

Mountain Lake Conservancy Orienteering Course Guidelines

- 1) **Buy the pre-plotted map** from the recreation building (in the hotel front parking lot).
- 2) Pick a **course level** (color) to complete: (White:beginner - Blue:long advanced).
- 3) **Record your start time** in the box below.
- 4) All courses **start** in front of the hotel at the recreation building.
- 5) **Find the controls** in order for the colored course you are attempting.
- 6) Controls have a word and a punch. **Write down the word** and/or **punch** your card.
- 7) You must come within **20 feet** of the control.
- 8) You do not have to stay on trails.
- 9) **Finish** back at the recreation building.
- 10) **Record your finish time** and turn in your time to Recreation building.
- 11) Email **marklattanzi@gmail.com** to have your time posted on course web page:
<http://www.marklattanzi.com/MtnLake/>
- 12) **Report errors** or missing controls to **marklattanzi@gmail.com**
- 13) For a hard challenge, buy the blank map and **plot the controls** beforehand.
- 14) For an even harder challenge, try **orienteering at night**.
- 15) Courses have a **designated direction**, but can be done in reverse order.
- 16) **Report times** with modifiers: (Reverse, Night, Plotted), Color and Time and Date:
 e.g., Reverse Yellow: 36 minutes, 21 May 2010, Mark Lattanzi



An **orienteering control** is made up of three of these 12x12 inch nylon bags attached to a tree at about eye level. The upper triangles are bright orange. Each control also has a red plastic stapler with a particular pin pattern for punching your control card.

Name	
Date	
Course	White Yellow Orange Green Red Blue
Modifier	Normal Reversed Self-Plotted Night
Start Time	
Finish Time	