



Course Notes and Details – Patuxent River Park, Sunday June 16, 2024

Intermediate and Advanced courses are in the Chase format. The Chase has an optional mass start that has multiple loops; similar to a 1-person relay. For the 8 color courses, 11 loops have been setup. There are 1-3 loops for each course. For the White and Yellow courses, this is mostly standard orienteering with just 1 loop. However, the Yellow course is a little longer and a little more difficult than most QOC Yellow courses.

Unlike our regular events, the mass start Chase, following is allowed. However, be aware that the people you follow may not be going where you need to go! They could be on a different loop, or they might be making an error. Like last year, the loops are lettered. At the start of each loop, a beverage of the competitor's choice must be consumed. At the end of the last loop, one final beverage is consumed before a very short dash to the finish control.

Course metrics are shown in the table below. Please pay attention to the loop order. It's the orienteer's responsibility to get the correct map and to do the loops in the proper order. In case you don't remember, the loop orders will be printed on each map. Also note that some maps have a 1:5,000 scale. Most are printed at 1:7,500.

Course Color	Skill Level	Total Distance in K	Climb in Meters	Number of Controls/ Checkpoints	# of Loops	Loop Order	Map(s) Scale(s)
White	Beginner	2.87	30	11	1	White	1:7,500
Yellow	Beginner	3.02	40	11	1	Yellow	1:7,500
Orange	Intermediate	5.33	85	15	2	WE	1:7,500, 2 sided
Beige	Advanced	3.39	50	12	2	TO	1:5,000 & 1:7,500, 2 sided
Brown	Advanced	4.29	90	13	2	AT	1:7,500, 2 sided
Green	Advanced	6.07	120	19	3	ION	1:5,000 & 1:7,500, 2 sided Map Exchange
Red	Advanced	8.44	180	22	3	KIN	1:7,500, 2 sided & Map Exchange
Blue	Advanced	9.46	195	24	3	SKI	1:7,500, 2 sided & Map Exchange

You will be provided a map before the start (details are below). **Do not look at it until you start.** Most courses show loops on both sides of the paper. For the loop order, see the table in the upper right corner of each map page. There are the letter names for the loops (i.e., Q, R, S). Individual loop names are also in the upper left corner of each map. To help you remember your loop order, mnemonics have been associated with courses running more than one loop. For instance, Green course orienteers have the mnemonic of "ION". They will start with loop "I"; when that's complete, they need to race Loop "O", followed by loop "N". Continuing the example, Red course orienteers have

the mnemonic of "KIN" so they would race 2 of the same loops ("I" and "N"). Blue, Red, and Green competitors have a map exchange after their second loops.

The advanced and intermediate course setting emphasizes route choices. For the advanced courses that have it, save some energy for Loop I; it is short but can be steep.

The terrain in Patuxent River Park is predominantly flat, but it's broken up by intricate and deep stream valley reentrant systems. From the flat higher ground, the reentrants tend to drop steeply to the lower flat and often marshy stream valleys. Over the past 20 years, the forest has been maturing, thus often allowing for fast running.

Mapper David Linthicum has updated the map. Besides updating the vegetation, many new trails are shown. These trails tend to follow the top edges of the stream valleys. Cyclists ride on them but they are infrequently ridden. Many trails mapped as intermittent were found to be easier to follow than expected. Light green on the map may represent closely spaced trees or occasional deadfall. The low vegetation symbols are not used so deadfall tends to be represented as light or medium green. Darker greens on the map tend to be mountain laurel, but only where it is thick. Mountain laurel can be interspersed in areas mapped light green too. Most of the park is not thorny, but thorns can be found. In some places verge along roads and trails is unmapped. Stilt grasses are growing and spreading but are most common in the stream valleys. In the large field near the start/finish, wheat is being grown. The map shows this with vegetation boundaries—if not cut before the event, **please do not run through it**. Mapped distinct trees may be deciduous or coniferous and are larger than surrounding trees.

Most of the streams and linear marshes are mapped accurately. However, storms, log jams and beavers sometimes shift the flow of the water in new directions. Some mapped beaver ponds have expanded greatly, so don't plan to pass near the edges that are shown. South of the start/finish, where the Old House Branch and Robley Branch streams converge into Bowie Meadow Swamp (these are labeled on the map), there is now an uncrossable lake across nearly the whole valley—some non-standard map alteration shows an approximation of the current water extent. Depending upon routes, the Blue, Red, and Green courses may go near there but these racers will find that by moving upstream and west, there are safe crossings. Where not marshy or green, stream valleys can make fast running corridors. Even after heavy rain, the streams are generally crossable, but you can expect to get your feet wet. Most larger streams have solid feeling sandy bottoms, but those mapped as linear marshes are usually muddy. Your feet can sink in them.

Quaffing Zone Rules

- Maps will be handed out at the starting line; don't look at the squiggly brown lines until the start is announced.
- You will need to have a cup filled with your "race beverage" of choice in hand; we'll have water, soda, and beer.
- When the race starts, empty your cup (into you), throw it with style to the ground, turn over and look at your map (that means turn the map over, not, turn your body over), and figure out where to go. Or just follow someone and hope for the best. Every orienteer does that now and then, so why not here and now?
- In contrast to most orienteering races, following someone is OK in this race... if you dare.
- After finding your controls in the correct order, you'll wind up back at the starting area.
- **Punch the Quaffing Zone Entry control** as you enter the beverage area.
- After that, quaff another cup of your beverage of choice.
- And **Punch the Quaffing Zone exit control** before heading out for your next loop (or Finish).
- The finish of each loop is near the start triangle of the next loop, but all loops start and finish in the same place. Repeat this process until you've completed all your required loops.
- **Time stops after you've quaffed the last drop** from your beverage of choice **AND have punched the finish control.**

At the end of each loop (at the start/finish area), 2 controls must be punched and there will be a chute with beverages between them. The first of these 2 controls marks the start time of beverage consumption. The second can be punched after drinking to mark the end time of beverage consumption and the beginning of another loop. You will punch these 2 controls upon each loop completion. If applicable to your course, exchange your map before starting the 3rd loop. When leaving the chute area please go around the chute, the pavilion, and the barn as needed. After all loops are completed, including the afore mentioned 2 controls, a finish control must be punched. Because of the map scales and very close proximity of the finish area controls, the control circles overlap on the printed map. The chute will help to guide you and event officials will aid you if needed.



We look forward to seeing you at the Potluck!