

Welcome to the Mendon Ponds 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. While you walk, watch for "catching features" that are on your map (trail bends, trail junctions, hills, fences, rock piles, etc.) They can help pinpoint your current location.
 3. Keep your map turned (oriented) to the north either by using a compass or by matching features on the map with features on the ground. By folding your map and holding 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 may be helpful in locating the more difficult controls. *An inexpensive compass with a rotating baseplate and a needle that settles relatively fast is fine for beginners.* A magnifying glass may also be helpful if your compass does not have one.
 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.** Be aware of the park boundaries and do not go on to private property.
 8. Have fun!
- Note:** Some controls are difficult and not all are needed to complete the punchcard.
Ignore any duplicate controls from the old course as they will remain in place for a few years.

CONTROL CLUES

Easy

2. Rock Pile
3. Trail junction
6. Clearing (great vista)
9. Trail crossing
10. Trail bend
12. Man-made object
14. Trail junction
15. Edge of woods

Medium

1. Pond, south end
4. Building, east side
5. Distinct deciduous¹ tree, North side
7. East end of stone fence
8. North part of knoll²
11. Stream bend
19. NE corner of field
23. North part of hilltop

Difficult

13. Southern rock pile
16. 9'x6' boulder
17. Top of spur³
18. Middle of re-entrant⁴
20. Hilltop
21. Depression⁵
22. Southern pit
24. Stone fence

¹Having leaves (not needles)

²A small hill

³A piece of land protruding from a hillside

⁴A small, 3-sided valley cutting into a hillside

⁵A sunken area or valley

This Permanent Orienteering Course is a cooperative venture of the Monroe County Parks Department and the Rochester Orienteering Club.

MORE INFORMATION

If you enjoyed your experience and want to do more orienteering in different places, contact the Rochester Orienteering Club hotline recording **585-377-5650** or go to the club site <http://roc.us.orienteering.org/> or the U.S. Orienteering Federation site <http://www.us.orienteering.org/> with a link to ROC. The club sponsors orienteering events in other parks and forests throughout the year that include canoeing, biking, and skiing. Permanent course map kits of Letchworth State Park, Durand Eastman, and Webster County Parks are also available.

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