

Practice event @ Mississippi Bar, Orangevale, CA (1h/2h)

MAP PDF FILES (download and print)

- [Map \(scale 1:6,000\)](#) - 4 PDF pages in a zip file
- [Control descriptions \(clue sheet\)](#)

INTRODUCTION

- We have set up a practice course at Mississippi Bar in Orangevale, CA
- 35 checkpoints are marked on an orienteering map of this beautiful nature park.
- The event is designed for you to get as many checkpoints as you can in either 1 or 2 hours.
- We will be using a new Smartphone app named "MapRun6" to record your visit to each checkpoint. The app will record a "punch" automatically using your GPS position.
- There is also an app named MapRunG that can be used with Garmin watches.
- All the instructions including directions to the Start are below. Be safe and have fun!

IMPORTANT SAFETY NOTES

- **YOU ARE DOING THIS AT YOUR OWN RISK - WE TAKE NO RESPONSIBILITY FOR ANY INJURIES OR DEATH. HAZARDS INCLUDE STEEP HILLS, LOOSE ROCKS, OCCASIONAL DENSE AND SHARP BRUSH, POISON OAK, AND RATTLESNAKES.**
- There is good cell phone coverage throughout the park.
- Due to the self-serve format, you may be completely on your own when you run your course. Be aware of this! Though the park has its normal visitors and rangers, you will be visiting areas away from trails where people don't go. You should definitely bring a whistle in case of emergency.
- WATER - Bring enough water for the duration of the event. There are lakes, but we do not recommend using this water to drink.
- Mississippi Bar is a popular place. You'll never be that far from a trail or road, cell phone service is good, and the park is regularly visited by hikers, horseback riders, road and mountain bikers. There is some steep and rocky terrain, and later in the year it's possible to encounter snakes. Please be careful; you are undertaking this practice course on your own.

EVENT INFORMATION

- **MAPRUN** - Please see [this page](#) for instructions on how to use the **MAPRUN** smartphone app. **It's important that you load the course while you still have Internet service.** Search for "2021 Nav-X Mississippi Bar training event" and pick the right course (1 hr or 2 hr).
- **DIRECTIONS TO PARKING:**
 - You'll be parking in the Snowberry Creek Assembly Area at Shadow Glen Family Stables. Park to the right after you turn off Main Ave.
<https://goo.gl/maps/Ha2hRNKUjTp6EAom7>
- **BATHROOMS** - There is no longer a porta potty in the parking lot. There is a Taco Bell up the street on Main.
- **GEAR REQUIREMENT** - you must carry the following on your course
 - Smartphone/GPS watch - goes without saying since we are using an app for timing.
 - Compass
 - Whistle for safety
- **GEAR RECOMMENDATION** - We also recommend participants bring the following:
 - Cleated shoes - you may be traversing steep slopes
 - Long pants and long sleeve shirt for the poison oak
 - Snacks & Water, especially if you are on the 2-hr course
- **TRASH** - While on the course, practice Leave No Trace (LNT) - bring all trash back to the parking area.

MAP & COURSE NOTES

- **TERRAIN** - Mainly flat, with some steep oak studded hills to the West and South, and a large area with gold mining rock tailings in the middle. Lots of interesting waterways to the East and South. Trails are everywhere including un-marked animal trails.
- **MAP** - This is an older GCO map, and there are some changes in the vegetation that are not reflected on the map. This is not a major factor as far as this course goes. There are a lot of trails that are not on the map, but the major ones are. Because of all the minute detail, we are printing this map at scale 1:6,000. Believe us, you'll need that level of detail!
- **COURSE** - There are 35 checkpoints varying in point value from 30 to 90 points. Generally, higher value controls are either inconveniently located, harder to find, or some

combination. The course is on the easier side, with only 3 checkpoints inside the dreaded rock piles in the middle of the map. Well planned routes should be able to make use of lots of trails. Travel can be slow away from trails. I believe a fast runner could clear the course in two hours. **BEGINNER TIP:** Focus on the area Southeast of the Start/Finish where the easier checkpoints are.

- **FACE COVERINGS** - Bring a face mask for around the parking area, and if you encounter people out on the course. For the most part, people don't wear masks outdoors in non-urban areas here.
- **POISON OAK** - It's in the park, but pretty much avoidable on this course. Starting to bud as of Mid-February.
- **START** - The start area is shown on your map as a triangle and is at a bend in the fence. **Do not approach the start until you are ready to go!** Your GPS device will start you automatically and alert you by beeping once you are within a couple meters of the spot.
- **SCORING:** Just like our other events, each checkpoint has a point value reflecting the difficulty (higher point value for tougher checkpoints). The point value is the "10 part" of the checkpoint code. Examples: 33 = 30 points, 50 = 50 points, 88 = 80 points, etc. Late penalty is 30 points per minute.
- **MARKERS** - Checkpoints are marked with biodegradable ORANGE flagging. Be aware though, that as time goes by, animals and hikers may remove some markers so they are not guaranteed to be there when you get there.. Your phone/watch beeping/vibrating is what matters, and what keeps score.
- **FINISH** - the finish is marked on your map with a double circle and is located at a gate blocking car access to a service road. When you are within a couple meters of the spot, your GPS device will register a finish. **Do not approach the finish until you are ready to end your course.** (Depending on the device, it may be possible to continue the course after this, for example if you approached the finish spot by accident. However, this might not work for you, so we recommend you don't go near the finish until you are done.) Remember to upload your result after you finish (if it doesn't happen automatically).
- **MAP PRINTING** - You will need to print your own maps. We are providing a Zip file with 4 separate PDF files of the map for you to print, cut and tape before doing the course. It is on four 8.5x11 sheets at 1:6,000 scale. The control descriptions are on the map, and we are also providing a separate PDF with the descriptions only.
- If you want to report any problems with the course, please email info@navxchallenge.com

- Thanks for reading, and have fun! - Mats and the Nav-X team