



2014 US Nationals **ORIENTEERING CHAMPIONSHIPS**



October 3-5

2014 US Individual Orienteering Championships

Oct 3 - Genesee Valley Park
Sprint Championships
Oct 4 - Letchworth State Park
Long Championships | WRE
Oct 5 - Letchworth State Park
Middle Championships | WRE



<http://roc.us.orienteering.org/2014nationals/>
Portageville and Rochester, NY

Championships

The 2014 US Individual Orienteering Championships hosted by the Rochester Orienteering Club. The Sprint Championships will be held at Genesee Valley Park. The Long and Middle Championships will be held at Letchworth State Park.

World Ranking Events

The Long and Middle Championships races will be IOF World Ranking Events. Only M-21+, and F-21+ classes are WRE classes.



In addition to the individual championships we are introducing a Club Championship to the competition this year. Clubs will receive points based on the number of members registered in championship categories and the final results of their runners. Canadian clubs are also welcome to enter. A cup will go to the winning OUSA club in each division.

Organizers

Club Rochester Orienteering Club

Meet Director Rick Worner
wornerkohn@aol.com

Registrar Dick Detwiler
RLShadow@aol.com

Technical Director Linda Kohn

Course Setters
Sprint Michael Lyons
Long Lindsay Worner
Middle Rob Holmes

OUSA Course Consultant
Jonas Kjall, BAOC

IOF WRE Adviser
Mike Minium, USA

Schedule

Friday Oct. 3 – Sprint Championships

Genesee Valley Park | Rochester, NY
12:00 First bus to assembly [10min]
12:30 Registration Opens
14:00 **First Start**
16:30 **Courses Close**
17:00 Awards

Saturday Oct. 4 – Long Championships

Letchworth State Park East Side | Portageville, NY
09:00 Registration Opens
10:00 First bus to start [10min]
11:00 **First Start**
13:00 First recreational starts (60min)
16:00 **Courses Close**
16:30 Awards
14:00-17:00 Picnic
17:00 Last bus from finish

Sunday Oct. 5 – Middle Championships

Letchworth State Park East Side | Portageville, NY
08:00 Registration Opens
09:00 **First Start**
11:00 First recreational starts (60min)
13:00 **Courses Close**
13:30 Awards

DIRECTIONS AND PARKING

Road signs will be posted from East River Road exit 16 on I-390 for Friday and from Mt. Morris exit 7 on I-390.

Friday - Genesee Valley Park

1000 East River Road Genesee Valley Golf Course parking lot, bus to assembly area.
43°06'48.6"N 77°39'02.9"W [-Map-]

Saturday and Sunday - Letchworth State Park

Portageville park entrance at Portage Street Rt 463 and Portageville Road to Parade Grounds Shelter.
42°35'00.8"N 78°01'54.6"W [-Map-]



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Event Info

BATHROOMS

There will be bathrooms at the assembly areas each day. At the Middle and Long events there will only be two portable bathrooms near the start. Plan to use the bathrooms in the assembly area before heading out to your start.

CLOTHING RETURN

There will be clothing returns from the start provided each day.

GPS DEVICES

GPS devices of any kind with visible display screens are prohibited for all WRE runners.

PICNIC

Orienteering games and a picnic will be offered on Saturday afternoon after the day of competition so that people have a chance to socialize and have some fun before going back to their hotels, campsites and cabins for the night.

Picnic Ticket: \$5. Proceeds will be donated to the US Teams. If you didn't preregister for a ticket for the Saturday picnic you may buy one at registration while supplies last.

SHOWERS

There are a limited number of showers and bathrooms available in cabin area D if you are catching a plane home on Sunday night.

WATER STOPS

There will be water on the courses as per OUSA and IOF rules. Water will be available at the start and finish each day. Water will be at marked locations between controls or at control points as indicated on the maps.

Race Info

START PROCEDURES

There will be three stages. When the clock at the pre-start displays the start time on your bib you will step up to the line. Your competitor and SI numbers will be checked and you will be admitted into the start chute. You will CLEAR and CHECK your SI stick in the first stage of the chute and then go to the CONTROL DESCRIPTIONS table in the second stage. In the last stage you will receive your map. Please write your competitor number or name on the back. You may ask an attendant to look at your map and identify the course, but you may not look at your map. On the final beep you will punch the start box and run to the start triangle flag. There will be NO punch on this flag. If you are late to your start or need to change your start time please go directly to the Start Director on the right hand side of the chute. WRE competitors must start at their assigned times and will not be given a new start time if they arrive late. There will be a separate chute on the left hand side for WRE competitors at the Long and Middle events.

JURY AND PROTESTS

If you have a course complaint you should first contact the meet director, Rick Worner within 15 minutes of course closing. If a jury is needed the members of the jury will be Jeff Saeger, Janet Tryson and Mary Jo Childs.

TIME LIMITS

Sprint	60 min
Long	180 min
Middle	120 min



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BUSING AND WALK TO START

	Sprint	Long	Middle
Bus to assembly area	10min		
Bus to start drop off		10min	
Walk to start	10min – [1.0k]	12min – [1.1k 70m climb]	White, Yellow 7min – [0.5k 25m climb] All other courses 25min – [1.8k 80m climb]
Bus from Finish		17min	

Course Info

MAP SCALES

Sprint maps will be 1:5000.

Longs maps will be 1:7500 for White, Yellow and Brown, 1:15000 for WRE runners and 1:10000 for all other classes.

Middle maps will be 1:7500 for White, Yellow, and Brown, 1:10000 for WRE and all other classes.

Course	Color	Classes	Sprint	Long	Middle
01 White		F-10, F-12, M-10, M-12, White-Open	1.9km 25m climb 15 controls	2.6km 45m climb 11 controls	1.8km 70m climb 11 controls
02 Yellow		F-14, M-14, F-Yellow, M-Yellow	2.2km 30m climb 15 controls	3.2km 65m climb 12 controls	2.4km 80m climb 13 controls
03 Orange		F-16, M-16, F-Orange, M-Orange	2.6km 40m climb 16 controls	5.1km 120m climb 11 controls	3.1km 110m climb 12 controls
04 BrownB		F65+ to F90+, M75+ to M90+, F-Brown, M-Brown	1.9km 45m climb 16 controls	3.9km 100m climb 8 controls	2.5km 90m climb 12 controls
05 BrownA		F-18, F55+, F60+, M65+, M70+	1.9km 45m climb 16 controls	4.2km 90m climb 10 controls	2.9km 130m climb 13 controls
06 GreenB		F-20, F35+ to F50+, F-Green, M-18, M-Green	2.4km 50m climb 19 controls	6.1km 230m climb 13 controls	3.3km 105m climb 14 controls
07 GreenA		M50+ to M60+	2.4km 50m climb 19 controls	6.6km 225m climb 13 controls	3.6km 135m climb 14 controls
08 RedB		F-21+, M-20, M-Red	2.9km 50m climb 19 controls	9.0km 295m climb 15 controls	4.3km 185m climb 17 controls
09 RedA		M35+, M40+, M45+	2.9km 50m climb 19 controls	9.6km 395m climb 17 controls	4.5km 185m climb 17 controls
10 Blue		M-21+	3.0km 60m climb 22 controls	12.7km 450m climb 20 controls	4.9km 215m climb 18 controls



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General Map Notes

Genesee Valley Park, located at the confluence of the Erie Canal and the Genesee River, abuts the University of Rochester and has Route 390 running over it. The western portion of the park is a 36 hole golf course that is open to the public.

Single lone trees and small groups of trees are mapped using a white dot with a very thin green border. The size of the dot reflects the size of the tree canopy. A model map will be available on the way to the start.

The 390 highway is shown as transparent gray in the areas where you can cross under and the pylons are shown. The section where there is no access is marked as out of bounds, you have to use the bridges to cross over.

You will be parking at the golf course and taking a shuttle bus to the start area, about 2 miles away. There will be a 1km walk to the start where there will be water but NO toilets, plan accordingly. After your race you can either walk back to your car or take the shuttle.

Letchworth State Park, known as the Grand Canyon of the East, provides a perfect example of negative relief. The most outstanding features of the park are the steep hillsides, ending in spectacular shale cliffs along the Genesee River. Reentrants that cut into the hillsides are similar, steep sides ending in shale cliffs near the bottom. The steep hillsides are terraced, a feature not always obvious on the map. The terraces create easier running when going parallel to the contours but make for some really steep slopes when running perpendicular.

The park also has a mix of rolling hills with a moderate trail network. Major trails have blazes and are very apparent. Indistinct trails are not blazed and tend to disappear in places. Deer trails are numerous and are not mapped but do offer pathways through the thicker vegetation.

Vegetation varies from open pine forest to forest with undergrowth to very uncomfortable briars. The ample rain early in the summer contributed to the growth of vegetation in general but especially to wild rose briars. These are unlikely to decrease by meet time. Rough open is quite tall in places, often over waist high. These areas are marked with green slash. There are plenty of seepages that vary with the amount of rainfall, most can be identified by the fern growth, not all are mapped. Fortunately, there are plenty of areas of open woods that are a mix of evergreen and deciduous trees. Distinct evergreen trees are mapped with a green circle but only where they are lone and big. Green X's indicate lone deciduous trees. In areas with numerous large trees only the most obvious ones are mapped. There is some POISON IVY, those who are allergic should wear leg and ankle cover.

Despite a lot of rain early on, the water levels in the woods are generally low. Many of the small ponds are just muddy potholes and many of the streams have no water....but this could change if there is a lot of rain in the week before the meet.

Parents especially need to be aware that the cliffs leading down to the gorge are, at certain points, fairly close to the trail running along the top. THESE CLIFFS ARE VERY DANGEROUS! They can be unstable along the edges. We have put yellow "DO NOT CROSS" tape along part of the area nearest the event center. Please emphasize to your children and anyone else who is looking to see what is down there that they should not cross the tape or venture out onto the edge.



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Friday – Genesee Valley Park Sprint

Sprint Course Notes - Michael Lyons

The area of Genesee Valley Park that we are using is quite open and relatively flat (the largest hills on the courses will include some of the bridges), so the running will be very fast. As the courses include a fair amount of interaction with roads and paved paths, spiked shoes are NOT recommended.

Please note that a non-ISSOM symbol is used on the maps to represent individual trees: a white circle with green outline, with the size of the circle varying with the size of the canopy provided. The utilization of mapping of single trees vs. scattered trees (with the usual symbol) is quite consistent, but can be tricky to differentiate at high speed.

To balance fairness and a lively arena environment, important rules regarding pre-race movement will be enforced, with violators subject to disqualification. Following the bus ride from the parking area to the finish area, only the following movements are permitted for competitors: dropping possessions in the finish area, visiting the restrooms and walking to the start via the path along the river, as marked.

Saturday – Letchworth East Long

Long Course Notes - Lindsay Worner

The long courses encompass all the different terrains you will find at Letchworth, steep open slopes, rolling hills, numerous reentrants, small streams and erosion gulleys and some green vegetation. Some hillsides can be very steep and loose and it is impossible to tell until you start uncontrollably sliding down them.

A special feature on this part of the map is a black circle, which represents metal junk. There may be a piece or more than one.

There are a few trails and couple roads that run through the map. The road running along the NE part of the map is public and is used by hikers and visitors. The buses will also be traveling along this road to transport people between the start, finish and assembly area. Blue and Red runners will run along the road so please be cautious. The dirt road that runs along the SW edge of the map will be closed to traffic other than meet workers.

Sunday – Letchworth East Middle

Middle Course Notes - Rob Holmes

Several sections of old wire fence still exist along the area which bisects the Middle Course and also in other parts of the park. Extensive efforts have been made to map the sections that are above the knees or flag the areas that are still present at ground level. However, some unmarked/unmapped areas may exist.

Parents especially need to be aware that the cliffs leading down to the gorge are, at certain points, fairly close to the trail running along the top. THESE CLIFFS ARE VERY DANGEROUS! They can be unstable along the edges. We have put yellow caution tape along part of the area nearest the event center indicating areas runners should not cross. Please emphasize to your children and anyone else who is looking to see what is down there that they should not cross the tape or venture out onto the edge.



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