

**2009 Buffalo Orienteering Festival
May 16 & 17, 2009**

COMPETITION NOTES

Welcome to the Buffalo Orienteering Festival. We hope you will have an enjoyable weekend running in our beautiful woods and we hope you enjoy the barbecue and the bluegrass band as well. Even if you didn't purchase a ticket for the barbecue you are welcome to stay for the music.

Members of the Buffalo Orienteering Club have been hard at work for many months to ensure that we have a successful event. But even with their hard work and dedication, an event of this magnitude would not be possible without the contributions of other clubs and other individuals. In particular, Valerie Meyer has been instrumental in guiding us through the intricacies of the SI system. She has been generous not only with her time but also with vast quantities of her own equipment.

In addition we are indebted to the Quantico, Central New York, and Rochester Clubs for generously sharing large amounts of equipment.

As Meet Director I am very interested in getting your feedback. Feel free to share your thoughts with me during the meet or afterwards. If something needs my immediate attention the people in charge at the registration area and at the finish line will be able to locate me quickly.

-- Dave Cady

Official Notices

There will be an official notice board in the Registration area on both days. Although no last minute changes to the information in this document are anticipated, if any are needed they will be posted on the official notice board. The notice board will also contain weather reports and copies of the competition maps.

Safety

A first aid tent will be located in the vicinity of the finish line of each event. It will be staffed by a certified Emergency Medical Technician. If necessary, ambulances can be summoned by calling 911. Cell phone service is generally good throughout the three parks. Directions to the nearest hospital will also be available at the first aid tent.

The three parks are located in suburban and quasi-rural settings and are bounded by paved roads in fairly close proximity to the competition area. Even so, meet officials will pay particular attention to situations where any competitor has reached his or her time limit. The time limit for the Middle is two hours; for the Sprint, one hour; and for the Long, three hours.

It is extremely important that all competitors report to the finish area before departing from the venue, whether they have completed their course or not. Let the workers at the finish line who are manually recording finishers know that you are back and also download your SI card at the download station.

There will be plenty of water on the courses at the Middle and Long events. There will be no water on the Sprint courses. Water will be available at the start and finish areas.

Although Lyme disease is less prevalent in Western New York than in downstate areas or in New England, we suggest you observe the usual precautions.

Poison Ivy is not particularly widespread but you may encounter occasional patches.

Competitors are encouraged to carry whistles.

Control Descriptions

Control descriptions will be handed out in the pre-start area, before the call-up line. Pins, clear tape, and scissors will be available for your use.

Control descriptions will also be printed on the front of the Middle and Sprint maps and on the back of the Long map. Text descriptions for all White and Yellow courses (including Sprint Course One) will be on the backs of the maps.

Control bags and e-punch boxes will be mounted on plastic stands at each feature. Please CHECK YOUR CONTROL CODES CAREFULLY. There are many controls in the woods in close proximity to one another.

Start

The start procedure is the same at all three events. Three lines are used: a call-up line, an intermediate line, and the start line. You will be held at the call-up line until 2 minutes before your start. At 2 minutes before your start time you will leave the call-up line and will proceed to the intermediate line. One minute before your start time you will advance to the start line where you may write your name and number on the back of your map. You may pick your map up but not look at it. At the start signal, punch the start control and then turn the map over and start.

Finish

The finish procedure is the same at all three events. The route from the last control to the finish chute is marked. There will be a finish control at the finish line which you must punch to get a time. Please then proceed directly to the download station.

Showers

After the Long Distance race on Sunday you may use the showers in the lower campground. There are two stalls in the men's showers and two in the women's. Please park in the visitor lot at the entrance to the campground loop. The showers are only a short walk from there. A map will be posted on the notice board.

MIDDLE AND LONG DISTANCE MAP NOTES

Both Hunter's Creek (Middle Distance) and Sprague Brook (Long Distance) were mapped in 2007 by Valentin Vladimirov, and have the similar defining feature of a stream bounded by a steep ravine running through them. Both parks are used extensively by mountain bikers and the local mountain biking community has created and maintains many of the existing trails. Cautionary note: Many of the trails are made to enhance mountain bike rides so watch out for jumps, stumps, logs, roots, and curves etc.

Due to spring conditions some trails may be muddy, wet, and slippery, and marshes may now appear as ponds and some depressions may appear to be marshes. Due to the small area and high number of runners, you will encounter many other people in the woods. Please exercise caution when meeting and passing on the narrow trails.

Rootstocks are marked with a green "x". If a rootstock appears on the map it will be on the ground, however if you see a rootstock on the ground there is no guarantee it will be on the map. Picnic tables are not mapped.

MIDDLE DISTANCE INFORMATION

Middle Distance Map (Hunter's Creek)

The scale of the Hunter's Creek map is 1:10,000 with 5m contours. The map has an inordinate number of trails due to the industriousness of the local mountain bikers. Please be aware that some trails may disappear due to lack of use or a new trail may have been made within the past week and not be on the map. We have asked the local Mountain Bike chapter to let their members know that there is an orienteering event taking place, and suggested they use a different park the day of the meet, but this is a public park so please be aware that there still may be bikers on the trails.

The light green lines represent dense undergrowth and may be almost impassible in certain areas.

Middle Distance Courses

The courses were designed by Valentin Vladimirov, modified by Jackie Novkov, and vetted by Dave Levine.

Please follow the prescribed flagged path from the parking area to the start to avoid prematurely entering the competition area. It is only about 200 meters (6-10 min) from the parking area and portable toilets. If you wish to warm-up, there is a flagged area east of the parking lot which consists of a small loop the furthest point of which meets a stream.

Please note that the path to both the start and warm-up areas crosses a likely route to the last control so you may encounter competitors on their way to the finish. Please be alert and give them the right of way.

With many controls in the forest, some will be placed in close proximity to one another on similar features and are close to the USOF limit of 100 meter separation.

There are two controls at trail junctions that are 90 meters apart. This was done intentionally to provide a measure of navigational safety for the White course.

Surprisingly for a former agricultural area we found old barbed wire in only one small place. Unfortunately, a lot of the courses pass through this area. The barbed wire can primarily be found projecting out of large trees with a little bit on the ground. Use extreme caution in this area. The wire has been generously flagged with yellow tape but there may be un-flagged wire in the same area.

LONG DISTANCE INFORMATION

Long Distance Map (Sprague Brook Park)

The scale is 1:10,000 with 5m contours. The woods generally are very open with even the light green areas being crossable in many places.

Long Distance Courses

The courses were designed by Valentin Vladimirov, modified by Jackie Novkov, and vetted by Dave Levine.

Please follow the prescribed flagged path (on the road) from the parking area to the start to avoid prematurely entering the competition area. It is about 400 meters (6-10 min) from the parking area. If you wish to warm-up, there is a nice open field northwest from the start area.

Please note that the road to the start area is crossed by a route to a control so you may encounter competitors. Please give them the right of way.

Some of the Sprague Brook courses have a traversable stream (you may choose to get wet or use a well placed log). Please be aware that there may be bikers on the trails. You also could be crossing or running on a park road in several places so please exercise caution in these instances.

Because of a limited climb, open woods, and numerous trails, we expect there to be a lot of fast running. Instead of a 50/50 balance between running and navigating, the ratio for this meet is more like 60/40. There are two campgrounds on the map. The northernmost campground will be unoccupied. If your route takes you through the southern campground please be respectful of tent sites and campers.

It is likely that there will be a radio operator and spotter at a control near the end of the advanced courses. This radio control will not be indicated in your control descriptions.

--Jackie Novkov, Course Designer, Long and Middle

SPRINT INFORMATION

General

The sprint takes place in Emery Park, the site of the Saturday competition center at the ski lodge. The start is a 6 minute uphill walk and is marked from the northwest corner of the ski lodge. The finish is directly in front of the lodge.

Due to an unfortunate scheduling conflict we are sharing the park with a disc golf tournament. The start has been re-located and the courses have been designed to minimize conflicts. You will still encounter the golfers in a couple of locations. They have been asked to be considerate of us and we ask you to be considerate of them. Specifically, if you encounter a disc golf “basket” or goal, please give it a wide berth. These are distinctive looking metal poles with chains hanging down. One is located near the ski lodge on the north side of the ski lift shed. The same goes for “tee” locations. None of the sprint courses cross the disc golf fairways.

After you finish your sprint, if the tournament has concluded, you are welcome to make use of the disc golf course.

Sprint Map (Emery Park North)

Emery Park is well developed with playgrounds, picnic areas, a disc golf course, and a small but steep hill which is used for skiing in the winter. The woods are generally open with numerous small point features and several scenic waterfalls. The banks of the creeks can be very steep and dangerous and have been mapped as impassable cliffs. With any recent rainfall the terrain can be wet underfoot, both in the woods and in the open areas.

The map is newly drawn and is based on an earlier 1:10,000 scale map of the whole park. It conforms to ISSOM standards except that the contour interval is 5 meters, and boulders, knolls, and depressions less than 1 meter in dimension have been mapped. Rootstocks are shown as a green “x”. Roots of a fallen tree that have popped clear of the ground are considered to be a rootstock. Manmade objects shown by a black “x” are usually playground equipment but may also be intact fireplaces or ruined fireplaces, which may resemble a rock pile.

The aforementioned disc golf baskets are shown with a black circle. Picnic benches are not mapped. Picnic shelters that are typically open on all sides are shown as “canopies” even though it might be hard to run through them because they are usually filled with picnic benches. The fence in ruins symbol, also not an ISSOM standard, may include wire fencing material lying on the ground or tall metal fence posts in a row with no fencing connecting them. The fencing on the ground is easy to cross but does pose a tripping hazard. We will ribbon the fencing on the ground in places where we think runners will encounter it.

Sprint Courses

The sprint courses combine a little bit of woods running with a lot of open picnic area and ski slope running. Course One is completely in the open. Course Two is approximately 17% in the woods based on best route. Course Three is 22% in the woods using the same criteria. Regular O shoes would be a sensible choice for footwear.

The control codes are printed on the map with the control number. For example, if the code for point 1 is “31” then the overprinting on the map next to the circle that indicates the first control would say “1-31”.

All courses have a control at a bridge that is also used by disc golfers. Use caution here as it is likely to be congested. It is also possible we will have a radio control at this bridge but it won't be indicated on your control descriptions.

In the control descriptions, the symbol for building is used for both buildings and canopies (generally picnic shelters).

As is the custom, spectators are encouraged on sprint courses so be prepared to encounter them at any point along the course.

--Dave Cady, Mapper and Course Designer, Sprint