

**US 2016 Classic Championships “Rerun the Ridge”
at Ward Pound Ridge, Cross River, New York on September
17th and 18th, 2016**

Bulletin 3 September 2016

Website: <http://hvorienteering.com/wp/index.php/us-champs-info-page/>

Registration

Registration has now closed

Packet pick-up will be at the event center, Hampton Inn, Danbury for registered competitors on Friday 16th September at 6 p.m. Packet pick-up will also be available at the event parking area on both days of the Championships.

Classes and Courses

Classes

*US Championship eligible

White	Yellow	Orange	Brown X	Brown Y	Green X	Green Y	Red Elite	Red	Blue
*F-10	*F-14	*F-16	*F-18	*F-70+	*F-20	*F-35+	*F-21+ (Day 1)	*F-21+ (Day 2)	*M-21
*F-12	*M-14	*M-16	*F-55+	*F-75+	*M-18+	*F-40+		*M-20	
*M-10	M-Yellow	M-Orange	*F-60+	*F-80+	*M-50+	*F-45+		*M-35+	
*M-12	F-Yellow	F-Orange	*F-65+	*F-85+	*M-55+	*F-50+		*M-40+	
M-White	Rec-Yellow	Rec-Orange	*M-65+	*F-90+	*M-60+	F-Green		*M-45+	
F-White			*M-70+	*M-75+		M-Green		M-Red	
Rec-White				*M-80+					
				*M-85+					
				*M-90+					
				F-Brown					
				M-Brown					

Course lengths are shown below.

Day 1			Day 2		
Course	Length km	Height m	Course	Length km	Height m
Blue	13.3	465	Blue	9.9	335
Red Elite	9.9	335			
Red	7.9	270	Red/Red E	8.4	270
Green X	5.7	190	Green X	5.6	190
Green Y	5.4	150	Green Y	5.0	165
Brown X	4.0	130	Brown X	3.6	120
Brown Y	3.5	130	Brown Y	3.3	105
Orange	3.8	120	Orange	3.9	140
Yellow	2.6	90	Yellow	2.6	50
White	2.7	85	White	2.0	35

There will be enter-on-the-day recreational courses (White/Yellow/Orange) available. Starts will not be before 11.00 a.m. Registration will be at the event parking area.

Maps

The Ward Pound Ridge map is a completely new map prepared for this competition. Scale will be:

Day 1: Blue and Red Elite (WRE) 1:15,000

Day 1 and 2: All other courses 1:10,000 except White/Yellow 1:7,500.

Mappers' Notes

Rick DeWitt, Craig Weber, Greg Balter

The map includes one non-IOF symbol, described below, but otherwise was drafted according to IOF specifications. A few notes:

Non IOF Symbol: A green, double-hatched area symbol is the only non-IOF symbol. It is used exclusively for areas of unusual blowdown, usually overgrown, caused by a series of hurricanes/blizzards a few years ago. These areas are not prominent in the section of the map used for this weekend's courses, but if you encounter them, it is advisable to plan your route to go around them.

The symbol looks like this (green, double hatch):



Power Lines: We opted to include only the major power line in the southern portion of the map. Only the longer courses will encounter it. Single, small lines serving individual homes and buildings are not shown on the map.

Rootstocks: Rootstocks are not mapped. While not an IOF-standard, it has become somewhat common in this area to map rootstocks. The consensus, however, was that in this area rootstocks change too frequently to be a reliable map item.

Vegetation: Understory vegetation is primarily, though not exclusively, (i) mountain laurel and (ii) barberry. Most, though not all, of the solid light/medium/dark green symbols on the map represent areas of mountain laurel. Most, though again not all, of the lighter and heavier green hatch symbols represent areas of barberry.

There are a few areas where the barberry is so thick as to be impassable or nearly impassable. In these relatively rare areas, the barberry is mapped with the standard solid dark green (“impassable vegetation”) symbol rather than green hatch.

Barberry may be less familiar to orienteers than is mountain laurel. Barberry in this area tends to be about waist high, ranging from a few scattered plants that will not slow you down at all, to denser extended patches (lighter hatch) that will slow you down but are still easily passed through, to more dense areas that, while passable, will slow you down considerably, to the rare patch that is so dense (solid dark green) as to be impassable. Barberry has thorns, although not as big as brambles.

It has been a pleasure to return to Ward Pound Ridge. We hope you enjoy your courses.

Course Setters' Notes

Joe Brautigam, Niels Lyng-Olsen

The woods should provide lots of fun, fast running, combined with some technical challenges and interesting route choices. There are plenty of contour details to navigate by and the visibility is generally good. The ground is mostly smooth and conducive to fast running, although rock features such as cliffs, boulders and rocky ground will be encountered throughout the woods, as will some fallen tree trunks. These features in addition to vegetation limitations should provide some interesting route choices, especially on the longer course.

Unless we get significant rain in the next 10 days all minor streams and Minor marshes will be dry and even the major streams will be crossable.

Courses

Day One of the Championships will be a World Ranking Event (WRE) and male/female elite course estimated winning times and lengths are in accordance with WRE guidelines for long distance courses. Day Two of the Championships are at the lower end of the OUSA recommended winning times/lengths for a Classic event for elite classes.

All other courses for both days will be in accordance with OUSA rules for Classic Events.

On Day 1 there is a short section of taped route on Blue/Red elite. This is to allow a spectator control. Both sides of the mandatory route will be taped. There are two sections of route on the White and Yellow course which are taped.

Water:

Day 1: Blue, Red Elite, and Red courses will have 3 (2 for Red) water controls. These are shown on the control clue sheet.

For other courses (except Yellow/White), water will be provided at several locations along a major trail that the courses cross approximately at the halfway point of the courses. The locations of these water stops are indicated on the map with the usual purple water cup symbol.

Day 2: All courses except Yellow/White will have water controls; these are indicated on the control clue sheet.

We hope you enjoy your courses.

Program of Events

Model Event

A model/training event will be available on Friday September 16th at Westmoreland Sanctuary in Mt. Kisco, NY about 10 miles south of Ward Pound Ridge. There are two courses 4.7km and 3.4km. Punch cards and manual punches will be available with self-timing for those who want bragging rights. The courses will be open from 12 noon until 4 p.m. and there will be a charge, payable at the site of \$5, for a map showing both courses. Parking is available at main entrance and maps available inside Nature Museum.

US Championships Day 1 and 2, Sat/Sun September 17/18th

The races for both days will be run in Ward Pound Ridge County Park. Starts will be from 10.30 on Saturday and 9.00 a.m. on Sunday. Parking will be at the Meadow Parking area, first parking area on the left after passing entrance booth (follow signs).

Start times will be posted about 1 week before the event.

The walk to the start on Saturday will be about 1.5 on road and good trail with about 35m of climb. On Sunday it will be about 2.0 km. with about 60m in climb all on road.

The SPORTident punching system will be used in all races. You will need an SI-Card. All SPORTident cards can be used, however, SI control Boxes will not be in AIR mode.

Sprint Relay

The Sprint relay event, not part of the Championships, will be held at Mountain Lakes Park (15 min from Ward Pound Ridge) on Monday Sept 19th and entries will be accepted Saturday and Sunday at the recreational course desk in the parking area for the Championships. Teams of up to two (2) people will compete and will be handicapped according to their age, class and experience, as decided by the organizer(s). Individuals can run on their own or can be allocated a team member by the organizer(s). There will be suitable prizes for the team winners. The relay will start at 11 a.m. with a mass start.

Social program

Medal ceremonies for the US Classic Championships (cumulative two day times) will be held at the conclusion of Day 2 events at Ward Pound Ridge. Suitable prizes will also be given to the top three winners of the WRE (Blue/Elite Red) for Day 1.

There will be a Maze O close to the finish on Day 1 (Saturday). Entry will be \$5, proceeds to Junior Orienteering

In addition to the pre-paid sandwiches ordered through registration there will also be some hot food for sale on Saturday, proceeds to aid junior orienteering

Other events

The North American Championships will be held at Dartmouth, New Hampshire the following weekend (Sept 24/25) (<http://www.naoc2016.us/>)

Race Clothing

For all events full body cover is recommended to protect your arms and legs from Barberry/bramble thorns. Orienteering shoes with rubber or metal studs will be best, although spikes can be worn.

It is recommended that a whistle is carried

Directions to Event

Ward Pound Ridge (WPR). 121, Old Post Road, Cross River, NY: 41.261084, -73.614834

From NY City south or from I-84 (north/west). Get on I-684. Exit 6 and turn east towards Cross River on NY-35. After about 4 miles turn right on NY-121. After 0.1 mi. turn left into Ward Pound Ridge Reservation and follow signs.

From Meet hotel (Danbury Hampton Inn) get onto I 84 westbound. Exit 21 towards N. Salem. Go South on NY.121 for 10 miles. Turn left at lights onto NY 35. After 0.6 miles go left onto NY-121 then left into Ward Pound Ridge.

Nearest train station is Katonah (Metro North Harlem line from Grand Central every hour). 15-minute taxi ride to WPR from station.

Westmoreland Sanctuary (Model Event): 260 Chestnut Ridge Rd, Mt Kisco, NY: 41.180578, -73684682

From NY City, south or from I-84 (north/east/west). Get on I-684. Exit 4 (Mt Kisco) and turn west toward Mt Kisco. Take road left at top of hill, Chestnut Ridge Rd. Follow this road for a few miles, the sanctuary is on your left.

Mountain Lakes (Sprint Relay). 201 Hawley Road, North Salem, NY: 41.305373, -73.571699

From NY City, south. Get on I-684 N and exit 6. Turn left at top of ramp towards Cross River on NY-35. Follow for 6 miles (go past Ward Pound Ridge turn off and 121 south) to lights. Turn **left** on NY-121 and after 4.5 miles turn right onto Hawley Road. After 1.5 miles the entrance to the park is on your left.

From I-84 (north/east/west) take exit 21 in NY (N. Salem/Brewster) and turn south onto NY-121. Keep on 121 for 5.5 miles then turn left onto Hawley Road.