

Course Setter Notes – Sprint

Karl Ahlswede

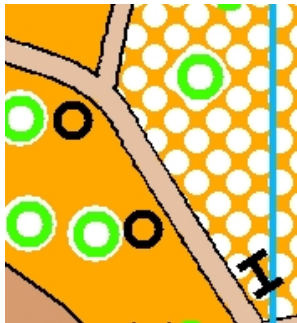
Welcome to Nay Aug Park for the O USA Sprint Championships!

Competitors will find a wide variety of running surfaces at Nay Aug including forest, mowed grass, concrete sidewalks, gravel paths and asphalt pavement. Some forested areas include boulders and cliffs.

Shoes with metal spikes or studs are not allowed in the park.

The warmup map gives examples of the terrain and running surfaces found throughout the park. The warmup map shows the areas that competitors are allowed to enter before the race. All other areas are embargoed.

Two symbols that are prominent on the map are black circles for lampposts and black H-like symbols for benches. A map sample and photo of these features are shown below. The warmup map has examples of the bench symbol but not the lamppost. The black X symbol is used for other man-made features such as signs and trail markers.



All courses will have road crossings on roads that have vehicular traffic. White and Yellow courses will cross a road that is not heavily traveled. All other courses may cross a more heavily traveled road. These latter roads might have ambulance traffic if needed to transport patients for the nearby hospital. Signs warning about runners crossing the road will be posted but please be cautious.

The standard warning about checking the control codes applies.

Course Setter Notes – Middle

Greg Ahlswede

Vegetation

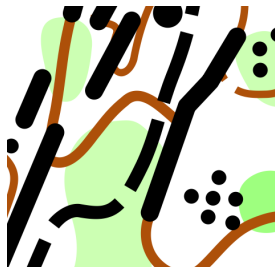
The forest in the middle terrain ranges from beautiful, open forest to more dense patches of American Beech. In recent years, Beech Leaf Disease has begun defoliating some stands of trees, which has increased the visibility in many areas. We expect to be close to peak foliage for the weekend, which means the visibility will be higher than in summer conditions, but not as high as in winter. There is a near complete lack of mountain laurel in the middle terrain, and there have been no thorns found anywhere in the terrain.

Cliffs

There are a significant number of cliffs in the terrain, many of which can have a considerable drop, while others can be as small as 0.5m. We recommend exercising caution around the taller cliffs.

Trails

As with the long, there is a very intricate network of mountain bike trails. These trails can be extremely challenging to see both in the terrain and on the map as they wind through the areas of cliffs. Precise map reading will be an important skill to rely on in these areas. However, the terrain has been mapped to ISOM 2017-2 standards, meaning that cliffs without tag lines will have rounded ends, while trails will have square ends, as you can see in the map sample below.



Runnability

The terrain is generally more runnable than a standard Pennsylvania forest, but we are in Rocksylvania. So, shoes with metal studs or spikes can be quite helpful.

Roads

Some courses will cross a lightly traveled road. We do not anticipate much traffic on this road, but please check before crossing.

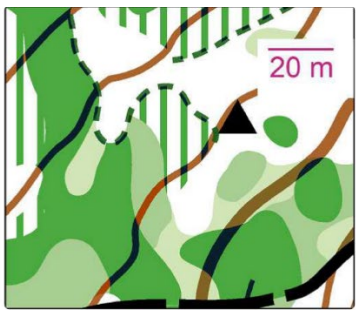
Course Setter Notes – Long

Glen Tryson

Vegetation

In contrast to the area used for the Middle courses, there is a significant amount of mountain laurel in the Long course terrain, mapped with various shades of (solid and vertical) green depending on runnability and visibility. Mountain laurel is a broad-leaf evergreen with woody stems, ranging in height from about 1 to 5 meters. It is NOT THORNY (thorny vegetation is quite rare anywhere on the Merli-Sarnoski map). On the Merli-Sarnoski map, areas shown with darkest green are almost always mountain laurel and areas of lighter and vertical green adjacent to these darkest patches are also likely mountain laurel. Other areas of lighter solid or vertical green without nearby darkest green patches may be other types of vegetation or undergrowth which affect runnability (e.g. blueberry, saplings, or deadfall).

The map snippet shows an area of mountain laurel mapped with the various levels of green, indicating lighter green passageways through thicker areas. Good visibility but slower runnability is shown with vertical green. The dashed dark green line indicates a distinct vegetation boundary.



The picture below on the left illustrates a distinct boundary of mountain laurel. The picture on the right shows a stand of mountain laurel with passages. (Neither of these pictures corresponds to the map snippet above.)



Trails

There is a network of mountain bike trails in the park whose visibility in the terrain will depend on recent usage and seasonal leaf drop. Marking of these trails in the terrain (usually with flagging tape or small metal diamonds on trees) is sporadic.

Streamering on White

One leg on the White course will be marked in the terrain with flagging tape and is indicated as a taped route in the control descriptions as follows:



Out of Bounds

There is an area of private property in the southwest of the map which is marked as out of bounds (purple cross hatching). Only the longest courses pass near this area. There is no advantage to be gained by entering this area.