

## Course Notes: Sprint

Starts 1:30 pm - 3:00 pm.

(Last start 3:00 pm, course pickup begins at 3:30 pm, terrain closed 4:00 pm.)

Sprint 'O starts will be interval starts, 30 seconds apart. You may select your own start time by signing up for your start time at event packet pick up (if you do so before 1:00 pm), or you can just wait for the next open 30-second slot when you arrive at the start.

Note: The Sprint-O is not an A-Event.

The Sprint orienteering course can be thought of as short Yellow/Orange level course, but with even more controls than usual, and where advanced orienteering skills are needed if you want to take the best routes between controls. This format allows orienteers of a variety of skill levels (Yellow to Blue) to all compete on the same course - easy enough for beginner/intermediates to complete, and yet still challenging for advanced orienteers to do the course without significant mistakes.

The start, finish and parking (final parking details to be determined) will be at the corner of Big Elk Chapel Road and Gallagher Road.

The course consists of semi-open land, trails through green forests, some white forest, and some man-made obstacles.

It is not necessary or faster to go through dark green, and it should be avoided, as the briars can make that rather unpleasant. There were significant changes to manmade objects in the area in the last few months. While we hope to have the map up-to-date, please check at the start for notices of last-minute terrain changes that might not make it onto the map.

The Sprint course uses a small portion of the same map as will be used on the two A-Event days. As such, it may be considered to be a useful "**model event**", however the Sprint terrain is not meant to be indicative of the entire area, and the character of the Sprint course is not meant to be indicative of the A-Event courses.

A small portion of the Sprint course/model goes near a small portion of the Day 1 Red/Blue courses. This is unlikely to result in a significant advantage on Day 1, but, as is usually the case with a model event, if you'd like to get a partial feel for the fields, forests and map of Fair Hill, then this "model"/Sprint course is for you!

The course **and terrain** close at 4:00 pm sharp. Please make sure you are back to the road/parking area by that time. If you have any concern that you might not finish the course by 4pm, please start early in the start window (e.g. 1:30-2:00 pm.) Additionally, please do **NOT** venture outside the area covered by the Sprint map - terrain outside the "Sprint" area is closed until the conclusion of the A-Event.

Wyatt Riley  
Sprint Course Setter

## Course Notes: Trail-O

Course planner: Nancy Sharp

In classic orienteering, the idea is to read and interpret a map and to move quickly over the terrain to find a control located on a specific feature; generally, the fastest time wins. In Trail O, however, how *quickly* you complete the course is not as important as how *well* you can interpret the map.

At Fair Hill, the Trail O event uses the same orienteering map that will be used at the other events of the weekend, but at a scale of 1:5,000 rather than 1:10,000. Another difference in Trail O: instead of only one control being located in the control circle, up to five control markers may be hung at each site and only one will correspond exactly with the control description and control circle position. Another possibility is that none of the controls corresponds to the clue description.

Competitors visit control points in a set sequence. They interpret the map to choose which of a number of markers represents the one in the center of a printed circle. This choice is made at a decision-making point, which is marked in the terrain but not on the map.

A demonstration control will be set up outside the event center.

Controls are designated from left to right as 'A,' 'B' ... 'E' from this position. Once you make a decision as to which, if any, of the visible controls is correct, you mark it on your card. Any line on the control card showing more than one mark, or no mark, is deemed incorrect. **No change in punching is permitted, so be sure you're on the right line and in the answer box you intended to select before you mark your card.** Each correct answer counts as one point.

The competitor with the highest correct score is the winner. Because there are only nine controls, there's a very good likelihood that there will be a tied score. To break ties, two timed controls are included in the course. These are the only controls where time matters. The competitor is positioned so that all relevant markers are visible and their location confirmed. A correctly oriented map is handed to the competitor as a stopwatch is started. This map has one circle, with the control description in the correct orientation for reading, above this circle. Timing is stopped when a clear answer is required. One minute is allowed.

In the event of a tie in the number of correct answers at the untimed controls, the competitor recording the shortest combined time to make decisions at the two timed controls wins.

Trail O was adapted for people with physical (mobility) disabilities. For everyone to compete on equal terms, **able-bodied people are asked follow one simple rule: no one must leave the path (or road).** Competitors must follow tracks, paths etc. defined on the map, or indicated in the terrain by streamers. All other areas are out of bounds.

No competitor should do anything that they would deem cheating if it applied to another competitor.

I had a bit of a challenge identifying an area near the event center to use for the Trail O course. A key requirement is that the paths be wheelchair accessible. On about the fourth try, I found the section of Fair Hill that I finally ended up using. It's partially wooded and partially open with a number of buildings—it would make an interesting venue for Park O.

If you haven't signed up for the Trail O event but would like to give it a try, stop by the registration in the event center; we're planning to have extra maps available.

**Sources:**

IOF General Rules for Trail Orienteering

Braggins, Don. "And now for something completely different: Trail O," *Challenge*, Sept. 1995.

Nancy Sharp

Trail-O Course Setter

**Common Course Notes: Saturday and Sunday**

**Other Park Users:** Fair Hill is a popular equestrian and mountain biking area. If you pass a horse or mountain biker, please allow plenty of room. Some controls are located on or near permanent equestrian features (e.g. horse jumps). There will be no horse jumping in the park during the event so you should not encounter horses in the vicinity of jumps.

**Map Notes:** Fences mapped as uncrossable cannot be crossed – they are generally six feet tall chain link with a horizontal cap on top. Small trails may be obscured by fallen leaves. Because of the limited number of rock features, boulders 0.3m and higher have been mapped. Black circles are used on the map to designate poles and fence posts. Most horse jumps are shown on the map using the following symbol:  Horse jump locations are constantly changing and could appear different than mapped.

**Vegetation:** There are areas of briars. Courses have generally been designed to avoid them. Vegetation at the interface between woods and fields has been mapped carefully to show passable openings. Two levels of green slash (slow, fight) are used to denote areas with good visibility but low vegetation (generally briars). Fields mapped as rough open (light yellow) are mowed and quite runnable.

**Punching Instructions:** Control density is high in some areas. Check control codes carefully before punching. Control stands fabricated from white PVC pipe will be used. In addition to the electronic punch, a manual punch will be available at each stand. In the unlikely event of an e-punch malfunction, competitors should use the manual punch, punching anywhere on the map. If a manual punch is used, please inform the workers at the download area upon completion of the course.

**Green Course:** Make sure that you take the correct map at the start each day (X or Y). We are using the recommended USOF course/class structure: Green X (M-18, M50+, M55+), Green Y (F-20, F35+, F40+, F45+, F50+, M60+).

**Road Crossings:** There are multiple road crossings on most courses both days. Crossing types include at-grade, bridges/overpasses, and tunnels. Tunnels are approximately eight feet high and are easily passable. Some roads are lined with uncrossable fences or dense vegetation. Where necessary, recommended crossing points have been highlighted on the map using the standard crossing point symbol: .

**Out of Bounds:** Stable and paddock areas are off limits and are marked with red slash. In addition to the stable areas, there are some private residences on the map that have been marked as out-of-bounds using the red slash symbol.

**Safety Bearing:** The park is bisected in a roughly east-west direction by Rt. 273. South of Rt. 273, the safety bearing is north. North of Rt. 273, the safety bearing is south.

### **Course Notes: Saturday – Day One**

Welcome to Day One of the Fair Hill Meet. As previously mention in the common notes, Fair Hill is used by hikers, bikers and horseback riders. While orienteering at Fair Hill please remember to yield to all riders on horse back for your safety as well as the safety of the horse and rider.

**Day One Map:** All courses will use a 1:10,000 offset-printed map with courses over printed. The contour interval is 5 meters.

### **General Course Infomation:**

#### **Safety Bearing: NORTH**

**Start:** All courses use the same start location, which is approximately 400 meters from the event center. Allow for a five-minute walk to the first call-up line. There are no restroom facilities at the start area; participants should use facilities located next to the event center. Clothing can be left at Start for return to the event center. Warm-up can be done in the field just before the first call-up line.

All courses take participants through areas of the best white woods in Fair Hill – enjoy!

White, Yellow, Orange, Brown and both Green courses do **NOT** have public road crossings.

Red and Blue courses *do* cross public roads; the recommended crossing points are indicated on the map using the standard crossing symbol: ) (. See additional notes about road crossings in the Common Course Notes section.

A unique **uncrossable fence** surrounds the perimeter and runs along many of the public roads. Park personnel call it “Super Fence.” “Super Fence” can’t be reasoned with, it can’t be bargained with, it doesn’t feel pity or remorse, and it will absolutely not let you cross! Super Fence comes into play on Red and Blue courses – crossing points have been indicated on the map.

Rains in September and October have recharged water features on the map. Streams can easily be crossed.

The **Green X** course uses a miscellaneous man-made object indicated with an “X” on the clue sheet. This object is composed of metal posts and wood.

**Finish:** The route to the finish from the last control is marked with streamers. The clue description for the final control for all courses is an “X” - miscellaneous man-made object. E-punch download will be located adjacent to the finish.

### **Course Notes: Sunday**

**Start.** All courses share a common start located about 1.0 km from the Event Center – allow for a 15 minute walk. If you miss your start time, the start crew will work you in as soon as possible but you could have a significant wait. There are no restroom facilities located at the start. Clothing left at the start will be returned to the Event Center. Warm-up is in the open field adjacent to the start area. The woods near the start are off limits. If you want to warm up in the woods, there is an area of white woods along the walk to the start that can be used (just after leaving the paved road).

**Map.** White, Yellow, Orange, Brown, and Green courses will use 1:10,000 laser printed maps. Red and Blue courses will use 1:15,000 offset printed maps. Note that the Red and Blue scale is different than that used on Saturday. Contour interval is 5 meters.

**Big Elk Creek.** Green, Red, and Blue courses cross Big Elk Creek. Recommended creek crossing points have been highlighted on the map using the standard crossing symbol: )( . The highlighted crossing points consist of bridges and a single fording (ankle-deep). Although the highlighted crossing points are recommended, runners may cross the creek at any location. The creek is mapped conservatively as uncrossable (with black border) along most of its length. The black border is broken in places that are crossable under normal conditions. Water level in the creek is typically six inches to one foot but there are a few deeper pools. It is permissible for runners to cross the creek even where mapped as uncrossable.

**Mason-Dixon Line.** The Mason-Dixon line forms the northern park boundary and is shown on the map with a dashed gray line. Land north of the Mason-Dixon line is private property. Acceptable route choices on the Red and Blue courses could take participants close to or slightly over this line.

**Aid Station.** All courses will pass a common staffed aid station that is marked on the map by cup and red cross symbols. The station is located anywhere from 50% to 75% of the way through the courses. It is not shown on the clue sheet. Water and Gatorade will be available as well as light snacks (bananas, cookies, pretzels). Participants can also be evacuated to the Finish from the aid station if necessary.

**Red & Blue Courses:** Due to a recent equestrian event, there is an unmapped, mowed path in the vicinity of the first control after the aid station (Red #17, Blue #25). The path

cuts through an area that is mapped as mostly rough open. There are also several mapped trails in the area. Unlike the new path, the mapped trails have a well-worn track.

**Finish.** The route to the finish from the last control is marked with streamers. The clue description for the final control for all courses is an “X” - a small cement-block object. E-punch download will be located adjacent to the finish. All participants will receive a blank full map of the park (1:15,000) at the download area. Time limit for the Long Courses is five hours. Time limit for the White, Yellow and Orange courses is three hours.

We extend a special thanks to Eric Weyman for his assistance as course consultant and for the many hours he spent in the field making final updates to the map. Thanks also to course vetters John Campbell and Hugh MacMullan, Fred Kruesi for assistance with map printing, and Ron Bortz for fabricating the new control stands.

We hope you enjoy running in this beautiful and unusual terrain.

Tallyho!  
Ralph Tolbert & Tom Overbaugh  
Day 1 and Day 2 Course Setters