

## 2011 Canal Cities Challenge

**Saturday, August 6 - Sunday, August 7, 2011**

Welcome to the 2011 Canal Cities Challenge hosted by the Buffalo Orienteering Club. We hope that you enjoy the courses. Jackie Novkov has updated the map of Sprague Brook Park, created in 2007 by Valentin Vladimirov. Valentin has just completed the map of Chestnut Ridge Park in July of 2011. There are way too many volunteers to thank here, so I will just mention a few. Greg Hyatt of the Bflo O-club and Steve Tylock of the ROC have done a huge amount of work on registration and organization of the Canal Cities Festival to make the whole Festival a success. The Bflo O-club members who have done the lion's share of setting and vetting the courses are Dave Levine, Jackie Novkov, and Dave Cady. Dave Cady has been Buffalo's prime mover in various other aspects of the Canal Cities Challenge. Thanks also to Bflo O-club Board Members Walt & Patty Lyons, Henry Davis, and Phil Wolfling for handling such details as food, start & finish, awards, and the interaction between our club and the parks and to Doug Kennedy for his work on technology and results. Most of the information that follows in this packet is available on the Canal Cities page on the Bflo web site set up by Greg Hyatt. It is being repeated here for ease of access. --Linc Blaisdell

### Our Schedule

**Friday August 5** – Registration packets will be available for pickup at the *Microtel Inn & Suites* at 270 S Cascade Dr., Springville, NY 14141 from 6:00pm to 9:00pm.

### ABOVE EVENT HAS BEEN CANCELED

**Saturday, August 6** – Meet Headquarters location for Registration, Vendors, Middle, Sprint and Picnic is Shelter #1 at *Sprague Brook Park*, 9674 Foote Road, Glenwood, NY 14069. It will be open 7:30am to 2:00pm.

**Saturday morning August 6** – Middle Distance event with the first start at 10:00 AM at *Sprague Brook Park*. The map has a scale of 1:10,000 with 5-meter contours. Meet Headquarters will be in Shelter #1. The start/finish area will be a 1 km walk from the Headquarters and the parking. You may also drive to the start if you prefer. Results will be posted at the start/finish area and the HQ.

**Saturday early afternoon August 6** – Sprint event with first start at 2:00 PM at *Sprague Brook Park*. The Start and Finish of the Sprint will be adjacent to the Meet Headquarters. The map is a 1:5,000 enlargement of the 1:10,000 map that will be used for the Middle.

**Saturday late afternoon August 6** – There will be a catered BBQ picnic (ticket required) in and around *Sprague Brook Park* Shelter #1 from 4:00pm to 6:00pm. The picnic will include an Ice Cream Social hosted by the Rochester Orienteering Club as a fund-raiser for the O-USA Junior Team (additional ticket required). See Picnic section

below for details.

**Sunday morning August 7** – Long Distance event with first start at 9:00 AM at *Chestnut Ridge Park*, 6121 Chestnut Ridge Road, Orchard Park, NY 14127. This area has been used for orienteering for many years but this event will feature the debut of a brand new map produced from an Eddie Bergeron LIDAR and orthophoto base map. The map will have a scale of 1:10,000 with a 5-meter contour interval. Meet Headquarters will be in the Casino building directly adjacent to the large main parking lot. The start will be a 500-meter walk from the Casino. The finish will be in front of the Casino. Awards for all three of the weekend's events will be presented at approximately 1:00pm.

### **Directions**

**Friday night August 5** –The location for pre-meet pickup of Registration packets from is our host hotel: *Microtel Inn & Suites* at 270 S Cascade Dr., Springville, NY 14141, located a short distance off State Route 219 at the State Route 39 exit. From Rochester and from the Buffalo-Niagara International Airport, get directions to I-90 / New York State Thruway and proceed west, exiting onto Exit 55-Route 219 South. Exit Route 219 onto eastbound State Route 39. Turn right at the first red light onto Boston Valley Road /South Cascade Drive. Travel approximately 0.5 miles and turn left into the Microtel parking lot. Packet pickup will be inside the motel in the meeting room.

**Saturday, August 6** – Meet Headquarters location for Registration, Middle, Sprint, Picnic, and Results: Shelter #1 at *Sprague Brook Park*, 9674 Foote Road, Glenwood, NY 14069, located a short distance off State Route 240 in the town of Glenwood, NY 14069. It is approximately 2.5 miles north of Genesee Road in East Concord and approximately 7 miles north of Springville. From Rochester and from the Buffalo-Niagara International Airport, get directions to I-90 / New York State Thruway and proceed west, exiting onto Exit 55-Route 219 South. Proceed on Route 219 south to the Genesee Road exit. Turn left at the stop sign in order to proceed east on Genesee. In approximately 3.7 miles, turn left onto Route 240 north, then in 2.4 miles right onto Foote Road. From the *Microtel Inn & Suites* in Springville, exit the parking lot right onto Boston Valley Road / S Cascade Dr. In 0.5 miles, turn right onto State Route 39 / West Main Street, proceeding east through the village of Springville. In 2.4 miles, turn left onto State Route 240. In 5.4 miles, turn right onto Foote Rd. The park entrance will be on your left. After entering, follow volunteers' directions to one of several parking lots. "O" signs will be posted from the Route 240/Foote Road intersection.

**Sunday August 7** – *Chestnut Ridge Park* is located at 6121 Chestnut Ridge Road, Orchard Park, NY 14127. From Route 219 south and north bound, take the Armor Duells Rd exit east onto New Armor Duells Road. Travel 0.8 miles, and then turn right onto Chestnut Ridge Road (Route 277). Travel 1.5 miles south to the main entrance of the park. The entrance will be on your right. Do not turn at Newton Road, about 0.5 miles before the main entrance. "O" signs will be posted from the park entrance. Meet

Headquarters is in the historic Casino building next to the main parking area. It will be open 8:00am-11:00am.

### Course Information

<b>Middle</b>			
<b>Course</b>	<b>Distance (km)</b>	<b>Climb (m)</b>	<b>Controls</b>
White	2.29	60	8
Yellow	2.59	60	8
Orange	3.38	85	11
Brown	3.69	110	12
Green X	4.08	100	13
Green Y	4.38	110	14
Red	4.82	110	14
Blue	5.82	125	16

<b>Sprint</b>			
<b>Course</b>	<b>Distance (km)</b>	<b>Climb (m)</b>	<b>Controls</b>
1	1.6	15	10
2	2.4	30	14
3	2.7	45	17

<b>Long</b>			
<b>Course</b>	<b>Distance (km)</b>	<b>Climb (m)</b>	<b>Controls</b>
White	3.1	60	15
Yellow	4.2	90	15
Orange	6.0	115	20
Brown	4.8	120	13
Green X	6.7	185	16
Green Y	6.7	180	17
Red	9.4	280	20
Blue	12.4	345	30

### Time Limits

Middle--2 hours

Sprint—1 hour

Long—3 hours

If you go over the time limit, you will be given a DNF designation. As soon as you know that you will go over the limit, DO NOT CONTINUE THE COURSE! REPORT IMMEDIATELY TO THE FINISH!

## **ATTENTION**

### **ALL COMPETITORS ON GREEN**

**Green X (M-Green, M-18, M50+, M55+)**

**Green Y (F-Green, F-20, F35+, F40+, F45+, F50+, M60+)**

### **ALL SPRINT COMPETITORS**

**Sprint 1 (White, Yellow)**

**Sprint 2 (Orange, Brown, Green)**

**Sprint 3 (Red, Blue)**

**Please use this information to pickup the correct Clue Sheets.  
Loose Clue Sheets will be marked with the appropriate classes,  
Clue charts on maps will not.**

### **Safety Bearings**

**Sprague Brook Park—south to main road    Chestnut Ridge Park—east to main road**

### **Middle Course Notes**

The predominant feature on the map is, not surprisingly, Sprague Brook. The brook creates a fairly deep ravine that bisects the park. The sides of the ravine are fairly steep, but are traversable unless the map directly implies the opposite. The streambed itself has expanded considerably over the last two years as a result of winter/spring erosion. In some cases, the banks have collapsed changing the topography in the immediate vicinity of the stream. Usually, this results in a steep drop from dirt to a dry portion of the streambed. In addition, some trees have been undermined and some have fallen completely across the bed. The courses are designed to avoid the worst of these areas. If there has been no recent rain, the stream can be crossed judiciously without getting your shoes wet; if a storm dumps rain just before the meet, the depth could rise to shin deep, knee deep in some of the pools.

Above the ravine, you will find very runnable woods. Most of the areas mapped as green feature evergreen forests that are a bit thicker than their deciduous counterparts. The primary impediment to running at full speed is downed trees. The last two winters have created many new rootstocks; most have been mapped, but some new ones may have been missed. We have been particularly careful in areas where controls have been placed. The fields mapped as rough open tend to have the vegetation grow to a constant height that obscures the subtle rolls of terrain beneath; taking a path through such an area may result in alternately running through shin-high and chest-high vegetation; this includes the field near the start/finish area.

There are two campgrounds in the park. We expect that both will be utilized fairly heavily during the competition. Courses have been designed so that no reasonable route goes through the campgrounds; please respect our fellow users of the park.

Most of the man-made objects shown by a black X on the map are playground equipment. Other objects include trail kiosks, general junk, and in one case, a car.

## **Sprint Map Notes**

The sprint map scale is 1:5000. It is a 2x enlargement of the existing Sprague Brook Park 1:10,000 map so it does not meet ISSOM (Sprint) standards. The contour interval is 5m. The north lines have been redrawn to 30mm apart, which represents 150m on the ground.

The symbol black "X" represents a variety of manmade objects such as playground equipment, baseball backstops, large signs, flagpoles, etc. Picnic benches are not mapped.

The symbol green "X" represents rootstocks. The symbol green "O" represents individual and/or distinctive trees.

A non-standard symbol is used to represent shelters that have a roof but no sides. It is a grey rectangle with a black border.

## **Sprint Course Notes**

The sprint start is located at the E end of the playground equipment just 50 meters to the SE of the headquarters shelter. The finish is very near the headquarters shelter and the catering tent.

The bulk of the running in the sprint will be on trails or open mowed meadow. Courses 2 and 3 have a brief foray into the forest but where that happens the woods are open and easily runnable. Competitors wishing to wear shorts will not be disadvantaged.

On the scale of running versus navigating, these courses are tilted toward the running end. Winning times will be at the low end of the targets, and will probably beat them.

This park is a popular place to have a picnic. Courses have been designed as much as possible to avoid picnic spots, but you may still find yourself headed at high speed toward someone's leisurely lunch or volleyball game. There is no way to predict if they will find this thrilling or annoying so it is probably best to give them a wide berth.

All three courses cross the park roads several times. Please use caution when crossing roads. Visibility is generally excellent but don't assume the driver can see you. Signs will be posted along the park roads alerting drivers to the presence of runners on the roads. There is a crossing near the main park entrance that occurs near the end of each course. A marshal will be stationed here to control traffic. They do not have the legal authority to actually stop traffic, but they will do their best. Caution is advised at this location as well.

There is no water on the sprint course. Enjoy your run and please remember to hydrate before and after.

All courses go near a pond that is home to a flock of geese. You are on your own in dealing with the geese. The course setter has no advice for you in this regard.

For spectators there are good views of the first portion of course 1 and the last portion of course 3 without going far from the headquarters. Spectating at sprint events is allowed and encouraged all along the course but in the course setter's view this does not apply to competitors who haven't started yet.

### **Long Map Notes (standard legend available at Registration)**

- 1) Black circles: old well structures (e.g. platforms) no longer in use;  
Black circles are also used for the rock pillars at the park entrance.
- 2) Blue circles: old well pumps that no longer work.
- 3) Green x: rootstock
- 4) Black x: playground equipment

### **Long Course Notes**

The map was just updated in July 2011, and so should be very accurate. Some of the controls are close to the map border so be aware that anything outside the border does not have any details but does have some contour lines that are correct.

Some items to be aware of:

- 1) First and foremost be very careful in crossing the roads. There will be signs warning motorists of runners in the park but a heightened awareness should be used since this can be a busy park being so close to Buffalo with a lot of traffic on the internal park roads. Also note that the park is effectively divided into two sections with a busy state road (route 277) going through the middle. There is a raised bridge going over this by-way which serves as a connector for pedestrians; however, cars also use this bridge for access to the park so please use much care when using this bridge
- 2) If you find yourself running along route 277, please use the shoulder of the road. When passing a competitor along the roadway, please use your common sense for safety's sake.
- 3) Some of the rocky streambeds can be used for running or walking, but the access can be steep and they are slippery when wet.
- 4) There are some trails that are not on the map because they can't be seen if you happen to cross them; however, if you find yourself on such a trail, it is visible enough to run on.
- 5) The light green areas are open enough to run in for the most part. It is shaded green to show that there is a difference from the white.
- 6) Misc. "O" Flags: there are various orienteering controls including flags that have been placed in the park and left there by other groups.

## **Picnic**

**A BBQ catered picnic** will be offered in and around Shelter #1 in *Sprague Brook Park* on Saturday starting at 4:00pm and continuing to about 6:00pm. It will be a buffet-style offering of BBQ chicken, sides and beverages. Seating will be available in the shelter and in a large tent. A large lawn area will also be available for those who wish to bring lawn chairs, blankets, etc. If still available tickets are \$18 per person for ages 16 and older, \$13 for ages 5-15, and \$8 for age 4 and younger. From approximately 4:30pm to 6:00pm, the Rochester Orienteering Club will offer an Ice Cream Social as a fund-raiser for the USA Junior Orienteering Team. Tickets are purchased separately: minimum donation of \$5.

## **Awards**

**Canal Cities Challenge Awards** will be given to the top three eligible individuals in each class based on results for the entire weekend. A points system will be used based upon your two best finishes in the same class of the three events. All awards will be presented at the end of competition on Sunday.

