

Rossmoor Bar 2025 - Course Setter's Notes

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Arena: Start and finish are near the parking lot

General map comments: This is a fairly old map so there will be inaccuracies in places, and the symbols do not follow the current ISSOM conventions. Courses were planned to avoid the worst of the inaccuracies and most advanced controls were placed on more obvious features than might be typical so hopefully confusion will be minimized.

Trails: The trails on the map are quite distinct, and some large trails may look like roads or bulldozer tracks. Smaller trails mapped as “indistinct” trails are usually quite prominent as well. There may be unmapped trails on the map as well, and there are deer trails everywhere. Don’t be surprised if you find deer trails leading to your controls.

Vegetation: The entire terrain is more runnable than last year, with much less foxtail activity. Most areas have high visibility. The “rough open with scattered trees” (most of the map) is fairly open but the ground is quite stony so watch your footing especially in the long grass. Poison oak is not too common and this time of year the leaves are turning red and easy to see, or else they are bare stems. There are a few foxtails and some fairly large areas of star thistles so gaiters and long pants are highly recommended, even for the yellow course. The lone trees (green circle) are variably distinct and occasionally if they are close to the white forest they can seem to blend into the forest; additionally, some of these trees have fallen since the map was made and some are dead snags.

Rock features: There are a few tailings piles (large river rocks), and a couple controls are on them, but excessive running through them is mostly avoided. The brown course avoids the loose tailings altogether.

Water features: may be wet if there is significant rain before the event, but this time of year the ground absorbs the water quickly. Streams and ponds will very likely be dry or at most muddy and should be easily crossed.

Specific course comments:

White and yellow courses are in an area with an extensive trail network so there are a number of route choices, especially on yellow. Make sure you navigate correctly and this is a good opportunity for yellow runners to try some cross country navigation. Wear long pants and gaiters. The courses are designed so that yellow and orange runners should see the control feature before the bag.

Advanced courses are somewhat short and the climb is minimal but the footing is a little difficult to run. Anyone who complains that the courses are too short gets to help pick up controls. ;))

Water stops: There is no water on the course so bring your own, especially if it’s hot, although the red course does go near the eastern parking lot where there is a drinking fountain.

Wildlife: there may be rattlesnakes (although I've never seen one out there); please try not to step on them or otherwise injure them. There are deer and wild turkeys everywhere, try to avoid them as well if they are standing their ground because they can be jerks.

Course Statistics:

<u>Course</u>	<u>Distance</u>	<u>Climb</u>	<u>Controls</u>	<u>Map Scale</u>
Red	5690 m	80 m	17 Controls	1: 7500
Green	4040 m	65 m	12 Controls	1: 7500
Brown	2640 m	40 m	10 Controls	1:7500
Orange	3700 m	50 m	9 Controls	1: 7500
Yellow	2400 m	25 m	8 Controls	1:7500
White	2100 m	20 m	9 Controls	1:7500