



**ROCHESTER ORIENTEERING CLUB**  
**USOF MIDDLE DISTANCE**  
**AND RELAY CHAMPIONSHIPS**  
**APRIL 19<sup>TH</sup> AND 20<sup>TH</sup>, 2008**

## **Meet Notes**

(by Mike Lyons)

### **Welcome...**

...to the Rochester area for the 2008 US Middle Championships and the 2008 US Relay Championships. For some of you, this may be a return trip, as Letchworth State Park was also the site of the 1998 US Short and Long Champs, and Letchworth and Mendon Ponds Park were both used for an A-Meet in 2003.

### **Important! (Water, Control Density and Relay Procedures)**

Given the shortness of the courses and the expected temperature near 60 on Saturday, there will be **no water placed at controls**. If you may be out for anything approaching the 2-hour time limit for the Middle course on Saturday, you may want to carry your own liquid. On Sunday, for the Advanced Relay legs, there will be one water control.

Also, 8 middle distance and 3 sprint courses in the same area mean that **controls will be placed close together** on Saturday. The same is true due to the forking and spectator opportunities that are provided in the relay on Sunday. We have conformed to the appropriate rules (no controls within 40m and no controls on similar features within 100m); however, there are controls that are close to those limits. **CHECK YOUR CONTROL CODES!** Since visibility is high and MSP makes me sad, let me say that again: **CHECK YOUR CONTROL CODES!**

Finally, **please read the relay procedures carefully**, so that there are no stuff-ups (is that the correct term, William?) during the start, exchanges and finish.

### **General**

It's only been 3 years since I participated in my first A-Meet (at the 2005 Flying Pig), and I've already forgotten what I didn't know then, but I will attempt to help first-timers with relevant information (and bore the veterans, I'm sure).

The starting line for the Middle Champs will function like this:

- Make sure you have everything you need to head to the start (my kids have a five-point checklist: footwear, bib (number), SportIdent (SID) card, compass, and tape for the clue sheet).
- "Clear" and "Check" e-punch units will be available near the starting line, you should use them to first "Clear" and then "Check" your SID e-punch fingerstick (by inserting the stick into the hole on the e-punch unit). Clearing takes several seconds (it is complete when you hear a beep and see the light blink on the unit); Checking happens quite quickly.
- 3 minutes before your listed start time, you will be called to the first line - here a kind volunteer will verify your bib number.
- 2 minutes before your start time, you will be directed to the second line where another volunteer will verify your SID card number and you will collect your clue sheet.
- 1 minute before your start time, you will move to the final starting line and find (but not look at) the proper map for your course. Write your number on the back of the map with the marker provided and a volunteer will verify that the map you have selected is the map for your course.
- At your start time, you will punch the "Start" unit, then flip over your map and start orienteering.

### Saturday

We have a full day scheduled for Saturday. In the morning, we will have a model area open for warm-up. A small map was e-mailed to everyone who supplied an address; a number of additional maps are available at Registration. Please confine your warm-up to that area plus the parking area. The starts for the US Middle Distance Championships will be from 10-12pm, on a full range of courses designed/consulted on by Dick Detwiler and Linda Kohn.

Afterwards, stop in the lodge for a light lunch before heading out on a Sprint course. There are 3 courses available, and you will be automatically signed up based on the Course for your Middle Distance Class: Sprint 1, for White and Yellow classes; Sprint 2, for Orange, Brown and Green classes; and Sprint 3 for Red and Blue classes. If you'd like to change, please see someone at the Registration table.

Make sure you complete a Relay entry form by 4pm. If you are an incomplete team looking for a partner or two, or are an individual looking for a team to join, stop by the Registration table and **check out the team-matching board**.

After you've turned in your form, you should have time to get cleaned up and join us for the dinner at 7pm. The dinner is at the Shanghai Restaurant, with multiple courses served, family style. If you did not purchase tickets ahead of time, you may still do so **RIGHT NOW** (if you are reading this on Saturday morning) - hustle back to Registration!

### Sunday

The US Relay Championships should be a fun and exciting event. There are spectator opportunities during each leg. Please pay attention to the Site Maps that are posted near the registration building to see where spectators are permitted. There is also a model area available; please pay close attention to the marked route to the model.

### Relay Start

The Start will be located in the field, immediately south of the registration building. Maps will be provided (upside down) immediately before the start. It is a mass start, and no start punch is required; however, please remember to clear and check your SID card before heading to the starting line (or the exchange zone, for later runners). The Junior Junior relay (which consists of 2 person team, each running a White course) will start approximately 10 minutes after the main relay.

### Relay Exchange

The Relay exchanges will happen just west of the registration building. Consult the Site Map for a diagram. After the incoming runner tags their partner, the partner picks up their map from the line of maps (numerically ordered by team number), and begins their leg. Meanwhile the finishing runner punches the finish control (for split purposes) and proceeds to the download station at the east door of the registration building. Please be careful not to interfere with runners during the exchange, or when route choices may take them close to the start/finish area.

Later leg runners should pay attention for any announcements regarding "catch-up mass starts".

### Relay Finish

The order across the finish line is the official finish order. The finishers should proceed to the finish punch and try to punch in the same order, as soon as possible after finishing. This will make the posting of results possible, directly from the e-punch software, and the times as accurate as possible.

### US-Canada Challenge Cup

Since we are practically in Canada, we have added an International Relay competition. In each of the 3 categories (4-point, 8-point and 12-point), the top team consisting entirely of USOF members (or members of a USOF club) or COF members (or members of a COF club) will receive the highly coveted Challenge Cup.

### Finally

This has been my first effort at directing an A-Meet. It has been much easier than I had imagined, thanks to a boatload of awesome volunteers who have pulled this off more than a few times in the past. I have counted **over 50 people who are volunteering to help make this a successful weekend**. Thanks go out to Dick Detwiler, Linda Kohn and William Hawkins for their course setting; Rob Holmes for his handling of Registration and Kent Shaw from DVOA for providing the online registration capability; all of the Start, Finish and Results volunteers, especially Linda Kohn (Start), Rick Worner (Finish) and Jim Russell (Results), who had to finally sit down and finish updating his results software. Jim also took care of the map printing. Of course, the food volunteers have a lot of pressure on Saturday, making sure there are provisions for well over 200 people; Kay Sheehan is leading this effort. Also, thank you to CNYO for providing some of the e-punch units. Finally, a special thank you to Rick Worner for the guidance and mentoring that he provided.

We're very glad you're here, and we hope you enjoy the weekend. Any feedback is appreciated: the good, the bad and the ugly.

## SCHEDULE

April 19 <sup>th</sup> - 8:00AM - 10:00AM	Packet Pickup at Trailside Lodge - Letchworth Park
April 19 <sup>th</sup> -10:00AM -12Noon	Middle Distance Starts
April 19 <sup>th</sup> -11:00AM - 1:00PM	Rec Courses Open
April 19 <sup>th</sup> -11:30AM -1:30PM	Lunch
April 19 <sup>th</sup> - 1:00PM	Awards
April 19 <sup>th</sup> - 1:30PM - 3:30PM	Sprint Starts
April 19 <sup>th</sup> -4:00PM	Relay Team Entry Forms Due
April 19 <sup>th</sup> - 7:00PM	Dinner (in Rochester-tix available until 10AM on Saturday)
April 20 <sup>th</sup> - 8:30AM - 9:30AM	Registration and Relay Packet Handout
April 20 <sup>th</sup> - 10:00AM	Mass Start-Relay Champs-Stewart Lodge, Mendon Ponds Park
April 20 <sup>th</sup> - 10:10 AM	Junior Relay Starts
April 20 <sup>th</sup> - 11:00AM - 1:00PM	Rec Courses Open
April 20 <sup>th</sup> - 1:30PM (ASAP)	Relay Awards

**Day 1 Course Notes**  
 US Middle Distance Championship - Letchworth  
 Meet Date April 19, 2008  
 Dick Detwiler

**Course Lengths/Classes:**

**MIDDLE DISTANCE**

Course	Classes	Length (km)	Climb (m)
White	F-10, F-12, M-10, M-12, M/F-White	2.46	45
Yellow	F-14, M-14, F-Yellow, M-Yellow	2.83	55
Orange	F-16, M-16, F-Orange, M-Orange	2.95	75
Brown	F-18, F55+, F60+, F65+, F70+, M65+, M70+, F-Brown, M-Brown	2.87	65
Green X	M-18, M50+, M55+, M60+, M-Green	3.30	130
Green Y	F-20, F35+, F40+, F45+, F50+, F-Green	3.38	100
Red	F-21+, M-20, M35+, M40+, M45+, M-Red	4.59	150
Blue	M-21+	5.33	185

**Please note that we have placed M60+ in Green X**

**SPRINT**

Course	Classes (preliminary assignment)	Length (km)
Sprint 1	White/Yellow	1.4
Sprint 2	Orange/Brown/Green	2.0
Sprint 3	Red/Blue	2.6

Note: Registered runners have been preliminarily assigned based on their Class/Age. However, you can change the Sprint you want to run - just let us know at registration

**Course Notes:**

The area of Letchworth State Park West that we will be using consists of two quite different types of terrain.

The area in the western portion of the map consists primarily of fairly steep, very detailed terrain, much of it being in the valley formed by a major creek flowing from NW to SE. There are relatively few trails in this portion of the map.

The area in the eastern portion of the map is much flatter, with a large number of trails, many of which are fairly indistinct. Many of these indistinct trails are used as ski trails, and have trail markers/blazes on trees indicating the trail. When following an indistinct trail, it can be useful to look for these trail markers. There is one section on the White course which follows a relatively indistinct trail where the trail is streamered as an additional aid.

There is very little thick vegetation in any of the area being used for this meet. However, there are significant areas of deadfall, where progress can be slowed either slightly or, more rarely, significantly. The vertical green line map symbol, which officially means "slow run, undergrowth" or "walk, undergrowth", is used to indicate deadfall areas. As a general guideline, the wider-spaced green vertical lines indicate an area where there is significant deadfall, but the deadfall is spaced far enough apart that it isn't difficult to jump or step over; it requires attention but shouldn't cause a significant slow-down. The narrow-spaced green lines indicate an area where the deadfall is thick enough to cause more of a loss of speed.

Green "T" symbols are used on the map to indicate very prominent fallen trees.

Although the area used for this meet is not extremely wet (as of 10 days before the meet), there are some wet areas. The Green, Red, and Blue courses will require multiple crossings of the creek, which will probably result in wet feet. There is one very short portion near the beginning of the White course where there is a wet area, which will also probably result in wet feet. Steep hills (encountered on Orange and above) are likely to be very slippery.

For the Orange and above courses, runners will need to punch the start box then proceed to the start triangle, approximately 180 meters. You must go to the start triangle. White and yellow will be at their start triangle when they get their maps. There will be water at the start but there will not be a clothing return unless the weather is very nasty...which won't happen!

The starting area is approximately 400 meters from the parking lot and lodge.

The warm up area is the parking lot, the road between the parking lot and the main road, and anywhere between the main park road and the river.

There are lots of controls out there in a relatively small area, make sure you check your codes carefully. Please use caution when driving out of the parking lot...watch out for Sprint runners...and deer!

Have a fast, happy run!

## **Day 2 Course Notes**

US Relay Champs course setter notes  
William Hawkins  
written - April 11, 2008

Welcome to the US Relay Championships for 2008. I had a lot of fun planning this event; hopefully you will have a lot of fun running and spectating it. Just remember, if you have only half as much fun running the courses as I did setting them, then I had twice as much fun as you!

### **1. Location**

The relays will be held at Monroe County's Mendon Ponds Park. Start is at Stewart Lodge. Please do not drive down the access road to Stewart Lodge itself; rather, drive down the adjacent access road for the main 'beach' parking lot and park there.

### **2. Spectating and fairness**

Except in the taped-off area near the start, please do not set up south of the access road to Stewart Lodge for spectating. Everywhere north of the road is ok (although there are also controls in this area). Please do not impede the passage of runners through these controls. Heckling, cheering, horns and the like are encouraged.

### **3. Model / warmup**

A small portion of terrain is available for you to familiarize / refamiliarize yourself with Mendon terrain. To get there, follow tapes from the point where you turned off Douglas Road towards the parking lot to get to the start marked on the map. There are several controls out which are located in similar locations to those used in the relays. Important differences: this area is greener and steeper, and the controls are old fashioned flags hung on trees and not on stands with e-punching (unlike all relay controls). Samples of the later are visible near the start/finish area.

Please do not stray off the taped route for access or out of the mapped model area.

The model area is open from 7am Sunday (and closed before Sunday). Model maps are available at registration.

#### **4. Start and finish procedure**

The relay starts at 10am. There will be an informational briefing at 9:45 at the start/finish area, which will explain the hand-off procedure and also the layout of the start, the finish, and the spectator controls.

Teams are responsible for monitoring the progress of their runners and having their next runner ready; the organizers will not provide a warning system. Finishing runners first come into view with a distance of around 500m-700m still to run, at the south end of the field in which the start is located. (The distance is longer for leg 4 runners running a red course.) The runner then proceeds across the field via at least one control and circles around the start/finish changeover area en route to the final control, and then follows the finish chute to the finish, where he/she punches. After punching, he/she tags off to the team's next runner.

It is not necessary to punch at the start on leg 1, and since you will already be there, you do not need to worry about whether you are passing through the start triangle or not. . . .

On legs 2-4, including any catch-up mass start, you need to punch at the start.

The placing of teams will be determined by the order of crossing the finish line on the final leg, not the order of punching the finish control located just after the finish. 4th leg runners should still punch the finish control as expeditiously as possible so we can have times as accurate as possible. As runners come through the various spectator controls, it is entirely appropriate to cheer loudly, blow horns, and/or heckle them, but please do not impede their progress. Please stay out of the taped-off finish chute.

There will be one catch-up mass start per class, at some point after the majority of fourth leg runners have started. Exact time will be announced. If your first leg runner has a really, really bad day, its possible that your second, third, and fourth leg runners will all be starting in the catch-up mass start. The total time for the team will be the total of the times of the four runners on the team.

#### **5. Maps**

For the 4-, 8-, and 12-point relays, maps are 1:10,000, 5-meter interval, made by Mark Dominie in 2001. Limited updating by ROC members 2001-08, including work by Linda Kohn in 2008.

Because courses are forked, you must pick up the map with the correct number. Numbers are printed on the map in the format TT-L, where TT is the team number (between 1 and 99) and L is the leg number (1 through 4). Note that your team bib numbers are in the slightly different format LTT, so that team 27 has bib numbers 127, 227, 327, and 427, and must use maps numbers 27-1, 27-2, 27-3, and 27-4. Team 3 has bib numbers 103, 203, 303, and 403, and must use maps numbers 3-1, 3-2, 3-3, and 3-4. Failure to pick up the correct map will result in disqualification. Be very careful! If your map is not available because it has been picked up by another competitor, you should consult with race personnel urgently (we will provide a substitute map as quickly as possible).

There is no legend on the map. Legends are available at registration.

The control descriptions will be on the front of the map in international symbols. Control descriptions will not be given out separately because some controls are used on both early and late legs; however, a list of all controls will be on display at registration if you want to check you are familiar with every symbol used. You must hand in your map after you finish; maps will be available only after the mass start for remaining runners.

For the yellow course only, descriptions will also be in English on the back of the map (as well as in symbols on the front).

The start triangle marked on the map is very close to where the leg 1 mass start will be, and also adjacent to where leg 2-4 runners will pick up their maps.

There is no finish circle shown on the map, for the sake of legibility. From the last control, follow the marked route around 230m to the finish / changeover area. There is also no finish in the control descriptions (the last line indicates to follow a marked route 230m, but the double circle indicating 'to finish' is missing). Climb is also not indicated in the control descriptions (see below for what it should be).

Orange runners will punch one control (number 204, adjacent to the road crossing) twice, and green and red runners will punch it three times. Make sure not to skip this control thinking that you have already been there. Also, see information about road crossings below.

Green and red runners (4-pt legs 1, 2 and 4; 8-pt legs 3 and 4, 12-pt leg 4) have two maps. Maps for these runners are both enclosed in your map case, back-to-back. Make sure to start on page 1 by going to control 1, not to control 16 or 19! The first map ends at a control in the field near the start; this same point is marked by a start triangle on the other map. In the control descriptions, a marked route with zero distance ends the first map, and a start triangle with the same description as the previous control begins map 2. Flip over at this point and run the shorter, second loop to finish. There are drinks at this control.

The climb is also not indicated on the descriptions on the map: see the course statistics in Table 2 for what it should be.

Controls use SI e-punching and are located on stands. They are not hidden.

In the event of SI failure, punch on the map using the backup manual punch.

Runners finishing before the catch-up mass start must hand in their maps as they finish.

Age	Points (Male)	Points (Female)
Under 15	3	5
15-16	2	4
17-20	1	3
21-34	0	2
35-49	1	3
50-59	2	4
Over 59	3	5

**Table 1: Point system**

## 6. Terrain

The start and finish are in an open field with excellent visibility and runnability (the grass is mowed). The forest, once you get there, is mostly extremely open, with contour features rather than vegetation limiting your speed. These contour features (kames, eskers, kettle holes and ponds) are glacial in origin. Pay attention to the slope tags to indicate which direction is downhill! Some slopes are quite steep.

There is almost no large rock; some of the steeper slopes have small rock debris under the leaves on the ground. Mapped stony ground tends to indicate ruined stone walls and occurs in short lines.

Water features are a little wetter than mapped (seasonal marshes are full and advisable to avoid and permanent marshes and ponds are, as usual, also full).

Trails are numerous but some are not easy to see in the forest since they have not yet been much used since the snow melted.

There are some areas of thicker vegetation. Areas of light green are mostly fairly runnable at this time of year; most areas of medium or dark green should be treated with respect and avoided. (Very thin patches of medium green you can probably find a way through.) The yellow course in particular passes through some areas of thick vegetation where it would be wiser to stay on trails.

Brown, green, and red courses pass quite close to the property line on the eastern side of the map. It is marked on the map in olive-green. Since there are various signs of various ages indicating the property owner's increasingly expansive idea of the size of his property, the line should not be used for precise navigation. Also, please stay within the park.

Black x indicates various kinds of manmade features, including play equipment and park benches. One black x is used as a control location (you can see it from the start area). As you can see, it is a somewhat bogus temporary feature constructed specially for the event. Other black x features are more permanent!

### 7. Hazards

There are a few places where very old farm fencing has left pieces of wire near ground level. Those that were seen during vetting were flagged with orange tape. (Usually these are found near old stone walls or vegetation boundaries.)

Logs are slippery, particularly if wet or icy, and some slopes are steep.

Be careful crossing roads.

If you meet horse-riders, give them a wide berth.

### 8. Courses and classes

There are three championship relay classes, for 4-, 8-, and 12-point teams. The point system is as in Table 1 and the course statistics are in Table 2.

Courses are forked. (Note the course lengths and climb are approximate due to this.) The forking scheme is quite complex, so that all courses will feel as if they are forked; however, all yellow course

Relay	Leg 1	Leg 2	Leg 3	Leg 4
4 point	Green, 5.1km, 280m	Orange, 2.8km, 145m	Green, 5.1km, 280m	Red, 6.4km, 325m
8 point	Orange, 2.8km, 145m	Yellow, 2.5km, 70m	Green, 5.1km, 280m	Red, 6.4km, 325m
12 point	Orange, 2.8km, 145m	Yellow, 2.5km, 70m	Brown, 3.7km, 190m	Green, 5.1km, 280m

**Table 2: Course statistics**

runners are actually running the same course. There is also less forking on orange and brown than on green and red.

There are nearby controls, as close as 40m if not on similar features (controls on similar features have been kept further apart but can still be close). Pay attention to the codes. We hope to have no mispunches.

There is water on courses at two places. Brown, green, and red runners will reach a water control after between 1.5 and 2.5km. A second water stop is located at the control at which red and green runners have their map exchange (this is adjacent to the start). Some other courses also pass through this control.

## 9. Road crossings

There are no road crossings on white and yellow courses.

Orange and brown have two road crossings, each at the same place, adjacent to a control (number 204) at the south end of the field in which the start is located. It is mandatory to cross at the point indicated by tapes and supervised by a crossing guard. This crossing is adjacent to the control and, for the sake of legibility, is not marked on the map. Traffic on Douglas Road is not heavy and officially is limited to 25 mph, but we cannot guarantee that it will wait for you. You must pay attention to the instructions of the crossing guard, and take responsibility for your own safety. (If you are leading the race, you will still be leading the race if you have to wait two seconds for a car.) Green and red have four road crossings, the first two as for orange and brown on your first map, and the fourth (second crossing on the second map) also in the same place. The same rules apply. The third road crossing on red and green is as you leave the main field after the map exchange. Visibility is good and the road is straight, so you may cross at a place of your choosing for this crossing only. Please be careful.

Additionally, the red course also crosses the parking lot access road. You may cross where you like, being careful to avoid traffic.

## 10. Junior junior relay

There will additionally be a two-leg relay for junior juniors, with both courses of white level (arguably on the easy side of white due to the high visibility). Note that this relay is also forked, and there are numerous spectator controls in the field some of which are nearby the course, so junior junior relay runners should also check codes! Descriptions for this course will be on the front of the map in international symbols and on the back of the map in English. There is no legend on the map, unlike other courses.

The map for the junior junior relay is 1:5,000 with 5m contours. Each course is around 1.4km with 35m climb. Much of the course is visible from the start-finish area. There is a marked route from the start to the first control; it's not compulsory to follow it but it does go the right way! There will be a mass start at 10:05am or as soon as feasible after the mass start for leg 1 runners on the 4-/8-/12-point relays. The start and finish procedure is the same as for the other relays (in particular, leg 2 runners need to punch the start control but leg 1 runners do not).

## 11. Eligibility.

The championship event is open to anyone; however, you must be a USOF member and meet citizenship, residency and club membership requirements in order to win championship awards. See USOF rules sections A-5 and L for more details. The relay point system is similar to that used in recent years (and identical to 2006 and 2007). Each team must turn in a team entry form. Team members must be finalized and forms turned in by 4pm Saturday. At Registration, each team will be provided their team bib numbers, which must be worn during the Relays. Teams with fewer than 4 points will run the 4-point relay but will be ineligible for awards.

## 12. Awards.

As soon as possible, at the start/finish area.

## 13. Miscellaneous.

Dogs must be on leashes. Competitors do not have to be on leashes. Alcohol, on leashes or not, is not allowed. Peter Gagarin may recognize some of his course notes from the 2007 relays plagiarized shamelessly in this document.

## DIRECTIONS

### Day 1: Dinner: Shanghai Restaurant, 2920 W. Henrietta Road From Letchworth State Park

Head <b>south</b> toward Park Rd	0.1 mi
Turn <b>left</b> at Park Rd	0.5 mi
Turn <b>left</b> toward Park Rd	0.1 mi
Slight <b>right</b> at Park Rd	14.9 mi
Turn <b>right</b> at RT-36	1.2 mi
Turn <b>left</b> at RT-408/E State St Continue to follow RT-408	2.1 mi
Turn <b>right</b> to merge onto I-390 N	28.6 mi
Take exit 13 for Hylan Dr	0.4 mi
Turn <b>left</b> at Hylan Dr	1.0 mi
Turn <b>left</b> at Jefferson Rd/RT-252 W	0.1 mi
Take the ramp to W Henrietta Rd/RT-15	0.2 mi
Turn <b>right</b> at W Henrietta Rd/RT-15	0.4 mi

### Day 2: Mendon Ponds Park - Stewart Lodge

#### *From the East*

Off Interstate 90	
Take exit <b>45</b> to merge onto I-490 W toward Rochester	3.8m
Take exit <b>27</b> for RT-96 toward Bushnell's Basin	0.5m
Slight <b>left</b> at CR-33/Thornell Rd	2.5m
Turn <b>left</b> at W Bloomfield Rd	1.4m
Turn <b>right</b> at Canfield Rd	1.7m
Turn <b>left</b> at Douglas Rd	0.5m
<b>Follow signs to Stewart Lodge/Beach Parking</b>	

#### *From the West/South*

Off Interstate 390 North	
Take exit <b>11</b> for RT-251 toward RT-15/Scottsville/Rush	0.3m
Turn <b>right</b> at RT-251 E/Rush Scottsville Rd Continue to follow RT-251 E	5.1m
At the traffic circle, take the <b>2nd</b> exit onto RT-251 E/Rush Mendon Rd	1.0m
Continue on Pittsford Mendon Center Rd	2.8m
Turn <b>left</b> at Canfield Rd	0.7m
Turn <b>left</b> at Douglas Rd	0.5m
<b>Follow signs to Stewart Lodge/Beach Parking</b>	