



# ORIENTEERING MINNESOTA

## Minnesota Orienteering Club Newsletter

### PRESIDENT'S LETTER OCTOBER 2011

We have just enjoyed several weekends in a row of glorious Minnesota fall weather. We had excellent meets at Chester Woods and Interstate Park respectively. The brand new map, awesome terrain and Owen's courses of Mille Lacs Kathio State meet (a 2-day meet October 8<sup>th</sup> and 9<sup>th</sup>) were voted "superb" by all who came from far and wide (Chicago, Wyoming, Manitoba). We are now at the tail end of the series of adventure runs here in town at Tierney's Woods (Bloomington) on Thursday's October 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>. The adventure runs are a lot of fun with the mass start and easy navigation at night –come on out with a headlamp and give it a try. Our regular Lake Maria meet is coming up on Sat Oct 29<sup>th</sup> followed by the Veterans Day night O at Sunfish lake (Lake Elmo) on November 11<sup>th</sup>: To honor our Veterans they have free entry to the meet.

I recently injured my Achilles tendon so I have had to walk around courses instead of running/jogging for a month or two. I power walk and that gets the heart rate up. I have noticed some interesting technique changes. It's much easier to read the map when walking and keep right on my chosen line. I also find that it is much easier to keep well organized and plan for the next leg. The one no-

ticeable thing is that I barely pause when at a control and my navigation is much tighter. The net result is only a slightly slower net pace around the course. I recommend 100% walking a course once in a while just to experience the different flow and feel; it will lay the groundwork for better results when you run again.

Hope to see you out in the woods,

Ian Harding

MNOC President



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#### Highlights

- Learn about MNOC's members success at different races around the country (and the world!)
- Why you will regret missing the 2011 Rogaine
- Everything you ever wanted to know about England's Mountain Marathons



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*Position Open*

### MNOC YAHOO GROUP

[groups.yahoo.com/group/MNOC](http://groups.yahoo.com/group/MNOC)

Sign up to the MNOC Yahoo group to stay informed of recent news and events - both when they will be happening and any news updates that may inform you of new event details (such as start location, courses on offer, weather advisories, food and camping arrangements etc)

### MNOC FACEBOOK PAGE

[Facebook.com/MNOClub](https://www.facebook.com/MNOClub)

Like our page and get access to photos and videos from MNOC events!

## FROM THE EDITOR

## HALL OF FAME

This week, Team Wedali got first place at the 24-hour Checkpoint Tracker Adventure Race. Dave Swanson, from Gnome Hunters, took 1st place in the solo division.

In August, Ian Harding and Andrei Karpov completed a 24-hour Rogaine at Custer State Park in only 22hr 40 minutes, taking 1st place in men's open division.



CONGRATULATIONS!



# MNOC BOARD MEETING MINUTES (JULY)

Date: July 18, 2011

Location: Peter W.'s house

The meeting was called to order at 7:12 p.m.

Present: Ian Harding, Julie Tanner Fischer, Andrei Karpov, Peter Wentzel, Molly Moilanen, Sam Meddaugh, Justin Bakken, John Harvard, Andrea Schneider, Tom Puzak, and Sandy Schreyer.

1. **Approval of minutes:** Molly made motion to approve the May 2011 minutes, Peter W. seconded; motion accepted unanimously.
  2. **Old Items Follow-Up:**
    - Don Langley & Georgia Nothdurft assisted with Carver County park event on June 11.
    - Peter Wentzel donated large monitor to post results onsite at events.
  3. **Recent Events:**
    - WOB Members-only (June 4, 2011): 60 minute challenging score-o; no one got all controls. Cell phone was a novelty – fun! Building was nice to have for the hot weather.
    - MNOC Adventure O (July 9, 2011): 70 participants (29 teams); ended up being a nice mix of finishers with four teams obtaining all controls; managed to have most complete between 7-8 hours. Maps turned out great. Two minor incidences of heat exhaustion. Molly put forward discussion about making a donation to the Albert Lea Community Education Boathouse. This group assisted with inflation, storing, and moving boats. Peter made motion to donate \$150 to Boat House, Justin seconded; motion accepted unanimously. Discussed making permanent map-o at the Myre-Big Island location.
  4. **Upcoming Events:**
    - Summer Runs: Battle Creek now wants to charge both for shelter & special use fee. At this point, will focus resources on fall adventure runs. Tom sent dates for Hyland to Justin for fall.
    - Rogaine (August 13, 2011): Telemark, Karpov/Schneider setter/vetter. Need to send something to North End Ski Club; didn't make it into Silent Sports. Need to put on Skinny Ski, already twice on Facebook. Sandy to make flyer for resort. O map controls are good, but USGS needs corrections. Camping has been arranged.
    - Chester Woods (September 10, 2011): Brand new map. Peter to promote with Rochester Adventure Club.
    - Interstate Park (September 25, 2011): Enhanced USGS map; red will be a long orange.
    - Mille Lacs Kathio State Park (October 8-9, 2011): Group camp reserved. Rented chalet to keep equipment dry. Peter to try to push publicity to surrounding orienteering groups.
  5. **Facebook:** Discussed how to build on current activity. "Likes" have doubled since last month due to adventure race.
  6. **2012 Adventure Racing format/regional grouping with other organizations:** Molly volunteered to be A/R point person for MNOC. No series this year; discussed how much MNOC is involved in AR overall. Decided to keep AR Tune up and summer A/R event. CheckPoint Tracker may draw boundaries of Southern Manitoba, ND, SD, and MN for next year. They didn't have us pay as a non-profit this year to be one of their series. Extreme ND – would be able to consult, rent them equipment, coordinate calendars, promote each other's races. Suggested intro level, family friendly event with Three Rivers Park District; will need to figure out what Wild AR's intentions are for next year.
  7. **New communications assistance group:** John Harvard attended the monthly meeting to speak to us about his new group of radio operators. He has been one of the radio operators supporting MNOC AR races/also Wild AR group. Five people have broken away from Stillwater group to assist groups like ours for outdoor events: the radio is perfect in certain locations – can map radio holes, put up temporary radio masts. They just need enough lead time to set up (3 months preferably). May join MNOC as a group. Website: [wmarc.wildmidwest.com](http://wmarc.wildmidwest.com) – will have Pete Curtis update resources. John will also add us to his website.
  8. **Mapping update:** No further updates.
    - Lake Elmo: No updates yet by Ian – may want to ask Kevin.
    - USOF has .2 meter maps – may not be applicable to our area.
    - Nothing for fall for Kevin – could fine tune Myer Big Island map. Discussed having southern permanent o-course Chester Woods. Better if nature center nearby to maintain/promote. Would need LIDAR for Straight Lake – maybe just have Kevin enrich USGS.
  9. **Wirth Park plan:** Input meeting July 21st by the Mpls Park & Recreation Board; need someone to advocate upgrade to permanent o-course and keep orienteering aspect. Tom to speak to his relation George Puzak to relay overall large interest in orienteering, mountain biking, and skiing.
  10. **Buff and additional shirt sales:**
    - Have 50 buffs to sell leftover from AR; discussed pricing – Molly offered to take responsibility for buff storage/sales. Could put info in newsletter, on website and on Facebook. Molly to send picture and pricing info to Pete Curtis/Pete W/Veronica.
    - Also enough interest to make another MNOC jersey order. Ian to send email via yahoo group list.
  11. **Newsletter:** Will be sent out next week.
  12. **Finance:** Sam shared financials for the Adventure Race – \$5600 in revenue, \$1300 net income so far. Club address was officially changed (no longer using PO Box).
  13. **USOF convention:** Andrea Schneider plans on attending. Ian made proposal that she represents MNOC, Sandy seconded; motion accepted unanimously.
- Tom made the motion to adjourn, Justin seconded; motion accepted unanimously. The next meeting will be in September at Tom's house. The meeting adjourned at 9:12 p.m.
- Respectfully submitted,  
Julie Tanner Fischer

# ROGAINE 2011: RACING WITH A NEW TEAMMATE



Derek and Tom plotting the course

Team "Once was lost but now am found" has competed in the MNOG ROGAINE for several years with varying degrees of success. This year would turn out to be different. Teammate John Brunstad passed away suddenly last April from Type I diabetes complications. A second teammate had to drop out at the last minute due to an unexpected funeral (redundant, I guess. Most funerals are unexpected). So at the last minute I am heading to Cable, Wisconsin to find a partner and then race the course.

I arrive at the starting area to find three other solo competitors, and we are told to pair up. Two of us are veterans (both in age and orienteering experience) and two are young rookies. The veterans split up. Rick will walk most of the course, as will one of the rookies, Henry. I expect to run a majority of the course, and Derek believes that he has similar endurance, so I am paired with Derek. It turns out that Derek is a Wisconsin DNR employee from the area. He basically spends his days in the woods with a map and compass mapping vegetation and animals, so he can drive a compass with great speed and precision. His knowledge of local flora also helps in making efficient off-trail route choices. He is an excellent partner.

Andrei Karpov sets the course near Telemark Lodge in Cable, Wisconsin. It is classic kettle moraine terrain with open forests and some large hills. Sixteen controls are in the Telemark ski lodge land, which is filled with Birkebeiner cross country ski trails and some mountain bike trails. These controls are about 200 to 800 meters apart. Eight controls are in the surrounding state forest. The controls are farther apart, vegetation is not as clearly marked, and there is logging activity. This dichotomy allows beginner and intermediate teams to find many controls, but provides intense challenges even for the most expert teams.

Derek and I join most teams in attacking the Telemark controls first, moving in a clockwise direction. The second control gives us trouble, as misreading the map scale (maybe I should listen to the pre-race instructions next time) and an unmarked trail throw us off. We spend 25 minutes finding the control. We learn that we need to slow down and work better as a team. Derek leads with the compass and I focus on pacing and reading fine map contours to keep us on course. It is to be our only serious navigation

error of the day.

We find 9 controls in under two hours, and reach our key strategic decision point. Controls 201 and 202 are next, but they are in the state forest, far from other controls. I estimate at least one hour to find these 2 controls, which would not leave enough time to find all controls. Derek concurs that we should focus on finding the 13 remaining controls, and abandon hopes of finishing the entire course.

We select a longer route which offers many trail running opportunities and easier attack points. As expected cooling rains fail to show and are replaced with a warm sun; we join many other teams in routing back to the start to replenish our fluids. We



Running up hill for the start

navigate cleanly, with one delay at our last control. A thicket of aspen saplings was recently cut, with the downed brush covering dangerously spiked stumps. We tiptoe down the hillside thicket, make an unplanned detour, and re-plan a route to the control. We finish about 40 minutes early, but we are running out of energy. Should we have gone for the last 2 controls?

As the race ends, racers who spent 6 hours in the wood looking at maps sit around and ... look at the maps some more! We hear horror stories from the most experienced teams about the time and difficulty they had finding controls 201 and 202. Derek and I agree that 22 controls were the best we were physically capable of, and sit down to enjoy the post-race potluck. Rick and Henry find 12 controls and are satisfied with their success, too.

Overall, 4 out of 18 teams find all 24 controls, led by the MoBiz team in 4:31. Novice teams find many controls, but many veteran teams are stymied by some difficult navigation, attesting to the nicely varied course design. Overall, a fine day was had by all, but more should give this event a try!

Tom Lacksonen

Team Once Was Lost but Now I'm Found  
PHOTOS BY: Andrei Karpov

# THE SAUNDERS MOUNTAIN MARATHON:

## A TWO-DAY MOUNTAIN NAVIGATION EVENT IN THE LAKE DISTRICT OF ENGLAND

They call them Mountain Marathon in England but these events are actually like a big orienteering event on steroids for two-person team. Same concept, it's just that everything is bigger. The field is bigger (655 two-person teams signed up), the features are larger, the courses are longer, and the courses climbs are tougher, and your pack is heavier (13lbs for each of us):

*"The Fells of the Lake District are stunning, mostly treeless, as they consist of grassy slopes mixed in with rocky ground."*



- The events are mountain orienteering events that use the skills we had learned in the last decade which made them more interesting.
- The terrain, elevation and beauty of the courses are stunning and that adds an element of being epic.
- The event consists of 2 days of competing but each day (only) takes 4-8 hours on the course. I am good for about 7 hour in any endurance event so this appealed to me.
- The idea of having to take everything you need on your back and requiring teams to camp out in the mountains after the first day before heading back increased the intrigue of the event. This required keeping our pack weight down.
- I have trouble in the heat but this event is held in an area that tends to be cool.
- It requires 2-person teams—perfect for Kari and I.

Adding all this up, this event seemed perfect for us. An unforgettable, once-in-a-lifetime opportunity to use our endurance, navigation and team skills we had developed over the past 8 years.

Since we had never done anything like this I figured it would be hard to KNOW how it would go. I figured we could handle the navigation due to the large features and the open sightlines of the terrain but if you make a mistake it would be a disaster and mountain fog rolls in ALL the time in the Lake District. This area is also notorious for rain, and we could find ourselves in a down-pour.

I had figured early on that I would use a conservative approach and be sure on the navigation to avoid a catastrophic error. This was likely our only chance to do one of these events, we had one shot to do it and finish. Finishing and hitting all the controls was my number one priority. Speed would be secondary, and given the hills and distance of the course a steady effort would be a physical challenge anyway. We had joked that we had entered the 2nd easiest class (of 7 that were available) The one below us was on the same course but you are forbidden to run, you can only hike—we were in the class that allowed running. We had decided that we had to run a few sections just to justify our participation in the "running class."

The Fells of the Lake District are stunning, mostly treeless, as they consist of grassy slopes mixed in with rocky ground. The ground is spongy a good part of the time. Good for aging knees. I found it easier at times to hike on the spongy ground rather than take the paths that were punctuated by rocks. In places the vegetation holds moisture so the ground can be wet, and this promoted running.

The Lake District is known for its overcast skies and rain, but in the week before the event we had fantastic weather. Someone stated the Lake District had not had weather this good in 20 years. Two great weather days were forecast for our event, which should make things easier.

The registration was low key but I was starting to get really excited. I had waited 4 years to do this event and we were finally ready to go. We checked the course's descriptions that were hung up in the registration tent only to find that they had added length and climb! We were now going to do 14.4 K with 735 meters of climb the first day and 16.1K and 915 meters of climb the 2nd day. They had added 2k and 400 meters of climb to the 2nd day which is historically supposed to be easier than the 2nd day. We were going to have to pace ourselves but we were certain to get our money's worth.

The start was located in the great valley of Langdale in the village of Chapel Stile. We had parked in a make shift event parking lot in a farm on the valley floor and we waited for our start. The event began with an interval start and we were starting as the 650th team of 655 so we had about 3 hours to kill. We watched as pairs walked up the road to the start 15 minutes away. I had figured we would go south because the north fell was so steep. I was wrong. As we looked north again, a line of participants made

their way up the steep-sided fell.

I had practiced plotting points using the English grid system in the months leading up to the event. I also bought a 1/25,000 grid plotting tool on the internet that helped immensely in giving me confidence in my plots. I was very careful knowing that accuracy would pay dividends. As I plotted Kari read the control descriptions and I located and circled the map. The descriptions and map locations all seemed to make sense except the start location. After 11 minutes I had plotted our 8 points including the start and the finish and now it was time to climb.

Looking back there were a few things right up front that could have derailed us but did not. The first thing is that when I plotted the start based on the grid numbers it did not seem accurate. The plotted point for the start was east of a stream and we were clearly starting on the west of the stream (or "beck" as the English label them.) I had noticed this and it concerned me because I wondered if this was a mistake and would the other plots be off? Or was I slightly off? The only comfort I had was as I got up after plotting I overheard another competitor question the start plot to a race official, so perhaps the plot was slightly off and not me. It turned out that this was the only plot that was questionable for the entire course but at that moment it caused me some lingering doubt.

*Tarn: English term for mountain lake or pond.*



We climbed steadily but eventually we were passed by the remaining teams behind us and we were the last team in the entire event to hit the ridge line. Not a good feeling. I figured having some teams in sight was bound to help us navigate (even though I know I needed to set my own course because participants could be on one of the 7 different courses set) but now we were

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## SAUNDERS MOUNTAIN MARATHON (CONT.)

(Continued from page 5)

alone bringing up the rear.

Our first control was in a ruin. Looking at the map we would climb the steep hill, connect to a trail on top of the ridge, and go northwest until we skirt a "tarn" (English term for mountain pond or lake) where we could take a bearing more to the north to locate the ruin in a large stream gully. 35 minutes later we found ourselves on top of the ridge and located the path fairly quickly and then turned west. The next thing to do to locate the first control was to locate the tarn and take a bearing to find the ruin. I did not see any tarn. Kari said "that is a tarn right there." As I looked I thought she might be right, and thankfully she was. The mountain lake was so overgrown with reeds that it looked like a dried-up lake bed and it was not at all obvious. As we got closer, I could make out the outline and added more confirmation by its shape that this was the tarn we were looking for. Interestingly, this was the only tarn on the entire race course that had been choked by reeds and did not look the part. We had dodged another bullet by recognizing that fact. 30 minutes later we ran into 3 teams that were on the way back in the opposite direction because they had missed the tarn and the first control.

Now it was a matter of taking a quick bearing to the North west to hike over a rise and down into a gully on the opposite side to locate the ruin in the gully. As we popped over the rise, I immediately saw the ruins of a square wall building foundation located in the gully about 300 yards away. We scampered down to the ruin and I walked into the interior of the ruin where I figured the flag would be located, but there was no flag! Then, I went to the outside of the ruin towards the corner that was located up hill and spotted the faded orienteering flag and punch box tucked near the base of the old wall and the hill on the ground, practically hidden. I guess they put the flags in very non obvious places to keep hikers in the area from taking them and you might need to search the correct area and the flags would likely not be in obvious places. We had averted three potential crisis situations in the first hour of the event and I did not know it at the time but this was the most we would be tested in the entire 2 days.

By now we had moved to a situation where we had other teams around us and the fells were alive with teams buzzing here and there on one of the 7 courses that at times, shared our controls, and sometimes did not.

Eventually, on the horizon we spot what looks like the large crag that is our target. As we closed in we realized we were correct and were happy we had located our large crag. The description was "Crag foot, West end." This is a good example of how you had to hunt, ask, or notice other teams to find the exact location of the flag

The maps we used had really good contours but interestingly sometimes did not have trails mapped that existed on the ground, even though they seemed quite major. With the large features and good visibility this did not matter much. I was very conscious of staying on the map, even when it was a bit of overkill—but I know from my history that I can make mistakes in simple situations at times and did not want to risk one in this event.

Control 6 was located 3K away northeast from us on the southwest edge of a tarn about 100 meters wide. To get there we would run parallel to the crag and then head for a huge valley where we would descend to the valley floor and then ascend slightly up the southern slope of the valley to a flat area where the tarn was located.

Eventually, we came to the steep slope that descended into the valley and I believe I spotted the tarn for #6 from this position. The down hills were very steep in sections and you had to pick your way. With my strained knee I was also being cautious. We crossed a stream on the valley floor and continued on our bearing as our sightline to the tarn had now dissolved with the loss of elevation.

A constant on our course was sections of very wet and boggy ground underfoot. The vegetation sometimes was very sponge-like and held water.

We headed NE from the tarn ready to descend into the large steep sided gully/valley that was intersected by a stream. All we had left to do was connect to a path running parallel to the stream continue downstream and downhill to a bridge. The bridge was the location for the last control of the day before continuing down the gully to the mid-camp and the finish.

Eventually we came up on the bridge for our last control and Kari punched. Now we just had to hop a gate (these are everywhere in the Lake District to keep the sheep contained) and head to the finish down the path breaking into a run/jog/fast hike. We finished in 5:43 very happy to come in under 6 hours and thrilled that everything seemed to go well.

We got up Sunday morning after getting some sleep in the noisy mid-camp. We started packing up our tent after some breakfast and using the bathroom thinking we had plenty of time but it slipped away quickly. Unlike the first day we would start between 8:00-8:30 in a mass start and we were given the grid numbers and control descriptions for the 2nd day before the start which allowed me to plot our course and look at it a bit before heading out. We had 8 controls and 16.2K of straight line distance so we knew it would be a longer day. We needed to pace ourselves. It looked like we were doing a big

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"I guess they put the flags in very non obvious places to keep hikers in the area from taking them." 13:18

## SAUNDERS MOUNTAIN MARATHON (CONT.)

*(Continued from page 6)*

horseshoe back to the start but visiting the big



"We got up Sunday morning after getting some sleep in the noisy mid-camp." 14:43

fell on south of the finish line before descending to the finish.

The start required walking up the narrow valley/gulley before punching start and then we would be faced with a very stiff climb straight up the north side of the large valley/gulley.

Finally, near the top we needed to head northwest to a knoll where we would find the control #1. We hit it without any problem but the climb had left my legs shaky. Luckily, the next control did not require any climbing and I would get a chance to recover a bit after our rude wake-up call. We headed southwest, parallel to the valley ridge to a knoll over 2K away.

Control #4 was over 3K away straight line to the southwest. We would connect with a valley and curve down to the control located at a river bend. I planned a more straight line route that would use the shoulder of a plateau that looked reasonable in steepness but as we got closer we saw participants heading down a bit earlier with a more westerly decent. I debated staying with our original route but knew the shoulder down could be rocky and slow so decided to take the bird in the hand and headed down to the west where we could see the path of our descent. We then intersected the trail and began to head down into the valley. Until we spotted the control location at a river bend.

One of the last controls was located at another small tarn on the northern flank of Lingmoor Fell and this is the one navigational bobble I had that cost us some time. At some point we needed to leave the ridge path and contour around the northern flank to locate the tarn. My first instinct was to take a bearing from the gate crossing (a good attack point) and straight line

to the tarn but the ground was rocky and I was concerned about getting "cliffed out" (and I promised Kari I would not route us to some possible exposure) so I decided to continue up the ridge on the path and climb higher before veering off on a bearing hoping that higher ground and that route would not expose us to a cliff (and another team was doing this also, which influenced me) The problem was that we did not have any solid attack points and started looking for a safe place to "go off path" to navigate to the tarn.

After a few hesitant moves to head off the path I eventually decided we likely had gone far enough and set a bearing to begin to contour to the tarn. Our sight lines had been good the entire event but the undulating ground that



surrounded the tarn obscured the view and I was very hesitant searching for some clue we were on the right route to the control. The last thing I wanted to do was miss the control and cause more distance and climb because we were already feeling it physically. Other teams were also hunting and pecking for the tarn and we eventually were able to surmise that we were on the right track to our control but just had not gone far enough. We located the tarn and control by following our bearing but had lost about 10 minutes in the process

The next route was a straight line route going up and over the summit of Lingmoor Fell to a ruin on the other side but also required that we find a gate near the summit so that we could cross over the wall running the length of the ridge legally—the code in the hills and rule in the event is that you could only cross the rock walls and fences located all over the fells at a gate crossing, crossing a wall or fence was a no-no. And course planners try to avoid routes that would tempt people.

We began our last climb up of the day from the

tarn aiming to cross the summit via the gate near the top and go straight down the other side to a ruin and the control location. I knew this was our last navigation challenge of the event because the last control was at a gate on a path and then we had the finish.

We climbed steady as I kept us on the bearing over the undulating ground and we eventually hit the summit ridge wall and guessed right by heading to the right to locate the gate crossing.

Now on the down slope the ruin eventually came into view and we celebrated knowing we had all the tough stuff behind us. Kari jogged down to the ruin as I followed carefully on tired legs and tweaked knee. Now all we had to do was follow a path to a gate for the last control and continue downhill to the finish where we started the morning before.

We were with 2 or 3 teams as we decided it was time to spend the rest of our energy with a downhill jog to the gate and last control and was happy to see that they had marked the last section to the finish to bring all teams down a trail. I could let go of the navigation and just enjoy the last minutes of our event and our time in the Fells, a great sense of satisfaction and emotion washed over me on the homestretch run as I felt so grateful to have done such a fantastic event with my wife Kari.

I had to remind Kari to slow down as I could not keep up with her and we finished one of the more memorable endurance events I have ever done. A Great Two days in the Fells of the Lake District.

Stephen Bullard

Team Suicide Hotline... Please Hold  
PHOTOS BY: Stephen Bullard





MINNESOTA ORIENTEERING CLUB

Check [www.mnoc.org](http://www.mnoc.org) for meet and race results!

SEND YOUR STORIES ABOUT MEETS, RACES, TRIPS OR OTHER ADVENTURES TO [VEROJARALAMBIDES@YAHOO.COM](mailto:VEROJARALAMBIDES@YAHOO.COM) SO WE CAN INCLUDE THEM IN THE NEXT ISSUE OF THE NEWSLETTER!



2011 MNOC Orienteering Weekend at Mille Lacs Kathio State Park

PHOTO PROVIDED BY: Andrei Karpov

## UPCOMING EVENTS: FALL 2011

|                                       |   |   |
|---------------------------------------|---|---|
| Thursday, October 27<br>7 pm          | <a href="#">Tierney's Woods</a> , Bloomington, MN | 3rd of a series of 3 night adventure runs about 5 km each - bring a headlamp . 7 pm mass start ; registration 6:30 to 6:45 pm.<br><br>Parking and Start location is just down the road at <a href="#">Reynolds Park 7201 W 83rd street Bloomington</a> Social afterwards : location TBD |
| Saturday, October 29<br>12 pm-1:30 pm | Lake Maria State Park, Monticello, MN             | Regular Meet. Start is at visitor center  |
| Friday, November 11<br>7 pm           | Sunfish Lake Park, Lake Elmo, MN                  | Veteran's Day Night-O event. Entry free to all veterans. Come on out and salute veterans. 6:15 to 6:45 PM registration, mass start at 7 pm, courses close 8:30 PM.  |
| YEAR ROUND...                         | Various locations                                 | Don't forget to visit and train at the many Permanent Orienteering Courses that our club maintains! Buy your permanent courses maps online at <a href="http://mnoc.org">mnoc.org</a> for Afton SP, Lake Elmo, Riverbend, William O'Brien SP, and many more!                             |