

Welcome to the Letchworth Permanent Orienteering Course

WHAT IS ORIENTEERING?

Orienteering is an activity that involves using a map to locate controls (flags) at selected points in the park. Permanent course controls are brown or white fiberglass or wood posts. Purple circles on the map show the general control location. The clues give more precise information. Each control is numbered and has a code letter. When you find a control, write the

code letter in the corresponding numbered box on your punchcard. When you have found 20 or more controls, send the punchcard to the Rochester Orienteering Club for an award. You may visit the controls in any order over several visits to the park.

HINTS FOR BEGINNERS

1. Before starting, familiarize yourself with the map legend and scale. The scale gives some idea of distance from one point to the next. *If you want to be more accurate, try "pace counting" (100 meters equals about 65 paces depending on your stride).*
2. Begin with the "easy" controls - those that are near major trails or obvious features. If you become lost, return to the last point that is familiar. Note: some controls are difficult and not all are needed to complete the punchcard.
3. Keep your map turned (oriented) to north either by using a compass or by matching features on the map with features on the ground. By folding your map and holding it with your thumb firmly at your

- current location, you'll avoid having to re-locate every time you look back at the map.
4. Be sure to bring a **pen or pencil**. A compass is not necessary but may be helpful in locating the more difficult controls. *An inexpensive compass (\$10 - \$15) with a rotating baseplate and a needle that settles relatively fast is fine for beginners.*
 5. Man-made and vegetation features shown on the map may have changed since printing.
 6. If any of the controls are missing or damaged please note on your punchcard.
 7. **Please observe all park rules and policies.**
 8. Have fun!

CONTROL CLUES

Easy

- 20. Trail bend
- 21. Clearing, N edge
- 24. Parking lot, W corner
- 25. Trail junction
- 26. Trail junction
- 27. Knoll*
- 29. Clearing, NE edge
- 31. Trail junction
- 32. Trail/powerline crossing

- 33. Trail crossing
- 36. Woods, N corner
- 37. SE Knoll*

Medium

- 18. Boulder
- 22. Pit
- 23. Spur**
- 34. Boulder
- 38. Knoll*
- 39. Depression, small

Difficult

- 17. Hilltop, S part
- 19. Re-entrant,*** middle
- 28. Spur,** middle
- 30. Stream bend
- 35. Spur,** bottom
- 40. Re-entrant,*** upper part

* A small hill.

** A piece of land protruding from a hill. *** A small valley cutting into a hillside.

WAIVER—Please Read Before Attempting the Course

In deciding to attempt this course, I do hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the United States Orienteering Federation and its members, the Rochester Orienteering Club, Inc. and its members, the State of New York and its employees, all land owners and their lessees, their representatives, successors, officers, agents and assigns for any and all claims of damages, actions or causes whatsoever arising or growing out of my use of the permanent orienteering course.

MORE INFORMATION

If you enjoyed your experience and want to do more orienteering in different places, contact the Rochester Orienteering Club hotline recording **377-5650**. The club sponsors orienteering events in other parks and forests throughout the year including canoe and ski orienteering. Permanent course map kits of Letchworth State Park and Mendon Ponds County Park are also available. Visit the club web site at <http://roc.us.orienteering.org/> or through the U.S. Orienteering Federation site <http://www.us.orienteering.org/> with a link to ROC.

Rochester Orienteering Club permanent course punch card

Mark the corresponding letter code in each box when you visit the control.

Complete the reverse side, add postage, and mail when complete.

| | | | | | | | |
|----|----|----|----|----|----|----|----|
| 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |

**THIS FORM IS ONLY TO BE USED BY
THOSE COMPLETING THE GPS COURSE**

From: _____

Course:

Durand Letchworth

Mendon Webster

Used GPS Unit

Other _____

Comments:

Affix
Stamp
Here

Rochester Orienteering Club
c/o Tom Cornell
340 Deming Road
Rochester, NY 14606