Event Details

Welcome the 2014 US Orienteering Nationals and US Individual Orienteering Championships hosted by the Rochester Orienteering Club and sponsored by the Monroe County Sports Commission. The Long and Middle distance races are IOF World Ranking Events for the M-21+ and F-21+ runners.

The Friday Sprint will be held at Genesee Valley Park adjacent to the Genesee River and next door to the University of Rochester. The park is a Frederick Law Olmsted design with many bridges crossing the Genesee River and the Erie Canal. Participants will be bused from the golf course parking lot on 1000 East River Road to the assembly area at the Roundhouse Shelter. No participants are allowed to drive into the park and parking at the Roundhouse Shelter is for organizers only.

The Saturday Long course will be held in Letchworth State Park East at the Parade Grounds Shelter. There is no admission charge at the East side entrance of the park at Portageville. If you drive through the park on the West side you will need to pay a charge of $8 per car unless you are camping in the park. It is a great drive with some spectacular overlooks of the river, waterfalls and railroad trestle. Parking will be at the shelter and buses will take runners to the start and pick them up at the finish. After your run you can socialize and enjoy a picnic lunch. A Grid-O will be set up with multiple courses for your enjoyment.

The Sunday Middle course parking will also be at the Parade Grounds Shelter. Everyone will walk to the start from there and the finish will be at the shelter. The White and Yellow runners will have a separate start with a shorter walk. We hope that by having the middle distance on Sunday that you will be able to get an early start home or have some time to linger and visit the falls and view the leaves.

SPECIAL THANKS TO:

The 50+ ROC volunteers and our helpers from CNYO and BFLO.

Mike Minium, our IOF Controller and Jonas Kjall, our OUSA Course Consultant who both spent a couple of days each visiting the area and vetting the courses.

Lindsay Worner, Rob Holmes and Mike Lyons our Course Setters and Linda Kohn our Technical Director who spent many, many hours in the woods and preparing maps.

Valerie Meyer for results and O-Lynx radio controls.
Ed Despard for designing, producing race bibs and with Greg Balter for announcing.
Glen Shorr for securing a grant from the Monroe County Sports Commission.
Tyler Borden, our web designer.
Dick Detwiler, our Registrar.
Mark and Barb Dominie for making our map.

Letchworth State Park Superintendent Roland Beck
Monroe County Parks Recreation Coordinator Ryan Loysen

- Rick Worner, Meet Director

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-]

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	

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.

BUSING – Saturday Long
All competitors must unload at the start drop off site and no one is allowed to travel beyond this point on the bus or in a private vehicle and visit the finish area. Parents or coaches that accompany runners to the start must board the return bus and NOT go to the finish.

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

ELECTRONIC TIMING
The SPORTident system of electronic timing will be used for all courses. Competitors are required to use an SI-Card. If an SI unit is not working properly there will be a backup pin punch at the control. Competitors should pin-punch their map and report the problem to Download when they finish.

Note that pin punching will be accepted in place of a valid SI punch only in the case of a unit not working. If you lose your SI-Card while on a course, you will receive a result of MP for the course.

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

PERMANENT MAPS
If you are hanging around for a few days we have permanent courses maps of Letchworth West and Mendon Ponds available for $8 at registration.

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.

VENDORS
Berman's Orienteering Supply will be set up on Friday at the event. Will be around Sat and Sun, but cannot set up at Letchworth.

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
We will be using a "silent start" each day. Your name or number WILL NOT be called. 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.

FINISH PROCEDURES
Everyone must punch at the finish control whether they complete the course or not. This is how we verify that you are safely out of the woods. Maps will be collected until everyone has started. Maps will be returned at the assembly area.
Maps of each course will be posted in the assembly area after the last start.

DOWNLOADING
Everyone MUST download each day. At the Sprint and Middle the download station will be at the finish. For Long event you will be directed to the download after returning to the assembly area on the bus.

RESULTS
Results will be displayed on video screens in the assembly areas.

AWARDS
OUSA medals for top three places to eligible entrants. Awards to top three WRE runners for Long and Middle Events.
Awards for top three finishers in each class each day in all classes. Special awards for fastest runners on each color Sprint course.

CLUB CHAMPIONSHIPS
Awards will be presented to the top clubs in the AAA, AA and A divisions based on participation and results from the meet.

ANNOUNCING
Ed Despard and Greg Balter will be announcing during the events.

RADIO CONTROLS
Some radio controls will be in the forest for all three races and should not be disturbed.

SPECTATOR CONTROLS
Spectating is encouraged at the Sprint after you have run your course. At the Middle event most courses will go through a spectator control visible from the assembly area.

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.

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

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. You won't be running over the golf course or 390 or swimming the canal but you will be crossing some of the many bridges that provide access to various parts of the park.

The map has been recently redone by Mark Dominie. He has taken care to map as many of the incredible trees that make their home at GVP. 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. You'll be happy to know that there isn't any major relief and a minimum of green. 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.

We will be sharing the park with the "Head of the Genesee" Rowing Regatta. They will be setting up on Friday afternoon and have asked that we avoid the area along the docks. Please follow the marked route to the start and be aware that there may be boats being carried around.

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.

Bike trails cross through the park, be alert for bike traffic as well as car traffic.

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.

Footing is generally good but caution is advised on the steeper slopes. The former canal alignment which bisects the Middle Course area was fenced at some point in the past and several sections of wire fence still exist along it 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 "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.

Water will be available at the start, and along some trails. All courses except White and Yellow will have at least one water stop at a control.

Map Scales
The following scales will be used:
Sprint
All courses 1:5000.

Long
M21 and F21 1:15,000;
Red (except for F21), Green and Orange 1:10,000
Brown, Yellow, White 1:7,500

Middle
Blue, Red, Green, Orange 1:10,000
Brown, Yellow, White 1:7,500

A small model area adjacent to the event center will be available starting Friday at 4pm. Copies of the map snippet in 1:15000; 1:10000; 1:7500; and 1:5000 will be in your packet.

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.

After finishing, however, all competitors are free to move throughout the course, but please be aware of the competitors still on the course, as different courses will cause competitors to come from different directions throughout the mapped area.

Please be very aware of the bicycle traffic especially at intersections. There will be car traffic on the main road through the park, in the parking lots and the road leading to the boathouse that is under the expressway.

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. This summer has been particularly great for vegetation growth. The greens come in three shades: light, medium and dark. There is not much dark green on the map but make sure to avoid it, even medium green is pretty impassible, much of it is rose bush which will stop you in your tracks. Light green is very passable but not as fast as the open white.

There is a 10 minute bus ride and then a 15 min walk (uphill) to the start. Please stay on the trail to the start and only to warm up in designated areas as runners will be crossing the trails as part of their courses. The start procedure will be a SILENT 3 minute call up, meaning that you will be responsible for reporting at your start time. Your name will not be called. At your start time you will receive your map, punch and run to the start triangle. WRE runners will be timed based upon their assigned start time. Late WRE runners will be started immediately.

There will be a clothing drop and 2 porta-potties at the start. Clothing will be returned to the assembly area (not the finish). Please remember to download after riding the bus back from the finish to the assembly area.

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 and generally it is quite large (~1 m).

Letchworth is steep! Make sure when choosing a route that you consider the hills you may be trying to get up or go down. If it looks steep on the map then it definitely is and if it looks OK then it's probably steep too. Hillsides can be very loose and it is impossible to tell until you start uncontrollably sliding down them. I attempted to keep you off these types of hillsides but they are out there.

There will be water at controls for Brown, Green, Red and Blue runners in addition to water on the trails for everyone. There will be water at the start and finish.

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.

There are numerous hunters during the season (which is only open now for bow hunting). They often come into the park early to find their spots and set up tree stands. None of these tree stands are mapped no matter how permanent they look. There are also streamers in various locations that have been put up by other park users.

Thanks to all the advice and help from Jonas Kjall, Mike Minium, Mark Dominie, and Linda Kohn. I hope everyone enjoys the courses!

Sunday – Letchworth East Middle

Middle Course Notes - Rob Holmes

The Middle Courses will be based out of the Parade Grounds at Letchworth –East. The finish area will be close the parking area for the Parade Grounds, however, there will be a remote start. The walk to the White and Yellow course will be 0.5km with about 25m of climb – mostly along paved park roads. The walk to the advanced course will be a little more significant – 1.8km with about 80m of climb –mostly along paved and gravel roads. There is a section of the walk along a state highway – so please be alert. The very end of the walk will involve a downhill section on marked herd paths. Please plan accordingly for getting to the start area. There will be 2 porta-potties and water at the start.

As indicated in the mapping notes there is some wild rose that is present. However, if encountered on the Middle Courses, it will likely be in the early part of the advanced courses. The mid- to latter-part of the courses tend to open up a little at ground level. The former canal alignment which bisects the Middle Course area was fenced at some point in the past and several sections of wire fence still exist along it 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.

The White and Yellow courses, as well as the final loop on the advanced courses will be located in fairly well used portion of the park and runners will encounter roads, buildings, and cabins. While most of the park users on Sunday will be Orienteers, there will be some use by the general public – so please be aware of traffic and other park users as you approach controls and approach the finish.