

Course Setter(s) Notes

Terrain Notes

Rockhouse Mountain and Jackie Jones Mountain areas feature a complex terrain with large and fairly steep hills that are full of many various rocky features ranging from small stone clusters to massive cliffs as well as non-rocky features such as countless spurs, knolls, and depressions. Water features include lakes, occasional streams, and a good number of small and larger marshes that may or may not contain standing water in them depending upon precipitation. Ground is mostly rocky and is often covered with leaves and/or grass. Woods are largely open offering a good visibility, though some areas are covered with mountain laurel and its density may vary greatly. Blueberries are widespread and are pretty much everywhere and depending on an area, the bushes may be as low as a foot, or as high as the height of an average adult, though a knee high bushes are very common.

Maps Notes

Maps are of WOC'93 quality and are still quite good. In a few places, where relevant, vegetation was updated to reflect spread out mountain laurel. Also, a few boulders were moved and a few cliffs were added primarily in the area of control placements. Note that majority of corridors in mountain laurel, as was originally mapped, still exist. No updates were made for the blubbery bushes and we did not see any places that would require updates for raspberry bushes or other briars.

Day 1–Middle–Rockhouse Mountain

Course Lengths

Course	Distance (km)	Climb (m)	No. of controls
Blue	4.8	200	20
Red	3.5	140	19

Courses Notes

The courses will feature plenty of areas with fast woods that will test your concentration as well as areas with intricate details that will test your other navigational skills. There are many controls in the woods, therefore, check your control codes which will also be printed on the edge of the map in addition to the clue sheet provided at the start.

There is a **2.5km** walk from the assembly area to the start of both courses presenting a good opportunity for a warm-up. Note that the start and finish are in close proximity, thus all personal belonging, such as jackets, water bottles, etc. if brought to the start, must be picked up on the way back to the assembly area.

There will be a marked route from the start location to the actual start triangle on the map. There will be a control flag there which you do not need to punch at, however, you must punch the SI box at the start. The route from the last control to the finish chute is also streamered. Please make sure to be on time for your assigned start time as we do not have open windows to accommodate those who arrive late and you will have to wait after everyone had started.

In addition to the water at the start and finish, there will be water on the course.

It is very important that you download your results once you come back to the assembly area after finishing your course. If you do not download within a reasonable time your result will be a DSQ.

Safety

Remember to report to the finish crew even if you did not complete your course, otherwise we will send people to look after you in the woods.

The safety bearing is west. Head to the paved road and ask for directions to the Lake Welch Beach.

Course Setter(s) Notes

Day 1–Sprint–Jackie Jones Mountain map (Lake Welch parking area)

Course Lengths

Course	Distance (km)	Climb (m)	No. of controls
Blue	2.4	60	19
Red	2.1	45	16

Course(s) Notes

The courses will feature a mix of open areas and wooded sections and will test runners' navigational skills at high running speeds. We ask runners to observe the out-of-bounds rules and use specifically designated area for a warm up. Anyone who is seen wandering around competition area will be disqualified. The assembly area should provide enough viewing opportunities for all those non competitive folks who wish to observe and/or support other runners.

We updated the map to include everything that could be reasonably put on a map. Note that we did not place on the map tables, grills, and garbage containers as there are very many of them scattered throughout the entire map and could be moved at any time. We added plenty of rocks of various sizes some of which are as low as two feet. Most of the green on the map are barberry bushes with solid green representing areas of dense vegetation, and areas mapped with rapid green stripes representing lower density bushes that are possible to run through. (Solid green – vegetation is higher than 4 feet, vertical stripes – lower then 4 feet).

There were some heavy winds in the area a week prior to the event that uprooted or broke trees. In fact the wind storm blew by the area while we were finishing the map. Those trees that we managed to see will be shown, however, be aware that it is possible that you may run into a tree that is lying on the ground and is not on the map.

At some point in the course, you will be crossing a road that may have cars traveling on it, so keep your head up and make sure to look in both directions when crossing. We will have a volunteer alerting runners of the traveling cars.

Depending on the weather it is possible that there will be plenty of other people in the area enjoying their time, though we tried to minimize any such possible obstructions by humans, please respect other visitors of the park.

Day 2–Long–Jackie Jones Mountain

Course Lengths

Course	Distance (km)	Climb (m)	No. of controls
Blue	12.8	680	28
Red	8.1	350	17

Course(s) Notes

While designing the courses we took into consideration some of the unique areas at the Jackie Jones Mountain that we hope will approximate the challenges that runners will encounter at this year WOC. Both courses will feature a butterfly loop so be sure to follow the proper order of controls. Note that both courses will be crossing the Route 106 towards the end of the course, which is a rather active roadway especially on weekends, so keep your eyes open for the meet volunteer who may ask you to stop to allow for a safe crossing.

There is a **1.2 km** walk to the start from the assembly area. Similarly to the middle course, there will be a marked route from the start location to the actual start triangle on the map with a control flag marking the triangle's location on the map. You do not need to punch at this control flag, however, you must punch the SI box at the start. The route from the last control to the finish chute is also streamered. Please make sure to be on time for your assigned start time as we do not have open windows to accommodate those who arrive late and you will have to wait after everyone had started.

Course Setter(s) Notes

There will be water at the start, at controls in the woods, and the road crossings. We do not expect anyone to run thirsty in the woods. If your speed is slower than 15 min/km we suggest carrying your own water on the course if the weather is above 75 degrees F.

It is very important that you download your results once you come back to the assembly area after finishing your course. If you do not download within a reasonable time your result will be a DSQ.

Safety

Remember to report to the finish crew even if you did not complete your course, otherwise we will send people to look after you in the woods.

The safety bearing is north. Head to the paved road and ask for directions to the Lake Welch Beach.

Enjoy,

Gregory Balter and Sergei Zhyk
Course Setters