

MEET DIRECTORS' NOTES

Tilden Regional Park
Sunday, October 14, 2012

This is the **20th annual Bay Area Scout Orienteering Championships!!** All scouts and non-scouts are welcome to attend, run a course, and have a generally good time! The forecast is for perfect weather – sunny and about 75 degrees. It is a great area for picnics, so bring your friends and your family, and enjoy the beautiful park. For those who are planning to attend the *North American Championships* next weekend, this event is also a great opportunity for a final tune-up before heading to Pennsylvania.

The assembly area will be at the Lake Anza parking lot in **Tilden Regional Park**.

Registration for the regular O event will be open from 9:00 to noon. (Pre-registration is required for the Scout-O event.) The earliest start will be at 10:00, the latest start will be at 12:30.

Please be polite to other park users (this is a requirement for future permits).

Courses

Course	Distance	Climb	Controls	Navigational Difficulty	Physical Difficulty
White (#1)	1.8 km	110 m	10	Easy	Easy
Yellow (#2)	2.4 km	130 m	11	Easy	Easy
Orange (#4)	3.5 km	200 m	13	Moderate	Moderate
Brown	4.0 km	180 m	12	Hard	Moderate
Green	5.4 km	255 m	17	Hard	Hardish
Red	5.9 km	270 m	18	Hard	Hard
Blue	6.4 km	280 m	21	Hard	Hard

Note for Beginners: The course lengths are measured along straight lines connecting the controls. Since you can seldom travel along those straight lines, you will cover a greater distance. The climb numbers are estimates of how much ascending will be done while following the "optimum" route, without regard for any descending that is done. The distance and climb that you will actually experience will depend on your route choices and any errors you make.

Beginners' Courses: There is an extensive network of trails in Tilden, and in some cases new trails have been blazed near the old ones. It's a good idea to use other features to locate yourself, not just the trails. The *White (Course 1)* and *Yellow (Course 2)* courses do **not** have drinking water at any of the controls.

Advanced Courses: The advanced courses are designed to expose the scouts to orienteers, so these courses cross the scout courses often, and there are also spectator controls. The climb on the courses is quite low by Bay Area standards, so the courses should be relatively fast. There are a number of **water fountains** near the advanced courses, and they are marked with blue circles on the map. Water has also been placed at controls.

All the courses will use e-punching. Rental E-sticks will be available at registration.

Map

The Tilden Park map is relatively new, so it is reasonably accurate. Some areas of vegetation have grown up, but not enough to warrant any changes. There are a number of un-mapped fences, but these should not affect the courses.

The Map scale will be 1:10,000 unless otherwise noted. Contour interval is 5 meters.

Hazards

Tilden has some dense undergrowth, including brambles, so it makes sense to wear long sleeved shirts, long pants, and gaiters. The courses have been designed to avoid stickers and poison oak as much as possible. The poison oak is dormant with just stalks and almost no leaves. Nevertheless, take the usual precautions if you are allergic to the stuff.

Wildlife we have seen include deer, eagles, coyote, skunks, buzzards, orienteers, ticks, turkeys, goats, and frogs.

All courses feature many route choices, and some of those choices may cross roads. **Please be careful of traffic!**

Some trails are quite rough, especially around the Lake, so do be careful with your footing – it's better to take a little extra time than to fall. Strong shoes with rubber cleats or studs are recommended.

Driving Directions

Registration will be at Lake Anza. There are many ways to get to Tilden Park. Here is one: From **Highway 24**, take **Fish Ranch Road** exit (this exit is just east of the Caldecott Tunnel). Go Northwest up Fish Ranch Road for 1 km, to the top of the hill. Turn right onto **Grizzly Peak Blvd**. Wind around on Grizzly Peak for about 2.5 km until you reach the **South Park Drive** entrance to Tilden Park (don't take the steam trains entrance, go past until South Park Drive). Once you are inside the Park, follow the park signs to Lake Anza and park at the lake.

Please carpool if possible.

Parking

Parking is free at Lake Anza.

Lake Anza is just 400 meters south-south-east of the Merry-Go-Round, but please do **not** park in the Merry-Go-Round parking.

Please make efficient use of the parking space, especially in the dirt overflow lot.