

2016 Rocky Mountain Orienteering Festival

June 29 - July 4, 2016 • Medicine Bow National Forest

Hosted by RMOC & LROC



Event Schedule

Date	Time (MDT)	Event	Location*
Wednesday, June 29	4:30 pm	Laramie Daze Day 1 - Mass start at 4:30 pm - Course closes at 6:30 pm	Moose Outlet
Thursday, June 30	10:00 am	Laramie Daze Day 2 — One Cowgirl Relay - Mass start at 10:00 am - Course closes at 12:00 pm	Pitcher Hill
Friday, July 1	10:00 am	Laramie Daze Day 3 - Mass start at 10:00 am - Course closes at 12:00 pm	Devil's Claw
	5:00 pm to 7:00 pm	Packet pick-up	Hilton Garden Inn 2229 Grand Ave.
Saturday, July 2	9:00 am	National Event Day 1 <i>Western States Championships</i> - First start at 9:00 am - Courses close at 2:00 pm	Twin Boulders
	4:00 pm to 6:00 pm	OUSA Board Meeting - All are invited to attend	Laramie Rec Center 920 Boulder Dr.
	5:30 pm	Lasagna Dinner - RSVP / pre-registration required.	Laramie Rec Center 920 Boulder Dr.
Sunday, July 3	9:00 am	National Event Day 2 <i>Western States Championships</i> - First start at 9:00 am - Courses close at 2:00 pm	Remarkable Flats
Monday, July 4	9:00 am	National Event Day 3 <i>Western States Championships</i> - First start at 9:00 am - Courses close at 2:00 pm	Diamond Bay

*See driving directions on page 2 and overview map on page 9.

Driving Directions

⚠ Directional signs will not be posted for the Laramie Daze events on Wednesday, Thursday & Friday.

All directions assume you are coming from Laramie on I-80, and exiting at the Summit exit, exit 323.

- Wednesday, June 29 — Laramie Daze Day 1 — Moose Outlet: Take exit 323, drive north over the interstate, and turn left onto WY 210 (Happy Jack Road). Take WY 210 east towards Cheyenne for about 6.3 miles, turn right onto Forest Service road 707, and drive for about 0.9 miles and park (the road here is passing through a fairly featureless prairie area on both sides).
- Thursday, June 30 — Laramie Daze Day 2 — Pitcher Hill: Take exit 323, drive north over the interstate, and turn left onto WY 210 (Happy Jack Road). Take WY 210 for about 2.8 miles, and turn left onto Forest Service road 712. Follow 712 for 2.1 miles to a "T" intersection and turn right. Continue on 712 for 0.3 miles and turn left at the next intersection. Follow 712 for 1.8 miles to a four-way intersection and continue straight on 712 for another 0.4 miles to the intersection of 712 and 710. Veer right onto 710 (don't take the sharp right going downhill) and continue about 0.7 miles on 710 to the vicinity of a prominent single pine tree on left side of road and park.
- Friday, July 1 — Laramie Daze Day 3 — Devil's Claw: Take exit 323, drive north over the interstate, and turn left onto WY 210 (Happy Jack Road). Continue along 210 for about one mile, and take the first left onto Forest Service road 703. Follow 703 for 1.5 miles and bear right onto 714 (instead of going straight and over a raggedy cattle guard). Follow 714 for about 0.6 miles and bear left onto 715. Take 715 across the cattle guard and continue. The start and finish are about 0.25 miles further down the road where a short jeep trail segment forks left from the main dirt road. There is only limited parking space there and the road gets steeper past this point, so once space there fills up, we suggest parking **before** you get to the start/finish area; there is plenty of room to either side of the road where the forest to either side begins to edge closer to the road, at about 0.2 miles from the cattle gate.
- Saturday, July 2 — National Event Day 1 — Twin Boulders: Take exit 323, drive north over the interstate, and turn left onto WY 210 (Happy Jack Road). Take WY 210 east towards Cheyenne for about 7.6 miles and turn left onto Forest Service road 701. Stay on 701 for one mile to the corral and cattle guard. Continue across cattle guard and follow 701 for about 1.1 miles to the junction with 701D. Turn right onto 701D and continue for about 100 yards to where the road tops out in a flattish area.

NOTE: After parking, you will have to pass through a cattle gate on the way to the start and again coming back from the finish. It is imperative that the gate gets closed each time so that the cattle don't escape.

- Sunday, July 3 — National Event Day 2 — Remarkable Flats: Take exit 323, drive north over the interstate, turn onto WY 210 (Happy Jack road), continue east on 210 for about 8.1 miles, and turn left onto Forest Service road 708. Follow 708 for about 0.25 miles to the intersection with a side road.
- Monday, July 4 — National Event Day 3 — Diamond Bay: Take exit 323, drive north over the interstate, and turn left onto WY 210 (Happy Jack Road). Take WY 210 east towards Cheyenne for about 7.6 miles and turn left onto Forest Service road 701. Stay on 701 for one mile to the corral and cattle guard. At the corral, turn right onto the side road, 701G.

Parking

Please park as directed by the parking marshals. Only pull off far enough to be clear of the main roadway.

Mapper's Notes

The three areas being used for the events on Saturday, Sunday and Monday have been mapped over a long period of time, in stages, with the earliest mapping dating back to 1998 or so (the original Twin Boulders map, which is the western portion of the existing Twin Boulders map), and the most recent mapping comprising two additions to Remarkable Flats in 2015. With the last major event on any of these areas taking place in 2008, much of the mapped area will be new to most participants, and some of it has never been used or seen before.

Light revisions were made to all maps in spring 2016, with the main aim being to incorporate trail changes, some changes due to beaver activity or lack of same, the presence of some seasonal water features, and some smaller miscellaneous improvements.

All the maps are in granite terrain, and while there are areas of rather bland, completely open grasslands, all of the maps include areas of very complex rock detail, including bare rock, scattered small rock, and boulders and cliffs of all sizes. In the most detailed areas, and especially on some of the smaller, most detailed knolls, it has been necessary to heavily generalize the detail to show the most significant features while retaining an acceptable amount of legibility — or at least that was the aim!

Almost no boulders under 1m have been mapped, and cliffs generally need about 2m of near vertical face to make the map. The exceptions are generally very isolated boulders that are especially eye-catching.

Nearly all dot knolls are pieces of rock protruding through the surface of the ground and these rock dot knolls all have been mapped with the bare rock symbol (which may be hard to see on the map depending on how far the gray extends beyond the brown dot). From various angles, dot knolls and boulders may strongly resemble each other. The rough guideline I use is: if you can easily run up onto the piece of rock in question, it's a dot knoll. Some dot knolls mapped are quite low, and well under 1m.

The forest on all three areas is mostly ponderosa pine, with areas of aspen groves. The aspen groves are generally compact with very clear edges, have almost without exception been mapped as light green, and are often highly visible features that are quite good to navigate by.

The ponderosa pine forest tends to be quite open in nature without continuous canopy except in denser stands found mostly on north facing slopes. This means these pine-forested areas will often have a very mottled white and yellow mixture of colors on the map, and the difference between full white, open forest and areas of more scattered trees with varying amounts of rough open or open ground can be quite subtle. The pines have been hit hard by pine bark beetles in recent years and, in some smaller areas, numbers of dead trees have started to come down. The maps have not been updated to reflect any of this beetle kill, so areas of standing or fallen trees will still be reflected by white on the map. Some smaller areas (think house-sized) may be somewhat difficult to traverse because of fallen trees, but are generally easily avoided by looking ahead in the terrain.

Very few distinct trees have been mapped as such, but all the maps include large amounts of individually mapped trees mapped as small white circles (copses) in areas of yellow. This mapping style (rather than using large amounts of green "x" symbols) makes for a much cleaner map with easier to read contours — which often get obscured by green "x's". These single tree copses are often very useful navigational features.

Beavers are quite active in all the major drainages, with the resulting beaver ponds/marshes in constant degrees of flux. Where it matters to route choice, the maps have been updated to reflect all (I hope!) existing ponds and more difficult to cross deep-water marshes. These major drainages tend to be occupied by marshes of varying width rather than by a narrow stream, and the marshes often feature large and rather intricate amounts of

Mapper's Notes (continued)

willow bushes which are either "fight" or medium-green in nature, and which are besides somewhat "clumpy" with numerous tiny passages that are not immediately apparent. These areas of willow marsh have generally *not* been mapped in great detail and the main aim was to show the general nature of a particular stretch of marsh. I think only the two longest courses cross any major drainages and my advice to runners would be to keep your eyes open as you descend towards a big marsh area and try to pick out easier locations to cross and to avoid the uglier spots. You really won't want to do much map reading there — you will just want to get across and be on your way.

One rather small trail runs through nearly the entire length of Twin Boulders and for a good chunk of Diamond Bay. At this time of year, it's not easily distinguished from a cattle trail, but has been mapped because it is part of the Laramie Enduro Mountain Bike Race course. As bike traffic increases (people out training on the course), the trail begins to widen and become more apparent, but right now in low, moist spots there are small sections of trail which will be nearly invisible. I've included the trail mostly as a cultural feature of note, and as such, deserving to be on the maps.

Only the longest courses will get into the newly added southeast corner of Remarkable Flats, but for those of you who get there, I hope you will enjoy it. It's a very special piece of granite terrain.

Mapping is hard to do well, very time consuming, but very easy to criticize. That said, I always appreciate hearing comments from racers, both pro and con, about my maps once they've been out on them.

— Mikell Platt

Awards & Eligibility

Overall and Western States Championship awards will be based on each participant's three-day combined time for the classic-distance national event days (Saturday, Sunday & Monday, July 2, 3 & 4).

Anyone can participate and compete for overall awards at this meet (1st, 2nd and 3rd place).

To be eligible for the Western States Championship awards (1st place only), you must meet the following requirements:

- Must be a current member of Orienteering USA, in good standing.
- Must have been a resident of a western state for at least six months since July 1, 2015. (The western states are: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, and Wyoming.)

Falling Tree Hazards

Please use caution when visiting National Forest System lands impacted by the mountain pine beetle infestation. Dead trees can and do fall without warning and with little or no help from the wind. Everyone who visits the national forest needs to be very aware of their surroundings. More and more trees are expected to fall over the next several years. Trees typically begin falling within 3-5 years of beetle kill and continue to fall for the next 10-15 years.

Course Details

Saturday, July 2nd — National Event Day 1

Map: Twin Boulders

Course Setter: Graham Baird

Distance from parking to the start: ~500 meters.

It was a snowy spring in the Laramie Range, so there was a lot of snow that melted, leaving streams high and areas around streams wet, though nothing is impassable. Be aware, the main dirt roads in the area all may have heavy ATV travel and people may camp along these roads almost anywhere. In general, there's lots of sage to run through and mule deer are a common sighting. Overall the map is excellent and accurate, though it is not impossible to find the occasional rock feature or tree that has not been mapped; but there are so many features to navigate by, such details should be inconsequential. Most light green areas are aspen groves, but not all, and vice versa. All courses except White will have a minimum of two fence crossings, depending on route choice. Longer courses (Red & Blue) may be printed with north not parallel to the map's edge. All maps will be 1:10,000 scale.

 NOTE: You will have to pass through a cattle gate on the way to the start and again coming back from the finish. It is imperative that the gate gets closed each time so that the cattle don't escape.

Day 1 Course	Length (km)	Climb (m)	# of Controls	Classes
White	1.7	15	6	· F-10, F-12, F-White · M-10, M-12, M-White · Grp-White
Yellow	3.3	65	10	· F-14, F-Yellow · M-14, M-Yellow · Grp-Yellow
Orange	5.5	125	10	· F-16, F-Orange · M-16, M-Orange · Grp-Orange
Brown	4.5	115	8	· F18, F55+, F60+, F65+, F70+, F75+, F80+, F85+, F90+, F-Brown · M65+, M70+, M75+, M80+, M85+, M90+, M-Brown
Green	6.8	170	9	· F-20, F35+, F40+, F45+, F50+, F-Green · M-18, M50+, M55+, M60+, M-Green
Red	9.2	260	13	· F-21+ · M-20, M35+, M40+, M45+, M-Red
Blue	12.3	385	17	· M-21+

Course Details (continued)

Sunday, July 3rd — National Event Day 2

Map: Remarkable Flats

Course Setter: Neal Barlow

Distance from parking to the start: 1000 meters.

"Straight is great" at Remarkable Flats. It is a large, flatish, open area, with a lot of rock detail. Fast and accurate navigation will be the key. The water features are wet. Orange, Brown, Green, Red, and Blue courses will cross barbed-wire fences.

Day 2 Course	Length (km)	Climb (m)	# of Controls	Classes
White	2.0	30	13	· F-10, F-12, F-White · M-10, M-12, M-White · Grp-White
Yellow	2.6	40	8	· F-14, F-Yellow · M-14, M-Yellow · Grp-Yellow
Orange	4.1	90	9	· F-16, F-Orange · M-16, M-Orange · Grp-Orange
Brown	4.7	110	9	· F18, F55+, F60+, F65+, F70+, F75+, F80+, F85+, F90+, F-Brown · M65+, M70+, M75+, M80+, M85+, M90+, M-Brown
Green	6.7	200	12	· F-20, F35+, F40+, F45+, F50+, F-Green · M-18, M50+, M55+, M60+, M-Green
Red	8.3	200	13	· F-21+ · M-20, M35+, M40+, M45+, M-Red
Blue	11.5	350	22	· M-21+

Course Details (continued)

Monday, July 4th — National Event Day 3

Map: Diamond Bay

Course Setter: Joel Swisher

Distance from parking to the start: 600 meters.

The terrain for the Day 3 courses should provide plenty of variety and probably less of the wide-open spaces than the first two days. This map has some dramatic and scenic rock features and, in the southern part, a lot of elevation change, which the Red and Blue course runners will experience. Most other areas are runnable and should be fast, but be cautious – this map might be trickier to navigate than it looks. While there are relatively open areas with sagebrush and sporadic pines, other areas of "rough open" have just enough trees to limit visibility and challenge navigation. Areas mapped as light green are generally aspen glens, and they vary considerably in density and runnability, so be observant and flexible in your route choice.

Day 3 Course	Length (km)	Climb (m)	# of Controls	Classes
White	2.5 km	25 m	9	<ul style="list-style-type: none"> · F-10, F-12, F-White · M-10, M-12, M-White · Grp-White
Yellow	3.2 km	30 m	9	<ul style="list-style-type: none"> · F-14, F-Yellow · M-14, M-Yellow · Grp-Yellow
Orange	5.2 km	70 m	12	<ul style="list-style-type: none"> · F-16, F-Orange · M-16, M-Orange · Grp-Orange
Brown	4.6 km	70 m	11	<ul style="list-style-type: none"> · F18, F55+, F60+, F65+, F70+, F75+, F80+, F85+, F90+, F-Brown · M65+, M70+, M75+, M80+, M85+, M90+, M-Brown
Green	5.8 km	125 m	11	<ul style="list-style-type: none"> · F-20, F35+, F40+, F45+, F50+, F-Green · M-18, M50+, M55+, M60+, M-Green
Red	7.5 km	190 m	14	<ul style="list-style-type: none"> · F-21+ · M-20, M35+, M40+, M45+, M-Red
Blue	9.5 km	290 m	19	<ul style="list-style-type: none"> · M-21+

Volunteers

Volunteer Role	Laramie Daze (Wed-Thu-Fri)	National Event (Sat-Sun-Mon)
Meet Director	Mikell Platt	Kris Beecroft
Registrar		Sverre Froyen
Course Setters	Mikell Platt	Graham Baird, Neal Barlow & Joel Swisher
Course Veters	N / A	Jim Baker, Neal Barlow, Kris Beecroft, Sheryl Lehman, Mikell Platt & Dave Pruden
USFS Permits		Mikell Platt
OUSA Course Consultant	N / A	Don Davis
E-Punch Crew	N / A	<u>John Crowther & Chris Silva</u>
Equipment Chairman	Mikell Platt	Doug Berling
Web Team	B. Brooke Mann, Kris Beecroft & Chris Ray	
Dinner, Lodging & Meeting Coordinator	N / A	Kathleen Brennan
Packet Pickup	N / A	<u>Sverre Froyen</u> , Kris Beecroft, Jostein Grepstad & Amy Winston
Start Crew	Mikell Platt	<u>Dennis Carney</u> , Lynn Aldrich, Cameron Murray, Valerie Murray, Glen Schorr & Sam Schorr
Course Pre-Runners	N / A	
Post-Race Snacks	N / A	B. Brooke Mann, Troy Bozarth & Craig Murray
Water	Mikell Platt	Simon & Charlotte Maybury
Jury	N / A	
CPR-Certified People in Attendance	Troy Bozarth & Amy Winston	
SAR Coordinator	Troy Bozarth	
Event Logo / Graphic Design	Jason Poole	
T-Shirt Coordinator	Amy Winston	
Awards	Kris Beecroft & Sheryl Lehman	

2016 Rocky Mountain O' Festival Overview Map

