

Hickory Run Rocks

Course Setter Notes

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GENERAL INFORMATION

Event Arena

The event arena will be in part of the Hickory Run Campground area. Please drive slowly and watch carefully for runners crossing roads as you enter or leave the campground. Please follow the directions of the parking attendants.

All finishes, download and results will be in the field adjacent to the parking. All of the campground facilities are closed for the season. Port-a-potties will be available in the parking area.

Starts

Start procedures will be the same for each of the three races with one exception (see below).

There will be 3 call-up lines, with one minute between each. Control descriptions will be available between the first and second line, along with tape, scissors and safety pins. Maps will be at the third line, which is where the orienteering will begin.

Starts for the Sprint will be **based on clock time**; that is, you will go at the whistle and will not punch a start control. Starts for the Middle and Long will **use a start control** and so you will go after punching the start box. If you miss your start time for any race, you will be started at the discretion of the start crew when there is a slot available.

The start for the Sprint is at the edge of the parking area.

The start for the Middle is a 300m walk from the parking.

There are two starts for the Long:

- White, Yellow, Brown and GreenY (all F classes on Green): the start is 300m from the parking.
- Orange, GreenX (all M classes on Green), Red, Blue: there is a 500m walk to a bus pick up point; a 10 minute bus ride to the start and a 100m walk to the start from the bus drop off. Please leave sufficient time to make your start. There will be a clothing return from this start. There will be a port-a-potty at this start.

Control Descriptions

Control descriptions are printed on the front of all maps for all courses. Control descriptions will also be available between the first and second call-up lines at the start. Control descriptions on the maps for White and Yellow are text; both text and symbolic descriptions will be available at the start for White and Yellow. All other courses use symbolic descriptions.

SPRINT

Course	Length	Climb
White/Yellow	1.7K	35 meters
Orange/Brown/Green (all X and Y classes on those courses)	2.0K	50 meters
Red	2.3K	60 meters
Blue	2.7K	75 meters

Sprint Map Notes

The Sprint map is derived from an ISOM product, adapted for the Sprint discipline. It is at the 1:5,000 scale, with a 2.5 meter contour interval. The buildings on the map are depicted with the ISSOM 526.1 building symbol (a gray screen, rather than the ISOM black.) Other symbols are direct from the ISOM guidelines, but are scaled to be approximately 130% of the size of those on a 1:10,000 map. There are no forbidden to cross areas on these courses, and no other deviations from ISOM are relevant.

The Sprint maps are laser-printed. They do not have legends. Legends will be available at registration and at the start.

Sprint Course Notes

Orange, Brown, and Green runners:

One control on these courses will be located on an object mapped with the ISOM 312 well symbol. The corresponding control description is also a well. In the terrain this feature is a hand water pump. There are many of these throughout the campground area. The control apparatus will likely be more obvious to runners than the corresponding feature.

MIDDLE

Course	Length	Climb	# Controls
White	2.4 km	60m	14
Yellow	2.9 km	75m	14
Orange	3.0 km	100m	12
Brown	2.8 km	85m	12
GreenY*	3.1 km	95m	13
GreenX*	3.4 km	110m	14
Red	3.9 km	110m	15
Blue	4.6 km	145m	17

*GreenY classes: F-20, F35+, F40+, F45+, F50+, F-Green

*GreenX classes: M-18, M50+, M55+, M60+, M-Green

Middle Map Notes

White and Yellow:

- The maps for White and Yellow have been laser-printed at a scale of 1:5,000 with 5m contours. There are no legends on the maps; legends will be available at registration and at the start.
- There is a streamered route on both White and Yellow to avoid private property. Please follow the marked route.
- Both courses cross a stream that has occasionally been difficult to cross easily – it all depends on how much rain we have the week before the event. A route has been streamered that should allow you to cross without getting wet, but you may cross in other places if you wish.
- The Shades of Death trail is sometimes difficult to follow and some sections will be streamered; it is used extensively for the White course and is an option for the Yellow course. Note that this trail is quite narrow in places and has some very steep, rocky and root-covered sections. Please use caution, especially if the ground is wet.

Orange, Brown, GreenY, GreenX, Red and Blue:

- The maps are offset printed at a scale of 1:10,000 with 5m contours. However, form lines are used extensively in places making the effective contour interval 2.5m.
- Water features (and some depressions) have been quite variable this fall, sometimes being completely dry and sometimes being quite full. The appearance the day of the event will depend considerably on how much rain we have in the week before.
- The bush symbol (ISOM #420) is used extensively for the mapping of various vegetation.
- See the notes on the Preview Map (below) for further map notes.

Middle Course Notes

Please check your codes carefully. There are many controls in a very small area. All controls are at least 50m apart. No controls on the same feature are within 100m. A few controls on what some might argue are similar features are as close as 70m.

Some courses go near Rt. 534. This is a busy road; please use caution and stay on the shoulder if you decide to use the road.

All courses except White go in an area open to hunters. On Saturday, hunting season is open for turkey and small game, as well as archery hunting for deer. We have posted signs informing hunters of the event; however, please wear brightly colored clothing to make yourself as visible as possible. The start crew will not let you start if you are not appropriately dressed.

LONG

Course	Length	Climb	# Controls
White	2.2 km	50m	10
Yellow	3.5 km	75m	9
Orange	5.5 km	170m	14

Brown	4.3 km	100m	10
GreenY	5.3 km	135m	11
GreenX	6.3 km	165m	15
Red	8.5 km	250m	17
Blue	12.6 km	375m	27

Long Map Notes

- White and Yellow will use laser-printed maps at a scale of 1:5000 with 2.5m contours. There are no legends on these maps. Legends will be available at registration and at the start.
- GreenY and Brown will use an offset printed map at a scale of 1:10,000 with 5m contours. The map notes for the Preview map are relevant.
- Orange, GreenX, Red and Blue will use laser-printed maps at a scale of 1:10,000 with 5m contours. There are no legends on these maps; legends will be available at registration and at the start. The map notes for the Preview Map and the Model Map (below) are relevant.
- Water features (and some depressions) have been quite variable this fall, sometimes being completely dry and sometimes being quite full. The appearance the day of the event will depend considerably on how much rain we have in the week before.

Long Course Notes

Orange, GreenX, Red and Blue:

- Please stay off the railroad tracks – they are out-of-bounds although only marked as out-of-bounds where they are close to courses.
- All four courses cross Hickory Run. This stream has been quite variable this fall, sometimes being easy to cross and other times not. Competitors on the Orange course should take note that there is a bridge that crosses Hickory Run. If there is significant rain in the week before the event this bridge may become a mandatory crossing for Orange and a different mandatory crossing point may be designated for the other courses.

Please check your codes carefully. There are clusters of controls in some areas. All controls are at least 50m apart. No controls on the same feature are within 100m. A few controls on what some might argue are similar features are as close as 70m.

Preview Map: Sand Spring Lake

The Sand Spring Lake map was a remapping of part of Hickory Run State Park; it was completed in the spring of 2008 and used for the Team Trials Middle distance courses at the A-event held in May of that year. The terrain of all the Middle courses for this 2010 event is similar to the part of the terrain on the Sand Spring Lake map used for the Middle courses in 2008. In addition, the Brown and GreenY Long courses use terrain most similar to this map.

While the terrain is similar, there is, however, a significant difference in the mapping of vegetation, specifically of rhododendron. On the 2008 Sand Spring Lake map, the rhododendron is almost universally mapped as dark green (fight) regardless of the actual runnability of the particular stand of rhododendron. In this way, the clumps stand out visually on the map and are easy to use for navigational purposes, but there is no information about how easy it is to pass through the vegetation.

The new maps also have substantial quantities of rhododendron. This time though, stands of rhododendron are mapped according to runnability. Thus, some rhododendron groves are mapped as light green, some as medium green and some as dark green. Small stands of rhododendron are still generally mapped as dark green dots (bush symbol, ISOM #420) or green blobs. Medium and large stands are mapped according to runnability. Some stands that have defined boundaries may be enhanced with a vegetation boundary symbol.

Model Event Map

The terrain on the model event map is most relevant for the Orange, GreenX, Red and Blue Long courses (Sunday courses). The model area showcases one of the unique features of the terrain used for these courses – large numbers of small knolls and depressions. Only the largest ones are mapped and they appear on the map as dot knolls, u-depressions, broken ground and micro-contours.

Please stay off the railroad tracks. They are marked as out-of-bounds.