

## Orienteering at North SeaTac Park

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 concrete blocks set in the ground or wooden squares attached to fences and posts at the locations designated on the map. 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.

North SeaTac Permanent Courses							
Course 1	2.5 km						
							Start:
1	1						Man made object
2	2						Top of knoll
3	3						SW side of path crossing
4	4						N side of man made object
5	5						Man made object
6	6						Lone tree
7	7						S side of ruin
8	8						Between broad-leaved paths
9	9						W end of fence
10	10						W edge of vegetation boundary
	340 m						Navigate 340 m to finish

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 on the front and the chart to the left to find the 21 controls located in the park. The course **Start** and **Finish** is at the light pole in the front of the Community Center. There are two courses. You should go to the numbers in order.

North SeaTac Permanent Courses							
Course 2	2.4 km						
							Start:
1	14						E end of path
2	13						Between broad-leaved lone trees
3	12						Between needle-leaved lone trees
4	21						S side of path junction
5	15						S side of path
6	20						S side of boulder
7	18						Path junction
8	17						E edge of vegetation boundary
9	16						W edge of vegetation boundary
10	11						SE side of path junction
11	19						SE side of path junction
	160 m						Navigate 160 m to finish

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

These permanent orienteering courses were designed and installed as a Boy Scout Eagle Award Project for Ryan Breseman, Boy Scout Troop 579