



Lake Fairfax Park

Practice Orienteering Course

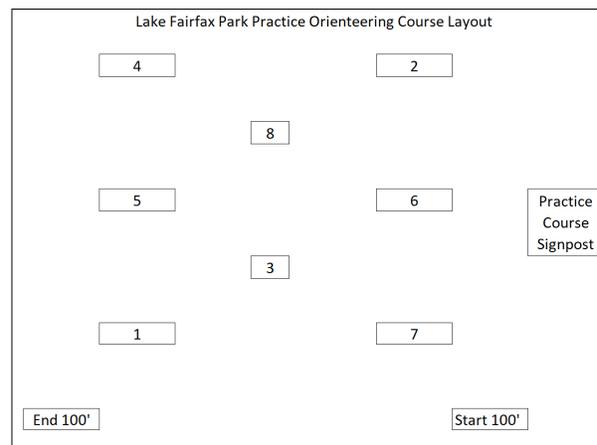
Course 1



The practice orienteering course consists of two parts. The first is a measured 100-foot pace count. The other includes eight numbered posts with signs that identify the post number and the distance and direction to the next post. Participants should start by determining their pace count. The practice orienteering course has two posts spaced 100 feet apart on a bearing of 81 degrees from the Start Point. Participants should walk between the two posts while counting the number of paces it takes to cover the 100 feet. People new to orienteering would benefit from doing this several times to get an average number of paces to walk 100 feet. Additionally, traditional orienteering course is a timed event, so participants may want to also determine their jogging or running pace counts.

Participants should move to the numbered posts once they complete the pace count portion of the practice course. On each post, there is a sign that gives the compass direction and distance to the next point. Participants should align their compass to the direction shown on the signpost to determine which control point marker is the next in line. They can then compare their pace count to the distance that is shown on the control point marker. Participants can practice navigating between points to gain familiarity with how to use a compass and improve the accuracy of their pace count.

Practice Loop				
From	-	To	Distance	Azimuth
1	-	2	133	193
2	-	3	97	11
3	-	4	81	142
4	-	5	49	356
5	-	6	74	244
6	-	7	69	339
7	-	8	97	144
8	-	1	89	7





Additional Practice

In addition to completing the eight-point practice course, participants can use the table below to gain additional experience with their compass and pace count. This table does not provide the distance and direction to the next point. Instead, participants will use a diagram of the course to identify the numbered points and will determine the distance and direction solely using their compass and pace count. The next page contains an answer sheet for participants to verify their answers. There is no expectation that your results will match the score sheet exactly, but if you can be within a couple degrees of the actual bearing, and within 5 feet of the correct distance, you can be pretty confident of your ability to complete the course.

Additional Practice				
From	-	To	Distance	Azimuth
1	-	2		
1	-	3		
1	-	8		
2	-	4		
2	-	6		
2	-	7		
3	-	1		
3	-	4		
3	-	6		
4	-	1		
4	-	3		
4	-	7		
5	-	2		
5	-	3		
5	-	4		
6	-	1		
6	-	5		
6	-	4		
7	-	1		
7	-	3		
7	-	2		
8	-	2		
8	-	3		
8	-	6		



Additional Practice Answer Key



Additional Practice Answer Key				
From	-	To	Distance	Azimuth
1	-	2	133	193
1	-	3	41	216
1	-	8	89	187
2	-	4	68	70
2	-	6	53	354
2	-	7	121	348
3	-	1	41	41
3	-	4	81	142
3	-	6	48	206
4	-	1	98	343
4	-	3	81	322
4	-	7	128	308
5	-	2	101	210
5	-	3	50	286
5	-	4	49	176
6	-	1	89	32
6	-	5	74	64
6	-	4	73	106
7	-	1	75	81
7	-	3	52	116
7	-	2	121	164
8	-	2	46	208
8	-	3	58	350
8	-	6	36	289