

## 2009 PNWOF Fun Sprints at Riverside Park, Spokane, WA

### Schedule:

Tuesday June 23

9 am Registration table opens near parking area/meet center

10 am Sprint 1 starts

Noon Sprint 1 finish closed

1 pm Sprint 2 starts

3 pm Sprint 2 finish closed

Approximately 3 pm Fun Sprint Award ceremony

The 2009 PNWOF fun sprints on Tuesday June 23 are hosted by USA Team and EWOC. All proceeds from this meet will go to the USA Team fund. This will be two courses cumulative time meet. Courses will be held on Riverside State park map in Spokane, WA. Both sprints are counted toward national sprint ranking.

The meet will have morning and afternoon sprint courses. Advanced course is offered to runners on orange through blue and beginner course is offered to runners on white and yellow levels. Individual interval starts will be used in both sprints with start interval at least 1/2 minute on the same course.

First three finishers in each competition group will be awarded based on the cumulative time for both morning and afternoon courses.

All courses will use SportIdent electronic punching system.

**Embargoed areas:** As this is just fun event there are no embargoed areas but be courteous to other runners and don't enter competition area before your actual start time.

### **General description of Riverside State park mapped area used for competition:**

Typical Northwest pine forest with diverse ridge/reentrant system with some steep places and flats but generally rolling. Lots of smaller hills, pits, and boulder features. Some of the rock features are just spectacular. Make sure to visit some formations across the Bowl and Pitcher campground. Lots of open spaces and clearings that may or may not be overgrown with bushes. Very well developed path/road network. Underfoot can be quite sandy/dusty so spiked shoes are advised. Parts of the area were periodically burned, removing underbrush, some areas, however, may be overgrown with denser bushes. Visibility is in general very good. Some deadfall will not impede your speed much but will require your attention.

Map scale is **1:5000, 5m** contours for all courses. Notice that this will be just scaled up 1:10000 map so don't expect usual amount of detail for sprint maps.

### **Parking, Directions, Starts and Finishes**

We will park in the same place on the northern part of the park. Park in designated areas only. Follow instructions of a parking official. See map below for the parking area location, starts and finishes.

## DIRECTIONS TO THE SPRINTS EVENT SITE FROM I-90

Entering Spokane on I-90 take exit 280 and go north on Maple, turn left onto Northwest Blvd., continue north on Assembly, turn left onto Nine Mile Rd. (Highway 291), turn left again onto Seven Mile Rd. Immediately after crossing the Spokane River, turn left onto the parkway and follow the orienteering signs to the parking area. Please drive slowly on dirt roads.

## DIRECTIONS TO SPRINTS EVENT SITE FROM THE BOWL & PITCHER GROUP CAMPSITE

Go north from the Bowl & Pitcher on Aubrey White Parkway to Rifle Club Road, then east on Rifle Club Road to Nine Mile Road. Turn left onto Nine Mile Rd. (Highway 291), turn left again onto Seven Mile Rd. Immediately after crossing the Spokane River, turn left onto the parkway and follow the orienteering signs to the parking area. Please drive slowly on dirt roads.

## DIRECTIONS TO THE BOWL & PITCHER GROUP CAMPSITE

Entering Spokane on I-90 take exit 280 and go north on Maple to Maxwell. Turn left onto Maxwell, which curves to the right becoming Pettit Drive. Continue north on Pettit into Riverside State Park. Continue on the Aubrey White Parkway until you reach the Bowl and Pitcher parking area and campground.

To get to the Bowl & Pitcher from the event site, go back toward Spokane on Nine Mile Rd., turn west onto Rifle Club Rd., then south on Aubrey White Parkway to the Bowl & Pitcher entrance.

For the morning Course 1 start please follow paved Centennial Trail south for about 2km then follow orienteering directional signs (see the map for location of the Course 1 start). It is approximately 30 minutes walk so allow plenty of time to arrive in time for your start. From the morning Course 1 finish, please, proceed North on the Centennial Trail to parking. It is shorter 1km walk as the finish is located between the start and parking.

Afternoon Course 2 start and finish are located within 200m to the parking (see the map below for location of all starts and finishes).

### **Water availability, first aid, hazards, safety, restrooms**

Drinking water will be available at the start and finish of each course.

Portable toilets will be available close to parking/meet center. There will not be any toilets at the start/finish of the first sprint.

A first aid kit is available at the finish locations.

The biggest hazard is heat. Stay well hydrated as it is dry country! The second biggest hazard is crossing roads. Be extra careful while crossing roads or using paths! Area is frequented with outdoor fans on bikes. Remember that they can not stop immediately.

The ground can be quite rocky/stony in places. There is no poison oak and venomous snakes. At least we didn't notice any during all the long hours in woods. Ticks are unlikely but possible as area is frequented by deer. Check after your run.

Signs will warn the general public that orienteers/runners are present.

If, at any time, you become thoroughly lost, or feel you have left the map, take an appropriate safety bearing:

East or NE to main paved road (Centennial Trail) bisecting the park. Follow the road north to the meet center.

Although woods will have a certain amount of underbrush you may opt for shorts and gaiters. Area has some rocky/stony grounds, so take precautions if you have weak ankles. Using spiked shoes is recommended due to soft/sandy soil.

### **SPORTident – Electronic Punching System**

The SPORTident electronic punching system will be used at all competitive events, and all competitors are required to carry a SPORTident finger stick (SI stick). If a rented stick is lost, the competitor will be charged the replacement cost. Competitors losing their personal SI sticks can rent one from the organizers.

Note that the number on the SI stick is your personal identification number for the various events. Therefore you must use the SI stick assigned to you, and competitors with the wrong stick (husband's, wife's, sister's, brother's, etc.) will not be allowed to start. If your stick number has changed, please notify Registration before you run.

At the Start please make sure that you Clear and Check your SI stick. Once on course, if you find that an SI unit at a control is not working (no light, no beep), please make sure that you use the pin punch attached to the control to mark your map along one of the edges. Failure to do so will result in your disqualification.

All competitors must download their SI sticks at the Download Station whether you finish your course or not – this is our main way of determining which runners are still on the course. Failure to do so, for reasons other than being lost or injured, can result in considerable unnecessary aggravation for the Meet Officials.

### **Controls**

The flags are hung from a control post with the SI unit on top. The control number is taped to the top of the SI unit. A punch is provided at each control post in case the SI unit is not working.

## Control Descriptions

Control Descriptions will be printed on the map, and available in the pre-start area.

## Start Procedure

There will be a three line start; -2 minutes (your bib number and SI stick are checked), -1 minute (extra control description is offered), and the Start line. Call up at -3 minutes. The Start Triangle is at the Start line, and indicated by a control flag. This is NOT a control.

## Course Closure

Courses will close approximately 1 hour after the last start. The actual time will be posted at the Start. The approximate times are noted above.

Note: All competitors will have a maximum allowed time of 1.5 hours to complete their course. All competitors must report to the Finish after this time even if they have not completed the course. You do not have to cross the Finish line, but all competitors MUST report to the Finish officials and download their SI stick. Course times over 1.5 hours will be marked as uncompleted.

## Awards

The first three places in each competitive class will be awarded.

## Results

Results will be posted during the competition days near Finish areas. In due time, the results and split times will be posted on the PNWOF website, [www.pnwof.org](http://www.pnwof.org)

## Recreational Orienteering

We will also be offering "Recreational" courses with on-the-day registration at all events. These will be informal, un-timed courses suitable for complete newcomers, non-competitive types, or anyone who'd just like to give the sport a try without being timed. A separate start and finish area will be used at the registration table.

## Course Statistics

### Morning Sprint Courses

Course	Length km	Controls	Climb m	Expected Winning Time
Beginner 1	1.34	6	25	10-12 min
Course 1	2.38	12	50	12-15 min

### Afternoon Sprint Courses

Course	Length km	Controls	Climb m	Expected Winning Time
Beginner 2	1.49	6	25	10-12 min
Course 2	2.08	9	65	10-12 min

## Site maps. Event center, start and finish, parking areas



### Course Designer and Setter Notes for 2009 PNWOF Fun Sprint Courses

by John Beck, Sergey Velichko, and Boris Granovsky .

Map scale 1:5000, 5m contours. Original map scale is 1:10000 so it is just a blown up version without any details added.

Map was created in 1988 for a centennial celebration of Washington State. It was revised many times since then. Map was used for a number of A and B meets, as well as local competitions.

The map contains a mixture of forested and open terrain. Ground vegetation varies little, and the boundaries between open and forested are rarely distinct. Use with caution! Open spaces are often overgrown with underbrush. Parts of the area were periodically burned,

removing underbrush, some areas, however, may be overgrown with denser bushes. Some deadfall and fallen logs may slow your speed in places. Visibility is in general very good.

Many basalt rock features dot the area. Some of these are just magnificent! Boulders may range from 0.5m to a size of a house. Some places are rocky underfoot so be cautious and use some preventive measures such as taping or using braces.

Part of this area is a military training area (thus the many pits!). They also have a few permanent "land navigation" markers (which are not mapped); don't let those distract you.

The last comprehensive revision of this map was nine years ago. There has been considerable change in vegetation. Some of the "thickets" are moderately dense small fir trees. As they have grown up, the lower branches have died so the visibility is really quite good and, if you don't mind crashing through some dead branches, they won't impede your running much either. On the other hand, in some of the areas mapped as "rough semi-open" small trees have grown up so they are now about 2 meters high. The visibility in these areas is more like light green although they are not so dense as to seriously impede running.

Mountain bikers are constantly making new paths. We have updated some of these, but there are a few new ones that have not been mapped. Also not all bends may be shown on some newer trails as they change frequently so be aware.

All courses will have same last control. Follow marked route to the finish to punch a finish station and proceed to download your SI card.

Courses were designed as a fun addition to the festival. So relax, enjoy the scenery and woods, and have fun!