

## **Gonzalez AR Course Notes**

### **Oct 8th, 2023**

We are excited to host each of you for the inaugural SDO mini Adventure Race. This format allows us to use new terrain to create challenging courses for both bikers and runners.

Personally, ever since experiencing mountain bike orienteering (MTBO) in Europe, it has been a dream of mine to bring this fun and exciting format back to California. With steep terrain and limited public access in the US, this has long been a challenge - but the myriad of social trails in underutilized Gonzalez Canyon offer a unique opportunity to provide a taste of this format here in San Diego.

There are 13 controls. It is approximately 9.5 miles to clear the course, 85% of which is singletrack.

Today's race will be using "score" points, in which each control is worth one point. You must return within 90 minutes. There will be a one point penalty assessed for each minute (or part) you are late. For example, if a competitor reached all 13 controls, but returned in 93:01, they would be assessed a 4 point penalty for a total of 9. Point ties are settled by fastest time.

I believe a motivated, fit cyclist with the proper gear/skill and minimal nav issues could clear this course in 60 minutes, but most of us would take closer to 120. I imagine a similar runner could clear the course in 75.

You must punch the Finish control and download your results to get a result.

It is hot in the canyon and there is no water. Please plan accordingly. Despite this being a trail-focused event, both cyclists and runners may find gaiters useful on many of the trails.

I have personally been attacked by bees, snakes, and poison oak in this canyon. Stay safe.

### **Map Notes:**

Today's map is a newly created 10k:1 map with 5m contours. Critically, it adheres to the MTBO standard which has a few key differences from a traditional orienteering map:

- Trail size on the map indicates the speed at which it can be ridden, not width. As such a wide, steep, rocky road may actually look smaller than a bit of buff, flat singletrack.
- The dark green "settlement" symbol is used across all housing areas. Competitors must stick to marked routes in these areas. No running through backyards.
- Conversely, competitors may follow any path they desire through all other areas (except purple hatched "out of bounds"), although it is rarely advantageous to go overland in this terrain.

- The map includes basic vegetation symbols, but these are not overly accurate or designed for fine navigation.
- Generally, while contours and trails can be trusted, the level of off-trail detail is limited and these maps are not sufficient for fine overland navigation.

### **Cycling Notes:**

- Despite the disclaimers, 99% of this course is rideable.
- With both neighborhood hikers and orienteers on the course, it is critical that you avoid surprises around all blind corners. Please use your bell, whistle, or voice to avoid any conflict of injury.
- Your bike must accompany you at the mass start and at your finish, but you may separate from it as you wish on the course.
- There is a horse farm at the far eastern edge of the map. They rarely use these trails, but be aware.
- Consistent with the experimental nature of this event, we are giving all bike competitors a **Sportident AIR+** electronic punch for use in this race. This advanced epunch allows racers to simply wave their arm over the punch instead of placing it inside the unit. You should then hear a distinct beeping sound.