

### Trail O Hints for Beginners

1. Remember to stay on the paved or crushed stone path. Do not get off trail, because it is unfair to those with mobility limitations and thus is against the rules!
2. While there is a viewing station marked along the path, participants can walk back and forth along the path in order to help solve the problem.
3. There will be a punch station past the viewing station. Once one punch is placed no changes can be made. Two punches at one punching station will count as incorrect so be very careful.
4. The object of this sport is to correctly identify the control that is in the exact center of the circle for areas (clearings, paved areas) or linear features (dry ditches, vegetation boundaries, edges of buildings) **OR** to correctly identify the control described on the clue sheet for point features (trees, power line poles, boulders).
5. The map scale is 1:4000 which means that every millimeter on the map is equal to 4 meters in the terrain. It may be useful to have a compass that has millimeters marked. Small differences on the map make for large differences in the terrain. Every circle marking the control point is 6 mm wide or 24 meters in the terrain.
6. Controls are labeled A, B, C, D, E and F when looking from the viewing station from left to right. The second column on the clue sheet will tell you how many controls to look for. If you see A-C there will be 3 controls, if you see A-E there will be 5 controls.
7. Labels for the controls may change depending on where they are viewed. Make sure you correctly identify the controls at the viewing station.
8. If no control flag is in the correct location then the answer is Z. For timed controls there will be no Z choice.
9. Sometimes the correct control location can be determined by lining up other objects nearby.
10. Sometimes the correct control location can be determined by pace counting along the paved path.
11. Sometimes the correct control location can be determined by estimating the linear distance from the path.
12. Trail O is done alone. Talking about the course with other competitors is not allowed! Be fair, and don't spoil the course for others!
13. There will be timed controls that will be used to as a tie-breaker if necessary.