

**LAKE NEEDWOOD ORIENTEERING MEET
QUANTICO ORIENTEERING CLUB
SEPTEMBER 18, 2011**

COMBINED EVENT NOTES, including:

National Orienteering Day

Course Designer's Notes

Super String-O

Mapper Notes

NATIONAL ORIENTEERING DAY

How lucky we are to be able to use such a great venue and map on National Orienteering Day and to kick-off the 2011-2012 QOC orienteering season. Although a small group of us have used parts of this map before for some summer training, this is the first time the club has officially used the Lake Needwood map for a regular club meet. So, for all intents and purposes, it's a **NEW MAP!** Many have wanted to use this venue during the regular season for quite a while because it offers some very unique orienteering challenges. This meet's classic orienteering courses will test all of your skills, including your ability to contour successfully. They will challenge you both mentally and physically. We know you'll enjoy the experience, as well as participate in the Super String-O. Overall, this is just a really great way to start the season.

To help celebrate National Orienteering Day, we will be randomly awarding prizes. Please write your name on your raffle ticket, and then drop it in the envelope of a prize you'd be happy enough to take home. We will draw the winning ticket from each envelope around 1:15pm, probably while you're out on your course, and we'll then hold the prizes for pickup by their respective winners until just after the 3pm course closing time (like 3:15 or so). Any prizes not picked up by 3:15 will be re-awarded to others who are present at that time.

COURSE DESIGNER NOTES (David Onkst)

The Course Design Challenges and How They Will Affect You

The main part of the Lake Needwood map selected for use at this meet is a long thin section that contains a series of fairly steep hills that are roughly divided in half by a major North/South stream that runs the length of the park. A long flat trail parallels the stream and two sizable east-west roads also intersect the area. These conditions made it quite challenging to design the courses. For example, how do you keep climb down? How do you avoid sections of just plan trail running? How do you get people safely across the roads and the main stream (especially when there are only two bridges at the far ends of the map)? And how do you open up as many route choices on legs as possible with so many restrictions?

Well, after spending several weeks on the designs, I believe I had successfully solved these challenges. **And then it started to rain.** When the deluge had finally stopped, with less than thirty-six hours to go before I had to freeze the course designs, I went back to the park and

discovered that the main North/South stream was just totally flooded and uncrossable. I had originally planned for the advanced courses to go back forth over this stream several times in some very shallow, safe, crossing areas, but with the massive flooding (we're talking water over your head in the main stream), I decided that I needed to quickly redesign the courses so that no one crossed through the main stream (you will still go through a couple of smaller east/west tributaries in other parts of the map, but you'll barely get your feet wet in them; they are so shallow). Yes, the main North/South stream will undoubtedly look quite pleasant by meet day, but I couldn't take that chance based on what I was looking at last Saturday afternoon. I decided to put everyone's safety first. Who knows what the bottom of the stream will be like after all the flooding? Who knows how much steeper the banks will be after the inevitable erosion caused by the excess water? And who knows how much debris is trapped underneath hidden from our view? Unfortunately, we won't know until we can test it a little later on, well after this meet has occurred.

So what does all this mean for you?

First, **NO ONE SHOULD CROSS THROUGH THE MAIN NORTH/SOUTH STREAM! Please don't break this rule as it goes against the spirit of the redesigned courses, and it would just be unfair to your fellow competitors.**

Second, in order to keep people from wading across the stream, as well as directing them to safe road crossings, **I had to put in several "movement" controls. So, there are a lot of bags in the woods. Please be sure to check your codes carefully** so you don't mispunch.

Third, in regards to the issue listed above, **all courses have about 15-20% more controls than normal. These won't be hard controls. They were just added for your safety.** So, please don't avoid a course based on the larger number of controls.

Fourth, **I've bent several leg lines to move you into safe crossing areas. Please follow those bends.** I know it looks easy to go straight, but please don't do it. The bends are there to move you around the stream and to safe road crossings.

Lastly, **due to the steep nature of the park, as well as the course redesigns, each course climbs a bit more than usual.**

COURSE DETAILS—THE SIMPLE FACTS

Course	Length	Climb	# of Controls (includes the "movement" controls)
White	3.1 K	66 m	13
Yellow	4.1 K	96 m	16
Orange	4.3 K	126 m	18
Brown	4.2 K	132 m	18
Green	6.1 K	186 m	23
Red	7.3 K	228 m	28

Blue 9.0 K 276 m 33 (use SI6 card/available at e-punch table)

BRIEF NOTES BY COURSE—PLEASE BE SURE TO READ THESE

WHITE/YELLOW/ORANGE

You've got a golf course that borders your courses to the North and West. It is marked as out-of-bounds on the map with red-hash marks. **Please do not go onto the golf course.**

There are a lot of controls in the woods, so **please make sure a control code number matches your control description before punching it.** We don't want any mispunches.

Orange—I can't stress this enough--you need to make sure you orienteer to the exact location of your control feature indicated by your control descriptions/clues. They will tell you on which part of a feature the bag is located (for example, the north side of the bridge). Don't expect to just spot the control flag from a distance.

ADVANCE COURSES (BROWN, GREEN, RED AND BLUE)

There is a common telephone pole/movement control on all of your courses about a third to halfway through. It sits right below a road. **All courses (except Brown) should move under the bridge (after punching) that is in plain sight from the control.** It is the best route to the other side of the road. **Brown, however, should double back at that point, and the best way to do that is to move up onto the road, go across the bridge a short way (moving against traffic), and then continue the course from there.** I've bent Brown's leg line up onto the road/bridge to indicate this mandatory route. Brown runners please do not try to cross the stream.

Although I've steered you into really safe spots for road crossings, please look out for cars before proceeding.

Blue, you have two controls that you go to twice. Please make sure you locate the next control in line.

Blue, your 7th and 8th controls are very close to the edge of the map. Please be careful and don't run off the map.

Blue, about three-quarters of the way through your course, right after your 27th control (# 152), please be sure you follow the bent leg line and cross over the road and bridge to go to the next control.

In Sum

I hope you have as much fun on the courses as I had designing them. By the way, please feel free to tell me what you thought about your course. I always like to continue fine-tuning my designing style after hearing what works for people. Once again, I think this is a terrific orienteering venue, one that the club will enjoy for many years to come. **And please be sure to**

thank Nadim for the wonderful map and for opening up another park for us to use.

SUPER STRING-O NOTES

The goals of Super String-O are to have fun while being particularly speedy. No skill required other than running and hand-eye coordination. There's no map, just a convoluted line of controls with epunch boxes, all of which should be punched as quickly as possible in order. Shortcutting is frowned upon, so if the "string" (the streamer tape) passes to the left of an obstacle – like a tree – you should go the left of the tree. And if it loops around the tree in a complete circle, yes, you should too!

While there's no financial cost to do the Super String-O, there might be a psychological one! We expect you to hoot and holler, whether on the course or watching a rival shave a second off your time.

Epunch dibbers will be available if you don't have your own. We will collect names and times after each run. Please listen to the Super String-O Volunteer for any further instructions, and when you're done with your String-O run(s) – yes, you can do several if you'd like! – please return any borrowed epunch dibbers to the same area where you got them (NOT to the regular course/event epunch crew).

MAP & MAPPER NOTES

THE MAP

Club member Nadim Ahmed created the map and has carefully maintained it--and it shows. It's got great detail, which will make orienteering at this venue a lot of fun. A few things to note specifically:

Some of the low-lying areas contain stiltgrass (which only comes-up to about the middle of your shins). Even though I found it quite easy to move through the grass, it does reduce the visibility of your footing. If you really want to get away from the stuff, climb! The higher elevations have beautiful open woods—quite lovely.

The map contains a lot of great rock detail. There are some very intricate areas that are a lot of fun for orienteers to use.

The hills vary from the fairly bland to the highly featured. They will really test a variety of your orienteering skills.

The Map Scale on the Brown-Blue Advanced Courses is 1:10,000. On the White and Yellow Beginner Courses it is 1:7,500, and on the Orange Intermediate Course it is also 1:7,500.




















The Contour Interval is 20 feet or roughly 6 meters (or just a little bit over the regular 5 meters on most maps).

Other Map Notes (from Nadim)

The contour interval is steeper than in other QOC parks. Lake levels and shorelines may vary seasonally. Rough open areas may be slow to cross depending upon occasional mowing or seasonality. Mapped features in these parks tend to be smaller than in some other QOC parks. Rocks tend to be found close together in lowlands and reentrants. Those with weakening eyesight will benefit from using magnifiers. Small unmapped trails may exist in areas of heavy public use. Rock Creek can be difficult to cross during periods of prolonged rain and is often best to cross where boulders are mapped. Some small ruins are scattered evenly throughout the parks.

For details about the map symbols as used, see the descriptions below.

Lake Needwood/Lake Frank/Rock Creek, MD Map/Legend Notes

Intended Print Scale		1:10,000, 200m between magnetic north lines
Contour Interval		20 feet (6.096 meters); index contour every 100 feet (30.48 meters)
Root Stocks		Generally 3.5 ft minimum height
Cairns		2-3ft. on average
Dot Knolls		1 ft. minimum height but usually taller, these are often small piles of dirt 5-6 ft. wide that were remnants from old treefalls decomposed a long time ago. They stand out more in the winter months and from below when on hillsides.
Disturbed Ground		Mapped with small brown dots usually reflecting some man made activity.
Cup Depressions		Often shallow divots remaining from treefalls
Cliffs		Minimum heights of 1 ft. may be mapped if distinct. Cliffs are generally taller. Tag lines may be omitted from large cliffs in dense areas.
Boulders		~2 ft. minimum height. In areas of dense boulders, small boulder symbols may be used for what would be larger boulders in other areas.
Boulder Group		Two or more boulders too close together to be mapped separately.
Boulder Field		Multiple boulders too close to map separately. When arranged in lines these may represent erosion control or gates to allow only foot traffic
Stony Ground		Dense black dots may denote rough bedrock, scattered black dots may reflect scattered stones that may slow running. 3 dots together may represent a point feature or even a small cairn.
Circular Man-Made Object		May be mapped at any height and often used for sewer manholes.
White		Open forest tends to be very fast relative to other parks
Light Green*		10-25% reduced running speed, may be areas of deadfall or thorny growth.
Green*		25%-65% reduced running speed, can be used for thorny vine areas, mountain laurel or and dense deadfall.
Fight Green*		65% reduced running speed to impassable, generally reflecting dense thorns, invasive species, and tall deadfall
Rough Open*		10%-50% reduced running speeds
Vegetation Boundaries		Often used to denote pine and deciduous tree boundaries but also used to distinguish some small clearings and detailed forest edges.
Intermittent Trails		May not exist for short segments or may become overgrown depending on seasonality
Forbidden Route		Purple X's over linear features such as roads represent lines of travel which may not be taken. However, crossing these is okay.
Crossing Point		May be used for optional or required crossings of streams, roads and other potentially hazardous linear features

- Slower speeds can be expected in some areas in times of lush growth such as summer and early fall.