

Vulcan Orienteering Club

www.VulcanOrienteering.org

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.

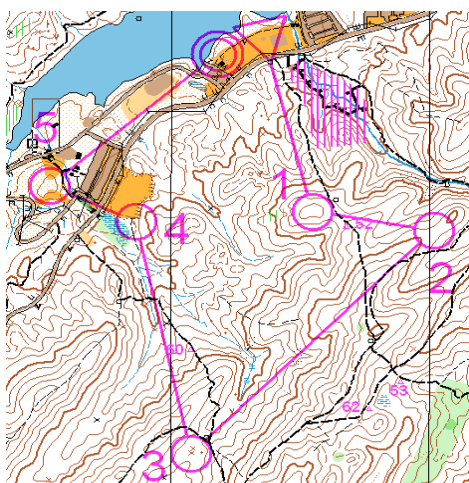
A standard orienteering course consists of a start, a series of control sites that are marked by circles, connected by lines and numbered in the order they are to be visited, and a finish. The control site circles are centered around the feature that is to be found; this feature is also defined by control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

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

The route between "controls" (refers to the flag or the site) is not specified, and is entirely up to the orienteerer; 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 orienteerer has a chance to do his or her own navigating, but there are several other popular formats, including events in which the orienteerer 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 orienteerer 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.

<u>Date</u>	<u>Location</u>	<u>Description</u>
Saturday, September 15, 2018	Oak Mtn State Park	VOC – National Orienteering Day
Saturday, October 20, 2018	Oak Mtn State Park	VOC – local orienteering meet
Saturday, November 17, 2018	Wind Creek State Park	VOC – local orienteering meet
Saturday, December 15, 2018	Oak Mtn State Park	VOC – local meet/NJROTC Area 8 Champ.
January 18-21, 2019	Georgia Navigator Cup/Extreme-O	(see www.GAOrienteering.org)
Saturday, February 16, 2019	Oak Mtn State Park	VOC – local orienteering meet
Saturday, March 9, 2019	Oak Mtn State Park	VOC – local orienteering meet
Saturday, April 20, 2019	Oak Mtn State Park	VOC – local orienteering meet
Saturday, May 11, 2019	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.