

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 with family/friends in the woods or as a competitive sport.

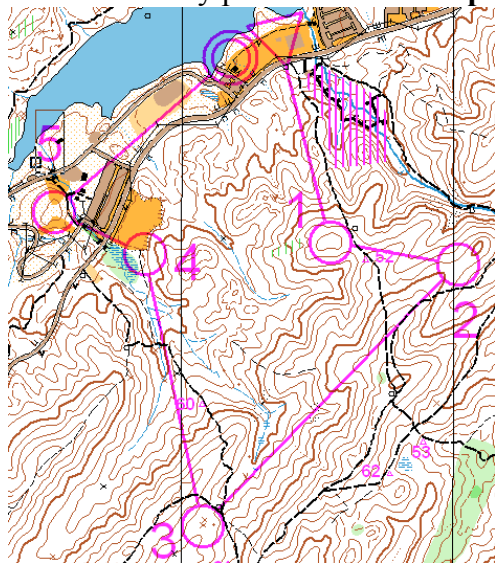
A standard orienteering course consists of a start, a series of control sites that are marked by circles, connected by lines and numbered in the order they are to be visited, and a finish. The control site circles are centered around the feature that is to be found; this feature is also defined by control 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. It 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.**



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

Sample orienteering map with beginner's course - Sample control descriptions

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

<u>Date</u>	<u>Location</u>	<u>Description</u>
Saturday, September 17, 2022	Oak Mtn State Park (Fishing Lakes)	VOC - local event
Saturday, October 15, 2022	Oak Mtn State Park (Terrace Drive)	VOC - local event
Saturday, November 19, 2022	Wind Creek State Park (Beach Area)	VOC - local event
Saturday, December 17, 2022	Oak Mtn State Park (Tranquility Day Use)	VOC - local event/NJROTC A8
Saturday, February 18, 2023	Oak Mtn State Park (Terrace Drive)	VOC - local event
Saturday, March 18, 2023	Oak Mtn State Park (Tranquility Day Use)	VOC - local event
Saturday, April 15, 2023	Oak Mtn State Park (Fishing Lakes)	VOC - local event
Saturday, May 13, 2023	Wind Creek State Park (North Picnic Area)	VOC - local event /cook-out