

California Orienteering Festival
Stage 2: Golden Gate Park Middle Distance
National Ranking Event
Tuesday July 18, 2023

Meet Director's Notes

Golden Gate Park is a very popular destination for locals and tourists, and is heavily used. The San Francisco Recreation and Parks Department is tasked with managing and protecting the park for everyone's enjoyment. The Park Rangers have given us a permit to hold our event; we are fortunate and grateful to be able to orienteer in this beautiful setting. The Rangers and the CalOFest Organizers request that everyone adheres to the following Code of Conduct:

Participant Code of Conduct

- **Safety:**
 - Participants must adhere to Covid-19 rules in the jurisdiction
 - Participants must cross roads safely, at guarded crossing points
 - Horses have the right of way; participants must stop for horses
 - If a participant asks for help, others must abandon the competition and render aid
- **Park rules:**
 - *Participants MUST remain out of all restricted areas including areas under construction, sensitive areas and replanting or reforestation areas. Please take care to not disturb any plant life.*
 - *Be alert to avoid coyotes and poison oak which can be found off trail areas and in low brush. While there are dog leash rules some owners may have their dogs off leash within the park on trails. Participants must take care to avoid erosion control areas marked by signs as they are sensitive to park maintenance and must not be disturbed.*
- **Environmental stewardship**
 - Participants must follow the "leave no trace" philosophy
 - Participants are not allowed in out-of-bounds areas
 - Participants may not trample, deface or destroy Park infrastructure
 - Separate recycling and waste receptacles shall be used
 - Participants may not make amplified noise
- **Fairplay**
 - Participants must follow the rules laid down by Orienteering USA

Course Designer's Notes

By Andrew Masalkov

Welcome to Golden Gate Middle distance orienteering event. This year's Stage 2 event will be held on a completely revised map of the iconic urban park located in the heart of gloomy San Francisco.

At this time of the year, San Francisco **weather** is known for foggy and very moderate temperatures even though it is summer time. This phenomenon is colloquially known as "June Gloom". Tuesday's event will not be an exception - temperatures are forecasted to be between 12° and 16° Celsius, with clouds and fog which may clear by the late afternoon. These are ideal weather conditions for racing. Nevertheless, the sun is very active even under the cloudy sky - use sunscreen for your protection.

The map has been significantly improved and updated to meet Sprint Orienteering map standards (ISSprOM). Courses are all printed on the 1:5000 scale, on waterproof, tear-resistant paper. No map cases will be provided.

Special feature symbols - two of them are in use - 6.1 and 6.2:

- Symbol X (6.1) marks water fountains, playground structures and signage posts.
- Symbol O (6.2) is used for round objects, like lamp poles, hydrants, hatches, etc.

The Courses are set in a very challenging environment, emphasizing route choices rather than technical challenges. There are many out-of-bounds areas, which shaped the way how legs are set - be careful not to cross boundaries. Distances are on the longer side, plus the number of controls is higher than one would expect for a Middle-distance setup. But thanks to quite flat terrain, estimated winning times are within those defined by Orienteering USA standards.

Safety: Special notes about crossing streets. There are 4 mandatory crossing points on the map:

- Crossing point C2 is manned with a crossing guard. You must follow the crossing guard's instructions to cross safely - there is no crosswalk, and the street is fairly busy. There are controls on either side of the crossing. **TIME SPENT CROSSING WILL BE DEDUCTED** from total time spent on the course, so there is no reason to rush across the road.
- Crossing point C1 is self-service. There is no crosswalk, and the street is moderately busy. There are controls on either side of the crossing. **TIME SPENT CROSSING WILL BE DEDUCTED** from total time spent on the course, so there is no reason to rush across the road.
- Crossing points C3 and C4 are not manned, nor is crossing time subtracted from total time.
- In any other places, use crosswalks and be aware of passing cars.

Water controls are set in several locations. There are no individual single-serve bottles – use the cups that are provided.

Be aware of natural dangers lurking in the park. Coyotes in general are afraid of people but should be avoided. One may encounter a San Francisco garter snake which is not poisonous. The probability of Ticks is small. Poison Oak is almost not present in the park though it must be avoided despite the late season - it's still potent enough to cause a serious allergic reaction. Treatment is simple: Wash skin with a grease-cutting detergent such as dish soap, or preferably use Technu or any other targeted medications. Several controls are set in the near vicinity of PO bushes but it is easily avoidable.

Enjoy your courses!