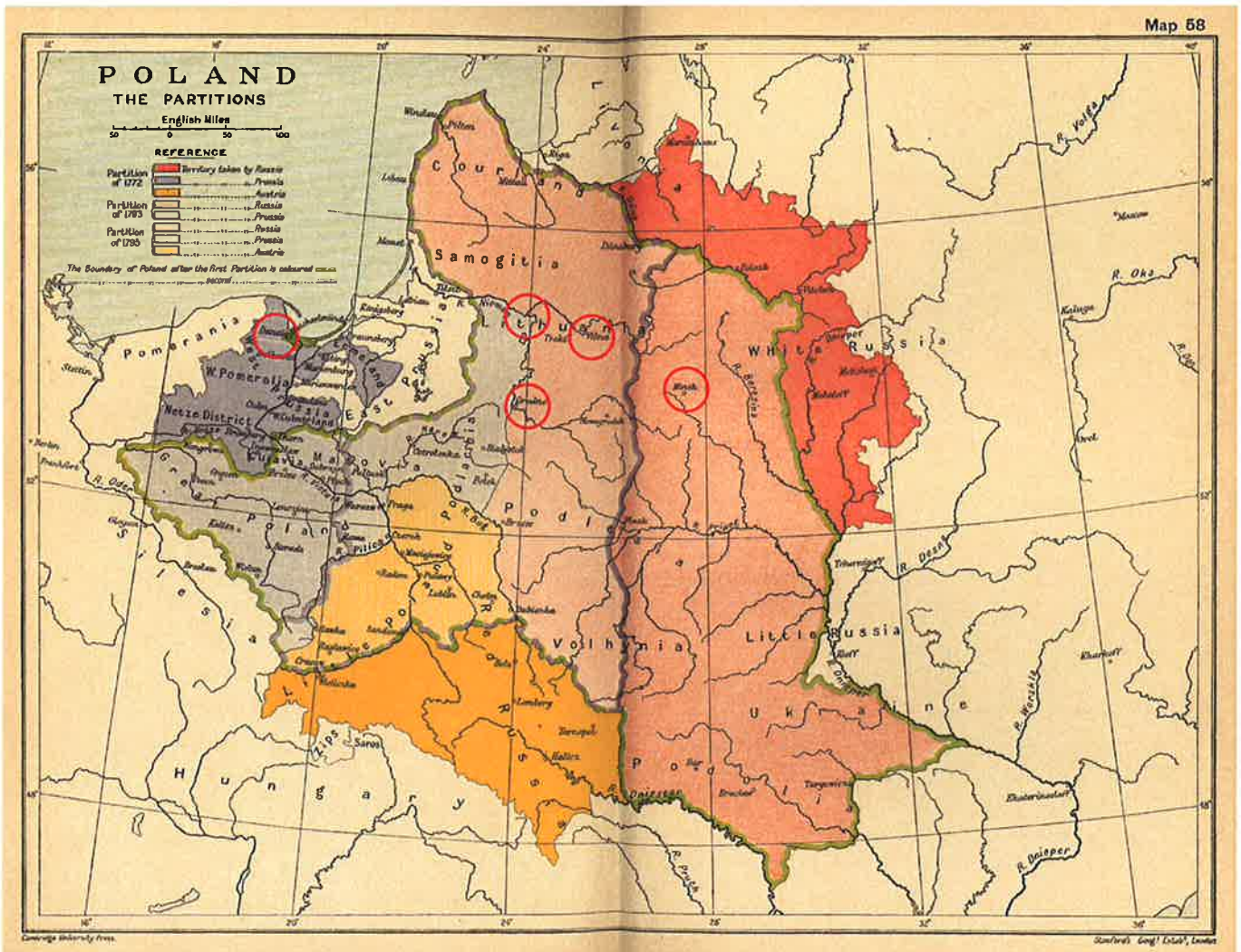
The Baltic sea is about 1600 km (1000 mi) long, an average of 193 km wide, and an average of 55 m Deep. The maximum depth is 459m, on the Swedish side of the center. The surface area is about 377,000 km² and the volume is about 20,000 km³. The periphery amounts to about 8000 km (4968 mi) of coastline.

History

Tidlig svensk krigföring gav territory acquired by Sweden.



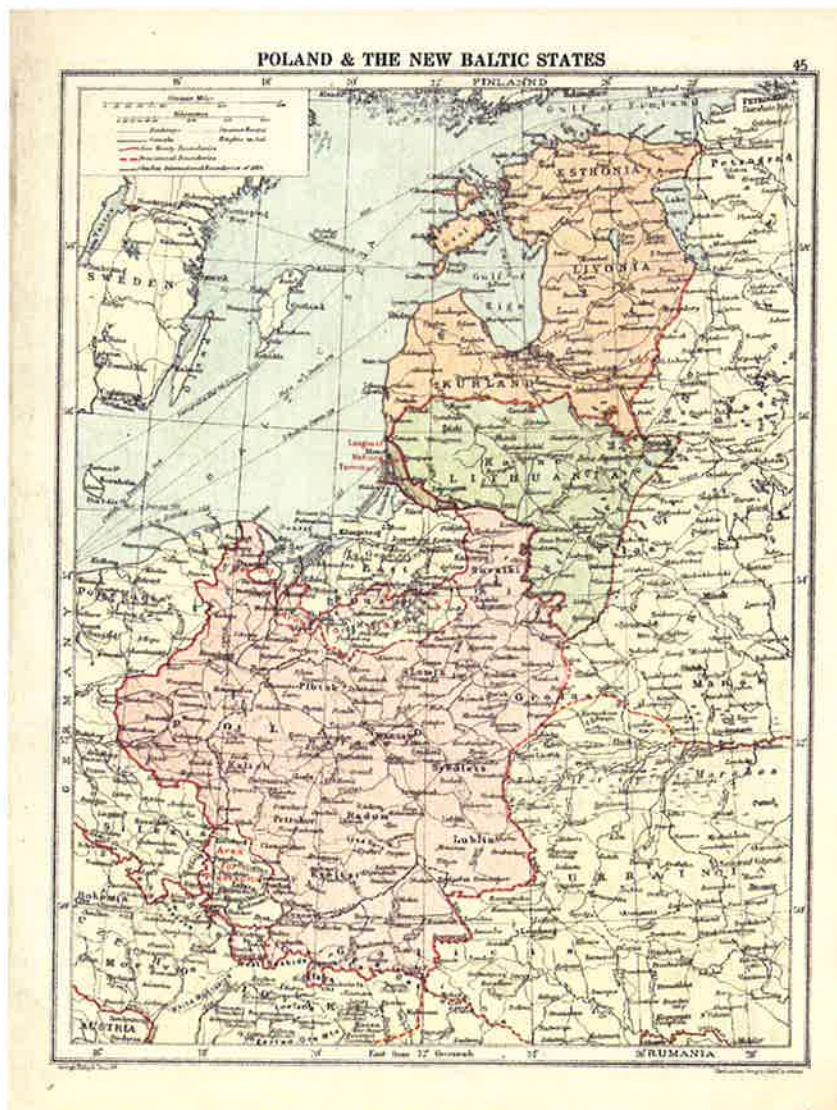
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Polen - landet med de mange og skiftende grenselinjer. Hvitrussiske Hrodna (Grodno) og Minsk ble polsk etter at land ble avstått fra Russland i 1793 og 1795.



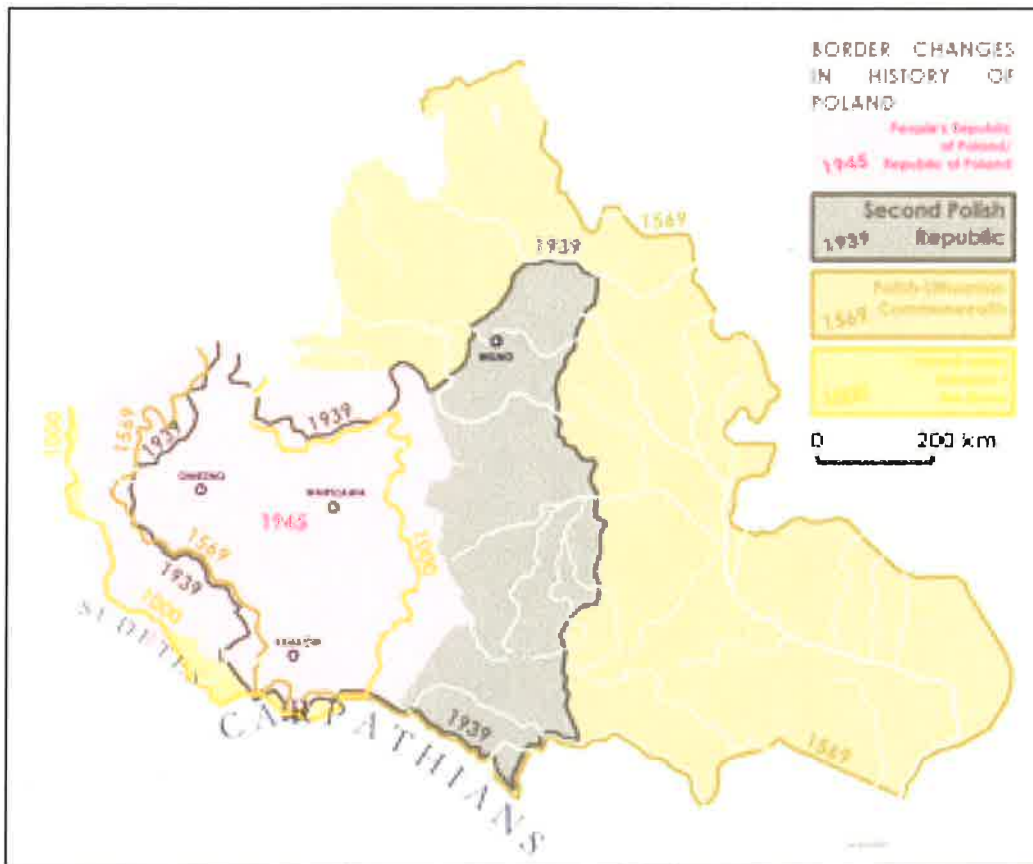
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Situasjonen i 1914.



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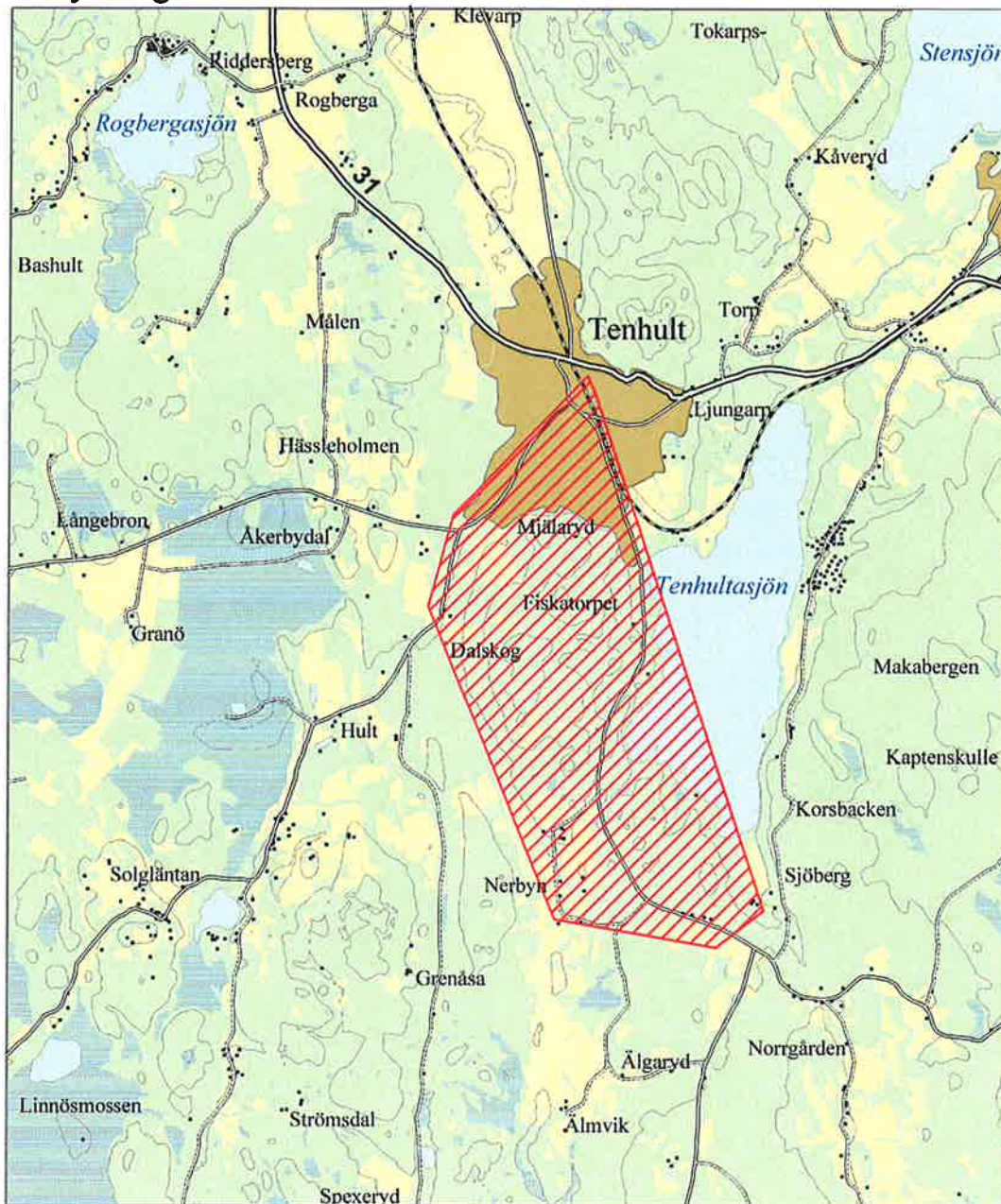
Polen's ulike grenselinjer mot vest og øst. Mot nord har Østersjøen vært den naturlige grenselinjen. Mot syd har fjellkjeden Karpatene alltid vært grenselinjen. Karpatene får vi trolig stifte nærmere bekjentskap med på 43:a Høst Øst-resan i 2010.



SMÅLAND - SMÅLANDSKAVLEN, www.smalandskavlen.nu/

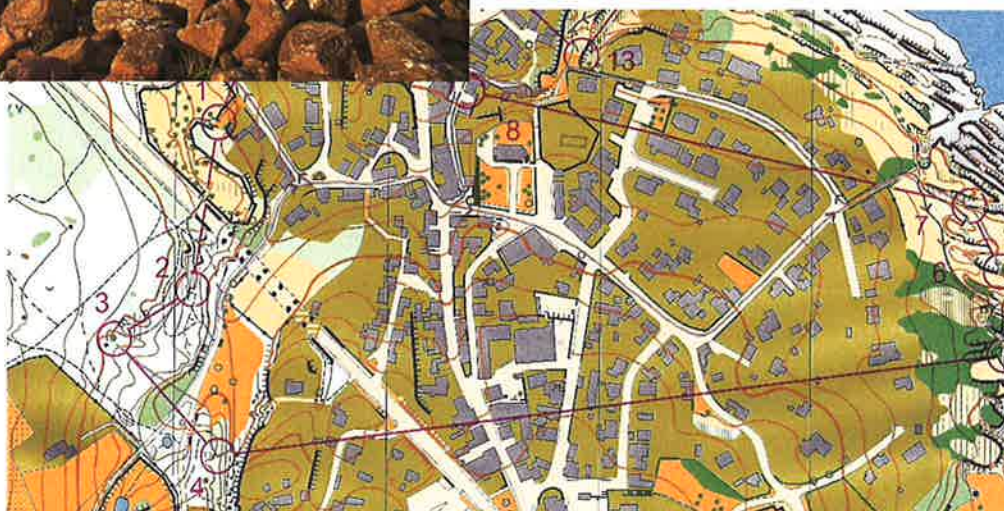
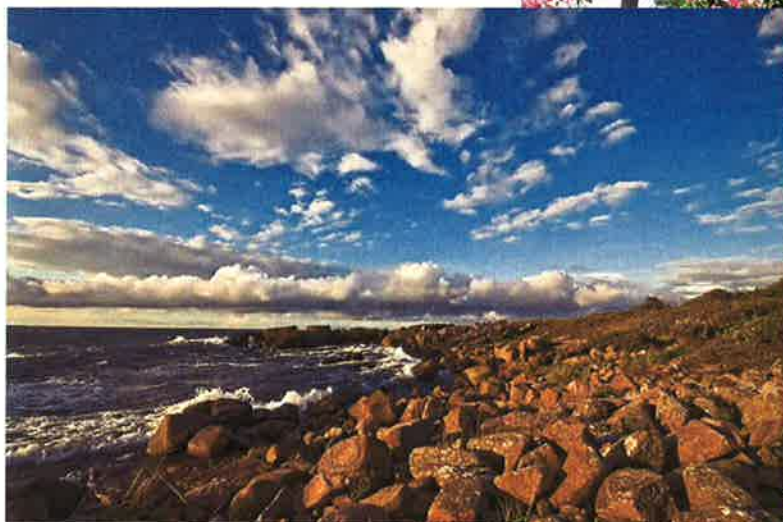
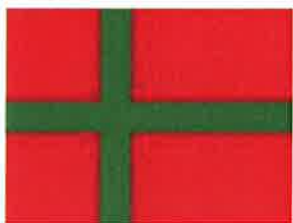
Tenhults SOK, IK Hakarpspojarna och Jönköpings OK
inbjuder till den 57:e Smålandskavlen i orientering

Avlysning inför Smålandskavlen 24-25 oktober 2009



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BORNHOLM - Bornholm Höst Open, <http://www.host-open.dk/ho2009.php>



Lørdag d. 24. oktober

Etape 1 - Plantagerne

Målestok: 1:10.000

Ækvilidistance: 2,5 m

Revideret: 2009

1. Start kl. 12:00

Søndag d. 25. oktober

Etape 2 - Bolsterbjerg

Målestok: 1:10.000

Ækvilidistance: 5 m

Revideret: 2007 m/ rettelser 2009

1. Start kl. 9:00



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POLEN



"Voluntary" breakfast on the Karlskrona – Gdynia ferry.

Gdynia

In the morning competition 20 minutes from Gdynia ferry-terminal, the area is close to JWOC-2011 middle distance terrain, both qualification and final. After that shower and lunch (at Rumia) – Jerzy Antonowicz is our Gdynia-contact. After lunch bus-travel Gdynia – Hrodna.



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HVITRUSSLAND



Hrodna

Late supper at Hrodna before the 1 night accommodation on the border town. Andrei Zhuravlev (also competing for Haldens SK) is my Belarus contact, but we also hope to meet the Belarus Orienteering Federation President Vitaliy Rogovskiy.

On Tuesday morning breakfast, competition and lunch on before the bus-travel Hrodna – Minsk.

Minsk

Supper and 2 nights accommodation at Minsk.



If possible sprint-competition on Wednesday morning before breakfast. After breakfast citytour. On Wednesday afternoon middle distance competition.

Supper in the afternoon together with Belarus orienteers.

Long distance competition on Thursday morning before lunch and bus-travel Minsk – Vilnius.



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LITAUEN



Vilnius



Supper and 2 nights accomodation at Vilnius. Lina Balciunaite from Kaunas is our contact-person in Lithuania.

If possible sprint-competition on Friday morning before breakfast. After breakfast citytour.
On Friday afternoon middle distance competition.
Supper in the afternoon together with Lithuania orienteers.

Kaunas



On Saturday bus-travel Vilnius – Kaunas, long-distance-competition and lunch there before the bus-travel Kaunas – Riga.

LATVIA



Riga

Legendar-supper at Riga. 2 nights Riga-accomodation. Uldis Zdanovs is the Latvian contact-person.

If possible sprint-competition before breakfast on Sunday morning. After breakfast city-tour. On Sunday afternoon long distance competition together with the great and famous Magnets-competition. Supper in the evening together with Latvian orienteers.

On Monday morning bus-travel Riga – Võru.



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ESTONIA



Võru

The Estonian program is done together with Mati Poom from Tallinn and Sixten Sild and Markus Puusepp from Võru.

Middle distance-competition east of Võru, near the Russian border (on the CISM middle-distance-map from 18th September, 2009) in the afternoon. Long distance-competition at Võru in the afternoon.

Supper in the evening together with Võru-orienteers at "our" Võru-hotel Kubija, the hotel-director was a candidate as Estonian Orienteering-Federation President.

Dagö

Early bus-departure – probably latest 06.00 - on Tuesday morning, we get breakfast-parcel to eat in the bus, so we can have long distance competition after the ferry Rohukula-Heltermaa.

Supper and accomodation on Hiiumaa.



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Ösel



After breakfast ferry Söru (Hiiumaa)-Triigi (Saaremaa) and bus-travel to Saaremaa-competition. Mass-start and spreading method, probably Motala-method. After the competition bus-travel to Kuivastu and ferry Kuivastu-Virtsu.

Bus-travel Virtsu – Tallinn.

Tallinn



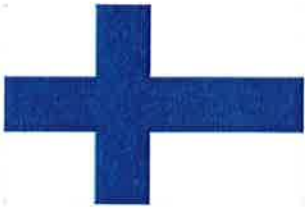
City-tour before supper – probably together with Estonian orienteers. Tallinn-accomodation.

Sprint-competition before breakfast on Thursday morning, probably in Tallinn old-town. Competition-leader is Juri Tarmak, he is a very enthusiastic orienteer, but he is still more famous as Olympic champion in high-jump 1972 for Soviet Union.

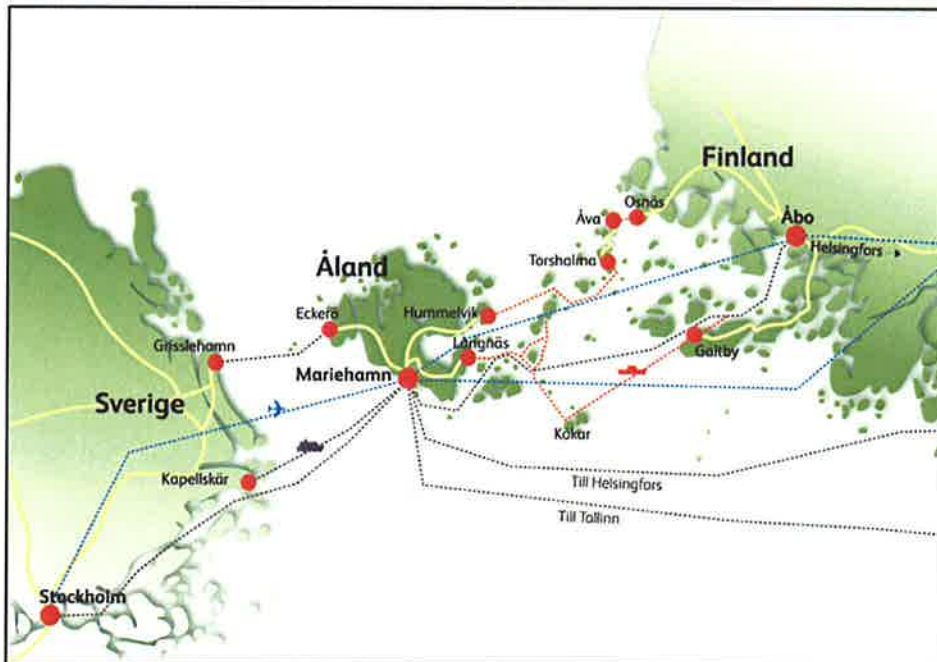
Bus- and ferry-travel to Helsinki.

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FINLAND



Long distance competition near Esbo between Helsinki and Turku (Åbo).
After that bus- and ferry-travel to Eckerö on the Åland island.



ÅLAND



After breakfast middle distance competition – my Åland-contact is Tapani Sivén - about 15 km from Eckerö and perhaps shower before the Eckerö-Grisslehamn-ferry Accomodation at Eckerö.



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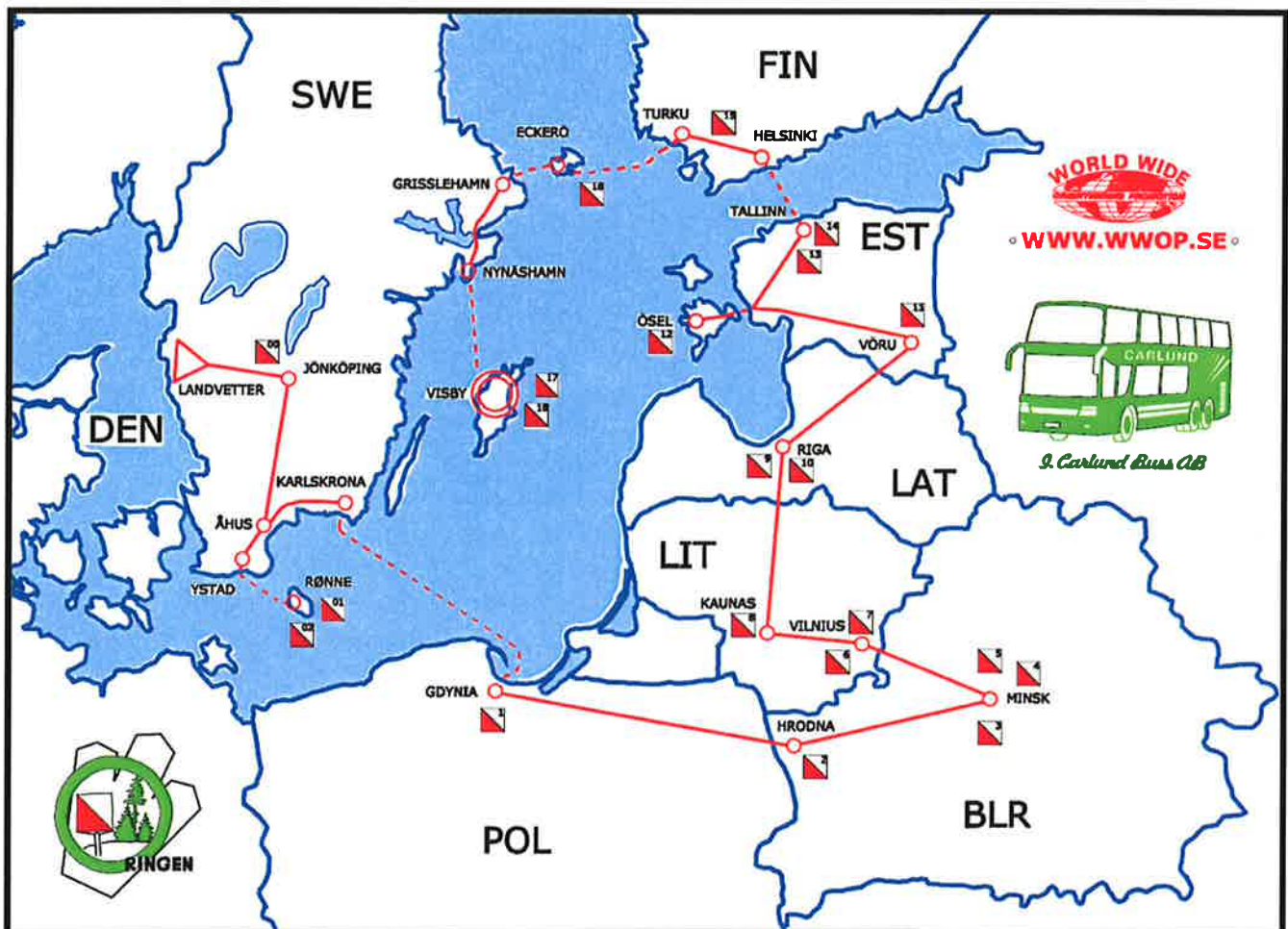
SVERIGE



Bus-travel Grisslehamn – Stockholm – Nynäshamn and ferry-travel Nynäshamn – Visby. 2 nights accommodation at Hamnhotellet.

Participation in the "Helg utan Älg"-competitions on Saturday and Sunday. Transport Visby – Slite and back with buses.

Possibilities with ferry-travels Sunday afternoon, Visby – Oskarshamn 17.05-20.00 and Visby – Nynäshamn 16.00-19.15.



Very welcome to the 42nd O-Ringen Höst Öst-travel from WWOP and Peo Bengtsson.