

Event Handbook



Welcome to the 2018 Western Canadian Orienteering Championships in loco!

If you read nothing else, please note the following:

- There is a waiver - [read and submit](#). Minors must have it signed by a parent/guardian.
- **You must check in at registration at the first event that you attend** - so that we can check that you have signed the waiver. And that you have a whistle. And pickup rental SI sticks
- Whistles are mandatory on all courses, and will be checked at the start. There will be whistles for purchase at registration.
- Course assignments are different between the Sprint and Middle/Long - know your course number and start time.
- There is a 30 minute uphill walk to the start for courses 4-7 on the Long - don't get caught out!
- Course closure times are to be strictly obeyed. We will be collecting controls as soon as the course closes.

Thank you for coming, be safe and have fun!

And a special thank you to all the volunteers who helped make this weekend happen - you are awesome!

Western Canadian Championships

The Western Canadian Orienteering Championships were started as an opportunity for the Western Provinces to have a championship level event that was closer to home than is/was usual with the Canadian Championships.

* Competitors are eligible for “medals” at the Western Canadian Championship level if they are running in their age class or in a “Short” age class, are a member of a club in one of the Western Provinces (Yukon, BC, Alberta, Sask, Manitoba) and a Canadian citizen or permanent resident as defined by Citizenship and Immigration Canada.

* Open courses are not eligible for awards.

The courses at this event are required to follow the recommendations of Orienteering Canada as to technical difficulty and length so are an excellent warm up for those heading to the Yukon this summer for the Canadian and North American Championships. For the rest of us it is an excellent chance to compete against others in the same age class on quality courses.

What is the Pig War?

The WCOCs are also hosting the 2018 Pig War between GVOC and Cascade OC (Washington). The original Pig War took place in 1859 on the San Juan Islands. The Cliffs Notes version is: man shoots pig, US sends in the army, British Empire sends five warships, politicians decide it's all a bit silly and order everyone to stand down. Total loss of life: 1 pig.

The orienteering Pig War is a team competition between GVOC and Cascade. Cascade are the current holders of the trophy, and hopefully we won't have to pay any trade tariffs to bring it back north.

The 2018 scoring system for the Pig War is:

* The middle event (Saturday afternoon) will be used to determine the Pig War champions.

* Each course has a set of recommended age groups. Competitors will count for their club if they run the recommended course, or a harder one. The “S” courses will be used for scoring but the Open courses (Beginner, Intermediate, Advanced) will not.

* Any competitor identifying as "Canadian" will count for GVOC. Cascade may challenge nationality if they believe the competitor is wearing insufficient plaid, or is not ending most sentences with "eh?".

* Any competitor identifying as "American" will count for Cascade. GVOC may challenge nationality if the competitor is not wearing at least one American flag, or does not sing the national anthem before starting the course.

* Any challenges about a competitor's chosen nationality/club will be ignored.

* The top 3 men and top 3 women on each course will score points (except for course 8, where just the top 3 competitors will count). Top man/woman scores 3 points, second man/woman scores 2 points, third man/woman scores 1 point.

* The winner is the club with the most number of points (summed over all genders and courses).

What to bring

Before you leave home... don't forget

- Reusable water bottle and food including lunch for after the Sprint race. We are not providing food after the Sprint and Middle. Food provided only after the Long.
- Read and submit online the event waiver - [do it here!](#)
- Make sure you know which COURSE NUMBER you are running for each race. You can check your class [here](#)
- Whistle
- SI Stick
- Compass
- Watch
- Control Description Holder

Weekend Overview

Saturday July 7

- 12:00am - 11:00am Mundy Park and loco map embargo in place
- 10:30am - 11:00am Sprint Registration open for waiver check and SI rental pickup
- 11:00am - 11:30am Sprint Course start window
- 12:30pm - Sprint Course Closes - all competitors are expected to be back at the finish.

Move to loco Map - see Driving Instructions below

- 14:00 - 14:30 Waiver check and SI rental pickup, if not done at the Sprint
- 14:30 - 15:30 Middle Course start window
- 17:30 - Middle Course Closes - all competitors are expected to be back at the finish.
- 18:00 (6:00pm) - Banquet room at Poirier Leisure Center opens
- 18:30 - Banquet served in Room 2 - Poirier Leisure Center
- 20:00 - Awards for Sprint and Middle

Sunday July 8

- 9:30am - 10:00am Waiver check and SI rental pickup, if not done on the Saturday
- 10:00am - 11:00 am Long Course start window
- 14:00 - Long course closes - all competitors are expected to be back at the finish.
- 14:15 - Long awards at the finish area. Earlier if possible.

Accommodation

There is a lot of accommodation in the Coquitlam area. See here <http://www.rvparkreviews.com/regions/british-columbia/surrey> for more information. There is also camping at the Anmore Camping and RV park <http://www.anmorecamp-rv.ca/> however they have a 2 night minimum stay during the summer.

Event Registration

- Registration will be available:
 - Saturday morning at the Sprint in Mundy Park
 - Saturday afternoon at the Middle in loco
 - Sunday morning at the Long in loco
- Bring to registration:
 - Your SI stick (number check) - renters collect their SI stick at registration
 - If you are not a member of an Orienteering Club you need to [signin](#) and complete a GVOC membership form for each participant - <https://gvoc.whyjustrun.ca/pages/122>
 - If you have not signed the GVOC waiver in 2018 then you need to [signin](#) and complete a waiver for each participant - <https://gvoc.whyjustrun.ca/pages/122>

General

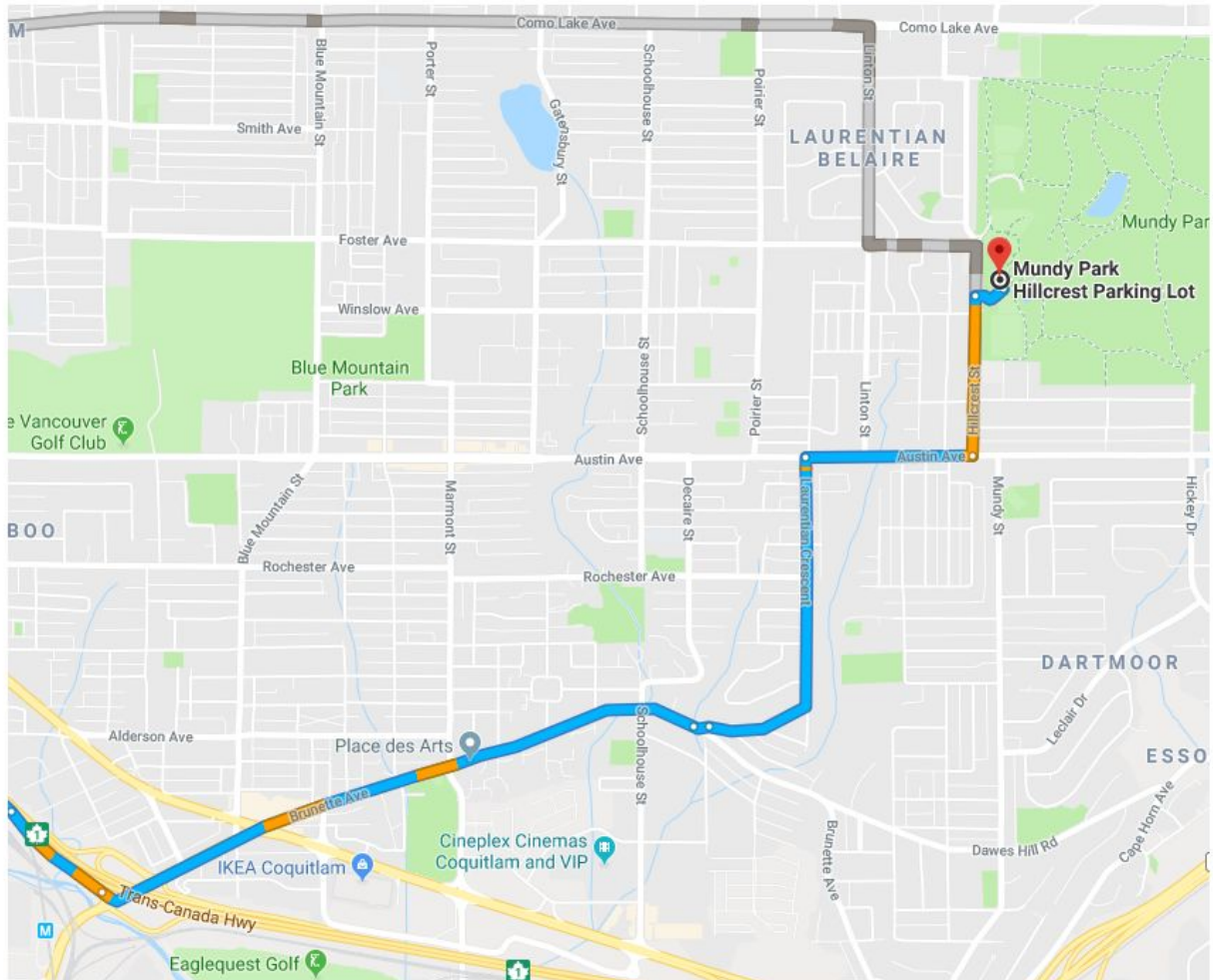
- Change of clothing may be left in the registration tent.
- First Aid: available at the FINISH for all events
- Only a limited supply of granola type bars will be provided after the Sprint event. Please ensure that you have a lunch with you or pick up food at any of the many places in Port Moody/loco on the way to the Middle
- Only a limited supply of granola type bars will be provided after the Middle event.
- Starts
 - All races have pre-assigned start times for championship class competitors.
 - Start times will be posted at registration at each event.
 - Please arrive at the start in time for your assigned time!
 - Punch starts will be used at all 3 events.
 - Clear and check BEFORE entering the start grid.
 - All starts will use a 3 minute start grid.
 - Clear and check well before your call up time
 - 3 minutes prior: enter box 3 - verify SI number and punch "check" control
 - 2 minutes prior: enter box 2 - pick up control descriptions
 - 1 minute prior: enter box 1 - pick up map but do not turn over, a start official will confirm the course number your map (and also confirm scale and contour if you have forgotten)

- - In 2017, Orienteering Canada introduced a new rule that allows younger participants to preview the map before starting. This means that youth running in the MF10, MF11-12, and MF13-14 age classes will be able to pick up their map one minute before starting their race. In this way, you can orient your map, figure out where the start triangle is, and plan your route to the first control.
 - On the beep: punch the start SI unit on the start line, then go!
 - Participants are required to pass within 5m of the start control flag, there is no SI unit on the start control flag
- Finish
 - Punch the finish then proceed to download immediately. It is very important that we know you are safe
 - Middle will have map collection at the finish or at download. Middle maps will be returned after the long event on the Sunday unless you aren't participating in the long. Please don't share middle course maps with people who are running in the long.
 - ***All races have a course closure time and an individual time limit which must be obeyed***
 - All participants MUST report to the finish before course closure and download immediately.
- Equipment:
 - Whistles are MANDATORY on ALL COURSES and will be checked at the start
 - A watch enables participants to adhere to course closure times and individual time limits
 - GPS watches are allowed
 - If you've rented an SI stick it'll be available at registration to pick up. Please return it at the finish after your last race.
- Jury for all events: John Rance, Brian May, Jeremy Gordon
- Any protest must be filed in writing within 30 minutes of course closure at the event registration or finish.

Sprint - Mundy Park

Directions and Parking

Take the Brunette Ave North Exit from Highway 1. Follow Brunette Ave North and take a left hand turn onto Laurentian Crescent. Follow Laurentian Cres as it takes a left hand turn as it continues up hill. Turn right onto Austin Ave and then left onto Hillcrest Street. Parking is in the parking lot off Hillcrest Street.



Sprint Event Information

Event director – Robyn Rennie (GVOC)

Course planner – Joanne Woods (GVOC)

Controller – John Rance (GVOC)

Registration 10:30am - 11:00am

Starts: 11:00am to 11:30am Saturday July 7th

Max time permitted: 1 hour

Course closure: 12:30pm

On Saturday July 7th Mundy Park is embargoed until 12:30pm. See below for warm up area.

Registration is at the Mundy Park Field House. Checkin and verify that you have completed the waiver.

Pickup rental SI units. Check for whistle. These will be available for purchase if you don't have one.

Map and course details

Sprint Course	1	2	3	4	5
Distance (km)	1.5	1.8	2.1	2.5	3.1
Climb (m)	minimal	minimal	minimal	minimal	18
# of Controls	14	13	18	17	20
Classes	M10	F75+	F45+	F15-16	M17-18
	F10	M75+	F55+	M15-16	M19-20
Map Scale	M11-12	F80+	M65+	F17-18	M21E
1:4000 or	F11-12	M80+	F65+	F19-20	M35+
1:5000	M13-14	F85+	F17-20S	F21E	M45+
	F13-14	M85+	M17-20S	F35+	M21S
	M15-16S	F90+		M55+	
	F15-16S	M90+		F21S	
Recommended Winning Time	12-15 min	12-15 min	12-15 min	12-15 min	12-15min (15+ for M45)

Mundy Park., ISSOM standard

1:5000 for all courses

2 m contours.

Fieldwork and drafting, Meghan Rance, 2013. Minor Updates by David Bakker and Ben Smith 2018.

Course Planner's Notes

Mundy Park is a relatively flat park with a blend of open grassy areas, forested walking trails, five softball fields, a lacrosse box, Disc golf course, outdoor swimming pool and four parking areas. Only the two southern-most parking areas off Hillcrest Ave. can be used, as the two parking lots close to Spani Pool are embargoed. The park will be busy as there is a provincial softball competition that weekend. Also, the courses go through the disc golf course, so competitors should be aware of potential flying Frisbees.

Due to the large number of people using the park, GVOC is using cable locks to protect the majority of the controls. The wire is meant to be there, sadly it MAY affect punching. Older SI sticks need to be pushed

much further into the unit. It also slows you down a wee bit as there is a smaller hole to aim for... please ensure the SI unit beeps or flashes to guarantee no mispunches from a mechanical issue.

All playing fields are out of bounds.

Please use caution if you choose to run through one of the parking lots.

Water features on the map are variable. Most of the marshes on the map are crossable as they are currently dry – unless it rains. Some of the smaller creeks may be dry, but the larger ones will still have water.

Trail system at Mundy Park: The sprint map is on the western edge of Mundy Park, so if you go too far east it is possible to run off the sprint map but continue running the web of trails in Mundy Park.

There are some trails through the white forest. Many of the indistinct trails have numerous sticks and branches crossing the trail so they can be difficult to see at times and they create tripping hazards.

Please be considerate of other park users and dog walkers.

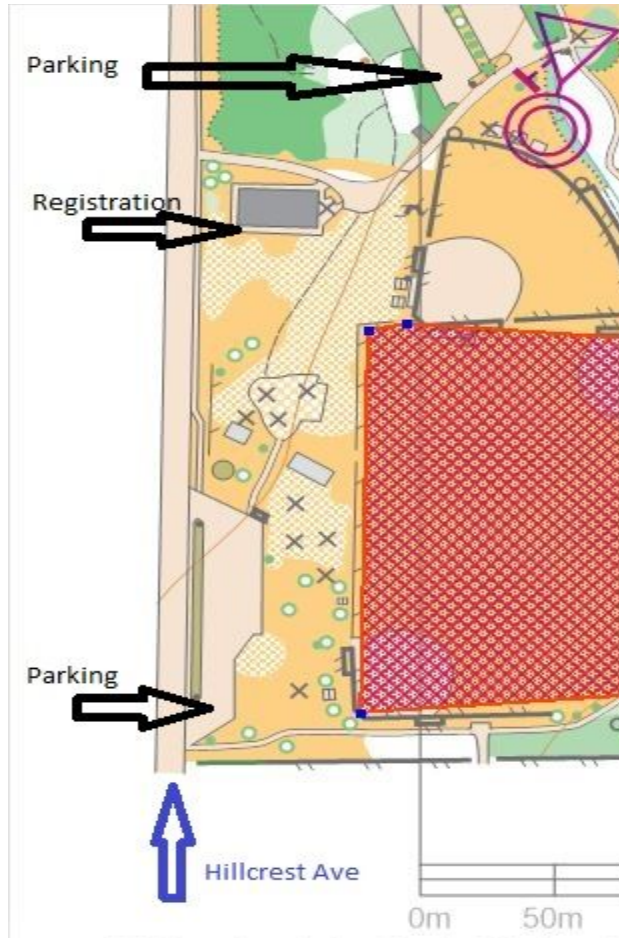
SAFETY BEARING IS WEST

Drinking water, facilities

Toilets are in the Mundy Park Field house. There is no water on the course. Water is available in the Field House. Please fill your water bottles before moving to loco for the Middle

Footwear: Running shoes or trail shoes with non-aggressive tread. No spikes or dobs. You will be crossing some lawn areas.

Awards ceremony: Following the banquet



Building has registration and washrooms. Parking is in either lot south of the building and just NE of the building near the start/finish.

Warm up area is south of the building and to the west side of the softball fields or on the streets surrounding the park. The rest of Mundy Park is embargoed.

Controller's Notes for Middle and Long

Welcome to our newest forest orienteering map – *loco*. This is a special area - it contains the most open forest terrain we have mapped on the Coast of BC - tall trees, no blackberries and little or low salal. The resulting openness allows many route choices between controls, but since the mapped area is small, (<1.75 km²), you should anticipate that your course may include cross-overs.

Powerlines: Part of the land we are using is owned by *BC Hydro*, which operates a large Thermal Power Generating Plant on the shore of Burrard Inlet. There are both small and large power lines running from the Power Plant up through the eastern part of the map. Note that only the **large steel power poles (towers)** appear on the map (using the “tower” map symbol). Neither the power lines themselves, nor the smaller (wooden) power poles are shown on the map.

Trails: There is an extensive network of small trails in the mapped area, which have been developed by the Canadian Pacific Trials Association, whose car park is being used as our event arena. Trials riders use low-powered motorbikes to make their way carefully through the terrain, and some of these may be riding on the map during the WCOG. Some of their main trails have small markers and large signs on them, and these trails are on your map. However, since trials riders can go virtually anywhere, many of their other tracks are more dispersed, and therefore much less visible in the terrain. These either have not been mapped, or may have only been mapped in short stretches where they are more easily seen. Do not assume that a trail which seems to be going in the right direction will take you where you want to go. Therefore, on the longer courses, in particular, **do NOT rely on the trails for navigation or for re-locating!!**

Rock, water and vegetation: The loco terrain is steep in places, with many discrete rock features, both large and small, including some large cliffs, numerous rock faces and boulders of all sizes (but >1m high). There are also patches of bare rock – mapped with a grey screen when all vegetation is absent, and as open (yellow screen) if the rock has a blanket of moss or lichen.

Water features include a few small marshes (the smallest marshes may be completely dry), several dry creek beds, and a few active streams. The latter are not hazardous to cross, but the trials riders have also built a number of ‘bikeable’ bridges. We do not recommend that you attempt to cross the larger marshy areas in the south and eastern part of the map.

Vegetation is generally well mapped. Note that white (open forest) generally shows runnable terrain but you should expect to use some significant energy getting over/around fallen timber.

Route to success: This terrain rewards disciplined compass work, strong terrain interpretation skills, and navigation that relies more on using the landform features of hills, gullies, rock faces, knolls etc than on locating/following trails. Knowing where you are at all times will be the key to a successful race. Stay in contact with the map, and enjoy orienteering in this remarkable area!

SAFETY BEARING IS EAST

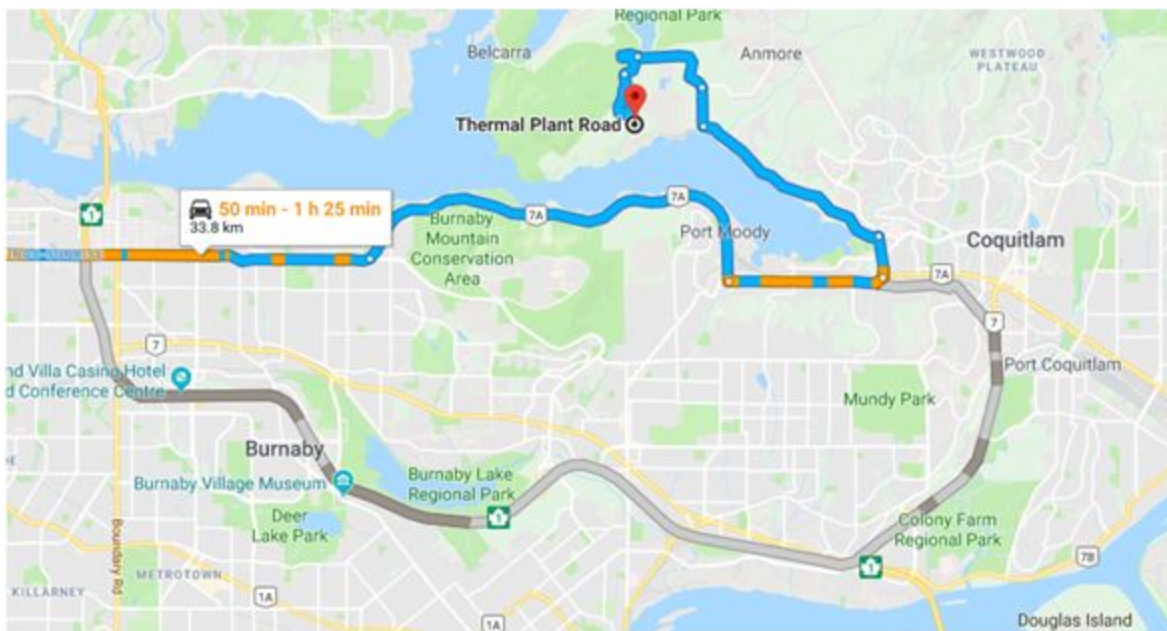
IOCO Model Map – Available from 11am till 7:30pm on Friday July 6 and before the Middle on Saturday and the Long on Sunday.

Directions and Parking

Take the Barnet Hwy (7) into Port Moody. It changes into St Johns Street and continues North through Port Moody. Turn left into loco Road at the major intersection. Follow loco Road as it takes a left turn at Ungless Way - if you go up the hill, you have missed the corner. Follow loco Road for 3.6km and turn right at 1st Ave. Continue on 1st Ave into Bedwell Bay Road. Veer left at the stop sign onto Tum Tumay Whueton Rd, and follow the signs to Belcarra Park Picnic Area. Take the first left onto Thermal Plant Road, following the signs to the BC Hydro plant. Thermal Plant road is marked as a private road. On Friday, July 6, you will need to park on the side of the road near the access gate to the Canada Pacific Trials Association parking lot as we will have no one attending the gate, and it may be closed and locked at any time..

The area of the IOCO Model Map will be available from 11am till 7:30 pm on Friday July 6 (Note that access gates to Belcarra Park are closed from 9pm to 7am, so there will be no access to Thermal Plant Road and the loco map during this time.

We will have an orienteering sign near the CPTA parking lot access gate, and some Model Maps will be available, in a plastic bag near the orienteering sign. The Model map will have 5 controls (#301 to #305). On July 6, the Model maps in the bag will be at the 1:7500 and 1:10000 scales used on the Middle courses on Saturday. On Saturday afternoon and Sunday morning, the model maps will be available at all three scales to be used on Sunday.



Description of Model Map

Only the large steel power poles (towers) have been mapped, using the symbol of a large black dot over a cross. There are several of these power poles located near the carpark and shown on the Model map, which surrounds the car parking areas. It is highly recommended that you use/review the Model map to familiarize yourself with the mapping style. In particular, the small hill located at the south end of the Model map is mapped as mostly white runnable forest, but also includes some cliffs (some passable and one impassable), open land and light green vegetation. The eastern part of this small hill has bare rock and is mapped as grey shading.

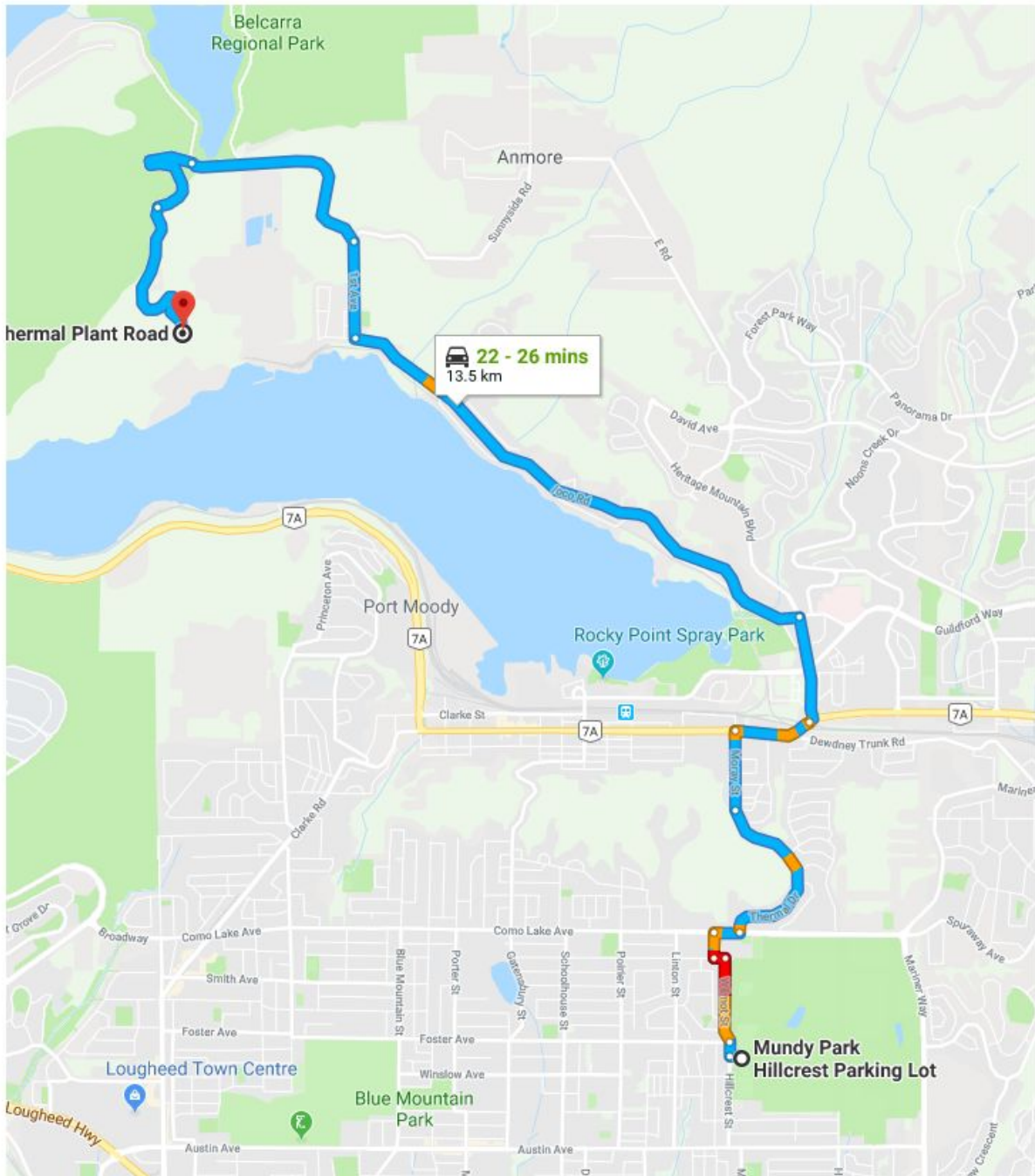
Middle - loco

Directions and Parking

Allow 30 minutes from Mundy Park

From Mundy Park turn North onto Hillcrest Street, continue onto Wilmont Street, turn Left on Regan Ave and Right on Montrose Street. Then turn Right on Como Lake Road and Left onto Thermal Drive. Continue on Thermal Drive into Moray St. Turn Right onto the Barnet Hwy (7)/ St Johns Street and prepare for a Left turn into loco Road at the major intersection. Follow loco Road as it takes a Left hand turn at Ungless Way - if you go up the hill you missed the corner. Follow loco Road for 3.6km and turn right at 1st Ave. Continue on 1st Ave into Bedwell Bay Road. Veer left at the stop sign onto Tum Tumay Whueton Rd - following the signs to Belcarra Park. Then take the first left onto Thermal Plant Road following the signs to the BC Hydro plant. This road is marked as a private road. The parking is on the left in a gravel lot.

The Canadian Pacific Trials Assoc owns this lot and has given us permission to use a part of it. Please be respectful of their riders and obey any direction signs. We don't anticipate that it will be busy on the Saturday afternoon however it may be busy on the Sunday morning.



Middle Event Information

Officials

Event director – Robyn Rennie (GVOC)

Course planner – Stan Woods (GVOC)

Controller – Brian Ellis (GVOC)

Starts: 14:30 - 15:30 Saturday July 7th

Max time permitted: 2 hours

Course closure: 17:30pm

Registration and check in open at 2:00pm. Registration closes at 2:30pm. If you didn't attend the Sprint event then you need to check in with Registration to verify that you have submitted a waiver and have a whistle and SI stick.

Map and course details

loco 2018 5m contours.

1:10000 for courses 7 and 8.

1:7500 for all other courses.

ISOM standard. Base map Bryan Chubb, Fieldwork and drawing - Magnus Johansson, Don Bayly, Brian Ellis

Middle Course	1	2	3	4	5	6	7	8
Distance (km)	1.7	1.7	1.7	2.2	1.5	2.2	3.0	3.8
Climb (m)	60	50	60	85	60	100	125	160
# of Controls	13	13	17	21	9	13	17	21
Classes	M10 F10	F11-12 M11-12	F13-14 M13-14 F15-16 S M15-16 S	F15-16 M15-16	F75+ M75+ F80+ M80+ F85+ M85+ F90+ M90+	F17-18 F45+ F55+ F65+ M65+ F17-20 S M17-20 S F21 S	M17-18 F19-20 F21 E F35+ M35+ S M45+ M55+ M21+ S	M19-20 M21 E M35+
	Open Beginner			Open Intermediate		Open Advanced		
Technical Difficulty	1	2	3	3	4	5	5	5
Recommended Winning Time	20-25	20-25	20-25	35-30	30-35	30-35	30 for Elite 35 for others	30 for Elite 35 for others
Map Scale	7500	7500	7500	7500	7500	7500	10000	10000

Course planner notes

It is highly recommended that you use/review the Model map to familiarize yourself to the map. In particular the small hill located at the south end of the Model map is mapped as mostly white runnable forest, but also includes some cliffs (some passable and one impassable), yellow vegetation and light green vegetation. The eastern part of this small hill on the Model map is bare rock and mapped as grey shading. You will cross other bare rock areas on your walk to the Start and there are some bare rock areas on the Middle map. None of the powerlines or smaller power poles are shown on the map. Only the **large steel power poles (towers)** appear on the map (using the "tower" map symbol). However, generally there are gravel tracks running under the power lines and these are mapped using the vehicle track symbol of a thick black line with short dashes.

Starts

The route to the START will be marked with flags and is about 400 m from the parking area. Allow yourself between 5 and 10 minutes to access the START. It is suggested you travel to the START, well before your start time and then use the trail to the start or the Model Map to do your warm-up.

Footwear: Shoes with studs are recommended

Drinking water, facilities

Toilets are by the parking lot. There is no water on the course. Refreshments and water available after download.

Hazards

- Please be careful on the rocky terrain - it is very slippery if wet!
- We are in black bear country. Please be bear aware. However there have been no bear sightings in the area. There are a number of deer who are not worried about human activity
- There are some significant cliffs in the area.

Safety route The event area is bounded on the north and east sides by roads. The south and west is bounded by very steep contours leading into the water of Burrard Inlet.

SAFETY BEARING IS EAST

Course will close very promptly at 17:30pm so that we can all get to the Banquet. Do not take more than 2 hrs to complete your course.

Banquet - Poirier Leisure Center Room 2

Room opens at 6:00pm

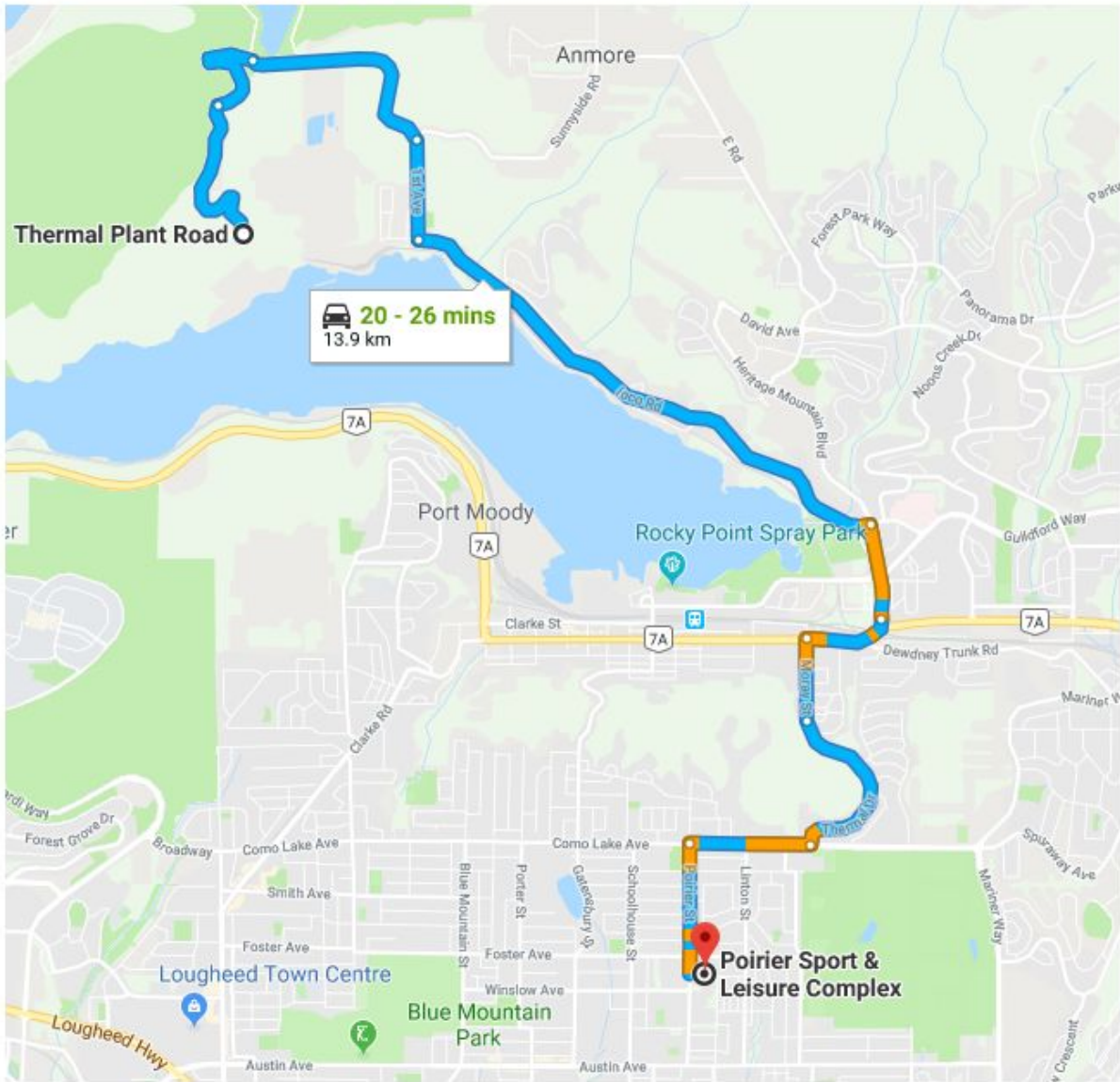
Dinner served at 6:30pm

- Awards for Sprint and Middle will be presented after the meal.
- The Pig War standings will be decided depending on the 2018 Rules.

Directions and Parking

Allow 30 minutes from loco Map

Retrace your steps back to the Barnet Hwy (7). Turn right onto Barnet Hwy/St Johns Street. Left onto Moray St continue onto Thermal Road. Turn right on Como Lake Ave and then left onto Poirier Rd. There is lots of parking in front of the building. There is a swimming pool and hot tub and the banquet will be in Room 2.

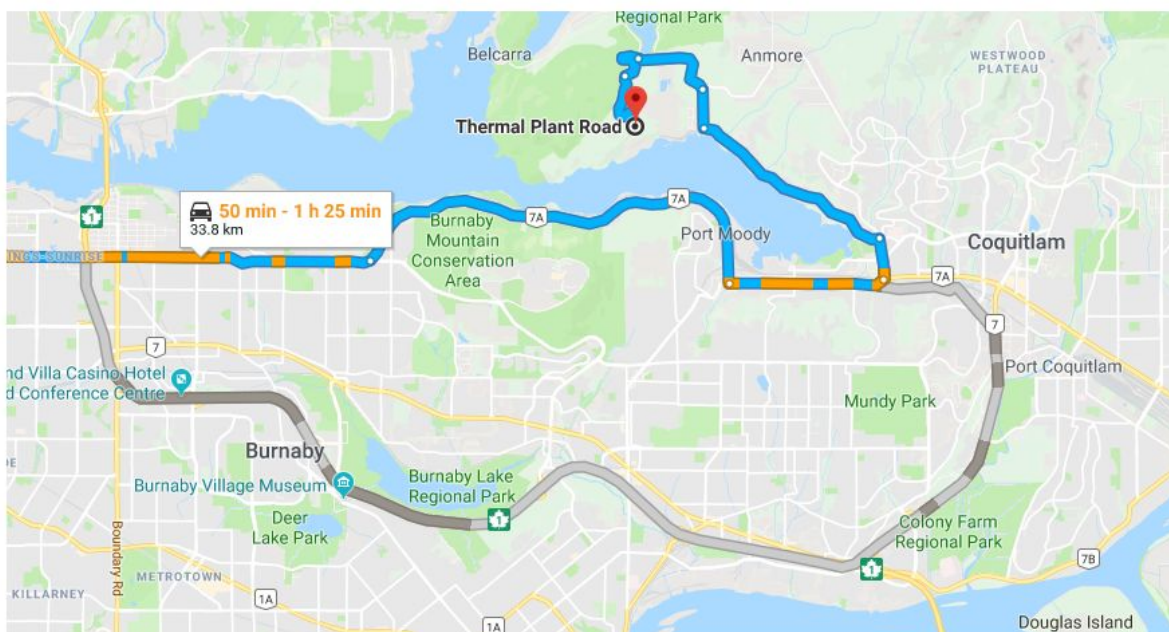


Long - loco

Directions and Parking

Take the Barnet Hwy (7) into Port Moody. It changes into St Johns Street and continue through Port Moody. Turn left into loco Road at the major intersection. Follow loco Road as it takes a Left hand turn at Ungless Way - if you go up the hill you missed the corner. Follow loco Road for 3.6 km and turn right at 1st Ave. Continue on 1st Ave into Bedwell Bay Road. Veer left at the stop sign onto Tum Tumay Whueton Rd - following the signs to Belcarra Park. Then take the first left onto Thermal Plant Road following the signs to the BC Hydro plant. This road is marked as a private road. The parking is on the left in a gravel lot.

The Canadian Pacific Trials Assoc owns this lot and has given us permission to use a part of it. Please be respectful of their riders and obey any direction signs . We don't anticipate that it will be busy on the Saturday afternoon however it may be busy on the Sunday morning.



Officials

Event director – Robyn Rennie(GVOC)

Course planner – Bruce Rennie (GVOC)

Controller – Brian Ellis (GVOC)

Starts: 10:00am - 11:00 am Sunday July 8th

Max time permitted: 3 hours

Course closure: 14:00pm

Awards ceremony - as soon as possible after 14:00

Registration and check in open at 9:30am. Registration closes at 10:00am. If you didn't attend the Sprint or Middle event then you need to check in with Registration to verify that you have submitted a waiver and have a whistle and SI stick

Map and course details

loco ISSOM standard

1:7500 for courses 1, 2, 3, 4, 5 & older age group classes on course 6

1:10000 for younger age group classes on course 6 and non-elite classes on courses 7

1:15000 for Elite courses.

5.0 m contours. Fieldwork and drafting, Magnus Johansson, Don Bayly, Brian Ellis 2018.

Long Course	1	2	3	4	5	6	7	8
Distance (km)	1.3	1.5	1.5	2.0	2.3	3.3	5.0	6.2
Climb (m)	35	45	55	70	95	90	240	325
# of Controls	8	8	6	9	9	12	14	18
Classes	M10 F10	F11-12 M11-12	F13-14 M13-14 F15-16 S M15-16 S	F15-16 M15-16	F75+ M75+ F80+ M80+ F85+ M85+ F90+ M90+	F17-18 F45+ F55+ F65+ M65+ F17-20 S M17-20 S F21 S	M17-18 F19-20 F21 E F35+ M35+ S M45+ M55+ M21+ S	M19-20 M21 E M35+
	Open Beginner			Open Intermediate		Open Advanced		
Technical Difficulty	1	2	3	3	4	5	5	5
Recommended Winning Time	30-35	30-35	30-35	50-55	45-50	50-55	60-70	80-90
Map Scale	7500	7500	7500	7500	7500	7500 or 10000	10000 15000 for Elite	15000

Course Planner's notes

Courses 1 & 2 have a number of legs which are flagged with flagging tape

Proceed along the pin-flagged route to the Start. Please walk on left side of road then left after short fence. Small walking route maps are available at Registration desk.

Distance to the start for courses 4 - 8 is 850m with 70m of climb and will take approximately 30 minutes at a walking pace. So leave lots of time to get to the start.

Distance to the start for courses 1 - 3 is 270m with no climb. Small walking route maps are available at the Registration desk.

Please see the Controller's notes for specific information on the map, particularly the paths and their visibility. Their visibility will be very dependent on weather and the amount of motorbike use.

Footwear: Shoes with studs are recommended

Drinking water, facilities

Toilets by the parking lot / registration. Please note there is **no** water at either start. Please drink before leaving the Registration area. There is water on the course and water at the finish. Be well hydrated before proceeding to the start on all courses. Refreshments and water after download.

Clothing Drop

There is no clothing drop off at the start. Please come to the start ready to run.

Hazards

- Please be careful on the rocky terrain - it is very slippery if wet!
- We are in black bear country. Please be bear aware. However there have been no bear sightings in the area. There are a number of deer who are not worried about human activity
- There are some significant cliffs in the area.

Safety route The event area is bounded on the north and east sides by roads. The south and west is bounded by very steep contours leading into the water of Burrard Inlet. If lost, please head up hill and east.

SAFETY BEARING IS EAST

Course will close very promptly at 14:00pm

Do not take more than 3 hrs to complete your course.