

Vulcan Orienteering Club

WWW.VULCANORIENTEERING.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.

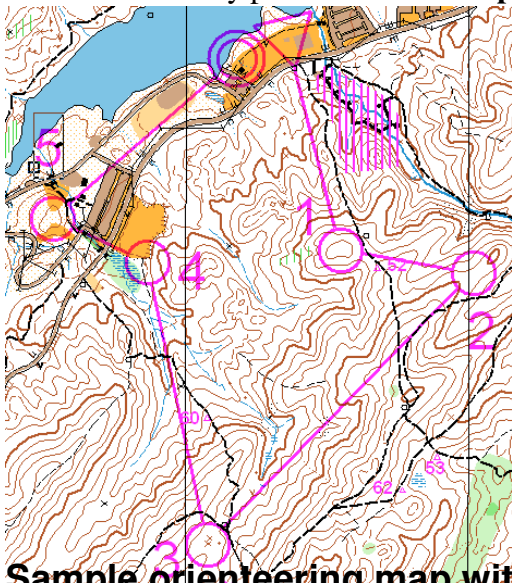
A standard orienteering course consists of a start, a series of control sites that are marked by circles, connected by lines and numbered in the order they are to be visited, and a finish. The control site circles are centered around the feature that is to be found; this feature is also defined by control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



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

Date	Location	Description
Saturday, September 19, 2009	Oak Mtn State Park	VOC - local orienteering meet
Saturday, October 17, 2009	Oak Mtn State Park	VOC - local orienteering meet
Saturday, November 21, 2009	Oak Mtn State Park	VOC - local orienteering meet
Saturday, December 19, 2009	Oak Mtn State Park	VOC - local orienteering meet
January 16-18, 2010	see GAOC web	GAOC A-meet (pre-registration required)
Saturday, February 6, 2010	Oak Mtn State Park	VOC - NJROTC Area 8 / Alabama Cup Champs
Saturday, March 20, 2010	Oak Mtn State Park	VOC - local orienteering meet
Saturday, April 17, 2010	Oak Mtn State Park	VOC - local orienteering meet
Saturday, May 15, 2010	Oak Mtn State Park	VOC - local orienteering meet/cook-out

VOC local meets: start anytime between 10am and noon. 3 hour time limit for all courses/finish by 2pm.