

## Welcome to the GCO's Mississippi Bar Score-O

### Course Setter Notes

Score-O means that you decide which check points you want to visit within a set time limit (90 min for this event) and get a point for each check point and a deduction if you're out for too long. This means the check points can be visited in any order and runners will run a myriad of patterns as everyone chooses their own adventure.

The check points vary in difficulty. There will be easy ones on or near trails visible on approach which are suitable for newbies. There will be intermediate check points located visually out of site from trails but relatively close to a trail or a major terrain feature. The advanced controls will be far off the trail and usually require reading terrain features. These are often not visible on approach as it may be in a depression or behind a rock pile. Advance controls may also be a significant distance away from other controls. (All check points are scored the same)

The terrain at Mississippi Bar is quite mixed. There are marsh areas, lake front areas, dredging fields, a cobble harvesting site, oak lines single track trails, steep bluffs, wide open spaces, and paved bike trails. However, there isn't much elevation change (except for the bluffs) allowing for relatively fast running (except for on the cobbles.)

### Vegetation:

- With the dry winter water levels in the deep depressions and swampy areas have been low, but rains in the week leading up to the event may change things.
- Stickers / thorns: The stickers aren't in full swing yet, but you may not want to wear your favorite socks. And bring a spare pair to change into afterwards. (Serious runners planning to run a lot off trail may want to wear gaiters.)
- Poison Oak: The area has the normal level of poison oak plants (normal level means "a lot" in shade places) but it's early spring so most of it are just brown twigs shooting out of the ground. It is easily avoided if you know what it looks like, so if you don't, please ask or look it up.

### What you may meet:

The area has lots of wildlife and is a popular hiking, biking, and horse-riding area.

- Lots of deer
- Horseback riders who have the right-of-way on the single-track trails (please give them plenty of space)
- Bikers: A popular paved bike path runs through the area, and the single tracks along the bluffs are popular with mountain bike riders.
- Reptile: This event is a little early for them but if you see them, make sure to leave them alone.
- Ticks: Still early but here may be some in the tall grass. We provide tick repellent at the start if you are concerned and please do a tick check after you get home and shower immediately.

Getting lost? The area is surrounded by Lake Natoma to the south and to the east and by bluffs to the north and to the west so finding yourself venturing off the map area, is not very likely. This area has good cell service so you may want to carry a mobile phone if you are new to orienteering