

## ***Welcome to the Salmon Run portion of PNWOF 2009.***

### **Directions to the Salmon la Sac area from all points:**

**From I-90** (either EB or WB): Take Roslyn Exit (#80), go NORTH 2.9 miles to highway SR-903 (second traffic circle). Continue through the traffic circle NORTHWEST to the town of Roslyn (note speed limits) and continue 16.4 miles to the turn (RIGHT) to the SnoPark lot (parking for all competitive events; or another 1.6 miles to the Salmon la Sac trail head parking lot (model event). A Forest Service trail pass is required to park at the trail head and may be obtained there; no permit is required (in the summer) to park at the SnoPark lot.

Variation for WB travelers: Take the second Cle Elum exit (#84) into town. Cross 1st St and continue one block NORTH to 2nd St., turn LEFT and go WEST toward Roslyn; follow directions from the traffic circle above.

**From Lick Creek:** Go south on the Teanaway River Road to highway SR-970. Turn RIGHT and go WEST to Cle Elum. Near the west end of "downtown", turn RIGHT on Pennsylvania or Oakes (or Billings or Bullitt) Avenues and go NORTH one block to 2nd St. Turn LEFT and proceed as above.

**To Upper Kittitas County Senior Center** in Cle Elum from Salmon la Sac: Take the Cle Elum River Road and highway SR-903 SOUTH to Cle Elum. Continue EAST on 2<sup>nd</sup> St., turn LEFT on Yakima Ave (or Teanaway Ave, the preceding street) and go NORTH one block. The Senior Center is on the NORTH side of 3rd St., between Teanaway and Yakima Avenues at 719 3<sup>rd</sup> Ave E.

Salmon la Sac Campground is 0.6 miles NORTH of the SnoPark lot turn off, just across the bridge over the Cle Elum River. Cle Elum River Campground is about 3 miles south of the turn to the SnoPark lot or about 13 miles north of the traffic circle. The Cle Elum River Group campsite is to the right as you enter the campground. Cayuse Campground is limited to equestrian groups.

### **Local amenities**

Cle Elum is about 30 minute drive from Salmon la Sac campground and the event site and has numerous restaurants and a large grocery store. There is Village Pizza and several other restaurants (and bars) in Roslyn (one town closer to Salmon la Sac than Cle Elum).

Reliable cell phone coverage seems to end about 8 miles south of Salmon la Sac (north of Starlite Resort).

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### **Parking**

We have been asked by the landowner (USFS) to use the SnoPark at the south end of the map as our gathering place. There is absolutely no shade in the parking lot! Protect the contents of your car accordingly. Nicely, there is a shaded spot at the south end of the parking lot and the download for all three days will be there, along with portable toilets and results.

There are a few road crossings on Friday and Sunday towards the ends of the courses; please look out for cars. There won't be many, but there will be some. On Sunday there is a section of the Orange through Blue Courses that will travel on the road, and the use of the road is mandatory. The property along side it is private property and we were asked to stay off it. Please use caution while on the road.

Friday's start is about 10-15 minutes walk from the SnoPark. Saturday the start is about 5-10 minutes hike up from the trailhead for the White and Yellow Courses, and 15-20 minutes (plus ~150 meter climb) for the Orange through Blue Courses. Both start locations on Sunday will be a few steps from shuttle bus stops.

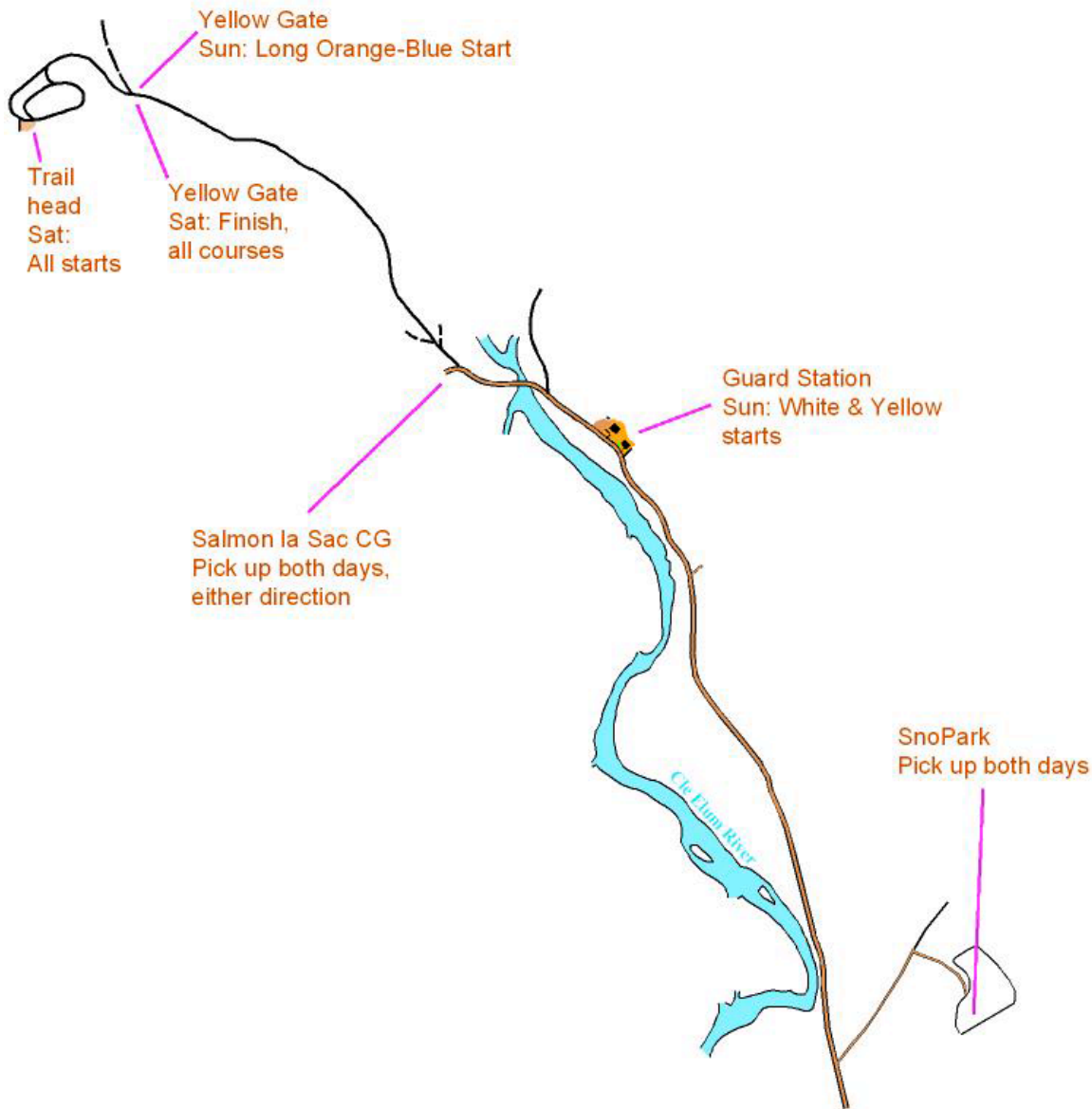
### **Bus Shuttle**

There will be shuttle buses/vans from the SnoPark lot to the starts on Saturday and Sunday. Except as noted below, their use is mandatory for all participants. Please do not walk to the starts from either Salmon la Sac Campground or the SnoPark, and most certainly please do not drive! There is a fair amount of traffic on these roads. Park at the SnoPark and take a bus from there or ride from the campground.

The buses are not large! If they fill, please yield to anyone with an earlier start time.

There will not be a clothing shuttle from the starts back to the SnoPark. *Please do not leave clothing (or anything else) on the buses or at the starts.* Thank you!

Bus stops will be marked with signs. Please do not ask the drivers to stop to pick you up anywhere else! Don't even think about asking to be dropped off anywhere else. Refer to the map (below) for the location of bus stops.



**Saturday:** Buses will leave the SnoPark every 15 minutes, beginning at 8:00 AM (and thence on the quarter hour). They will arrive at the Salmon la Sac trail head (unloading for all starts) about 10 minutes later. En route, they will pick participants at the entrance to Salmon la Sac campground (about 5 minutes after leaving the SnoPark). On the return to the SnoPark, they will pick up finishers at “Yellow Gate” (the junction of an old logging road, now closed by a gate). They will make a stop at the campground *to pick up* participants who need to go to the SnoPark before starting. The drivers will be instructed *not* drop off anyone at the campground on the return trip – participants need to go to the SnoPark to download, and should do that without delay and certainly before doing anything else (the results crew thanks you).

**Sunday:** The first bus will leave the SnoPark at 7:30 AM and then every 15 minutes. First stop will be at the Salmon la Sac Guard Station (White and Yellow starts; about 5 minutes after leaving the SnoPark), then at Salmon la Sac Campground (same deal as Saturday), and then will unload at Yellow Gate (Orange through Blue starts; about 10 minutes after leaving the SnoPark). After turning around, the buses will pick up participants at Yellow Gate (if needed) and the campground before returning to the SnoPark. Participants who are staying in the campground and going on the Sunday White or Yellow courses must walk to the Guard Station from the campground; please use the walkway on the north side of the bridge and yield to any participants who are on the course (the Orange through Blue courses involve a mandatory road run which will cross the bridge). Participants who need to go to the White/Yellow start before starting

one of the Orange through Blue courses (e.g., parents assisting children) may board the buses at the Guard Station and ride to Yellow Gate.

**Saturday the buses will be running from 8am until 3pm. On Sunday from 7:30am until 11:30am.**

### **Toilet facilities**

There are no toilets at the start sites. Please use the toilets at the shuttle drop off location (on Saturday) or at the Sno Park. And the woods near the starts are very open.....

### **Horse on trails and general trail safety**

This area is a major trail head with many kinds of users - hikers, mountain bikers and horse parties. Please look out for others when you are on or near any trails and be courteous to all. We are expected to be off trail most of the time, so there won't be that much contact.

The Salmon la Sac trail head is very popular with equestrians and horse packers and it is possible that orienteers will encounter horses on the trails.

Because runners are fast and small (compared to a horse), they can startle horses. Horses are flight animals in the "flight or fight" realm and their usual reaction to something they don't understand is to flee. This reaction can be triggered by things they can hear but not see – like a runner approaching from behind or crashing through the brush toward the trail. Don't hide behind a tree, crouch down on the ground, or get up on a hill above the horse. These are all fear inducing positions to a prey animal.

***Please yield to riders on horseback:*** The most critical moment is when you approach the horse. When approaching from the front, stop and check with the rider. If necessary, step off the trail on the downhill side to allow the horse to pass. The equestrian will often have the best suggestion about how to pass the horse. When overtaking from behind, call out to the rider and horse when you think they can hear you. Continue calling until you get a response. Use caution when passing horses. Allow as much room as possible to avoid being kicked or spooking the horse. Proceed slowly and steadily while passing, continuing to talk to the horse to help it relax. If the equestrian gives you the right of way, wait until the rider gives you the signal that it is safe for you to pass. You might simply ask if the horse is OK with you walking/running past.

***All trail users should yield to equestrians.*** Please thank any trail user, equestrian or hiker, that yields to you.

### **Cle Elum River group campsite:**

If you are staying at the Cle Elum River campground, please pay Sally Dow \$15, or leave it with Registration, (I'll be wearing the yellow vest and will be around the finish area most of the weekend.)

### **Regarding the use of GPS units:**

[http://www.orienteering.org/i3/index.php?/iof2006/news/clarification\\_of\\_iof\\_competition\\_rule\\_21\\_3\\_concerning\\_equipment](http://www.orienteering.org/i3/index.php?/iof2006/news/clarification_of_iof_competition_rule_21_3_concerning_equipment)

A new version of the IOF Competition Rules for Foot Orienteering became valid June 1<sup>st</sup>, 2009, and affects all IOF events, including World Ranking Events. This version includes an update of rule 21.3 concerning equipment. The rule says: "*During the competition the only navigational aids that competitors may use or carry are the map and control descriptions provided by the organiser, and a compass.*"

The IOF is aware of the increasing popularity of GPS-based position recording devices over the last years as a tool for post-race analysis of performance and to share route-choice information etc. This is welcomed, and it is not the intention to prohibit such usage. The IOF, therefore, wants to make it clear that any position recording device that is not capable of informing the athlete about position or navigation during the race, is allowed. In practice this means that GPS data-logger devices without a display or sound communication may be used in all the above mentioned IOF events.

The Saturday Salmon Run Blue and Red Courses come under the jurisdiction of this rule. A PNWOF staff member is on the IOF IT Commission (which developed the revised wording for this rule) and adds the following, just in case these questions come up:

“The M-21- and F-121 classes on Saturday are World Ranking Events. We need to prohibit any GPS device with a display. Taping over the display, carrying the device in a pocket, etc., are not allowed (this from discussions within the IT Commission). This applies to anyone competing in the WRE, but not to any other participants. Non-WRE participants may have GPS units with them, but nonetheless are expected to obey USOF rules regarding navigational aids.”

The relevant USOF rules :

36.3 During the competition only a compass and the map provided by the organizer may be used for navigation.

36.3 Personal aids not used directly for navigation are permitted. (E.g. magnifying glass, flashlight, cane, eyeglasses, watch)

36.4 The use of any navigation aid other than a compass is prohibited. (E.g. transport, electronic apparatus, radio, pedometer, altimeter)

(<http://www.us.orienteering.org/binder/rules.html>)

(Yes, the USOF Rules have two sections numbered “36.3”. Please do not ask PNWOF staff why.)

### **Mapper’s notes (Mike Schuh)**

Long ago, a Boy Scout hike took me from the Salmon la Sac trail head to Waptus Lake, the start of a three day backpacking trip across the Cascade Mountains. I remember being intrigued by the terrain near the trail head - it had very detailed topography with numerous small hills and cliffs, with an occasional marsh sprinkled in. The open forest - often just trees with either grass or Kinnikinnick underneath - invited further exploration. In my youth, I hiked through the area just that one time. Little did I suspect that I would map the area for an orienteering championship.

The Salmon la Sac forest truly is wonderful, and I hope I have prepared a map to match the terrain. The notes that follow apply to the area west of the Cle Elum River, although much is relevant to the "Cayuse Campground" section east of the river.

The mapping was done in three different seasons, none of them "late June". Mapping started late last summer and continued into mid-December, resuming in early May (and May was one of the coldest and wettest in many years). As such, some of the vegetation was mapped without foliage, meaning that it might not be represented as well as we wish it to be. Mapping weather ran the range from hot sunshine in the high 80s to snow (including snow on May 13th and sleet on the 19th). As might be expected, water levels varied wildly over the mapping period. What is drawn on the map is a best guess as to what the ponds and marshes will look like in late June.

In general, the ridges and larger forested slopes are open and provide good, nay, excellent and delightful running, while the larger, deeper reentrant and valleys contain thickets of varying density. The most common barrier to travel is vine maple, which, while not painful to travel through, can be really slow; areas with vine maple are shown as either "Fight" (dark green) or "Difficult to run" (medium green). There are several areas of dead fall; these are mapped as "Undergrowth: slow running" (vertical green stripes).

In a few places there are large "slabs" of almost-bare rock; these are mapped as "Open land" (solid yellow).

There are numerous game trails throughout the area, some of them very noticeable; these are not mapped.

A portion of the area was logged a while ago, and is noticeably different in appearance from the untouched areas (which contain old-growth forest). Some of the logged area has debris, other parts are simply open areas (clearings), and some areas were thinned. In the latter case, the forest is shown as "Rough open with scattered trees" (half-tone yellow with white "dots"). I found it hard to apply this interpretation consistently, meaning that some areas might appear to some participants as "forested" instead of "open".

There are neither blackberry thickets nor poison ivy. Except around the Cayuse Campground sewage treatment plant and the corrals in that campground, there no fences in the area. There are just four trails and two roads. A few ticks were encountered this Spring during mapping, along with deer, elk, and a bobcat, oh my.

The map area is covered with boulders and more than a few rock faces. I tried to adhere to the IOF standard and not map boulders less than 1 meter high, but I did map a few that were a bit less than this if they were distinct and isolated. Due to the large quantity of black symbols on the map, rock faces were drawn without the tags.

There are numerous land survey markers shown on the map with the "Cairn" symbol (small black circle with a black dot in the center). Only a few are the regulation 0.5 meter height - most are signs, either nailed to a tree (Wilderness Area boundary) or yellow signs on green metal stakes. The land survey marks (similar to bench marks) are surrounded by several small yellow signs on trees, typically 5 to 25 meters away. The Wilderness Area boundary signs are important – we are **NOT** allowed to enter the Wilderness Area and any participant doing so will be disqualified.

USFS staff will be studying our impact on the area, comparing “before” and “after” assessments of the vegetation near controls. They will also monitor participant behavior while on the course.

On the Salmon la Sac map, the safety bearing is to the south. Follow any road or trail back to the trail head or the bridge over the Cle Elum River. On the Cayuse Campground map, head west to the Cle Elum River Road and then south to the road leading to the SnoPark.

The sport of orienteering began in terrain very much like that at Salmon la Sac, and I hope you find it as exciting to be in as I did. The forest is delightful, and it is easy to understand how the Scandinavians – who have such glaciated landscape in abundance – enjoyed running around in it and developed a sport out of doing so. This is very challenging terrain! There are only a few man made landmarks, just some trails and roads. Relocation will be very difficult, as the differences between adjacent areas of the forest are subtle. The best technique will be to keep in touch with the map every step of the way.

The mappers wish to thank Kent Verbeck for his generous hospitality during our stays in Cle Elum. Thanks also to Pat Jarvis (RMOC) for the suggestions on orienteer-equestrian safety.