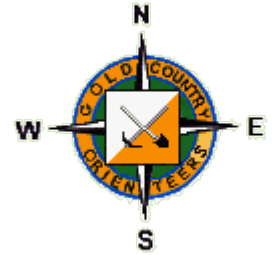


# COW 2018 Training Event

## Sacramento Bar



Most orienteering maps in Sacramento are located within the American River Parkway, which starts at Folsom Lake and runs 26 miles to the West to near downtown Sacramento, where the American River empties into the Sacramento River. Sacramento Bar, like much of the Parkway, was turned upside down by extensive placer gold mining. The area is dominated by dredge tailings (small or large, but always steep cobble piles, steep depressions, and hundreds of knolls), many semi-open grass areas with scattered (oak) trees and shrubs, many dense areas with blackberries, seasonal marshes, and quite a few trails. This is all very different from the Deer Creek Hills Preserve, so this is clearly a training event, not a demo event.

Getting there: From U.S. Highway 50, take the Sunrise Blvd. exit. Head north to Fair Oaks Blvd. Make a left onto Fair Oaks, then an immediate left onto Pennsylvania Ave. The entrance is at the end of Pennsylvania Ave, just past Magnolia St.

Hours: The park is open from sunrise to sunset.

Parking: Parking is \$5. Please fill out an envelope at the entrance, tear off the tag, place the \$5 in it, seal and put the envelope in the collection box.

Course notes: The courses provided here as PDF files are from our 2016 event, with some minor changes.

Course/Map	Distance	Controls
<b>ORANGE</b>	3.6 km	10
<b>BROWN</b>	3.5 km	11
<b>RED</b>	5.5 km	18
<b>All-controls</b>		27

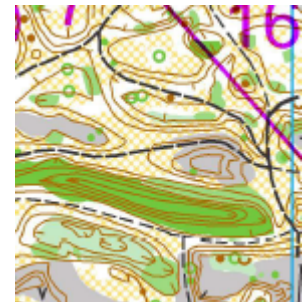
Start and Finish: Picnic table area by the parking lot

Controls: Pink streamers, no punches

Map Scale: 1:7,500

Map age: The map is partially updated in 2018 after some flooding in 2017.

Open w/ trees: The light-yellow shade used on much of the map indicates "open land with some trees". Only distinct and separate (and typically large) trees have been marked as single



(or dead) trees. Bushes are marked as green dots or dense areas if they are distinct and affect runnability.

Vegetation: There is fresh and potent Poison Oak in some shady locations. It's still rather low, and doesn't have all the leaves. Keep your eyes open! Poison oak has been marked on the map with a red grid in a few locations close to controls.

There are no Star Thistles this time of the year, and only a few thorns or burrs to deal with. (Yay, gaiter free!)

Narrow rides: (Long, thin, trail lines) These are mainly former training walls or mining roads that are graded and often > 8' wide. Lack of recent traffic may mean there is no real trail left. But at least the ground is still level and the outline can be followed.

Small trails: There are many narrow deer trails that aren't mapped.

Steep slopes: Lots of hills, knolls, and depressions were created by digging in the gold-mining era. Consequently, they often have steep sides with loose rocks.

Cobble fields: Be careful if you are not used to running or walking on cobbles:

- Run with a short stride and a light step.
- Trail running shoes with rubber cleats give best grip.

SARA closure: The western part of the map, marked as "Out of Bounds", is closed to events. This is a result of SARA (Save the American River Association) suing Sacramento County for providing too much recreational access to the Parkway. (SARA wants to limit sporting events in the Parkway to 1960's levels.)

Hints for racing:

- There are legs with multiple possible routes worth evaluating.
- Dark green is typically blackberry brambles and is *impassable*; medium green can be penetrated; light green can be walked through.
- White passages through green areas that are obvious route options have been checked recently.
- Many hard-to-pass terrain features makes running off a compass bearing slow and inexact.
- Grey means cobble fields. The visibility is great, but it's hard to run fast here.
- Stop by the river and enjoy the scenery!