



# Back to the Ridge, One Day Classic NRE



**Saturday, September 14<sup>th</sup>, 2024**

**Ward Pound Ridge Reservation, Cross River, NY**

## **Location:**

Parking is in Bergenfield parking lot and the dirt lot 100m further down the road:

<https://maps.app.goo.gl/KgTcsVvThmiijnJXA>. Overflow parking will be at Meadow parking 300m before you get to Bergenfield.

Check In/download is at Trailside Museum across the road from Bergenfield Parking. All courses finish close to Trailside.

Note that spiked shoes are not allowed inside Trailside Museum.

Ward Pound Ridge Reservation south of the main Reservation Road is embargoed until after the event.

## **SCHEDULE**

September 1st - Late fees start

September 12<sup>th</sup> - Registration ends

## **PROGRAM September 14<sup>th</sup>**

9:30am-11.30am - Registration for recreational courses

10:00am-12:30pm - Starts for competitive courses

10:00am-12:30pm - Starts for recreational courses

3:30pm - Courses close

## REGISTRATION FEES

JUNIORS		ADULTS	
<u>Regular</u> To August 31st	<u>Late</u> Sept 1-Sept 12	<u>Regular</u> To August 31st	<u>Late</u> Sept 1-Sept 12
\$22	\$28	\$44	\$56

## REGISTRATION INFORMATION

- Pre-registration for NRE by end of day on Sept. 12 is required. No day-of registration, except for Recreational courses.
- All prices are in USD.
- OUSA member discounts apply to members of all international orienteering federations.
- The SI timing system will be used. All participants must use an SI timing card. SIAC (Air+) will not be enabled. SI timing cards will be available for rental for \$2 per card through the online registration site, EventReg, and can be picked up in person at check-in on site.
- Registration includes free parking. Please show registration confirmation at entrance booth. Parking (per car) is \$10 without proof of registration.

Register for NRE [HERE](#)

## RECREATIONAL COURSES

There will be a Recreational White, Yellow and Orange course. Pre-registration for the Rec courses is strongly encouraged and will be available through September 12, 2024. The fee includes parking fee.

	JUNIORS		ADULTS	
	Members of US Orienteering Club	Non-Member	Members of US Orienteering Club	Non-Member
<b>Regular</b> To August 31 <sup>st</sup>	\$8	\$10	\$12	\$15
<b>Late Registration</b> Sept 1 - 12	\$12	\$15	\$15	\$20

Group registration is available at \$5 (includes 2 maps) added to the person who registers for the group. Extra maps \$2 if available.

- Recreational course participants must use an SI timing card; these are available on loan – check at recreational courses registration desk.

Registration includes free parking. Please show registration confirmation at entrance booth. Parking (per car) is \$10 without proof of registration.

Register for Rec courses [HERE](#).

**Day of race registration** will be available for the Recreational courses ONLY and only if sufficient maps are available. The cost will be \$20 per entry and \$25 for a group (1 map included). \$2 per extra map. This does not include parking entry fee (\$10 per vehicle).

- Large groups wishing to do Recreational courses should contact the Event Director ([ghckat@yahoo.com](mailto:ghckat@yahoo.com)) ahead of time for large group rates.

Large groups cannot register on the day unless they have notified the Event Director first.

## COURSES and CATEGORIES

### Categories

BLUE	M 21+
RED	F21+, M20, M35/40/45+, M Red
GREEN	F20, F35/40/45/50+, M18, M50/55/60+, F/M Green
BROWN X	F18, F55/60/65, M65/70/75
BROWN Y	F70/75/80/85+, M80/85+
ORANGE	F/M16, F/M Orange
YELLOW	F/M14, F/M Yellow
WHITE	F/M 10, F/M 12, F/M White

### Course Details

Course	Distance (km)	Climb (m)	Climb %	Controls	Map Scale
BLUE	9.5	320	3.4%	14	1:10/15,000
RED	8.3	255	3.1%	11	1:10/15,000
GREEN	5.8	165	2.8%	11	1:10,000
BROWN X	4.3	125	2.9%	10	1:7,500
BROWN Y	3.1	85	2.7%	9	1:7,500
ORANGE	3.7	115	3.1%	9	1:7,500
YELLOW	2.5	90	3.6%	11	1:5,000
WHITE	2.1	80	3.8%	11	1:5,000

All courses except White and Yellow will have at least one water stop.

Time limit for all courses is **3 hours**. If you are likely to exceed this limit, please abandon your course and return to the finish. Even if you abandon your course, you must download so that we know you are back and do not send out search parties.

Clue sheets will be printed on the map. Loose clue sheets may be picked up 2 minutes before your start, at the mid-line. Clue sheets for White, Yellow and Orange are in English and in IOF symbols. For all other courses, the clue sheets are in IOF symbols only.

## **CHECK IN**

NRE competitors and pre-registered Recreation course competitors If your registration is complete (including waiver and payment) you only need to check-in if you are renting/loaning an SI stick or if your SI number or course have changed. If this is the case, go to NRE registration inside Trailside Museum to complete or change registration.

Start times will be allocated at the start line.

Register on the day recreational competitors. Go to check-in in Trailside Museum.

## **START**

For all courses, except White/Yellow, there will be a 700m uphill walk on a trail with 80m of climb. The route will be ribboned. White/Yellow courses start will be close to Check-in/finish area. Look for signs.

### Start procedure:

There will be no pre-assigned start times. You will be allocated a start time at the first start line, and the time will be at least 3 minutes after a competitor on the same course. Your name, course and SI number will also be checked.

Two minutes before your start, proceed to the second line and pick your loose control description sheet (control descriptions are also printed on all maps).

One minute before your start, proceed to the map-station at the third line, pick your map keeping it blank side up. Write your name on it. A staff member will ensure you have picked the correct map. You are not allowed to look at the map until you start.

Once the beeper sounds, punch the start control and begin your course.

## **MAP and TERRAIN**

The map will be 5,000 scale for White and Yellow, 7,500 for Brown and Orange courses and 10,000 scale for all other courses; 5 m contours for all courses.

Participants on the Blue and Red courses can request 15,000 scale to allow athletes with international ambitions to race on 15,000 scale, while other participants benefit from the more legible map scale.

The terrain is typical to the northeast area with mostly moderately hilly, wooded terrain with trail network and stone walls and numerous rock features.

The basemap was created by Greg Balter in 2016 and field checked by Rick DeWitt, Craig Weber and Geof Connor. Ongoing and recent updates by Geof Connor and Rick DeWitt. The vegetation mapping remains quite accurate and reliable.

## **AWARDS**

Prizes will be awarded to the first, second and third place finishers in each NRE class. Awards will be available for each course when the first three places are finalized.

## **ACCOMMODATION**

The nearest hotel accommodation is in Danbury off Rt 84 (20 mi). Open face lean-to shelters are available at Ward Pound Ridge (max 8 people per shelter) for the price of \$55 per night. These can be booked directly through the Park (914-864-7317). Each shelter has a picnic table and an outside grill for cooking. A maximum of two tents may be erected at each shelter.

## **EVENT OFFICIALS**

Meet Director: Geof Connor

Course Setter: Niels Lyng-Olsen

OUSA Course Consultant: Boris Granovski

Course Vetter: Tony Muffatti

Registrar: Susan DeWitt

Starts: Paul Bisset, Dave Webber, Joe Brautigam

Results: Susan and Rick DeWitt, Artem Kasanstev

Recreational registration:

Recreational course training: Pavlina Brautigam

Medical & Emergency: Geof Connor

## **SAFETY/MEDICAL**

All participants must carry a whistle. If you don't have one, they will be available (\$2) at check-in.

Safety bearing is North.

The nearest **emergency room/Hospital** is Northern Westchester, 400 E Main St, Mount Kisco, NY 10549, United States. (914) 666-1200. The nearest walk-in clinic is Physician One Urgent Care Ridgefield 10 South St Ste 101, Ridgefield, CT, (860) 650-3848.