

2015 Gold Rush Sprint in Boise and Ultra-long and Middle in Idaho City

Schedule:

Friday June 26

9:30am Registration table opens at meet center

11 am Sprint course starts

2pm Finish closed

Saturday June 27

8 am Registration table opens at meet center

9 am Ultra-long course mass start

10 am Recreational starts

2 pm Finish closed

Ultra-long USA Championship Award ceremony at the dinner in Ivydale Camp. Dinner starts approximately at 6pm.

Sunday June 28

8 am Registration table opens at meet center

9 am Middle course starts

1 pm Finish closed

Approximately 2 pm Middle and Western Champs Award ceremony

The 2015 Gold Rush events on Friday June 26 and Saturday/Sunday June 27-28 are hosted by the City of Trees Orienteering Club (CTOC). All days are A-meet national events and earn ranking points for OUSA members. Gold Rush sprint will be held on Veteran's and Willow Lane parks map in Boise. Saturday and Sunday will be on Gold Rush Hills map approximately 2 miles NE of Idaho City near HW21. The map was used before for our 2009 A-meet. All three days will count toward 2015 Gold Rush and Western States Championships using a scoring system. Ultra-long distance competition on Saturday is also the 2015 USA Ultra-long Championship.

The Friday meet will have three sprint courses. Yellow and white level runners will run Course 1, orange though green will run Course 2, and red/blue will run Course 3. Saturday and Sunday meets will have the standard Orienteering USA classes on the usual seven color coded courses. Classes may be consolidated if they do not contain at least three registered competitors. Individual interval starts will be used for sprint and middle competitions with start interval at least 1 minute Friday and 2 minutes Sunday on the same course. Saturday ultra-long is mass start for all competitors sharp at 9 am.

First three finishers in each age group will be awarded with 2015 Gold Rush medals based on the scoring system. Top finishers who meet the following eligibility criteria in each age group will be honored with a special 2015 Western States Championships award.

Eligibility requires:

- Eligibility for USA championship (USA citizen, "green" card holder, or student visa).
- Residence in the Western states for 6 of the previous 12 months.

Western States defined as the 13 states of Montana, Wyoming, Colorado, New Mexico, Arizona, California, Nevada, Utah, Idaho, Oregon, Washington, Alaska, and Hawaii (someone has also defined them as "those states having mountains over 10,000 feet" which obscurely resolves to the same set).

All courses will use SportIdent electronic punching system. Recreational courses are un-timed and self-served.

Embargoed areas: Areas covered by the Veteran's and Willow Lane parks in Boise. On Friday you are allowed to warm-up in northern part of Veteran's park (we will provide a snippet of the map) although it will be only partially representative of a competition area. Areas covered by Gold Rush Hills map approximately 2 miles NE of Idaho City, ID. We will provide a snippet of the map around meet center as a model and warm-up area that will be representative of middle and some areas of ultra-long courses. None of the warm-up/model areas will have any controls.

General description of Veteran's and Willow parks mapped area:

City parks with twists. Lots of paved paths and trails. Streams, canals, lake, and river intersect map creating interesting route choices using footbridges. Most of the open areas are rough under foot and covered up to knee high grass with spike seeds. Gaiters are recommended. There is a fair amount of running on paved paths, therefore, spiked shoes are not recommended. There

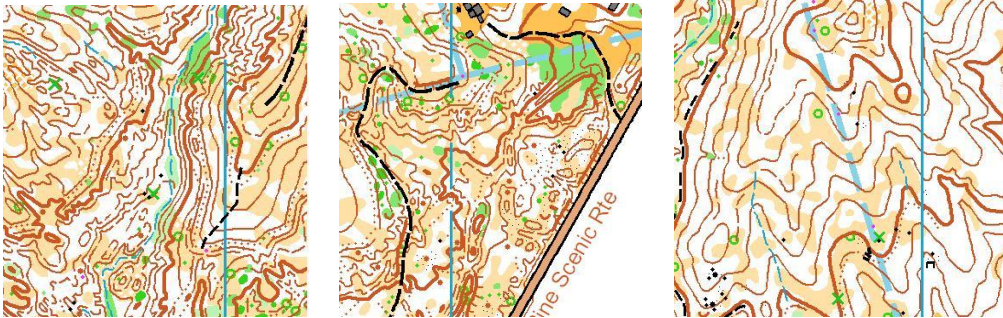
are some dry and wet swamps that you may select to cross and there is dense vegetation and bushes close to water features. Courses will require quick decision making and determination in going through the rough areas. Parks are generally flat.

Map scale is **1:5000, 2.5m** contours for Friday courses.

General description of Gold Rush Hills mapped area:

Typical Northwest ponderosa pine forest with diverse ridge/reentrant system with some steep places but generally rolling. Lots of open spaces and clearings that may or may not be overgrown with snowbrush bushes. Developed path/road network. The southern part of the area was extensively gold hydromined during the nineteenth century gold rush, so it includes maze-like nets of re-entrants, smaller re-entrants, small hills, knolls, depressions, and other erosion forms. A number of long ditches and their remnants contour the area. These ditches used to bring water for hydromining and, from one side, can be very useful during your navigation; from another side, they may put additional physical challenge, especially going up-hill, due to steep banks. Underfoot can be quite sandy/dusty, which is especially difficult in steep ravines. Parts of the area were periodically burned, removing underbrush. Some areas, however, may be overgrown with denser bushes. Visibility is in general very good. Some pebbles and small stones cover hydromined areas making it tricky for a foot. Ankle protection is highly recommended. Some deadfall will not impede your speed much but will require your attention. All this combination makes the area both fast in places and fun in an orienteering sense. It will require your full focus, advanced navigational skills, strength, speed, and endurance – all the components that make our sport so interesting and challenging.

Here are samples of the map that illustrate typical areas for middle and ultra-long courses:



Notice the unusual map scale for Sunday's middle courses! We decided to make it bigger due to amount of detail shown on the map.

Map scale is **1:10000, 5m** contours for Saturday courses.

Map scale is **1:7500, 5m** contours for Sunday courses.

Parking

Park in designated areas only. There is plenty of parking all days. Follow instructions of a parking official. See maps for the parking area locations on Friday and Saturday/Sunday.

Friday parking will be in Veteran's Memorial state park at Veteran's parkway and State street intersection. Please enter Veteran's park from Veteran's parkway, continue forward to parking. From parking proceed 100m or so East to the meet center.

Saturday and Sunday we will be parking at a lot across the Rabbit Creek road West of HW21. RV and overflow parking at "Granite Creek Recreation" area East of HW21. Go past Idaho City about 2 miles on HW 21. You will see orienteering directional signs pointing you in the right direction. If you park at the overflow lot you will need to cross HW 21 on your way to meet center area and back to parking. Be careful while crossing! From parking proceed 100m or so to the meet center.

Directions to Ivydale Camp and Dinner

Our group reservation opens up at 11am on Saturday, June 27. The camp is located about 33 miles north on Highway 21 from the junction of Federal Way and Highway 21 in Boise. You will pass the Grayback Gulch USFS campground as you start to enter into Idaho City, and the turn for Camp Ivydale is approximately 1 mile later on Shaw Gulch Rd. Follow the signs to the camp which is less than 1 mile up a moderate grade. We expect to have designated tent camping areas and RV hookups but this may require a little time after 11 before it is set up. If you arrive at 12 we expect to be ready to place campers.

If you have a pet, it is required to be on a leash or crated at all times in the camp, and of course you are responsible for cleaning up after your pet!

If you have a bunkhouse reservation, keep in mind no linens or the like are supplied. These will be wood bunks and you will

want a suitable mattress, sleeping bag, and pillow. For the showers you need your own towel.

At this time we were unable to meet the minimum for Trudy's to cater the dinner and breakfast. We are evaluating other options for the 6pm slot and we will provide refunds as applicable if dinner and breakfast are canceled.

We have the camp until 11am on Sunday morning, June 28. At that time we have to leave it in a clean state with all trash double bagged and ready to haul away.

Water availability, first aid, hazards, safety, restrooms

Drinking water will be available at the start and finish all days, approximately each 2.5 km on Saturday courses and at least one water control in the middle of all courses Sunday. Saturday and Sunday we will place at least 16oz of water (ex. two cups) per competitor on all water controls. For Saturday we will additionally place a manned food table at a control for all advanced courses approximately 1/2 to 2/3 on a course with water, electrolyte drink, GU, and trail-mix bars. It will be designated in clue sheets with a person symbol in the last column. Electrolyte drink, fruits, and saltines will be available at the finish.

Friday restrooms will be close to the meet center (see map below). Portable toilets will be available near the meet center both Saturday and Sunday. On Friday walk to the start is 100m from the meet center. On Saturday walk to the start about 750m with 90m climb along the forest road, on Sunday walk to the start about 250m with 30m climb along the windy trail from the meet center.

A first aid kit will be available at the meet center to treat minor issues.

Keep in mind that there is no cell phone coverage in the Idaho City area. There is only a small booster right next to the Idaho City Visitor's Center in town which works but doesn't always stay connected. It is not expected to have cell coverage anywhere on the Idaho City map in general – please prepare accordingly.

The biggest hazard is heat. Stay well hydrated as it is dry country! We highly recommend drinking at least one cup of water on each of the water controls. If you feel that you may need more liquid or food we encourage to bring a camelback and GU/food with you on the course.

The second biggest hazard is crossing roads. Be extra careful while crossing roads or using paths! Saturday and Sunday area is frequented with outdoor fans on motorbikes, ATVs, and bikes. Remember that they can not stop immediately.

One another hazard on Saturday and Sunday may be presented by fallen logs. Some of them are dry-rotten to the degree that they easily break underfoot. Be careful while using logs crossing ravines. First check - then use.

For Saturday and Sunday only: The ground can be quite rocky/stony in places. Ankle protection is highly recommended! There is no poison oak or venomous snakes. At least we didn't notice any during all the long hours in woods. Ticks are not expected but possible as area is frequented by deer. Check after your run.

Signs will warn the general public that orienteers/runners are present.

If, at any time, you become thoroughly lost, or feel you have left the map, take an appropriate safety bearing:

Saturday and Sunday:
SE to HW 21 then follow highway to the meet center area.

You certainly want to use shorts and running shoes for Friday sprint courses as lots of grass and paved paths will be present. We highly recommend gaiters to protect during high grass runs. Saturday and Sunday, although woods on both days will have a certain amount of underbrush, you may opt for shorts and gaiters. Using spiked shoes is recommended due to soft/sandy soil. Area has rocky/stony grounds, so take precautions, especially if you have weak ankles. We highly recommend to tape or use ankle braces.

SPORTident – Electronic Punching System

The SPORTident electronic punching system will be used at all competitive events, and all competitors are required to carry a SPORTident finger stick (SI stick). If a rented stick is lost, the competitor will be charged the replacement cost. Competitors losing their personal SI sticks can rent one from the organizers.

Note that the number on the SI stick is your personal identification number for the various events. Therefore you must use the SI stick assigned to you, and competitors with the wrong stick (husband's, wife's, sister's, brother's, etc.) will not be allowed to start. If your stick number has changed, please notify Registration before you run.

At the Start please make sure that you Clear and Check your SI stick. Once on course, if you find that an SI unit at a control is not working (no light, no beep), please make sure that you use the pin punch attached to the control to mark your map along one of the edges. Failure to do so will result in your disqualification. Alert Meet Officials at the finish about malfunctioning control(s).

All competitors must download their SI sticks at the Download Station whether you finish your course or not – this is our main way of determining which runners are still on the course. Failure to do so, for reasons other than being lost or injured, can result in considerable unnecessary aggravation for the Meet Officials.

Recreational course participants must go through the finish and get registered as well. Failure to do so will result in launching a search party.

Controls

The flags are hung from a control post with the SI unit on top. The control number is taped to the top of the SI unit. A punch is provided at each control post in case the SI unit is not working.

Control Descriptions

Control Descriptions will be printed on the map and available in the pre-start area.

Start Procedure

Friday and Sunday there will be a three line start; -2 minutes (your bib number and SI stick are checked), -1 minute (extra control description is offered), and the Start line. Call up at -3 minutes. The Start Triangle is at the Start line, and indicated by a control flag. You are required to punch a start SI unit Friday and Sunday to start your time ticking.

Saturday is mass start at 9 am sharp so arrive to the start location at least at 8:30 am to clear your SI stick and receive instructions. 8:45 am everyone is lined and maps are distributed. Your competition time starts at 9am sharp and you will not punch a start SI unit.

Course Closure

Courses will close 1 hour after the last start for sprint and 3 hours for middle. The actual time will be posted at the Start. The approximate times are noted above.

Note: All competitors will have a maximum allowed time of 1 hour to complete sprint, 3 hours to complete middle, and 5 hours to complete ultra-long courses. All competitors must report to the Finish after this time even if they have not completed the course.

You do not have to cross the Finish line, but all competitors MUST report to the Finish officials and download their SI stick.

Middle course times over 3 hours and ultra-long course times over 5 hours will be marked as OVT.

Awards

The first three places in each competitive class will be awarded based on 3-day scoring system. Western States champions in each competitive class will be awarded with very special awards based on the same system. USA ultra-long champions will be awarded with medals for Saturday courses.

Results

Results will be posted during the competition days near download SI areas. In due time, the results and split times will be posted on the PNWOF website, www.pnwof.org We also will place results on Winsplits and courses on Routegadget.

Recreational Orienteering

We will also be offering “Recreational” courses (white and yellow level) with on-the-day registration at all events. These will be informal, un-timed courses suitable for complete newcomers, non-competitive types, or anyone who'd just like to give the sport a try without being timed. A separate start area may be used for recreational courses. Please make sure to pass via finish and register with finish officials. Otherwise, we will launch a search party for you.

Course Statistics

Friday Sprint Courses

Course	Length km	Controls	Climb m	Expected Winning Time
Blue	2.6	16	10	15-17 min
Red	2.6	16	10	15-17 min
Green	2.3	16	10	15 min
Brown	2.3	16	10	15 min
Orange	2.3	16	10	15 min
Yellow	1.7	14	10	15 min
White	1.7	14	10	15 min

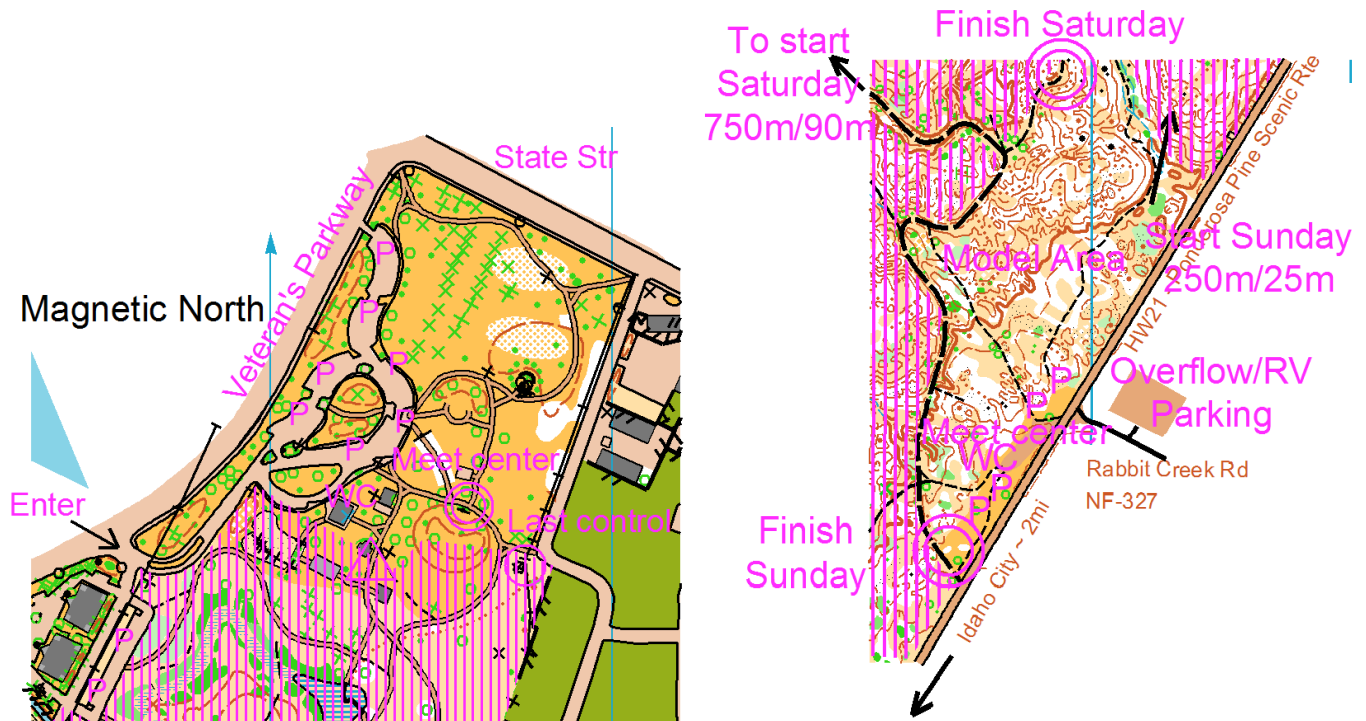
Saturday Ultra-long Courses

Course	Length km	Controls	Climb m	Expected Winning Time
Blue	15.4	26	750	2:15-2:30
Red	12.3	21	600	1:45-2:00
Green	8.8	16	480	1:25-1:35
Brown	6.9	11	340	1:10-1:20
Orange	4.6	11	150	1:00-1:10
Yellow	4.0	11	75	0:45-0:50
White	3.1	9	60	0:30-0:40

Sunday Middle Courses

Course	Length km	Controls	Climb m	Expected Winning Time
Blue	4.3	23	240	35-37 min
Red	3.7	21	220	35-37 min
Green	3.0	17	150	30-32 min
Brown	2.6	14	150	28-30 min
Orange	2.5	13	120	28-30 min
Yellow	2.3	12	120	28-30 min
White	2.2	11	110	28-30 min

Site maps. Event center, start and finish, parking areas



Course Designer Notes for 2015 Gold Rush Sprint Courses
by Ben Brock and Sergey Velichko

ISSOM2007 symbol set for the sprint orienteering was used for this map. Map scale 1:5000, 2.5m contours. The scale is standard for sprint maps.

Veteran's park map is the first map in the club inventory, created in 2000. We added Willow Lane park area in 2004. Map was revised June 2015. Fieldwork and cartography done by Sergey Velichko.

The map contains a mixture of paved sidewalks, pathways, trails, open grassy rough areas, and dense vegetation close to water features. Streams, lake, and river intersect map creating interesting route choices using bridges. Most of the open areas are rough

under foot and covered up to knee high grass with spike seeds. Gaiters are recommended. There is a fair amount of running on paved paths, therefore, spiked shoes are not recommended. There are some dry and wet swamps that you may select to cross.

Advanced courses will cross from Veteran's park to Willow Lane park and back using under-road passage. It will be shown with a passage sign and the road to the left and right of it will be covered with "out of bounds" symbol.

The area is flat and you should not expect any sizable climb. Courses will truly test your decision making in tough conditions at high speed.

Remember that per sprint competition rules it is prohibited to cross any water features with black bank line, buildings (not that you would have a chance), high fences, settlements (shown with olive color), and out of bounds areas (shown with pink hatched/striped symbol). This is done primarily for your safety. Anyone caught will be disqualified. Use footbridges to cross canals and streams.

Special symbols:

Green O symbols used to show big deciduous trees, although, sometime it is used to show not so big ones.

Green X symbol used to show big evergreen trees, although, sometimes it is used to shows not so big ones.

Green dot symbol used to shows smaller trees and bushes.

Gradations of green used to show mainly bushes and denser vegetation. Dark green is often un-penetrable and most likely thorny. Few rootstocks are shown with brown X.

Black X used to show mainly cultural objects and utility boxes. Sometimes it is used to show other manmade objects, ex. signs and log benches. Most of the light poles are not shown. Big light poles may be shown with black O symbol.

Black dot used to show boulders. Most of the boulders are about knee high.

Course Designer Notes for 2015 Gold Rush Ultra-long and Middle Courses

by Sergey Velichko and John Murray

ISOM2005 symbol set for the orienteering was used for this map. Map scale **1:10000 for Saturday and 1:7500 for Sunday, 5m contours**. We decided to use larger scale for Sunday due to amount of detail shown on the map covered by middle courses.

Map was originally created in June/July 2007 by Alexei Zuev using Stirling Surveys photogrammetry. The south area was revised April 2013 by Michael Schuh. Last revised in June 2015 by John Murray and Sergey Velichko. Map is of high quality and shows lots of detail although you should expect some generalization.

The map contains a mixture of forested and open terrain. Ground vegetation varies little, and the boundaries between open and forested are rarely distinct. Use with caution! Open spaces are often overgrown with snowbrush. Parts of the area were periodically burned, removing underbrush, some areas, however, may be overgrown with denser bushes. Some deadfall and fallen logs may slow your speed in places. Some fallen logs are dry-rotten to the degree that they easily break underfoot. Be careful while using logs crossing ravines. First check then use. Visibility is in general very good. Mapper extensively used single tree symbol (green O) to show trees on open spaces. They are quite useful for the navigation if you see them and may relate to the map. In woods these mapped trees mostly present ponderosa pines with distinctive reddish bark; on open spaces these may be smaller trees.

Some stumps and rootstocks at least 1 m high are shown on map with green X symbol. No fallen trees are shown on the map.

A brown Dot (knoll) represents small hills up to 1.5 m high. Small depression sign used to show small depressions up to 2-3 meters in diameter and at least 1 meter deep.

There are few areas where different grades of green were used. Darker areas represent dense bushes. Lighter areas represent just denser vegetation, which should not slow you down significantly. Generally, knee high bushes are present in many areas. We recommend gaiters and/or O-socks to protect from scratches.

Alexei used "area with scattered trees" symbol to show areas with denser scattered bushes and trees that may slow you down a little as you zigzag through them. These areas are also quite useful for navigation.

There is an extensive network of paths and roads. They will be used mainly for beginner courses. You may encounter some mostly crossing on advanced courses. Be careful while crossing. Area is popular among bikers and ATV enthusiasts. We will post signs about presence of the runners but, please, be cautious. Just remember that they can not stop immediately.

There are few cliffs present on the map.

Rocky ground symbol used to show rocky places with lots of pebbles and small stones. These can be quite difficult if you have weak ankles so some preventive measures (like taping or use of soft braces) are highly recommended.

Soil is sandy/dusty. It especially may be difficult in steep ravines to go up the hill. Plan your routes accordingly. Spiked shoes give advantage in loose soil and this terrain.

Small boulders, up to 0.5-1.5 m high, are shown with the small boulder symbol - black dot.
Big boulders, higher than 1.5 m, are shown with the big boulder symbol - big black dot.

All advanced courses on Sunday are routed through the gold hydromined areas. These areas are characterized by the maze-like intertwining of re-entrants, spurs, hills, knolls, and ditches. Some smaller re-entrants shown with form lines are quite shallow. There are lots of controls in there so make sure to check your control codes. All courses zigzag so don't be alarmed seeing people running in all directions. They may be not lost - just following their best routes. If you find a gold nugget (and you may) – you are welcome to keep it. But remember that the finish area is the best for gold panning. Longer legs will offer a chance for higher speed. Some small hills used for control placement may be rocky. Contour intervals are real 5m so pay attention to mapping of terrain and your macro route selection.

A number of long ditches and their remnants contour the area. These ditches brought water for hydromining and, from one side, can be very useful during your navigation; from another side, they may put additional physical challenge, especially going up-hill, due to steep banks.

All courses will have same last control. Follow marked route to the finish to punch a finish station and proceed to download.

Drinking water will be available at the start and finish all days, approximately each 2.5 km on Saturday courses and at least one water control in the middle of all courses Sunday. Saturday and Sunday we will place at least 16oz of water (ex. two cups) per competitor on all water controls. For Saturday we will additionally place a manned food table at a control for all advanced courses approximately 1/2 to 2/3 on a course with water, electrolyte drink, GU, and trail-mix bars. It will be designated in clue sheets with a person symbol in the last column. Electrolyte drink, fruits, and saltines will be available at the finish.

Your utmost concentration, contact with map, rough and precise navigation, strength, speed, and determination will pave way to a success in this area. This is one of the most technical areas we encountered throughout our orienteering experience. Good luck and have fun!

There is abundance of wild life out there. We saw elk, deer, large cranes, and numerous other birds and smaller animals. There are some angry hawks out there, they screech and follow but we didn't hear about or witnessed any aggressive behavior.

Last, we immensely enjoyed the area and its Western spirit. We hope you will too. Sometimes it is like heaven and sometimes it is like hell ☺ "Not for the faint heart" - like one of our members labeled these Gold Rush hills.

Future Gold Rush Events

We invited Alexei Zuev to map for us couple wonderful areas near Stanley, Idaho. Beautiful glacial moraine terrain offers unique experience. We really hope you may enjoy this area during our planned future Gold Rush events and possibly USA Classic Championships. Here are some snippets of the map. We hope to see you out there and enjoy it!

