

What is Orienteering? Orienteering originated in Scandinavia nearly 100 years ago as a training tool to teach soldiers how to navigate through the forest. Today it is a worldwide sport and recreational activity in which the object is to locate marked features (controls) in the woods using only a map and a compass. In competition, the goal is to find the controls, in sequence, as fast as possible using any route between controls.

Orienteering is a sport for every person who can walk through the woods, regardless of athletic ability or age; it may be done individually or in groups. Orienteering provides both a mental challenge (determining the route and reading the map) and a physical challenge (actually getting to the controls); it is known as "The Thinking Sport."

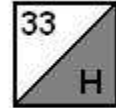
Instructions: First, familiarize yourself with the map. Look at the legend and note how various features are depicted. Hold the map in front of you and rotate it until it is "oriented" to the terrain, the magnetic north lines help if you have a compass. There should be enough detail on the map that a compass is not needed for the **Beginner Course**. Look for the Start (marked by a purple triangle) and Finish (marked by a double purple circle) of the courses – Both Start and Finish are near the program hall.

The **Beginner** course is a sequence of numbered purple circles. The control descriptions describe the features at the centers of the circles where control stands are located. For example, consider imaginary control #9. Suppose the description says:



9. (33) Path crossing


And on the map the 9th control looks like the drawing above. At the center of the circle, two dashed lines (paths) cross. Also in the circle is a pit (the V); but the description tells you where the control stand is (at the crossing, not at the pit).



Each control stand has a 4" red and white marker with a control number (here #33) and a control code (a single letter, here H) on it. When you find a control stand, make sure the control number is correct; then **write the letter code** of that control in the box of the control card that corresponds to the control number. Note: Start/Finish also has a control stand that is labeled "S/F".

General recommendations: Wear long pants in summer. There may be ticks of various kinds; use repellent.

Control Card for Freedom Beginner Course

Name _____						 WPOC	FINISH	
Course _____			Date _____				START	
							TIME	
41	42	43	44	45	46	47	48	

You may time yourself using the spaces on the Control Card and compare your time to that of others. You may also check the codes for accuracy by asking at the program hall.