

# Vulcan Orienteering Club

[www.VulcanOrienteering.org](http://www.VulcanOrienteering.org)

[www.OrienteeringUSA.org](http://www.OrienteeringUSA.org)

## What is Orienteering?

Orienteering is a sport in which orienteers of all ages use an accurate, detailed map and a compass to find points in the landscape. It can be enjoyed as a walk in the woods with family/friends or as a competitive sport.

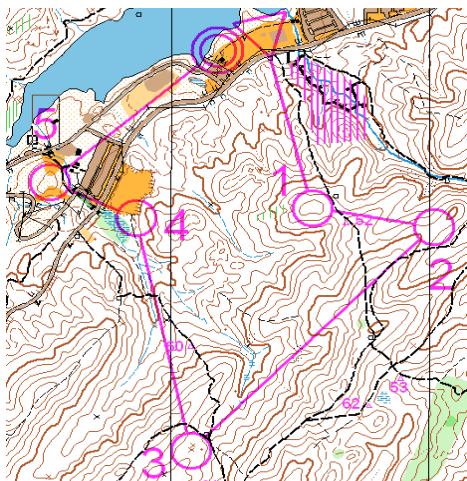
A standard orienteering course consists of a start, a series of control sites that are marked by circles, connected by lines and numbered in the order they are to be visited, and a finish. The control site circles are centered around the feature that is to be found; this feature is also defined by control descriptions (sometimes called clues). On the ground, a control flag marks the location that the orienteer must visit.

To verify a visit, the orienteer uses an electronic device to register the time into an e-stick the orienteer carries.

The route between "controls" (refers to the flag or the site) is not specified, and is entirely up to the orienteer; this element of route choice and the ability to navigate through the forest are the essence of orienteering.

Most orienteering events use staggered starts to ensure that each orienteer has a chance to do his or her own navigating, but there are several other popular formats, including events in which the orienteer must find as many controls as possible within a specified time.

Orienteering is a sport for everyone, regardless of age or experience. The competitive athlete can experience the exhilaration of running through the woods at top speed, while the non-competitive orienteer can enjoy the forest at a more leisurely pace. **Most events provide courses for all levels—from beginner to advanced.**



**Sample orienteering map with beginner's course**

### Sample control descriptions

	YELLOW	2.430	130
	▷	◇	○
1	116	○	
2	103	)	
3	111	↓ ⊗	○ ⊗
4	114	•	
5	112	○	
	○	430	⊗

**YELLOW course - 2.43 km with 130 meters climb**

**START - field - north edge**

**control code 116 - HILL**

**control code 103 - SADDLE**

**control code 111 - south root stock  
- west side - drinking water**

**control code 115 - knoll**

**control code 112 - hill**

**430 meters from last control to finish**

*Check VOC web site for the latest info. Schedule & location subject to change.*

Date	Location	Description
Saturday, September 16, 2017	Oak Mtn State Park	VOC - National Orienteering Day
Saturday, October 21, 2017	Oak Mtn State Park	VOC – local orienteering meet
Saturday, November 18, 2017	Wind Creek State Park	VOC - local orienteering meet
Saturday, December 16, 2017	Oak Mtn State Park	VOC - local meet/NJROTC Area 8 Champ.
January 14-16, 2018	Georgia Navigator Cup/Extreme-O	(see <a href="http://www.GAOrienteering.org">www.GAOrienteering.org</a> )
Saturday, February 17, 2018	Oak Mtn State Park	VOC – local orienteering meet
Saturday, March 10, 2018	Oak Mtn State Park	VOC - local orienteering meet
Saturday, April 21, 2018	Oak Mtn State Park	VOC - local orienteering meet
Saturday, May 19, 2018	Wind Creek State Park	VOC - local orienteering meet/cook-out

**VOC local meets: start anytime between 9am and noon. 3 hour time limit for all courses/finish by 2pm.**