

Orienteering at Madrona K-8

Madrona Permanent					
Course 1		1.0 km	30 m		
▷					Start:
1	17	⚡	⚡	⊗	Path crossing
2	10	⊗			Root stock
3	11	⊗		○	NW side of root stock
4	8	⚡	▲	⊖	Between path and boulder
5	7	⚡	⚡	⚡	Path junction
6	9	⚡		⊖	E end of path
7	4	⚡		⊖	NW outside corner of fence
⊗	340 m			⊗	Navigate 340 m to finish
Madrona Permanent					
Course 2		1.3 km	55 m		
▷					Start:
1	18	▲		○	E side of boulder
2	1	•			Knoll
3	2	←	○	○	N side of W special item
4	3	•	•	⊖	Between knolls
5	4	⚡		⊖	NW outside corner of fence
6	6	⚡		○	W edge of small gully
7	13	▲		○	W side of boulder
8	12	⚡		⚡	SE end of path
9	14	⚡	⚡	○	N side of path junction
10	15	⚡	⚡	⚡	Path junction
11	16	U		○	W edge of small depression
⊗	90 m			⊗	Navigate 90 m to finish

Orienteering involves the mind and the body. With the aid of a map and compass, you find your way on foot across the countryside from control to control. Your imagination and skills choose the best route. The course has painted red and white controls on 4x4 wooden posts set in the ground or painted on a building. You visit each control in sequence and copy the letter from the marker on a piece of paper. This verifies your completion of the course.

An orienteering map is a very detailed map. A compass is necessary to orient the map to magnetic north before starting a course and at any time during the course necessary to insure your location. The blue lines drawn vertically across the map indicate magnetic north.

Orienteering courses are usually set in a pleasant forest environment and you set your own pace. You can treat orienteering as a highly competitive race of navigational skill and physical speed or as a hike through the woods with the added fun of finding the red and white controls. Orienteering is usually an individual effort, but it is common to see groups or families hiking around an orienteering course together. Fitness and experiencing the outdoors come naturally with this sport.

Use the map and the chart to the left to find the 18 controls located on the school grounds. You **Start** and **Finish** at the **Triangle /Double Circle**. There are three courses. You should go to the numbers in order. Or you can design your own course.

The posts were installed by Madrona students and parents.

Do Not use the map during school hours between 8:30am and 4:30pm.

Orienteering is a year round sport. Please check Cascade Orienteering Club's website for further information about upcoming orienteering events: www/CascadeOC.org.