

Long Pond Mountain (Day 1) Course Notes

White, Yellow, and Brown courses **1:10000, 5m**

Orange, Green, Red, and Blue courses **1:15000, 5m**

-Course Notes

With the exception being the white course, all of the courses on Day 1 are a bit shorter than normal. There are several technical legs where proper route choice will significantly improve your time. As always, make sure you check your codes prior to punching as there are several areas with a high concentration of controls. All controls will be placed on a stand with the e-punch. There will be a manual punch on each stand in case of an e-punch malfunction.

Course	Length (Km)	Climb (m)	Controls
Blue	7.52	410	19
Red X	6.28	360	15
Red Y	6.16	375	15
Green X	4.93	170	12
Green Y	4.95	175	12
Brown	3.17	115	9
Orange	3.04	115	9
Yellow	2.89	70	8
White	2.74	55	7

-Start/Finish

There is a 20 minute ride to the start, and the Start triangle is a 10-15 minute walk from the drop off point. There will be a clothing drop-off, and your clothes will be returned to Camp Buckner. There is little warm-up space available in the start area by Wilkin's Pond. I recommend warming up on the jog to the start. All courses share the same GO point, and there are three directions of approach to the GO point. Please be aware of others as you approach the GO point. Finish is located in a field adjacent to Camp Buckner. The walk back to the event headquarters will take about 10 minutes. Please ensure you download at the finish area before you head back to Camp Buckner.

-Safety

We have gone through and tried to remove as much concertina (razor) wire as possible, but we might have missed some smaller strands so be sure to watch your footing at all times. There are several significant cliffs and rocky areas on the map so be sure to use caution when navigating near them. Be sure to hydrate continuously throughout the day. In addition to water at designated controls throughout the courses, we have organized a communal water point in area where the courses intersect and it is annotated on the map by the cup symbol. Please let us know if any water points begin to get low on water so that we can restock them. All courses cross some form of a road/trail, there should only be minimal traffic from the local anglers, but be sure to look before you cross. There will be medical personnel at the finish if you need it. They will be able to provide aid for any type of injury so feel free to ask them for help. They will also be at Camp Buckner on Saturday evening if you require assistance then. Should you become completely disoriented, the safety bearing is due East. You will run into a major highway (route 9W). Follow it south until you get back to Camp Buckner.

Deep Hollow (Day 2) Course Notes

White, Yellow, and Brown courses **1:10000, 5m**

Orange, Green, Red, and Blue courses **1:15000, 5m**

-Course Notes

In most cases, Day 2 is significantly longer than Day 1. The courses will sufficiently challenge you physically as well as mentally. Once again, proper route choice could significantly improve your time. All courses will cross a floating bridge. Please see the enclosed informational pamphlet about the bridge for more information. The last loop of the blue course goes through an area with unmapped trails. The unmapped trails should not be relied on for navigation and will not be of any significant advantage.

Course	Length (Km)	Climb (m)	Controls
Blue	9.55	440	22
Red X	8.11	425	18
Red Y	7.94	415	19
Green X	5.90	170	16
Green Y	5.99	190	16
Brown	4.83	100	12
Orange	5.02	200	13
Yellow	4.55	135	12
White	2.15	55	7

-Start/Finish

It is a 5 min. drive to the drop-off point. From where the shuttle drops you off, there is no walk to get to the start area. A small warm-up area will be available at the start. Once again, there will be a clothing drop on Day 2, and your clothing will be available for pickup at Camp Buckner. The finish has several GO points and a two directional shoot. Ensure you punch your GO point and be cautious of other runners when running in the shoot. There is a 15 minute ride from the finish back to Camp Buckner. Ensure you download before you depart the finish area.

-Safety

Concertina (razor) wire was found while placing and vetting points and we removed all that we could, but continue to use caution and keep an eye out for it. There have been rattlesnake sightings in various areas of Day 2. (Note the name of the large swamp that bisects the middle of the map) Please be careful in the high, rocky areas because that is where we have spotted them most. If you do see one, just steer clear because they are a protected species and cannot be harmed. For the advanced courses, there are a few areas where there is significant garbage on the ground made up primarily of broken glass bottles and rusted 50 gallon drums. Be extra cautious when running through this area. Once again, medical personnel will be located at the finish. Please feel free to ask them for help, that is why they are there. Should you become completely disoriented, the safety bearing is due North. You will run into a major highway (route 9W), or Lake Stilwell. Follow 9W north until you get back to Camp Buckner, or travel along the lake west until you reach the finish area or the main area road.

I hope you have as much fun running these courses as I did designing and setting them. I will be looking forward to your comments at the finish. Please feel free to give me any feedback that way we can continue to improve the quality of our A-meet. Thank you for participating and good luck!

Andrew Wayne Komm
Course Designer/Setter