

# Eastern Washington O' Weekend – June 15-16, 2019

## Double Header

- ) Saturday, June 15 – Classic, Riverside State Park Camp 7-Mile, Spokane (organized by the Eastern Washington Orienteering Club)
- ) Sunday, June 16 – Ultralong, Fishtrap Lake, Fishtrap

Join us for a double-header weekend in Eastern Washington. Do the Classic distance event at Riverside State Park on Saturday, then stay for Sunday's Ultralong at Fishtrap Lake.

## Camping/Lodging

EWOC has reserved Group Camp #2 at Riverside State Park's Bowl & Pitcher Saturday night. Cost is just \$10/tent (sorry, no RVs at the group camp but check other locations in the park). If you'd like to camp in the group site, email John Beck (jbeck@ewoc.org). Space is limited, so don't wait.

There are numerous lodging opportunities in Spokane. Check <https://www.visitspokane.com> for details.

## Saturday Night Social

Bring your own food to the Bowl & Pitcher Group Camp #2 for an enjoyable evening of conversation and fun. If you're not camping, park in the day use area and walk to the group camp. We'll get things going at 5:30pm.

## Age classes

- ) Juniors – 20 and under
- ) Masters – 50+
- ) Open – any age

## Ultimate points

While you can run any course you wish, you will receive Ultimate points in a class only if you qualify by age and sex on that course. Please see the chart below for categories in which you can receive Ultimate points.

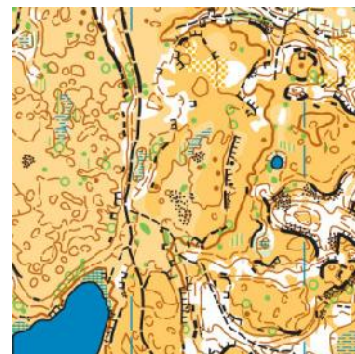
### Riverside Park Classic

Class	Orange (Int)	Green (Adv)	Red (Adv)
<i>Women 20 and under</i>	no points*	Jr. Women	Open Women
<i>Men 20 and under</i>	no points*	Jr. Men	Open Men
<i>Women 50+</i>	no points*	Masters Women	Open Women
<i>Men 50+</i>	no points*	Masters Men	Open Men
<i>Women 21-49</i>	no points*	No points"	Open Women
<i>Men 21-49</i>	no points*	no points*	Open Men



### Fishtrap Lake Ultralong

Class	Short Advanced	Medium Advanced	Long Advanced
<i>Women 20 and under</i>	Jr. Women	Open Women	Open Men
<i>Men 20 and under</i>	no points*	Jr. Men	Open Men
<i>Women 50+</i>	Masters Women	Open Women	Open Men
<i>Men 50+</i>	Masters Men	no points*	Open Men
<i>Women 21-49</i>	no points*	Open Women	Open Men
<i>Men 21-49</i>	no points*	no points*	Open Men



\*You may run this course but will not receive Ultimate points.

# Saturday June 15 – Classic

This event is organized by the Eastern Washington Orienteering Club. Register via email (by June 12) to [jbeck@ewoc.org](mailto:jbeck@ewoc.org).

## Directions

From the west

- ) I-90 East
- ) Take exit 280
- ) Turn left onto S Walnut, which takes you across the Maple Street bridge and turns into N Maple St.
- ) Turn left/west onto W Northwest Blvd.
- ) Turn right onto N Cochran St.
- ) The street will bend left and turn into N Driscoll Blvd.
- ) Continue straight onto WA-291 W / W Nine Mile Rd. / W Francis Ave.
- ) Turn left on 7 Mile Road and follow the orienteering signs

## Parking

You will need a **Discover Pass** to park. You can purchase a Discover Pass (annual or one-day) online or in person at many hunting/fishing license vendors or at several retail locations.

## Schedule

12:30-2:00 pm – Registration

1:00-3:00 pm – Starts

6:00 pm – Courses close

## Courses

Course	Details	Classes
White (Beginner)	1.8k, 9 controls, 35m climb	Solo or group
Orange (Intermediate)	3.6k, 10 controls, 65m climb	Solo or group
Green (Advanced)	4.7k, 13 controls, 120m climb	Ultimate Masters Men & Women Ultimate Jr. Women Ultimate Jr. Men Others (solo or group)
Red (Advanced)	8.5k, 18 controls, 225m climb	Ultimate Open Women Ultimate Open Men Others (solo or group)

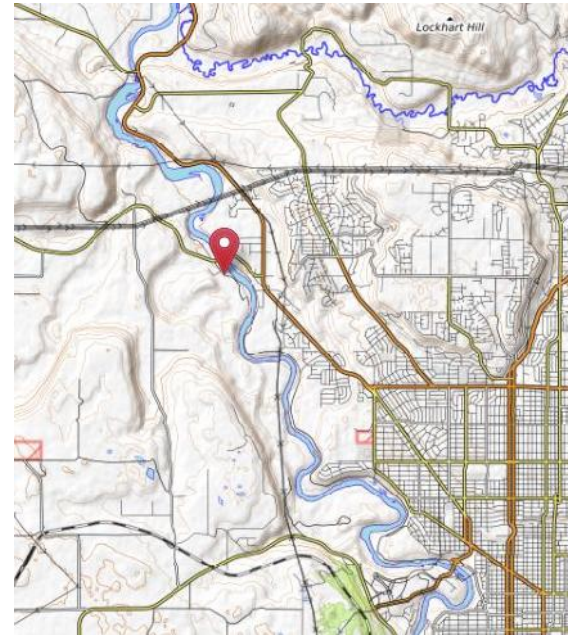
## Course Notes

*John Harbuck, EWOC*



Welcome to the (mostly) open Ponderosa pine terrain of Riverside State Park. Much of the park consists of mostly flat benches, some with lots of rock detail, some just open mostly flat running. Most of the climb is climbing from one bench to the next. Some pretty steep. The terrain has been invaded by much Douglas fir since the map was made. Some of these areas have been updated on the map with shades of green, some not so much. Some areas shown on the map as a mixture of yellow (open) and white (open forest) are now all forest. But the old areas of forest (shown as white) are considerably taller than the younger forest (still mapped as yellow). That may help.....

Mountain bikes have created many many new trails, most of which are mapped. Your choice as to whether you run trails or straight through the (mostly) open woods.



# Sunday June 16 – Ultralong, Fishtrap Lake

## Directions

### From the west

- ] Take I-90 East
- ] Take exit 245 onto WA-23
- ] Turn right onto Poplar St.
- ] Turn left at the first cross street onto N B St.
- ] Turn left onto the cross street onto W 1st St.
- ] Continue onto Sprague Hwy. for approx. 6.6 miles
- ] Turn right onto Miller Ranch Rd. E.

### From the east

- ] Take I-90 West
- ] Take exit 254 onto Sprague Hwy. Rd. E.
- ] Turn left onto Miller Ranch Rd. E.



## Courses

Course	Length	# Controls	Climb	Classes	Map scale	# Water Controls
Beginner	1.8k	7	30m	Solo or group	1:10,000	0
Intermediate	3.9k	11	65m	Solo or group	1:10,000	1
Short Advanced	7.9k	14	195m	Ultimate Masters Men & Women Ultimate Jr. Women Others (solo or group)	1:10,000	2
Medium Advanced	14k	21	345m	Ultimate Jr. Men Ultimate Open Women Others (solo or group)	1:15,000	2
Long Advanced	18k	28	430m	Ultimate Open Men Group	1:15,000	3

## Water

Water is provided at some controls on all courses except Beginner. It could be very hot, so if you think you will need extra water, bring your own in a water bladder or bottle.

## Schedule

9:00-11:15 am – Registration

9:00-10:00 am – Newcomer instruction

9:15-11:30 am – Starts

2:30 pm – Courses close (return to Download by this time to avoid disqualification)\*

\*If you think you might take a long time on the course, **start early in the start window**. Also, wear a watch to ensure that you return to the finish by course closure time, even if you have to abandon your course to do so. Those returning after course closure will be disqualified and will make the volunteer staff very grumpy.



## Course Notes

-Ethan O'Connor and Shannon Cheng, course designers

Come out to Fishtrap! This final event of the 2019 Ultimate series is the Ultralong and we were charged with creating courses that emphasize endurance, route choice and rough map reading. Please take a careful look at the estimated distance of your course and plan to start as early in the start window as is practical for you.

We Fishtrap in late May amidst a spectacular display of wildflowers and were reminded of how beautiful and special a place it is. We had an enjoyable time re-visiting the unique landscape and hope that the

courses we've set provide everyone a sampler of all the terrain has to offer.

In late May we found comparatively wet conditions. Updated information will be provided at the Start but it would be safe to assume water is on the high end of what is mapped. The areas of the map marked as runnable forest that burned a few years ago have largely grown over with annoying-to-impenetrable new growth, and the courses this year avoid most of that terrain. Lone trees are extensively mapped and are a particularly helpful navigation aid outside of the burned areas. Trails vary considerably in visibility but we were able to locate and follow those mapped trails we came across. Linear rock features and the gaps therein are very well mapped and are key to navigating in this terrain.

There will be some unavoidable fence crossings – in most cases, you can find easier spots to cross by walking along the length. We were able to crawl under most – taller people may be able to step over. In any situation, please be careful, especially at those with barbed wire.

Please exercise caution around cliffs and rocky features. Respect cliffs marked as impassable (heavy lines). As always in this kind of terrain, be aware of the potential for picking up ticks and coming across snakes. Rattlesnakes have been spotted at Fishtrap in previous years but are not aggressive and can be avoided by not sticking your hands where you can't see them and keeping alert on sunlit rock outcroppings.