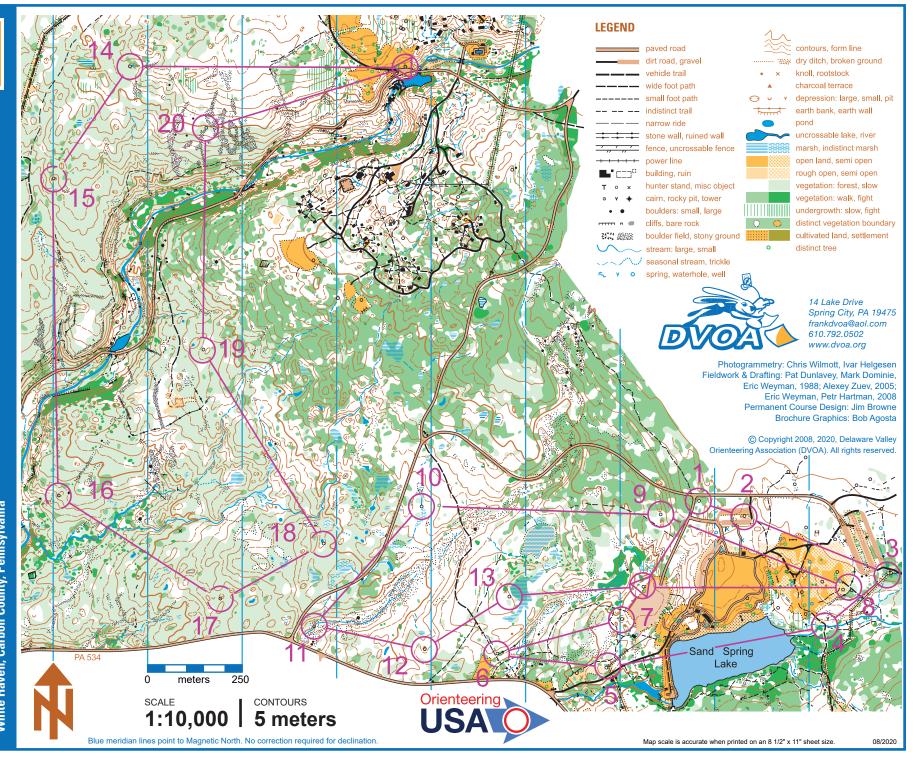
lickory Run State Park



Hickory Run State Park White Haven, Carbon County, Pennsylvania

Hickory Run State Park Permanent Orienteering Course Control Sheet							
Intermediate Course			į	5.4 km c (3.4 i	listanc mile)	е	95 m climb (312 feet)
Control # / Letter Code			Control Description				Control Description (Text)
\triangleright	S/F		0				
1			/	/	Y	0.	Road Junction, Southeast Side
2			\bigcirc				Depression
3			ø				Powerline Pole
4			/	w	X	O.	Trail / Stream Crossing Northeast Side
5			ø				Powerline Pole
6			BRK	\Box		/	Indistinct Stone Wall Southwest End
7			•				Knoll
8			1	BARK	X	Ģ	Trail / Stone Wall Crossing South Side
9			Θ	Θ		\equiv	Between Depressions
10			1 1			T	Marsh, North End
11			w			<	Steam Bend
12			()				Depression
13			<u>=</u>			.0	Marsh, Southwest Side
350 m (1,148 feet) to Finish							

To check control letter codes, mail a copy of your noted course control sheet to: DVOA, 14 Lake Drive, Spring City, PA 19475.

Please include your phone, email, or mailing address for a reply.

Orienteering on this self-guided course allows you or your group to follow, at your leisure, a permanently marked route as an introduction to the sport. After completing this course, please try one of our local weekend events for a complete orienteering experience!

	Hickory Run State Park Permanent Orienteering Course Control Sheet								
Advanced Course			4.5 km distance (2.8 mile)				140 m climb (460 feet)		
Co	Control # / Letter Code		Control Description			n	Control Description (Text)		
\triangleright	S/F		0						
14			C }			Ò	Pond, West Side		
15			0				Depression		
16			•			0	Knoll, Southwest Part		
17			Θ			Ω	Depression, Southwest Side		
18			§)			O.	Pond, Southeast Side		
19			•			Ċ	Knoll, West Side		
20			AA			1	Stoney Ground Northeast Tip		
	○< 550 m (1,805 feet) to Finish >○								

	Hickory Run State Park Permanent Orienteering Course Control Sheet								
В	Beginner Course			2.4 km c (1.5	listanc mile)	е	40 m climb (130 feet)		
Co	Control # / Letter Code			Control D	escriptio	n	Control Description (Text)		
\triangleright	S/F		0						
1			/	/	Y	0.	Road Junction, Southeast Side		
2			0				Depression		
3			ø				Powerline Pole		
4			/	w	X	O.	Trail / Stream Crossing Northeast Side		
5			Ø				Powerline Pole		
6			BARK			/	Indistinct Stone Wall Southwest End		
7			•				Knoll		
	O< 100 m (328 feet) to Finish > O								

DVOA	14 Lake Drive Spring City, PA 19475 frankdvoa@aol.com 610.792.0502 www.dvoa.org

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Date Course Completed

Mailing Address

Email

Name

End Time:

Start Time:

Phone

ORIENTEERING - What is it?

Orienteering is a sport of Scandinavian origin. The game's objective is to locate fairly easy-to-find markers in the woods with the aid of a map and, if you like, a compass. The challenge of orienteering results from participants' not knowing ahead of time the markers' locations. The test lies in determining the best routes between these 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 people of all ages, abilities, and gender. Participants can travel alone or in groups, running or strolling, to win the contest or merely to savor nature's beauty, which, as any orienteer will attest, is winning itself. The sport provides excellent family fare.



INFORMATION

This 15,990-acre park lies in the western foothills of the Pocono Mountains with more than 40 miles of hiking trails, three state park natural areas, and miles of trout streams. Boulder Field, a striking boulder-strewn area, is a National Natural Landmark. Diverse habitats and forest types, extensive wild areas, and unique glacial geological formations make Hickory Run an excellent outdoor classroom.

For information about park activities, contact: Hickory Run State Park, 3 Family Camp Road, White Haven, PA 18661-9712; 272.808.6189 www.dcnr.pa.gov/StateParks/FindAPark/HickoryRunStatePark

For information about local orienteering events, other area permanent courses, and club membership in eastern Pennsylvania, southern New Jersey, and Delaware, or for copies of this and other orienteering maps, please contact:

Delaware Valley Orienteering Association (DVOA), 14 Lake Drive, Spring City, PA 19475, 610.792.0502, frankdvoa@aol.com, or visit our web site at www.dvoa.org.

For a complete orienteering experience, please try one of our local weekend events. You can find the schedule at www.dvoa.org. Membership entitles you to reduced map fees at all of our events.

Congratulations and thank you for participating!

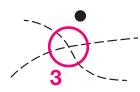
INSTRUCTIONS

- 1. Reference the course control sheet for course distance and total course climb. The course begins at the parking lot, indicated on the map with a triangle symbol. The course ends at the start location, indicated on the map with a double circle symbol.
- 2. Familiarize yourself with the map before you begin.

NOTE: Familiarization with the map relative to the fields. roads, and features shown is easier if you hold the map flat in front of you and rotate it until it is "oriented" to the terrain. Magnetic North lines will help if you have a compass, but you will find that the map is detailed enough that you may not need one on this course.

3. Set out to visit the controls in the sequence outlined on the map starting at the start triangle and proceeding towards control #1. Upon reaching each control, record, on the course control sheet provided, the letter code shown on the marker post placard (see illustrations to the right). You may also want to time yourself from start to finish.

As an example, consider an imaginary control #3, marked on the map as shown below:



Referring to the map legend, you note that the control location, the point at the center of the circle, seems to be crossing between two paths. To confirm the terrain feature on which the control is located, look at the description and feature symbols provided on the sample control sheet shown below.

Permanent Orienteering Course Control Sheet							
Short Course			2,2 km distance (1.4 miles)				27m climb (90 feet)
Co	Control # / Letter Code		Control Descriptions				Control Descriptions (Text)
\triangleright			-				Start Triangle Building (Park Office)
1			/	/	Y		Road Junction
2					1.7	Ċ	Boulder, 1.7m Height, North Side
3			/	/	Y		Trail Junction

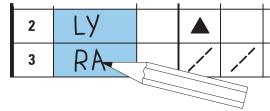
Suppose, after a fairly challenging and satisfying amount of navigation, you finally arrive at the vicinity of control #3. To your delight, you sight it precisely where it should be: at the foot path trail junction.



Take a closer look; you will notice the control number and letter code on the marker post placard.



By recording the letter codes in the appropriate box on the control sheet, you provide proof of your visit to the control for later verification.



That's it! You're off to your next control, and so on to the finish.



SAFETY & COURTESY NOTES

The intermediate course at Hickory Run SP can ordinarily be completed within 60-90 minutes. It is wise to take this into consideration, especially when setting off towards sunset. The park is only open between sunrise and sunset.

On the remote chance you become hopelessly disoriented, make your way south and east to Sand Spring Lake and PA 534. Remember that the sun rises in the east and sets in the west.

Some areas of the park may be hazardous. We told the Park Rangers we would remind you that you are responsible for you and your groups' safety.