

**Welcome to**  
**Introduction to Orienteering**

**Minnesota Orienteering Club**

# Why orienteer ?

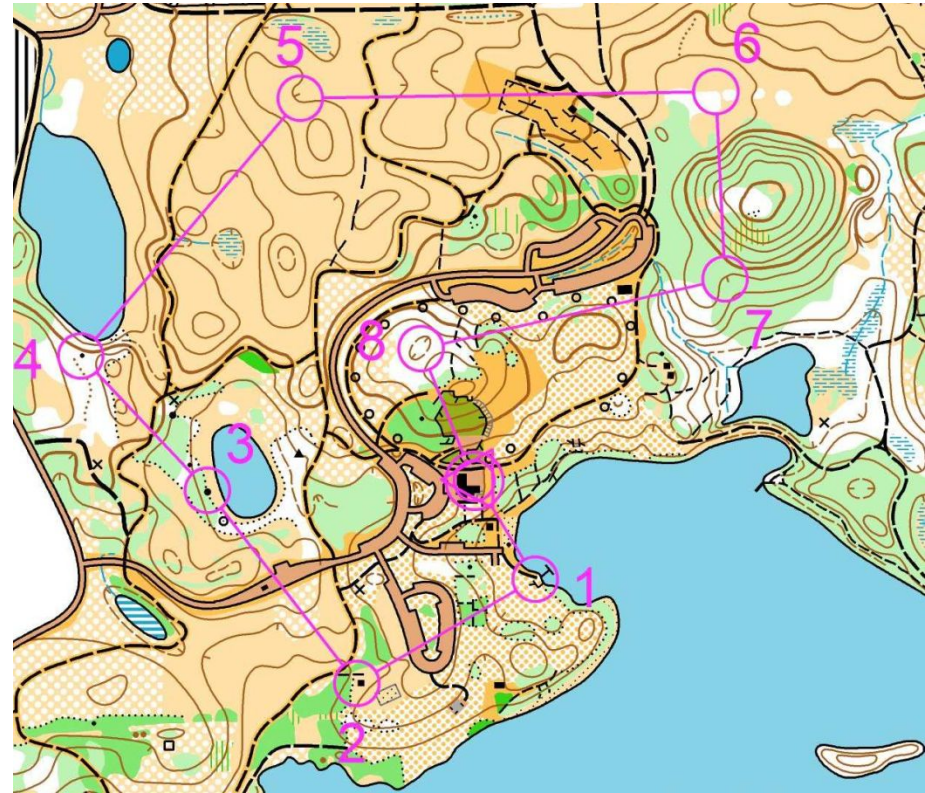


- Build skill and confidence to travel in unfamiliar places. Getting lost can ruin your day !
- Hiking/ Jogging with a purpose in a beautiful setting
- Satisfaction of accomplishing a difficult task without help. Self reliance.
- Fitness ... running or walking
- Physical and intellectual exercise at the same time (the best of both worlds)
- Fun for all ages and abilities

# The Basics of Orienteering



- Object: Finding a number of control points marked on the map, located in park but not hidden.
- In order
- Against time - if you wish
- Using map & compass and clue sheet
- Alone or with friends



# Controls



- Placed in terrain and marked correspondingly on a map.
- Has a unique “punch” to punch the control card
- Has a clue (e.g. hilltop)
- Control ID number
- A course is a preset number of controls.



# 3 basic skills

- Reading what's on the map
- Understanding scale and distance
- Orienting the map



# Clue sheet Example



- White/Yellow/Orange/Brown/ Green/ Red: difficulty levels as you prefer
- Clue sheet gives the order, the flag number and the feature

WHITE      3.5 km 75 m climb

Start:      Building

1- 102      trail junction

2- 106      stream junction

3- 108      S tip of marsh

4- 113      Hilltop

5- 115      Stream bend

Finish:      Building



# Important features in a map

- Brown = earth forms
- Black = man-made objects
- Blue = water
- Green, *Yellow and White* = various kinds of vegetation
- Magenta = course symbols

- **STUDY THE LEGEND**
- **CHECK MAGNETIC DECLINATION**
- **USE THE SCALE**



# Map scale... size



- Very important to keep good relationship between the map and the terrain
- 1: 10,000 means  
1 mm on the map is 10,000mm or 10 meters on the ground

Note: most USGS maps are 1:24,000

1 mm on map = 24,000mm = 24 meters on the ground

Or 1 inch = 24,000 inches = 2000 feet on the ground

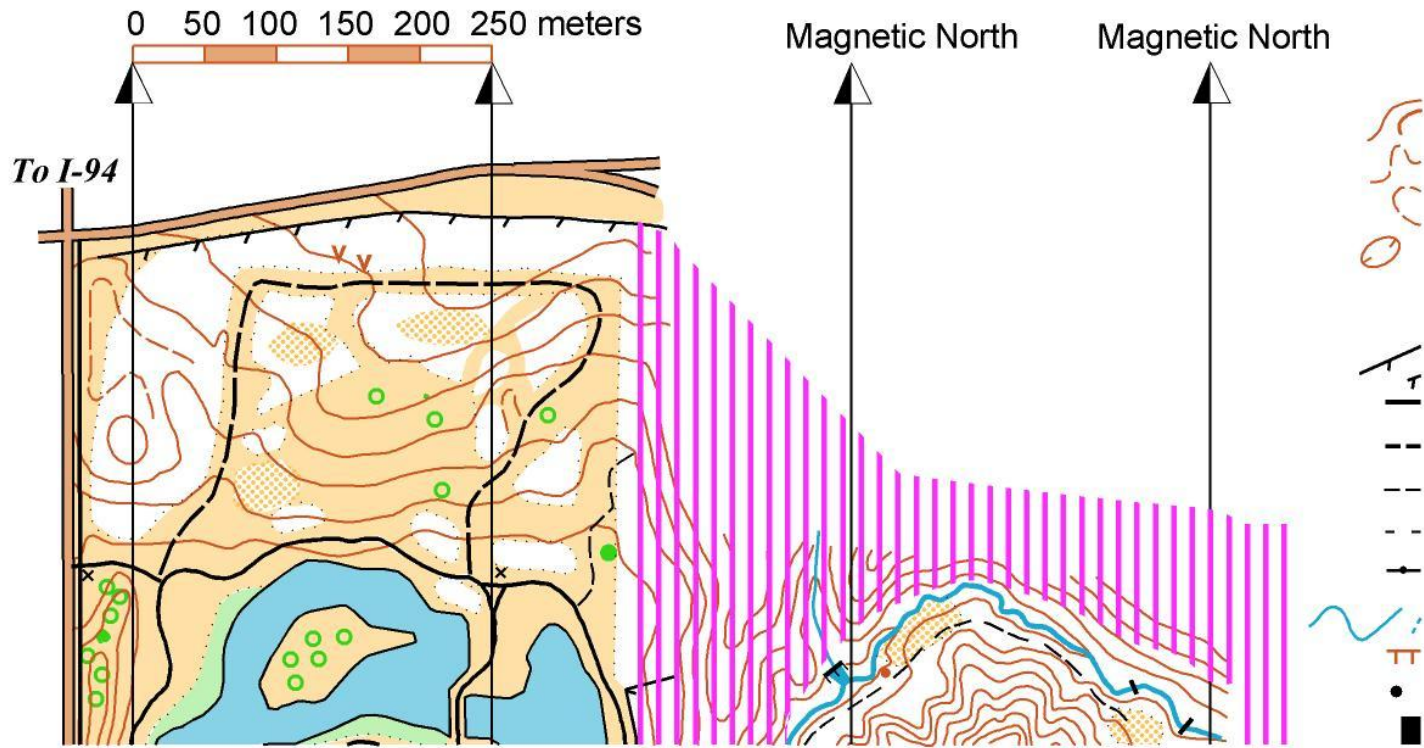
**Forget the math : Use the scale ruler on the edge of the map**



# Scale and distance

## BATTLE CREEK REGIONAL PARK (East)

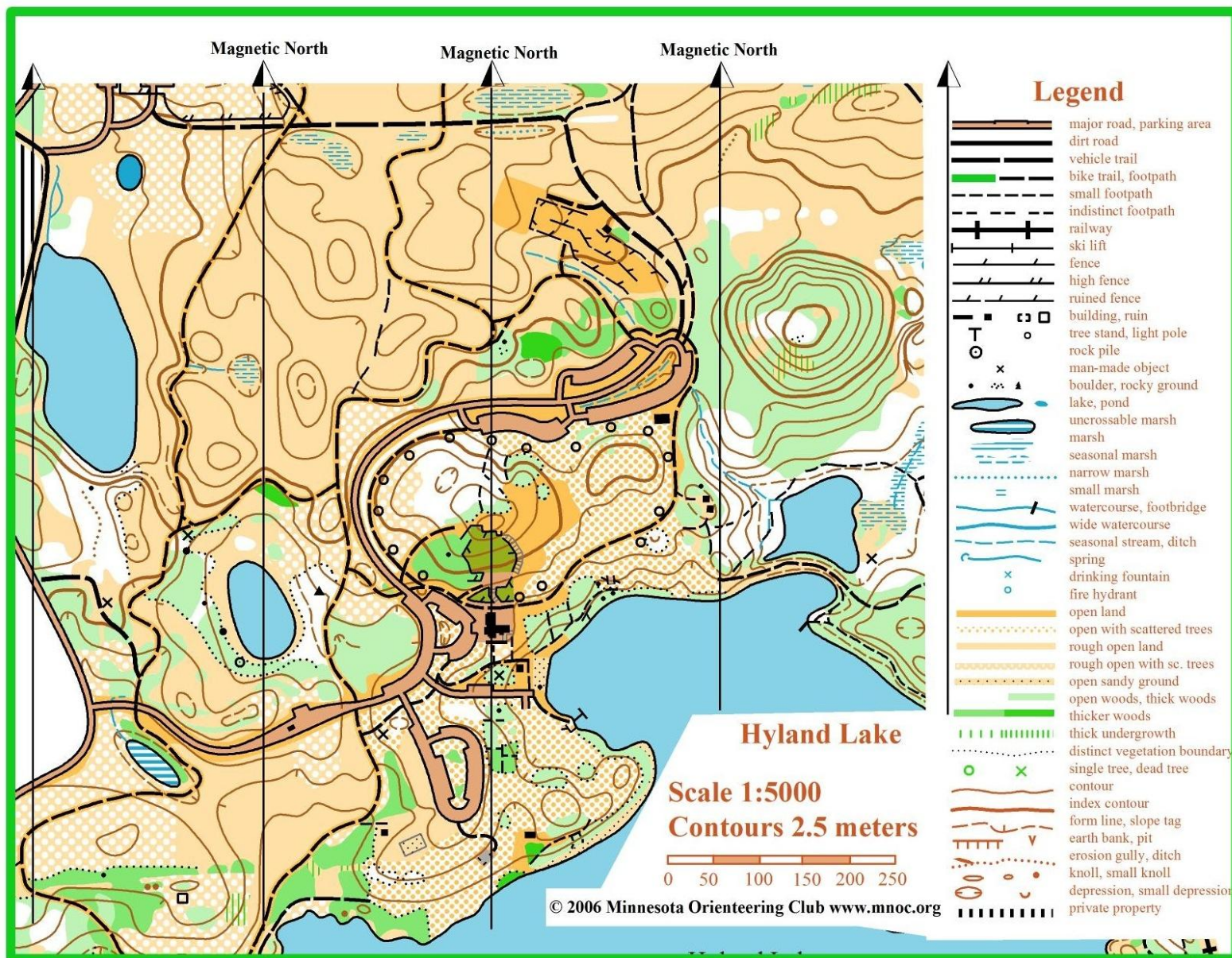
Scale 1: 10,000 2.5 m contours



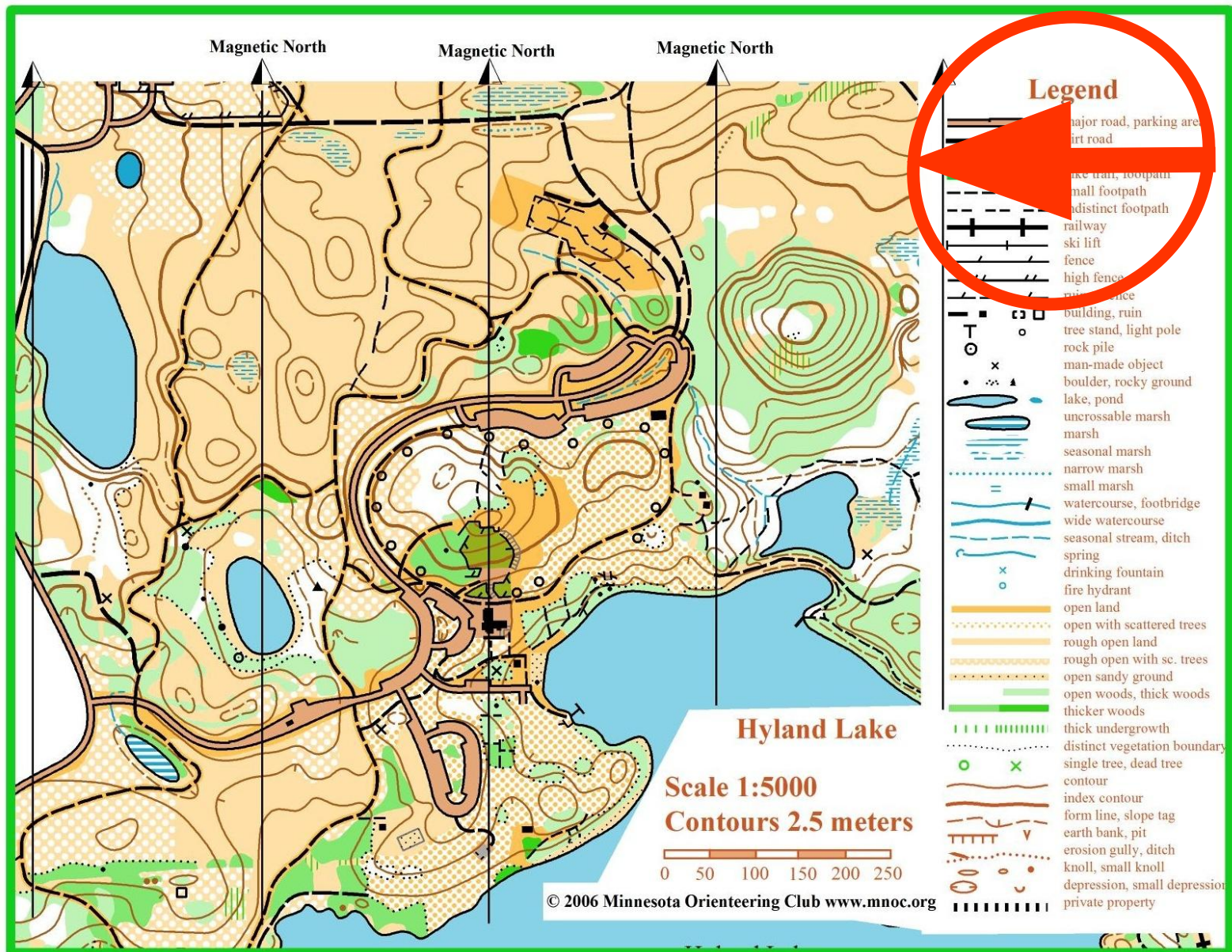
# Orienting the map



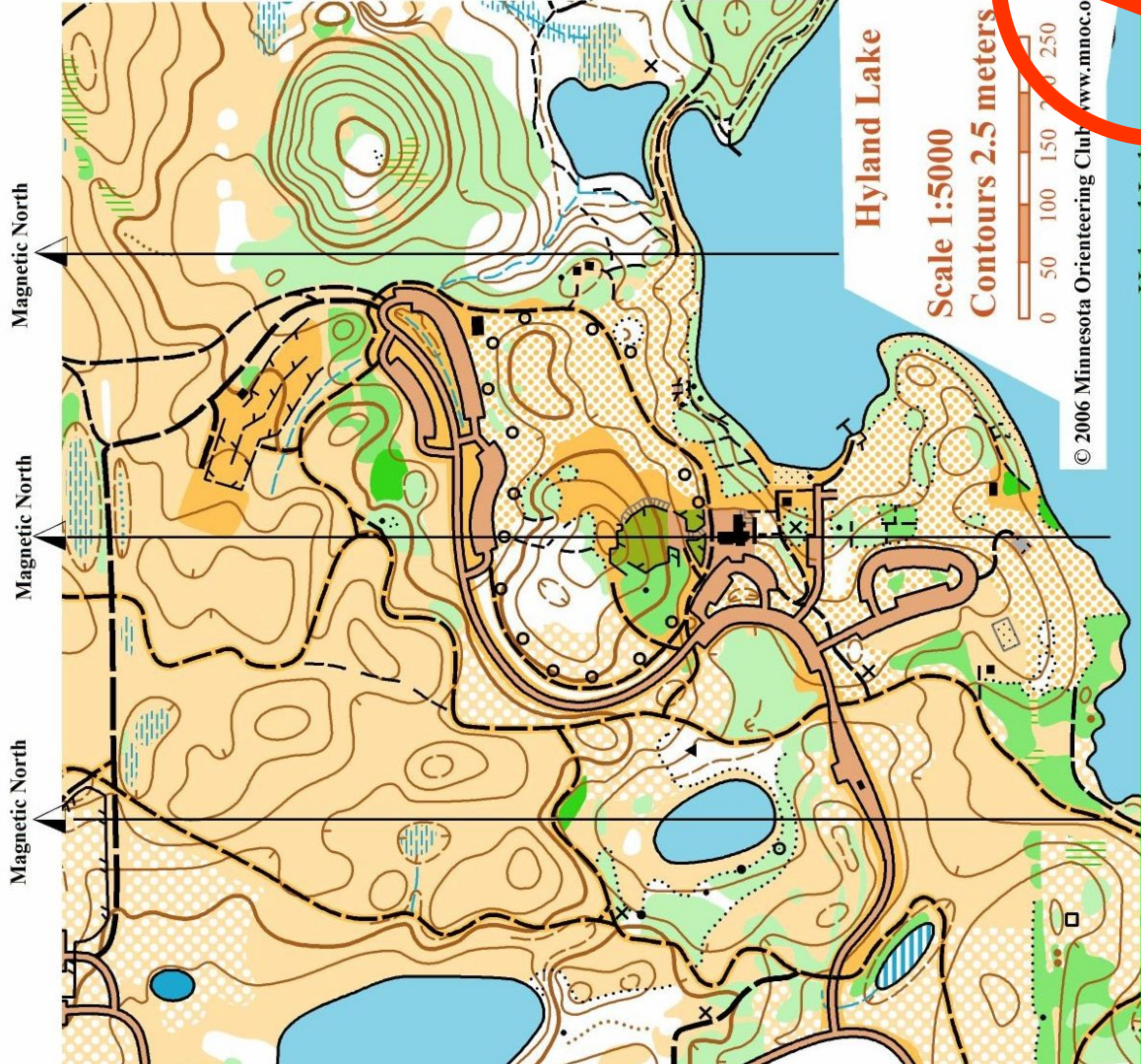
- Key skill to help you understand the map
- Map is always lined up with the surrounding features
  - Map North to actual North
  - Map feature to actual feature
- Practice w/Hyland Lake Park Reserve map



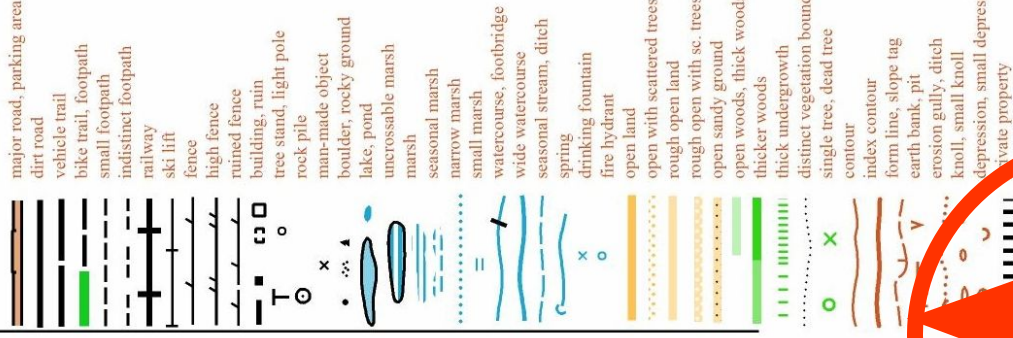








## Legend





# **Using the map and orienting it correctly at all times**

- Use the map to move around the park
- Keep the map oriented
- Use your thumb to keep track of your position (“thumbing”)

# Finding Your Way



- Relate terrain you see to the map
- Use compass (as necessary)
- Decide a good route choice (low risk vs high risk)
- Choose features to help you

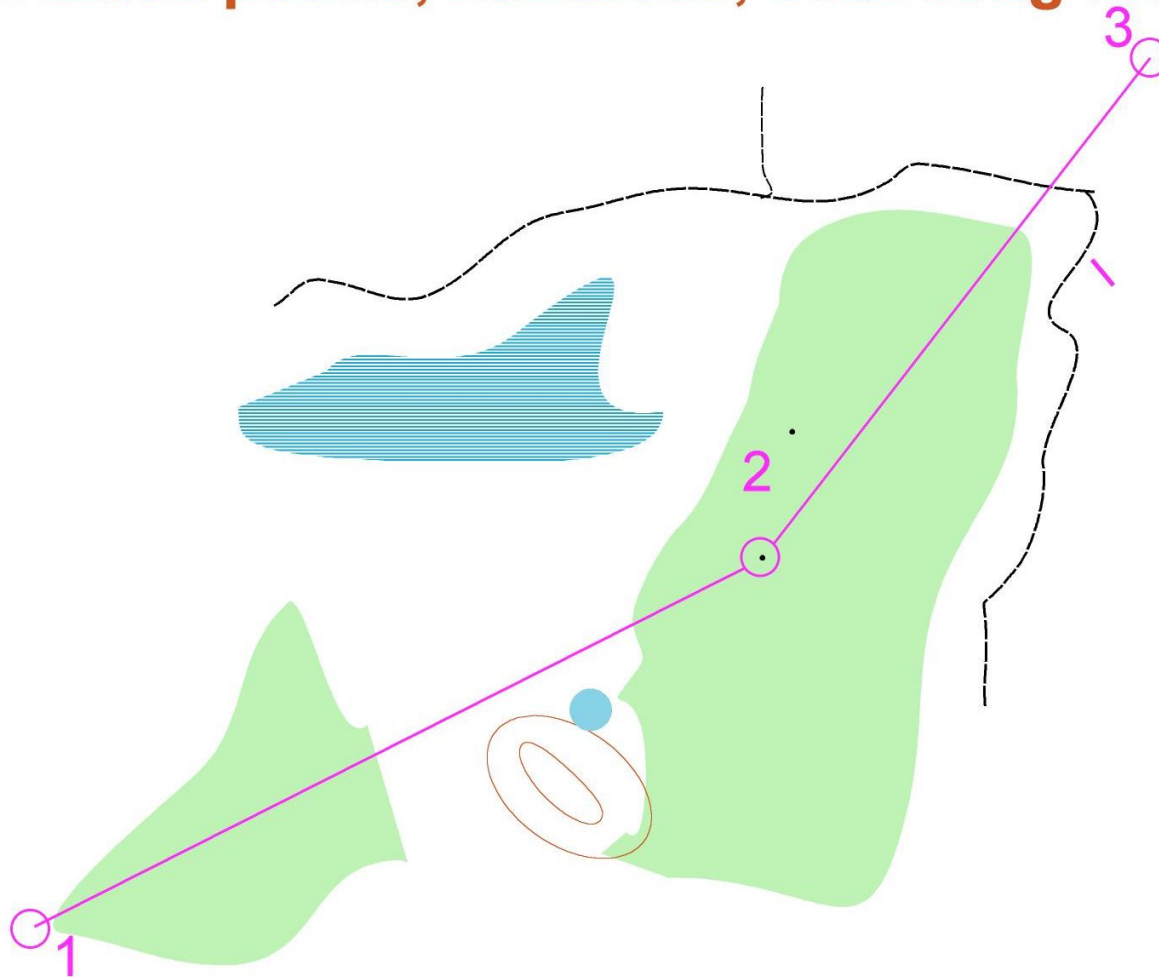


# Route planning and strategy

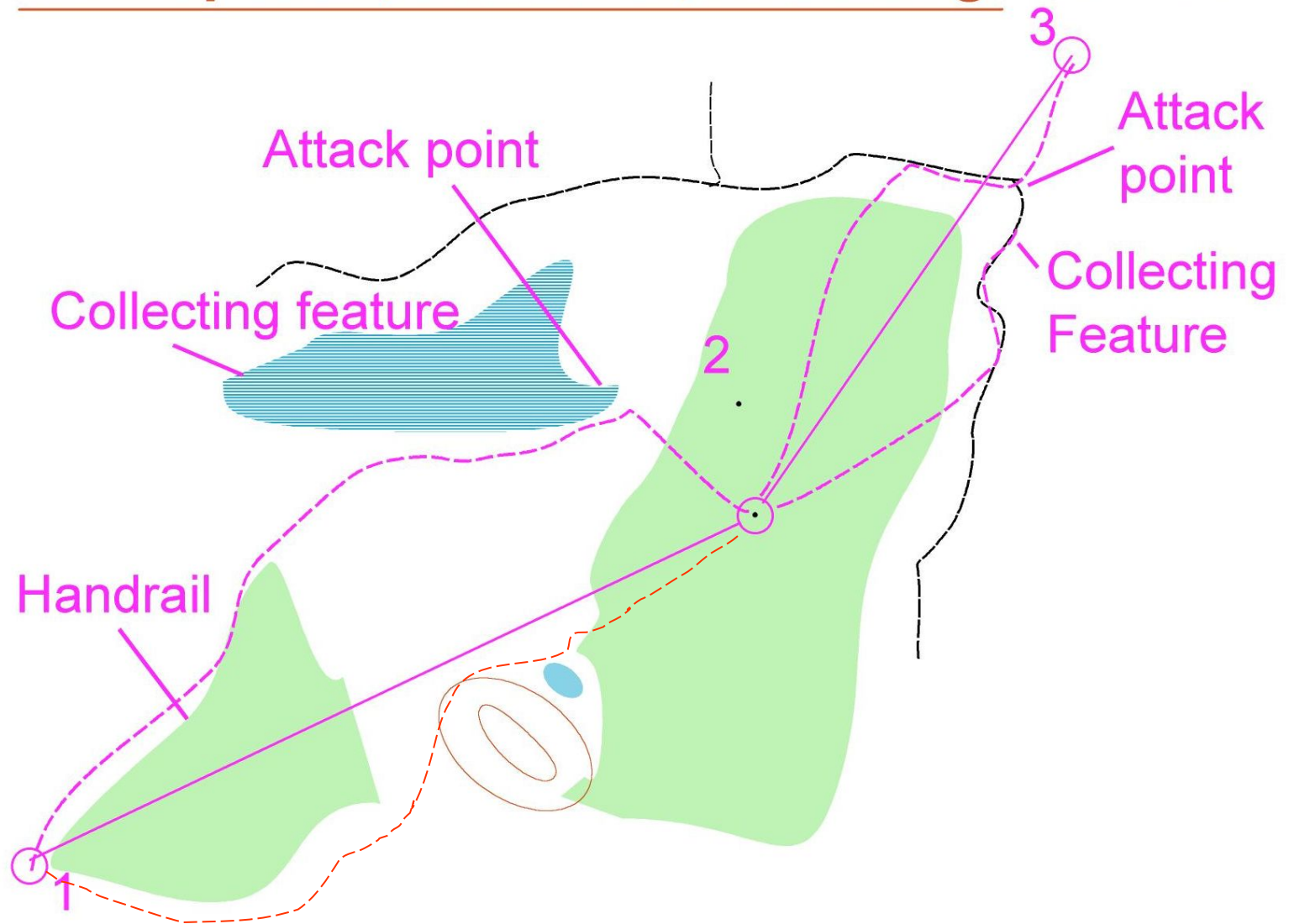


- Manage the risk ... use the features of the terrain to guide you
- Use compass with the map
- Straight line bearing (up and over hills, through swamps, thick vegetation) is NOT the best way

## Attack points, handrails, collecting features



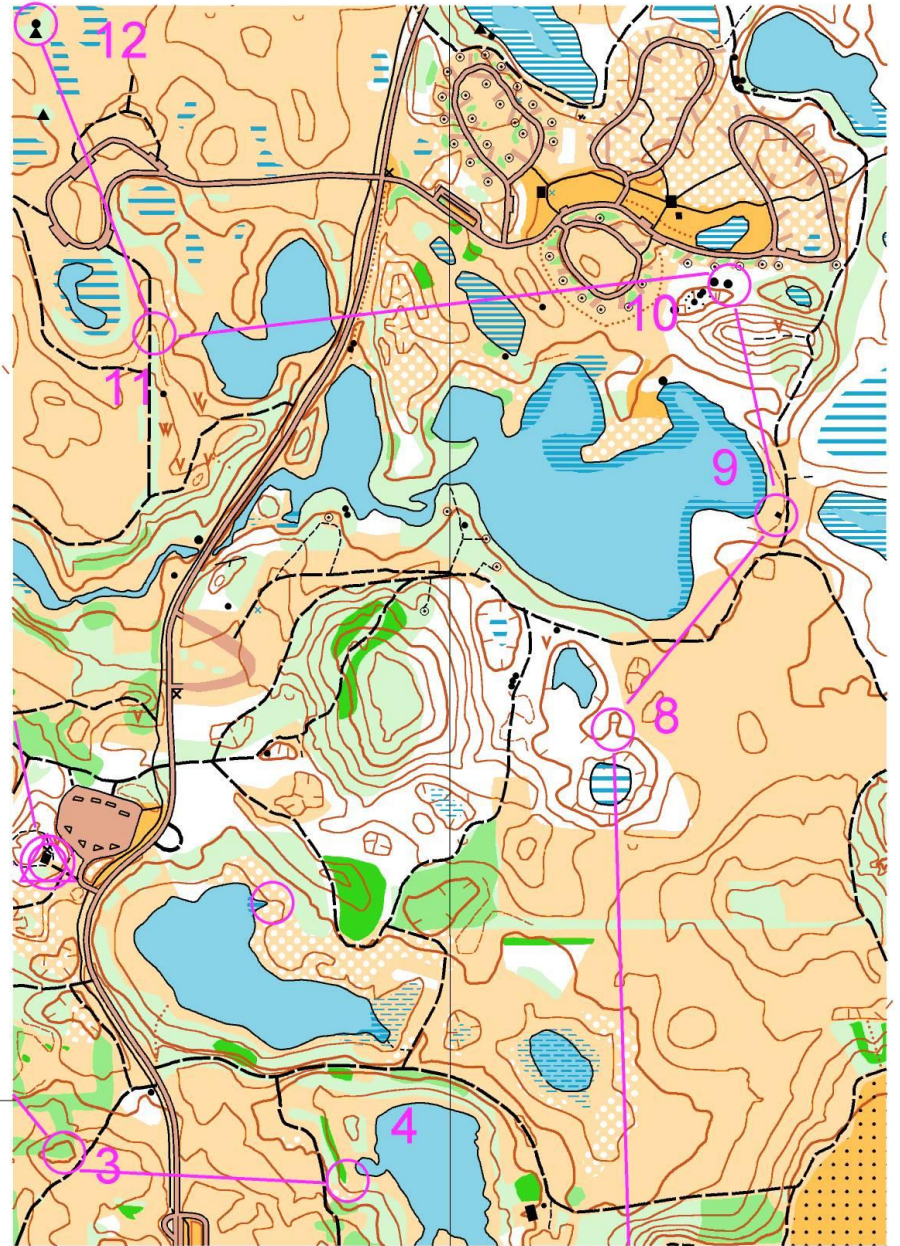
## Attack points, handrails, collecting features





# Route choice tips

- Going straight up and over hills , or through thick vegetation may not be the quickest way
- Use handrail features
- Use attack points
- Use catching features



# MN Orienteering Club



- Meets about every 2 weeks in spring and fall
- About 180 members all ages and abilities
- Permanent courses (Lake Elmo, Tamarack Nature Center, Afton, River Bend)
- Schedule is at [www.mnoc.org](http://www.mnoc.org)
- Membership of \$16/ year (individual), \$22 family, \$50 (group) - reduced fee at meets, members only meets, supports outreach and youth participation.

# MNOC Schedule

## Spring/Summer 2024



We are offering a full complement of Orienteering in 2024.

There is always a skill level variant at our meets.

We are always willing to share tips, talk through your experience, and socialize with outdoor oriented people.

### 2024 Event Schedule

Skills Clinic at French Regional Park

**Saturday, April 13, 2024**  
[Learn more and register](#)  
Skills Clinic

William O'Brien State Park

**Sunday, April 28, 2024**  
[Learn more and register](#)  
Regular Meet

Cleary Lake Regional Park

**Sunday, May 5, 2024**  
[Learn more and register](#)  
Regular Meet

Interstate State Park

**Saturday, May 18, 2024**  
[Learn more and register](#)  
Regular Meet

Como Regional Park, Adventure Run

**Thursday, June 6, 2024**  
[Learn more and register](#)  
Adventure Run

Whitetail Woods, Adventure Run

**Thursday, June 13, 2024**  
[Learn more and register](#)  
Adventure Run

Beards Plaisance Picnic/Annual Meeting

**Thursday, June 27, 2024**  
[Learn more and register](#)  
Annual Meeting

Location TBD, Adventure-O

**Saturday, July 13, 2024**  
Details coming soon  
Adventure-O

Fort Snelling State Park, Adventure Run

**Thursday, August 29, 2024**  
[Learn more](#)  
Adventure Run

Battle Creek Regional Park

**Saturday, September 28, 2024**  
[Learn more](#)  
Sprint

Afton State Park

**Sunday, September 29, 2024**  
[Learn more](#)  
Minnegoat

Sever's Corn Maze-O

**Saturday, October 5, 2024**  
[Learn more](#)  
Corn Maze-O

Mille Lacs Kathio State Park

**Sunday, October 20, 2024**  
[Learn more](#)  
Regular Meet

Lake Maria State Park

**Sunday, October 27, 2024**  
[Learn more](#)  
Regular Meet

French Regional Park Veteran's Night-O

**Monday, November 11, 2024**  
[Learn more](#)  
Night-O - 6pm start!

# MNOC French RP Skills Clinic

- White Guided Course
- Yellow on your own (Route Planning Advice available)
- Orange Sprint course with e-punch
- Maze

# Audience Background



- How many people have ever been orienteering and/or adventure racing before?
- How many know how to use a protractor or orienteering compass?
- How many are here who are youth group leaders/ teachers ?



# Orienteering

- A multidimensional craft honed by practice and experience
- learning to read the terrain
- using a map and compass
- planning a good route
- implementing that route
- CUNNING RUNNING/BIKING  
CANOEING/SNOWSHOEING/  
SKIING .....the thinking sport

