

## What is Orienteering?

A mental and physical sport of Scandinavian origin, Orienteering is a foot race, a puzzle-solving thought race, a cross country running sport and a fun recreational activity for thinkers of all ages. It's a treasure hunt and track meet combined, only there is no track - just rocks and hills and trees and streams, and a course you need a map to follow. The "treasure" in Orienteering is a series of checkpoints that racers (or joggers or walkers) must reach before crossing the finish line. With no exact course set, Orienteers must figure out the fastest route around boulders, bogs, brush and other natural obstacles using only their wits, map and compass.

The sport's objective is to locate markers in the woods using a special, highly detailed topographic map. Competitors navigate through a forest or parkland to reach a series of sequentially numbered checkpoints (called controls). A control is signaled by an orange flag attached to a tree or other topographic feature; tethered to the flag is a paper punch with which runners mark a small card to prove they have visited the spot. Competitors race against the clock, starting at intervals of two or three minutes. Everyone uses a copy of the same map, but chooses one of several courses of varying difficulty and length, ranging from one kilometer (for beginners) to 10 kilometers (for experts).

The challenge of Orienteering comes from developing your ability to navigate swiftly through the woods while seeking out the course's marker locations. The true test lies in determining the best routes between these locations, and in the sport's competitive form, in finding all the controls in the fastest possible time.

## Who Can Do It?

Orienteering is a sport for men, women and children of *all* ages and abilities. All you need is a love for the great outdoors! Participants can travel alone or in groups, running, walking or leisurely strolling the course. The sport can be enjoyed as a healthy form of family recreation, or as a highly competitive race involving navigational skill, speed and physical stamina. Orienteering provides not only a competitive challenge, but also a positive connection between the competitors and the environment.

## What Do I Need For Orienteering?

Wear comfortable clothes, appropriate for the temperature, preferably long pants and light hiking boots or running shoes. Bring a compass if you have one; some rental compasses are available at the event. Water is provided, but you may wish to bring food and other drinks. A watch is needed to insure that you return before the time limit.

## Who Does This Around Here?

The *Empire Orienteering Club* puts on several Orienteering events each spring and fall around the greater Capital District. Our regular local events include at least four different **courses** of varying lengths and difficulty. White is the shortest (1-2 kilometers) with controls placed at easy to locate features. Yellow is a bit longer (2-3 kilometers) and more difficult. Orange is intermediate (4-6 km), and Red is for advanced and experienced orienteers (6-8 km). Some events may have Green (as technically difficult as Red, but shorter) and Blue (as technically difficult as Red, but longer). Events are generally held rain or shine, but call ahead if the weather is bad. There is a small entry fee (\$5) per map, with discounts for larger groups and Club members.

## Empire Orienteering Club

### 2001 Spring Schedule

**MAR 24, Saturday, Beginner Event**, Kinns Road Park, Clifton Park. White, Yellow & Orange courses. Registration 10-noon. **Directions:** *From I-87 northbound:* Take Exit 9. Go left on Rt. 146 under I-87 and take the first right onto Plank Road. Follow Plank Rd. until it ends and turn left on Kinns Rd. Park is 0.5 miles on left. *From I-87 southbound:* Take Exit 10. From the exit ramp, turn right, and then immediately left onto Pierce Rd. Go 1 mile to stop sign and turn right on Kinns Road. Park is 1.5 miles on left. *Contact:* Laszlo Kolyvek, H.518/475-7914, W.518/283-7900, [lkolyvek@yahoo.com](mailto:lkolyvek@yahoo.com)

**MAY 6, Sunday (\*National Orienteering Day\*)**, Colonie Town Park, Colonie. String, White, Yellow, Orange, Green & Red courses. Registration 11-1. **Directions:** From Latham/Rt. 7 (between I-787 and I-87), take Rt. 9 north for about 3 miles (past Boght Corners), turn left onto Old Loudon Rd., then left again on Schermerhorn Rd. Park entrance is about 0.75 miles on the right. *Contact:* Janet Tryson, 518/766-3648, [jntryson@aol.com](mailto:jntryson@aol.com)

**JUN 9, Saturday**, Norray Farm, Berne. String, White, Yellow, Orange, Green & Red courses. Registration 10-noon. **Directions:** From Altamont, take Rt. 156 West up the hill towards Knox & Berne. Stay on 156 beyond the turn to Thacher Park, then turn left on County Rt. 254 (Pleasant Valley Road). Continue 3.5 miles to Norray Farm. From the southwest, take NY 443 to Berne, to NY 156 North towards Knox. Go 1 mile on Rt. 156, turn right on County Rt. 254 (Pleasant Valley Road), and continue to the Farm. *Contact:* Sue Hawkes-Teeter, 518/872-1993, [philht@bigfoot.com](mailto:philht@bigfoot.com)

### Come Join Us

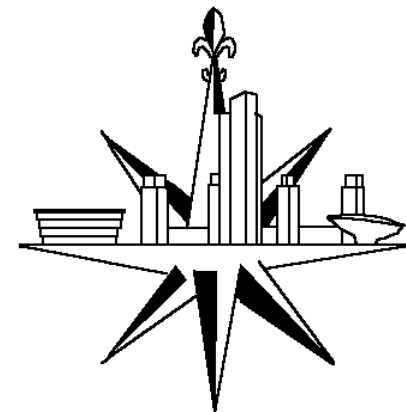
The *Empire Orienteering Club* invites you to come and try an Orienteering event with us. Once you've done that, we think you'll want to join the Club so you can receive our newsletter and schedule, along with getting a reduced entry fee at our events. Below is our membership form. If you have any questions, feel free to call any of the persons listed as information contacts for events on the schedule. And visit our site on the WorldWideWeb at: <http://www.cs.brown.edu/~ssb/empo/>

<b>Empire Orienteering Club</b>	
Membership Application	
_____ New Member	_____ Renewal
Student <18 \$6.00	Couple \$12.00
Individual \$10.00	Family \$14.00
Name _____	
Year Born _____	M/F _____
Address _____	
City _____	State _____ ZIP _____
Phone: _____	
Home _____	Work _____
e-mail: _____	
If Family or Couple, list other members:	
_____ Yr Born _____	M/F _____
_____ Yr Born _____	M/F _____
_____ Yr Born _____	M/F _____
Is EMPO your primary orienteering club? Yes / No	
Make checks payable and send to:	
<b>Empire Orienteering Club</b> P.O.Box 51 Clifton Park, NY 12065	

**Empire Orienteering Club**  
P.O. Box 51  
Clifton Park, NY 12065

# ORIENTEERING

*in the Capital District*



**Empire**  
Orienteering Club

*Spring 2001*