

➤ **Adventure Racers Family/Youth Groups Beginners**

Orienteer Lake Tahoe



BAOC member Angelica Riley, Burton Creek 2002

Recreational courses:

**Saturday & Sunday
May 24-25, 2003**

Adventure Racers:

Sunday, May 25, 2003

Event Director:

Evan Custer
evancuster@attbi.com
925-254-5628

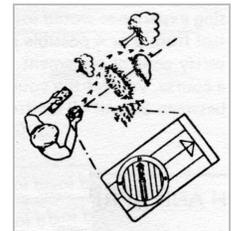
BAOC Information Hotline:
408-255-8018

BAOC Web Site:
www.baoc.org

The Bay Area Orienteering Club will hold an early summer orienteering event at Lake Tahoe on Memorial Day weekend. On Saturday, the event will be at **Spoooner Lake** on the eastern shore of Lake Tahoe, across the highway from Lake Tahoe-Nevada State Park. On Sunday, the event is at **Burton Creek State Park** near Tahoe City, California, on the north shore of Lake Tahoe.

What IS Orienteering Anyway?

Orienteering is a sport in which you find control flags using a topographic map and a compass. It resembles a treasure hunt and emphasizes navigational skills and strategic route choices. You visit each control and punch a control card to prove you were there.



Orienteering develops map reading, use of the compass, and physical fitness.

Orienteering appeals to highly competitive runners, and also to "recreational" orienteers: families, hikers who want a bit of a challenge, youth groups, scouting groups, ROTC'ers, and individuals who just want to have fun.

What courses are offered?

Adventure Racers: There is a special course designed specifically for adventure racers on Sunday. It is of intermediate navigational difficulty (that used in adventure races), but relatively long, about 6 to 7.5 km. It is equivalent to a long orange course.

Recreational Orienteers: There are recreational white, yellow, and orange courses. The **white** course is for beginners; short, on trails, no experience required. The **yellow** course is for advanced beginners; controls are on linear handrails, such as paths, fences, streams, etc., and require little orienteering experience. The **orange** course is an intermediate course; longer, off-trail, of moderate difficulty.

Registration, times, entry fees

No pre-registration is required. For the white and yellow courses, entry fees are \$6.00 per individual or first member in a group and \$2.00 for each additional person in a group. Juniors are half price.

The orange courses and adventure racing training course are \$8.00 for members and \$12.00 for non-members. Different courses (orange) will be offered on Saturday and Sunday. Registration opens at 9:00 a.m., beginner's clinics are between 9:30 and 10:30 a.m. Start times are from 10:00 a.m. to 12:00 noon. The special adventure racing clinic is on Sunday between 9:30 am and 10:30 am.

What to bring

Bring a compass, or you can rent one for \$1. Hiking or running shoes and long pants are recommended.

The climate should be sunny and mild to warm (60s F) with low humidity, but it can be variable (cloudy with rain and temperatures as low as the 40s F). There might still be patches of snow on the ground. The biggest hazard is altitude—drink lots of fluids! You will be competing at 6200 to 7000 feet. If it is warm, it is even more important to stay hydrated.

Beginners Clinics

Beginners Clinics are offered from 9:30 to 10:30 a.m. and are free. Learn basic skills in using the compass, reading a topo-graphical map, and using the two together to go out and compete on the course you choose.

A whistle must be carried by each competitor. If you do not have a whistle, ask for one at registration at no charge.



Directions To Spooner Lake:

From the Bay Area: take I-80 east to Truckee. In Truckee, take Route 267 south towards Kings Beach. At the T-intersection, turn left onto route 28 East. Go for another 18 miles until you see O signs.



O-Sign

Go past the park entrance and enter the highway department parking lot on the right before the intersection with US 50.

Alternative route from the Bay Area: Take I-80 east towards Sacramento, then US 50 east towards South Lake Tahoe. Continue on US 50 through South Lake Tahoe, and about 14 miles later, turn left onto Route 28 North. Make the first left into the parking lot.

From Reno:

Take US 395 south to Carson City and then US 50 west towards South Lake Tahoe. After crossing the Spooner Summit, turn right onto Route 28 north towards Incline Village. Make the first left into parking lot.

To Burton Creek:

From the Bay Area and Reno: From I-80, turn south on Route 89 towards Tahoe City. In Tahoe City, at the Y-intersection, continue straight on Route 28, North Lake Boulevard. Go about 2 miles toward Dollar Point, turn left onto Fabian Way (there is a 7-11 on the south side of the highway), then an immediate right onto Village Road. Turn left at the 3rd intersection onto Polaris Drive, and go to the end of the street and follow signs for parking at the North Tahoe High School.

Accommodations

Motels between Tahoe City and Incline Village are the most convenient. Less expensive motels can generally be found in King's Beach, about a 15-20 minute drive from event sites. Motels on the Lake side of the highway are much more expensive. Tamarack Lodge in Tahoe city is the headquarters motel: 530-583-3350.

Parking

On Saturday, parking will be at the Nevada Highway Department lot just north of the intersection of US 50 and Route 28.

On Sunday, there is free parking in the North Tahoe High School parking lot. In addition, you may park on the streets near the school.