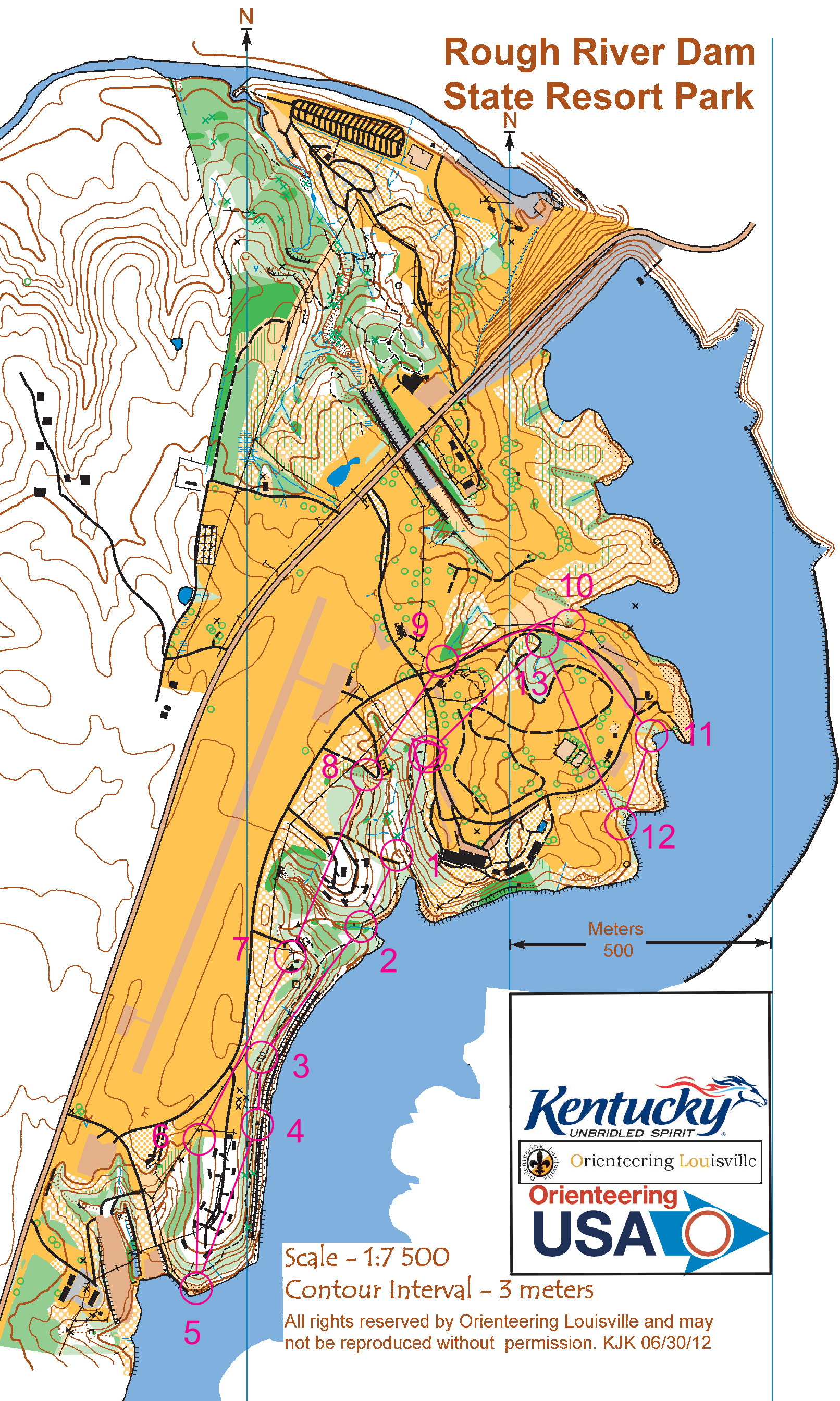


Rough River Dam State Resort Park



Meters
500

Kentucky
UNBRIDLED SPIRIT



Orienteering Louisville

Orienteering

USA

Scale - 1:7 500

Contour Interval - 3 meters

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Permanent Course Notes

Requirements: The ability to read a map and use a compass. You must also be able to walk about 2.5 miles. If this is past your physical abilities, please break the course into sections.

Purpose: To practice map and compass skills while being introduced to an orienteering map.

Disclaimer: This course should be done under adult supervision. Walking in nature can expose a person to danger from a number of sources including: poison ivy, ticks and other sources. If you are not willing to assume these risks please do not attempt this course. Orienteering on permanent courses is done at your own risk. Neither OLOU, nor the property owners and managers, course designers and maintainers, assume any liability for any loss, damage, injury or death which may occur. We make the following safety suggestions:

1. Know your physical limitations.
2. Dress for current and changing weather conditions.
3. Carry any needed medications (especially Epi-kits for those with allergies).
4. Carry a whistle (emergency signal is 3 blasts, repeat).
(Courses generally are NOT monitored. Do not assume you will be heard.)
5. Do the course with a partner.
6. Inform a responsible adult where you will be and when you expect to return.
7. If you drive to the site, park in designated areas and secure valuables out of sight.

Background: Orienteering is the sport of land navigation. Land navigation using a map and compass is still taught in the military, boy scouts, girl scouts and other organizations. GPS units should not be used in the woods without a map. GPS units do not function properly under deep foliage or when blocked by hills. The best practice is to use a GPS in concert with a detailed map and compass. This allows you to pick the best route instead of blindly following a directional arrow.

Reading the map: An orienteering map is a detailed topographical map. The colors and symbols represent different features as displayed on the legend page. For example, white represents open forest. The contour lines are shown in brown. Measurements are given in the metric system since orienteering is an international sport. A kilometer (KM) is about .62 miles. A meter (M) is about 39 inches. 1000 M are equal to one KM.

The Course: The start and finish for this course are located at the trailhead between the parking lot for the Lodge and the Miniature Golf Course. The course should be done sequentially moving from the start triangle to control 1 all the way to control 13 and then to the finish, which is at the same place as the start. Controls are marked with a Carsonite post with the control number on the post. A straight line is drawn between controls on the map. They show the route, as a crow would fly. Rarely, would you follow this line, rather you will choose the easiest route between the two controls. A clue sheet is shown on the following page listing the feature at each control.

Safety Note: On the remote chance you become hopelessly “disoriented”, don’t panic – the course loosely follows the Lake Ridge Nature Trail between the Lodge and the Marina or Park Drive. Following either of them in a general North heading will take you to the Lodge.

Additional information: The orienteering club (Orienteering Louisville) in this area holds monthly meets in a variety of locations. Please visit their website for additional information, www.olou.org . The national website for Orienteering is www.orienteingusa.org . This website has a listing of all orienteering clubs in the United States.

Clue Sheets for this course:

Map Legend on following page:

Permanent #1		3.8 km				
▷		/		T		
1	A1	∧		<		
2	A2	//		⊙		
3	A3	≡	≡	≡		
4	A4	▲				
5	A5	⊙	⊙			
6	A6	↙				
7	A7	T	▷	⊙		
8	A8	▷				
9	A9	⊗		⊙		
10	A10	∪				
11	A11	⊙	▷			
12	A12	↓	▷	∨		
13	A13	/		<		
⊗	310 m				⊗	

Course Permanent #1, Length 3.8 km

- Start Trail, North End
1. A1 Gully, Bend
 2. A2 Bridge, NW Side
 3. A3 Cliff, Cliff, Between
 4. A4 Boulder
 5. A5 Lake, Sandy Ground
 6. A6 Forest Corner
 7. A7 Tower, Vegetation Boundary, W Side
 8. A8 Vegetation Boundary
 9. A9 Thicket, South End
 10. A10 Small Depression
 11. A11 Lake, Vegetation Boundary
 12. A12 Southern, Small Erosion Gully, SE End
 13. A13 Trail, Bend
- 310 m from last control to finish. No tapes