

Riverbend

ORIENTEERING COURSE

Beginner Course Bearings and Distances:

<u>Control Point</u>	<u>Bearing</u>	<u>Approximate Distance</u> (measured in a straight line)	“Start” and “Finish” refers to the “Triangle” Symbol on the map denoting the information display board in the overflow parking lot.
Start → 19	165°	870 meters	
19 → 14	82°	958 meters	
14 → 16	277°	250 meters	
16 → 17	16°	180 meters	
17 → 4	345°	350 meters	
4 → 1	273°	730 meters	
1 → Finish	310°	190 meters	

To use this Bearing: Turn the compass dial to the respective bearing degree, then align the compass so the red needle is inside the orienteering arrow. Now your compass is aligned and pointing towards the next marker. It is typically easier to follow the trails for beginner orienteers and going off trail should always be cautioned.

*Whenever you are using a compass, be sure to stay away from metal objects as they can mess up your compass readings

*Diagram of a compass is included in the “How to Use a Compass” link

Course Sequences:

Beginner:	Intermediate:	Advanced:
<ul style="list-style-type: none">◆ Bearings & Distances included.◆ Control Sequence: 19, 14, 16, 17, 4, 1◆ Length: 2-3 miles	<ul style="list-style-type: none">◆ Bearings & Distances <u>not</u> included.◆ Control Sequence: 3, 4, 15, 9, 11, 14, 18, 20◆ Length: 4-6 miles	<ul style="list-style-type: none">◆ Bearings & Distances <u>not</u> included.◆ Plan your own route using all 20 markers.◆ Length: 9-12 miles



How to Print:

It is extremely important to print orienteering maps to scale so that you can properly use the compass with them.

Printer settings will vary but here are some tips:

- ◆ Be sure to set the page scaling setting to “actual size” or “none.” The default is usually fit to page.
 - ◆ Be sure to use 8.5 in by 11 in paper (or “US letter”) as that is what the map is meant for
 - ◆ Be sure to set the orientation to landscape
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**The following information is from the
orienteering information board found in
the overflow parking lot of Riverbend Park
(6700 N NC Hwy 16, Conover, NC 28613)**

ORIENTEERING

Orienteering is an outdoor navigation activity.

Participants use a map & compass to find predetermined “markers” or “controls.”

WHO can do it:

- ◆ Anyone! It can be an individual or team activity.
- ◆ Hunters, backpackers, adventure racers & outdoor enthusiasts.
- ◆ YOU can try it today!

WHAT to bring:

- ◆ Orienteering Map & Compass
- ◆ As with any outdoor activity, you should always bring:
 - ✓ Drinking water
 - ✓ Snacks
 - ✓ Flashlight
 - ✓ Pocketknife
 - ✓ First aid kit
 - ✓ Rain Gear / Jacket
 - ✓ Hat / Sunscreen
 - ✓ Survivor Whistle

HOW to begin:

- ◆ Take a copy of the map from the display.
If no copies are available, please ask a park ranger.
- ◆ Choose from the Beginner, Intermediate or Advanced course (see below).
- ◆ Use your compass & map to find the Controls, in the order listed.
- ◆ Make it even more fun by completing the course as quickly as possible or by having a timed race with friends.

Words to know:



How to use a Compass:



Learn More:



Safety tips:

- ◆ While hiking and especially trailblazing (going off trail), please be sure to watch out for hazards such as Ditches, Tree Roots, Animals, and Barbed Wire.
- ◆ Please check yourself for ticks once you return home as they are very prevalent in the park.
- ◆ Please note the signaling used with your "Survival Whistle":
 - 3 short whistle blasts repeated every few seconds.

What is Pace?

A pace is equivalent to two natural steps. Starting with your left foot as the first step, when your right foot hits the ground that is one pace.

How to determine your "Pace Count":

To determine your 50-meter pace count, use "Start Point" to Point "B"

- ✓ The "Start Point" is the left post of the display board at the park.
- ✓ "Point B" is the post on the far side of the parking lot with the orange and white cap on it. The post is identical to how the permanent control points look throughout this course.

Steps:

1. Standing beside the Start Point, step off with your left foot. Each time your right foot strikes the ground, count 1, 2, 3, etc, until you reach Point B. Write this number down.
2. Turn around and stand near Point B. Step off with your left foot and count each time your right foot strikes the ground until you return to the Start Point. Write this number down.
3. The two numbers should be close. If they are different, use the larger number. This is your pace count for 50 meters.

What does "Pace Count" mean?

Your "Pace Count" can be used to keep track of the distance that you walk. In the above example, if your pace count was 21 over 50 meters, then divide 50 by 21 to find how many meters you go per pace. In this example it is about 2.4 meters per pace. For every pace you walk, you go 2.4 meters.

Credits:

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|---------------------|--|
| ◆ Paul Packard | ◆ Riverbend Park Rangers |
| ◆ Ryan Hager | ◆ Lowes Hardware |
| ◆ Melinda Hager | ◆ Catawba County GIS (notably Kate Foster) |
| ◆ Troop 381 | ◆ Dwayne Martin |
| ◆ Bob and Kay Stone | ◆ David Adams |
| ◆ Nathan Bost | |

RIVERBEND PARK

Permanent Orienteering Course

