

The Tour de Gorges'

A 6 hour mini-rogaie set amidst the natural beauty of Letchworth State Park

Presented to YOU by the Rochester Orienteering Club in
Conjunction with Mother Nature and
The Luck of the Irish.

Event Description: Imagine this.....dozens, no hundreds of crazily dressed people, wearing everything from tights and spikes, to shorts and running shoes, to goofy hats and hiking boots standing in a huddled mass....in the distance the roar of a waterfallthey are all talking of route choices and hill-climbs, of waterfalls and ravines, with the occasional comment about deer and rabbits. As they stare intently at little pieces of paper in plastic bags (strong plastic bags!!) they mutter as to the sanity of the course-setters.....A brave and strong man stands upon a table (okay he's really a middle aged, semi-balding guy in a funny t-shirt who's spent many hours in the woods placing little flags on trees), and at exactly 11:00 a.m. a great gong reverberates through the still air (okay, he really yells go) and teams of 2 or more dash in many directions in hopes of fame, glory and untold riches.....

As they travel throughout the park, they will see many things. Of course the gorge and waterfalls for which Letchworth is famous, but they will also find many other treats to the eyes, open woods of giant trees surrounded by deep green ferns, rugged hillsides, and hidden glens by the river with the cry's of red-tails in the distance

Exactly 6 hours later, after having run or walked many miles and searched in hopes of finding orange flags in the woods (is he serious? Or just nuts?) they return to the start, tired but smiling. For on Monday, they can tell there co-workers of the wondrous story that was their Tour de Gorges'....

When: September 11th, from 11:00 a.m. until 5:00 p.m.

Registration begins at 9:00, meeting at 10:20 and map handout at 10:30

Pre-registration would be greatly appreciated. Mail or email forms to

Eric Barbehenn, 191 Pleasant Way, Penfield NY, 14526

EMS151@yahoo.com

Cost: \$10 per person – club members, organized youth groups, students
\$15 all others

Where: Letchworth State Park, East Side, Parade Ground Area
(see ROC website for directions)

Who's Invited: Orienteering people and Scouts (all kinds), trail runners and college groups, adventure racers and tennis players, mom, dad and an apple pie for the organizers. I'm sure you get the picture.....whether your interested in a competitive event, challenging yourself against the rugged terrain of Letchworth West, or want to explore areas that many never go, then this is the event for you!

What is he talking about:

ROGAINE stands for Rugged Outdoor Group Activity Involving Navigation and Endurance.
(It's not a hair tonic!) (more on next page!)

The concept of this ROGAINE is quite simple; teams of two or more people have 6 hours to visit as many checkpoints as possible by walking, running, or resting as they see fit. These checkpoints are spread over a large area and are pre-marked on a detailed topographic map (in this case mapped and used for several national level A-meets) which is given to the participants just prior to the start of the event. Various point values have been assigned to each control, based upon difficulty of terrain, distance from start, and aesthetic value of the location. **In an effort to bring people into some of Letchworth's hidden beauty we have assigned high point values to those areas, that we, your esteemed and venerated course setters have deemed as beautiful.**

NOTE: There will be a shorter 2 hour for those desiring a less taxing afternoon.

Terrain Descriptions: Ranging from extremely rugged and fairly devoid of trails, to well developed with an extensive trail system, Letchworth offers an incredible variety of terrain good for beginners up to experienced competitors. Control points have been placed to make it fun for the in-experienced and challenging for those experienced in the art of orienteering. There are several hazards to be aware of: Of course, **the gorge**, like the siren's song, beautiful but dangerous, it's a long way down.....hence it is not only advised and requested, but required, that no one go into the gorge except on maintained trails or in areas where it is open to the public. Having a map does not give anyone the right to enter areas marked as off limits to the public. Additionally there are a number of people, tourist, non-runners (those who think what you are doing may be a little wacky and strange), please be polite and nice to these people as we may want to eventually return to Letchworth for future meets...

EQUIPMENT

REQUIRED: Compass, Whistle, Water Bottles, Watch.

RECOMMENDED: Packable foods and liquids, leg covering, insect protection, extra clothes, sensible footwear, sunscreen, personal first aid supplies, daypacks, other prudent gear for a safe and comfortable travel in rugged terrain.

PROVIDED: Each Team receives a pre-marked O-quality map of the event area for each member, plastic map cases, punch card and control description sheet, limited food available at Base Camp throughout the event, drinking water at Base Camp, and selected control sites.

Teams returning late: Significant point penalties will be assessed for those that return late. These penalties will be cruel and draconian, and will be enforced with ruthless efficiency. Please do not return late, we don't want to have to go looking for you ... Additionally everyone needs to check with those at the finish before leaving, so we can account for everyone being out the woods.