

## Highlander XX and Lowlander Course Notes

Welcome to the 20<sup>th</sup> running of the Hudson Highlander! I hope you enjoy your time here in Harriman State Park, home to all of the Highlanders. Given that we're parking at Silvermine, you probably have guessed that it is one of the maps we'll be running on. You are correct! Silvermine is the original orienteering map in Harriman, and is not as updated as others. It also has a surfeit of both blueberry bushes and rocks. I have tried to avoid the worst areas of blueberries, but you will still encounter more than you'd like (sorry. I have to go through them too.). And rocks—it is impossible to avoid rocks here. Luckily, blueberry bushes and rocky areas almost never coincide (in some places, you can pick your poison). The other two maps have varying degrees of both. And hills, of course! It's been very dry so unless we have a lot of rain soon, expect water features to be dry or lower than normal.

I won't reveal the other two maps the Highlander runs on, but if you know your Harriman maps, you can make pretty good guesses. If you have followed the thread on Attackpoint, I can tell you that one person did name all three maps used—though not in the correct order—and Bernie Breton's hint about the trail run not being on mapped terrain did help one person pick the right trail.

### Overall Time limits:

The overall course time limit for the **Highlander and Lowlander** is **8 hours** (finish by **4:30 pm**); However, please note interim time limits, below, which supersede the overall course time limits.

**Interim time limits:** (Exceeding these limits will preclude an official finishing time. Select controls may also be removed after the time limit)

(1) End of Map 1/start of trail run: **2 hours (10:30)** for the **Highlander**; **2 ½ hours (11:00)** for the **Lowlander**. Control at start of trail run will be removed at 11:00am.

(2) Last start on Map 3 (Highlander only): **6 ½ hours (3 pm)** – this gives you just 1 ½ hours to finish the final course. You will have to hustle!

Note for highlanders: Although there is no time limit for completing the trail run, if you complete the trail run with not enough time to complete both remaining maps (Map 2 has the longest course), the organizers at the exchange may make you skip Map 2. (This isn't very likely if you have met time limit (1), above, but possible!)

### Food Drops and Water:

For the **Highlander**: There will be no food at the start of the trail run, but there will be water. The exchanges between the trail run/ Map 2 and between Map 2/Map 3 is the same. You may, therefore, combine any personal snacks/etc. in one box or bag for the exchange point. There is also water at this point. There are no water stops at any controls, but on Map 2 (**Highlander**) there will be water on a trail, marked on the map, that you may pass twice.

For the **Lowlander**: You may leave your snacks in a marked location on the way to the start. There will be no food at the start of the trail run, but there will be water.

### The maps:

Vetter extraordinaire Greg Balter also printed the maps and designed the layouts. With Bernie B. not able to do any vetting (ask him about his broken collar bone ☹), Greg stepped in to help. The maps are printed on waterproof paper, and are two sided, so: Map 1 and the trail run map are on one sheet, and Maps 2 & 3 are on a second. The Lowlander has all the maps on one sheet.

Out of Bounds: **Note that any occupied camping areas are out of bounds**

My **course-setting philosophy** is to make the courses as fun as possible, which to me in a mass start means seeing lots of people. To that end, **every course has short loops** so you may see more people. **Map 1**, which is shared by both the Highlander and the Lowlander, **goes to one control twice** (at the beginning and end of a loop): \*make sure you are heading to your correct next control\* when you leave this twice-visited control. The **Lowlander has another twice-visited control** on their second map. I also tried to add in several logical trail options, because I like that.

I asked a few people what they like about Highlanders, and I was told "**long legs**." So you'll get a couple of those. And of course there is a **King/Queen of the Mountain leg**, which the Lowlanders will also get to enjoy!

I think this will be a fast course for the top orienteers.

Following and group orienteering are explicitly allowed, and make the race a lot more fun. Because the first course, on Map 1, is the same, the Lowlanders can stick with Highlanders until the start of the trail runs. The courses then diverge. For the **Highlanders**, the **trail run** (the "Sprint") is about **5.5 km** on never-before-used-for-the-Highlander trail. The **Lowlanders'** trail run is about **1 km**.

When you finish, be sure to enjoy the world-famous BBQ spread organized by Liisa Breton and her team. You can relax and talk to fellow competitors about the course, your routes, and anything ridiculous I did. 😊 Be sure to thank all the volunteers! It's a long day for them, with little or no orienteering for themselves.

Enjoy!

Peggy Dickison

course setter & member of the Fab (Final/Fantastic/Fanciful ...)Four