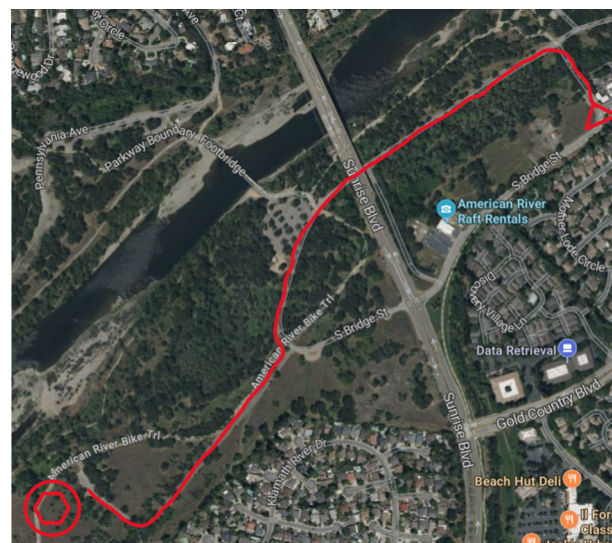


Course Setters Notes: Sacramento Bar 05/18/2025



The courses are in the Lower Sunrise area south of the American River. Only the red courses cross the river to Sacramento Bar. Start and finish area is in the lower sunrise area. From Sunrise Blvd, go east on Bridge St. enter the park and follow the GCO signs 1.0 mile to the pick-nick area at 38.62754 N, 121.27493 W .

Lower Sunrise/Sacramento Bar is a riparia area that was heavily dredged 100 years ago. Now it's a combination of open shrubland, open forest, dense and very dense forests, tailings piles, and lots of trails. Perfect for interesting courses with a lot of variation.



Courses:	Distance (bird)	Con-trols	Level:	Control locations	Scale
WHITE	2.0 km	7	Beginner	On or close to trails	1 : 5 000
YELLOW	2.7 km	9	Beginner / intermediate	Off the trails, but within eye sight	1 : 5 000
ORANGE	4.1 km	13	Intermediate	Off the trails but close to distinct features, use gaiters and long pants!	1 : 7 500
BROWN	3.2km	12	Advanced	Small terrain features are used, tailings and steep slopes minimized	1 : 5 000
RED	5.9 km	17	Advanced	Small terrain features are used, all kinds of terrain, use gaiters and long pants!	1 : 7 500

Scales: 1:5000 → 1" = 138 yards & 1 cm = 50 m, 1:7500 → 1" = 207 yards & 1 cm = 75 m



Vegetation to note:

Some meadows are have a lot of **Hairy Vetch** (*Vicia villosa*) making running tough. Fortunately, this has no thorns or stickers.
Start Thistles are sprouting quickly but still have not developed their thorns
 There is fully grown **Poison Oak** in some shady locations.
 Long pants and gaiters are recommended!

Homeless: A few campers in tucked away places, but fever than previous years, marked on map with purple hash.

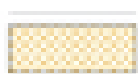
Bike trails: The paved trail along the north edge of the map is a bike trail, watch out for **VERY FAST bikers!**

Water: Most course passes public drinking fountains, marked on the map.

Punching: Classic manual punching (no e-sticks).

Map: Partly updated for this event. Contours at 5 ft.

Open w. trees?: The light yellow/white pattern used on much of the map indicates "open land with scattered trees".



Only distinct and separate (and typically large) trees have been marked as single trees. Bushes are marked as green dots or dense areas if they are large enough to affect runnability.

Narrow rides: The narrow rides here are old fire or mining roads. They were typically graded up to 10' wide but may be partly hard overgrown. But the ground is somewhat level.

- Small footpath
- - - - - Less distinct small path
- Narrow ride

Steep slopes: Most knolls, hills and depressions are man made through mining and many have steep sides with loose rocks.

Cobble fields: Be careful if you are not used to running or walking on cobbles. Trail running shoes with rubber cleats are recommended.

Hints for racing:

1. The vegetation is dense this time of the years → small trail may be hard to find
2. There are many trails; make sure you are on the right one!
3. Dark green is typically blackberry brambles and is impassable = Avoid!
4. Grey means cobble fields. The visibility is great but it's hard to run fast here.



HAVE FUN OUT THERE!!!

Jonas Libell, GCO