

Middle Distance Course Setter's Notes

Rawdon and the Kinadapt Centre are located in the Laurentian Uplands (Laurentides en Francais), remnants of a very old mountain range extending across southern Quebec from the Gatineau River to the Saguenay Fjord. The Laurentian Uplands contains very old rocks deposited before the *Cambrian Period* 540 million years ago. The mapped area around the Kinadapt Centre spans several large hills and the valleys between them. A high percentage of the mapped terrain is forested, although there are also some open fields near the Kinadapt Centre. The forest is mostly mature and features a mix of deciduous and coniferous trees, with broadleaf trees dominant in some areas, and coniferous trees dominant in other areas. Visibility and runability are variable – good/fast in some areas, less so in others. Considerable effort has been made to ensure that the map reflects the relative runability as much as possible. The mapped area includes a dense trail network that is used primarily for dog-sledding in winter, but also for hiking and biking in summer. In addition to the contours and numerous topographic features, the terrain boasts many cliffs and boulders of all types and sizes. Smaller boulders and cliffs (less than 1m in height) are not mapped. The steeper slopes can be quite rugged and rocky, which can impact running speed and may influence route choice. The area also features some streams, ponds and marshes, particularly in low-lying areas. On competition weekend, the marshes may be a bit smaller or larger than mapped, depending on the amount of rainfall leading up to the event. Some of the trails tend to get muddy in wet weather. Mosquitoes have eased off somewhat, but are still numerous in damper, shadier areas.

The middle distance courses have been set to exploit some of the best woods in the area, and provide a good test of technical orienteering skills, particularly detailed navigation through complex terrain. Runners who are able to adjust their speed and adapt their technique on the fly to suit variations in the complexity of the terrain and the navigational challenge should be rewarded. The properties of each course are summarized in the following table.

Course	Length (km)	Climb (m)	# of controls	Controls with water	Map scale
1	2.5	40	14	1	1:7500
2	2.4	60	10	-	1:7500
3	2.5	55	11	1	1:10000
4	2.7	65	12	-	1:10000
5x	1.1	30	9	2	1:7500
5	1.7	40	10	1	1:7500
6	2.3	55	11	1	1:7500
7	2.7	80	13	1	1:7500
8	3.3	130	14	1	1:10000
9	3.7	160	17	1	1:10000
10	3.9	165	17	1	1:10000

11	4.7	180	19	1	1:10000
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All 12 middle distance courses will use a single start located 600m (straight line distance) from the arena. The mandatory marked route from the arena to the middle start is ~1,000m long with 20-25m climb, all along either a gravel road or trails. The start triangle is located beside a trail ~35m beyond the timed start line.

Course 1 features marked routes (marked with ribbons hanging from tree branches) in two locations. The first marked route will guide course 1 runners past the start triangle onto a trail towards their first control. The second marked route highlights an indistinct trail between controls 3 and 4. Runners on course 1 (and all other courses) should prepare for sections of muddy trail.

Courses 5, 5x, 6, 7, 9, 10, 11 cross the private gravel road that is only used to access the Kinadapt Centre, at one of two crossing points. Runners on course 1 will follow the road for ~50m where it terminates at the Kinadapt Centre. Very few vehicles are expected to be travelling along this road during the competition. Marshals will be stationed where course 1 turns onto the road and at both crossing points, and will do their best to slow down and stop any vehicles that wish to pass until it is safe for them to do so. However, competitors are ultimately responsible for their own safety and are reminded to check both ways for moving vehicles before crossing the gravel road. Runners on course 1 are reminded to watch out for vehicles and strongly advised to walk or run along the edge of the road without crossing over to the other side.

Courses 9 – 11 include a marked route along the edge of the arena to a spectator control, where loud, enthusiastic and boisterous cheering is definitely encouraged!

Finally, since there will be well over 100 controls set up in the terrain, runners are advised and encouraged to check control codes before dibbling!!

Andrew Cornett, Course Setter

Bruce Glen, Controller