

# ORIENTEERING

## WHAT IS IT?

Orienteering is a sport of Scandinavian origin. The game's objective is to locate fairly easy-to-find markers, called "controls", in the forest with the aid of a map and, if you like, a compass. The challenge arises from participants not knowing the locations of the markers beforehand. The test lies in determining the best routes between the marker locations and in the sport's competitive form, in finding all these points (called controls) in the least possible time. At its best, not only does orienteering improve your knowledge of geography and practical navigation, it enhances physical and mental fitness as well.

Orienteering is a sport for a lifetime, for people of all ages, abilities, and sexes. Participants may travel alone or in groups, running or strolling, to win the contest or to merely savor nature's beauty, which, as any orienteer will attest, winning itself. The sport provides ideal family recreation.

## INSTRUCTIONS

1. This Moss Park orienteering course offers two variations, one for beginning novices and one for the more advanced. The Beginner's Course controls are numbered 1 through 8. The Advanced Course controls are lettered A through G.
2. Familiarize yourself with the map before you begin. Note the fields, roads and features visible from the starting kiosk and relate them to the features shown on the map. This

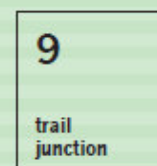
familiarization is easier if you hold the map flat in front of you and rotate it until it is "oriented" to the terrain. Magnetic North line on the map will help if you have a compass but you will find that the map is detailed enough that you should not need one for these courses.

3. Set out to visit the controls on the selected course in sequence. You will be starting and finishing at the kiosk defined by the red double circle overlaying the red triangle. The controls themselves will be at the exact center of the red circles printed on the map. Upon reaching each control, record the two number code printed on the marker post in the box provided on the control card portion of this brochure. (see illustration). You might also want to time yourself, using the start and finish spaces provided.

As an example, consider an imaginary control #9. Suppose it is marked on the map like so:



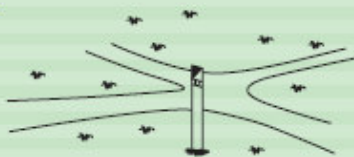
Referring to the map legend, you note that the control location – the exact center of the circle – seems to be a crossing of two paths. To check the terrain feature on which the control is located (it could be the pit instead), consult the description provided and find the control locations precisely described as follows:



Suppose, after a fairly challenging and satisfying amount of navigation, you finally arrive at the vicinity of control #9. To

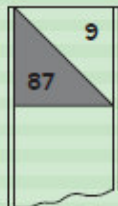


your delight, you sight it precisely where it should be – at the path junction.

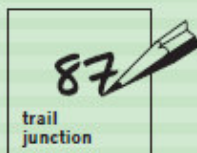


Taking a closer look, you notice the 'orienteering' decal at the top.

Taking an even closer look you find the control identification number, "9" and a two-number combination. This combination (87 in the example) is the control code. Recording this code in the appropriate box on your control card you provide proof of your visit to the control for later verification.



That's it! You're off to the next control, and so on to the Finish at the kiosk.



## CERTIFICATION

When you finish either course, having located and recorded all the correct control codes, you may obtain an official certificate of course completion from FLO. To do so, go to [www.floridaorienteering.org](http://www.floridaorienteering.org), where you will find instructions on how to obtain the Certificate on-line. Alternatively, you submit the detachable portion of this brochure, with the correct control numbers written in, and send it to the provided address. The website also has much more information on orienteering worldwide plus the dates of upcoming local events.

Congratulations and thank you for participating.

[WWW.FLORIDAORIENTEERING.ORG](http://WWW.FLORIDAORIENTEERING.ORG)

### SAFETY NOTE:

At the pace of a slow stroll, either course can be completed in 60 to 90 minutes. It might be wise to take this into account when setting off toward dusk. Pace yourself so that you can complete the course before the Park closes.

### SAFETY NOTE:

Park areas may contain hazards not normally encountered. Be responsible for you and your group's safety.

### COURTESY NOTE:

A few areas are marked on your map as 'off limits' because they are Ranger residences. Please respect their privacy. If you encounter Park Staff during your visit to Moss Park and have enjoyed your orienteering event, please let them know how much you appreciate their support.

F · L · O · R · I · D · A  
O · R · I · E · N · T · E · E · R · I · N · G



The control descriptions shown below are specific to the Moss Park course only.

Mail completed form to: FLO, 655 Little Wekiwa Road, Altamonte Springs, FL 32714

**NAMES OF PARTICIPANTS :**

**Email Address (for Certificate) :**

	<b>DATE</b>			
<b>8</b> Thicket, W side		-----		
<b>7</b> Middle thicket, W side		<b>G</b> Thicket, W side		
<b>6</b> Thicket, SW tip		<b>F</b> Marsh, NE side		
<b>5</b> Between the thickets		<b>E</b> Fence, S outside corner		
<b>4</b> Marsh, NW edge		<b>D</b> Marsh, S side		
<b>3</b> Fence, SW corner		<b>C</b> Forest corner, N tip		
<b>2</b> Thicket, W side		<b>B</b> Middle thicket, W side		
<b>1</b> Fence, NW corner		<b>A</b> Thicket, W side		