

# Loy Blake Park ORIENTEERING COURSE



## Welcome to the Loy Blake Park Orienteering Course!

This course has 12 different control points. The control points are concrete markers set in the ground, each with either a number or a symbol on it. The course offers four different routes that can be completed using either a GPS or a compass.

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## Pace Course

To measure your pace for this course, start at the northeast corner of the park at the “” symbol (starting marker) and walk on a heading of **172° magnetic** to the marker labeled “0.” Use these two markers to find your pace count for 100 meters.

A **pace** is defined as two steps (a full stride — left and right foot), so count every other step (for example, each time your right foot touches the ground). Start at the “” marker and count every other step until you reach the “0” marker. Then walk back to the “” marker. Take the average of the two counts and use this pace count as your multiplier for all courses.

### Example:

If your pace count is 64 and the distance is 54 meters, calculate:

$$0.64 \times 54 = 34.5$$

You would walk **34.5 paces** for 54 meters. \* All courses begin at the starting marker or control point “.”

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## Control point “” is in the northeast section of the park — refer to the **Course Map**.

This orienteering course includes four different routes: one **easy**, one **intermediate**, one **advanced**, and one **special course**, each rated by terrain and distance.

Once you’ve completed a course, refer to the **Course Key** to see how well you did.

This course is designed to be navigated by compass, but GPS coordinates (World Geodetic System 84) are also available on the PDFs — see the **Course Worksheet** and **Course Key**. You can use these coordinates and the key to convert any of the courses into your own GPS-based route if you prefer. If you don’t have access to a traditional compass, you can download the **Compass App** on your mobile device and navigate the course that way instead.