

Stromlo Running Festival Orienteering Race Information

Course and start procedure: There are 3 loops (A, B and C). You will start in pairs, with one competitor running the loops in the order A-B-C and the other competitor running the loops in the order B-A-C. The final loop is common. Be at the pre-start 2 minutes before your start time. Move forward to the start with 1 minute to go. The start is adjacent to the last control and the start triangle is a 70m taped run from here. Here are some detailed instructions regarding the maps, start and finish, please read them carefully. There is a map sample below showing the last control and start triangle.

- The first 2 loops will be in the same map bag
- The starter will hand you the map with your first loop on the upper side
- Your first map will have 1A or 1B on it, the second map will have 2A or 2B on it, be careful and make sure you run loop 1 first
- The control numbers will start from 1 on each loop
- On the final start beep follow the taped route to the start triangle
- At the end of your first loop punch the last control, turn left and run to the start triangle, turn the map over for your second loop
- There will be 2 boxes of maps at the start triangle which will have the mens and womens final loops
- At the end of your second loop punch the last control, turn left and run to the start triangle, give your map to the official and take the final map from the relevant box
- When you punch the last control at the end of the third loop turn right and run to the finish.

TIME PENALTY: If you punch a wrong control (or miss a control) you will incur a 2-minute time penalty (you will not be disqualified). There are lots of controls in the forest, check the codes carefully.

Terrain description: A significant portion of the course is in semi open or open areas. There is a lot of erosion and contour detail with some areas of low visibility, as well as short sections on MTB single tracks. The area adjacent to the start/finish is grass and you will be crossing the asphalt crit circuit a number of times. The vegetation has been accurately mapped, green stripes can be slow running. the area is quite rough! XC or orienteering shoes are recommended, and you may get wet. Leg protection is also advisable – there's lots of undergrowth (including blackberries).

Black borders on water features means it is uncrossable and not only will you risk disqualification but you will probably also end up eye hole deep in muddy water. Olive green (and purple stripes as shown below) is out of bounds and you will be disqualified if you run through it, be aware and respect it (especially in the gardens around the fire memorial). Be careful of black earth walls – they are uncrossable and can be dangerous (trolls like the overhangs). The course is in a popular MTB area so be aware there may be people cycling.

The control descriptions will be on the map ONLY. The control codes will also be shown adjacent to the control number. See the map sample.

