



Long Island Orienteering Club

Affiliate Member of United States Orienteering Federation

LIOC CLUB FACT SHEET

Orienteering is a sport that requires the use of a map (and a compass for the more advanced levels) to successfully navigate a course on land. The idea is to locate a series of objects called controls (or flags). These orange and white three sided fabric markers each have a hole punch attached, every punch having a distinct hole pattern. You will use the hole punch to punch a card that you receive at registration, verifying that you have in fact located your control.

Meets run by the LIOC are rotated through seven different parks on Long Island. When you register at a meet, you will receive a color course map, a punch card, and a start ticket. Courses are designated by color. The White Course is a beginner level course and can be completed using well marked trails. Generally this course will take around an hour to an hour and a half to complete at a comfortable walking pace. The Yellow Course is a longer beginners course. Control flags will be off but visible from the trails. Yellow takes around an hour and a half to complete. An Orange Course is for the more advanced participant. Controls are hidden off the trails but should not be too difficult to locate. A degree of map reading skills along with a knowledge of how to use a compass is needed. More technical and longer are the Brown and Green courses which are for the advanced competitor.

At LIOC meets we provide basic beginners instruction and the novice usually gains more skill and confidence after several meets. While Orienteering can be very competitive, LIOC meets are designed to be mostly recreational. LIOC schedules three events in the spring and three events in the fall. Meet dates are posted on the LIOC web site or through our newsletter.

FEES: Registration fees are \$10.00 for non-members and \$5.00 for members. If you go on a course as a group there is a \$1.00 charge for each additional member of that group. Compass rental is available for \$1.00. You can register and start any time from 11 A.M. until 1 P.M. Courses close at 3:30.

ALL PARTICIPANTS MUST CHECK IN AT THE FINISH, EVEN IF YOU HAVE NOT COMPLETED YOUR COURSE. THIS IS TO MAKE SURE EVERYONE IS ACCOUNTED FOR.

NO ONE UNDER 18 YEARS OLD WILL BE PERMITTED TO PARTICIPATE WITHOUT A LIOC WAIVER FORM SIGNED BY A PARENT OR GUARDIAN. THESE FORMS ARE AVAILABLE FROM THE LIOC OR FROM THE LIOC WEB SITE.

Beginners are encouraged to navigate courses in pairs or small groups until they feel more comfortable reading the map and navigating the courses.

MEMBERSHIP: \$15.00
Long Island Orienteering Club
c/o Glen Malings
14 Winthrop Ave.
Syosset, NY 11791
glenmal@aol.com

For Additional Information Contact:
John Pekarik
Long Island Orienteering Club
631-567-5063
ja171@aol.com

LIOC WEB PAGE

www.liorienteering.com