

Mountain Lakes, One-Day NRE

Saturday, October 25, 2025

Sal Prezioso Mountain Lakes Park, North Salem, NY. (41.320058,-73.575901,13)

Parking : Enter Park from Hawley Rd. main entrance. Follow Park road past office and take second road to the left and follow signs to Parking in the large field West of Hemlock Lake.

Check In/download is at a nearby shelter – follow signs.



Mt Lake Park is embargoed until after the event except for shelter camping (see below)

PROGRAM: Saturday, Oct. 25

9:30 am-11.30 am – Registration for recreational courses

10:00 am-12:00 pm – Starts for competitive and recreational courses

3:00 pm – Courses close

NRE COURSES

REGISTRATION FEES

Juniors		Adults	
Regular Thru Oct 19 th	Late Oct 19-23rd	Regular Thru Oct 19 th	Late Oct 19-23rd
\$22	\$28	\$44	\$56

All prices are in USD.

Late fees start Midnight Sunday, Oct 19th

Registration closes at midnight on October 23rd, midnight (end of Thursday)

A discount of \$4 will be applied to all OUSA members and members of all international orienteering federations.

Pre-registration for NRE is required.; there will be no day-of registration for NRE competitors.

The SI timing system will be used- SI Air will be enabled. All participants must use an SI timing card. (SI or SIAC(Air+)).

SI timing cards (non air) will be available for rental for \$2 per card through the online registration site, EventReg, and can be picked up in person at check-in.

Register for NRE [EventReg | MountainLakes-NRE-2025](#)

RECREATIONAL COURSES

There will be a Recreational White and Yellow courses. Pre-registration for the Rec Courses is strongly encouraged and will be available through October 23, 2025.

	Members of orienteering Clubs	Non-member
Regular thru Oct 19th	\$10	\$15
Late Registration Oct 19 th -23rd	\$15	\$20

Recreational course participants must use an SI timing card; these will be available for rental for \$2 per card through the online registration site, EventReg, and can be picked up in person at check-in.

Groups (Max 3) will be charged \$3 extra per person payable on the day of the event (pre-register group leader only).

Register for Rec courses [EventReg | Mtn Lakes Recreational 2025](#)

Day of race registration will be available for the Recreational courses ONLY and only if sufficient maps are available. The cost will be \$20 for the first person and \$5 for each additional person. Those going in a group can pay an additional \$3 per extra map (if available).

Large groups wishing to do Recreational courses should contact the Event Director (ghckat@yahoo.com) ahead of time for large group rates. A large group is more than 3 people.

Large groups cannot register on the day unless they have notified the Event Director first.

COURSES and CATEGORIES

Categories

BLUE M 21+

RED F21+, M20, M35/40/45+, M Red

GREEN F20, F35/40/45/50+, M18, M50/55/60+, F/M Green

BROWN X F18, F55/60/65, M65/70/75

BROWN Y F70/75/80/85+, M80/85+

ORANGE F/M16, F/M Orange

YELLOW F/M14, F/M Yellow

WHITE F/M 10, F/M 12, F/M White

Course Details

Course	Distance	Climb(m)	Controls	Map Scale
BLUE	11	380	30	1:15/10,000
RED	9.6	315	27	1:15/10,000
GREEN	6.5	210	20	1;10.000
BROWN X	3.8	115	14	1;7,500
BROWN Y	2.8	110	12	1;7,500
ORANGE	3.4	115	10	1;7,500
YELLOW	2.6	100	10	1;5,000
WHITE	1.9	55	11	1:5,000

Participants on the Blue and Red courses can request 15,000 scale to allow athletes with international ambitions to race on 15,000 scale (contact Event Director in advance), while other participants benefit from the more legible map scale.

Time limit for all courses is 3 hours. If you are likely to exceed this limit, please abandon your course and return to the finish. Even if you abandon your course, you must download so that we know you are back and do not send out search parties.

CHECK IN

NRE competitors and pre-registered Recreation course competitors.

If your registration is complete (including waiver and payment) you only need to check in if you are renting an SI stick or if your SI number or course have changed. If this is the case, go to the NRE registration table in the shelter to complete or change registration. Follow signs/tapes.

There will be a remote start (about 400m from parking, 40m climb, 500m from check-in, 50m climb, some on road) There will be no pre-allocated start times. Start times will be allocated at the start line.

Recreational competitors who have not pre-registered should go to the Recreational registration table in the shelter.

Note that White and Yellow courses have a separate remote start to other courses – (about 250m, 10m climb from Parking- all on road) follow the signs.

START PROCEDURE

NRE Courses

There will be no pre-assigned start times. You will be allocated a start time at the first start line, and the time will be at least 3 minutes after a competitor on the same course. Your name, course and SI number will also be checked.

Two minutes before your start, proceed to the second line and pick your loose control description sheet if required (control descriptions are also printed on all maps).

One minute before your start, proceed to the map-station at the third line, pick your map keeping it blank side up. Write your name on it. A start official will ensure you have picked the correct map. You are not allowed to look at the map until you punch the start control.

Once the beeper sounds, walk to and punch the start control and begin your course.

Recreational Courses.

When you reach the start tell the start official that you are on the Recreational course. They will allocate you the next available start time.

MAP and TERRAIN

Course maps will be printed on waterproof Teslin 10mil paper, similar to that used at the Ward Pound Ridge NRE last fall.

The terrain is typical to the northeast area with mostly moderately hilly, wooded terrain with a well-defined trail network, stone walls and numerous rock features.

The basemap was created in 2015/6 by Ed Hicks and others. Trail and vegetation updates by Geof Connor.

Latest update 2025; minor trail changes and minor vegetation changes close to controls and route choices

There are many blow downs in the Park. Many are not plotted, however, most close to controls are shown. Intermediate green (406) blobs usually indicate areas of old decayed blow downs. Some of these are so decayed that they are no longer an obstacle.

There is little mountain laurel in the Park, however, there are, sometimes large, sections of brambles and thorns from waist to head high. These are shown by narrow green slash (409) vegetation walk. Whilst it is possible to walk/fight through it, it is not advisable unless you want to ruin a good O suit and lose a considerable amount of blood.

Trails and roads are up to date and blazed trails are in good condition. Some less distinct paths are – less distinct- and it is easy to cross over them without noticing, although once on them they are usually easy to follow.

Contours, cliffs, and boulders higher than 1 meter are accurately mapped.

For some idea of terrain see <https://scenesfromthetrail.com/2019/01/30/mountain-lakespark/>

AWARDS

Prizes will be awarded to the first, second and third place finishers in each NRE class. These will be available for each course when the first three places are finalized.

ACCOMMODATION

Shelter or tent camping is available. Campers cannot go outside the parking/shelter area. All other areas are embargoed. Campers can use the porta potties in the parking area. – contact Park directly at 914 864-7312 to reserve. All areas of the park immediately outside of the parking and camping areas are embargoed.

Shelter and tent camping is also available 15 minutes away at Ward Pound Ridge,(914 864-7317).

There is hotel accommodation at MTK (Hilton) hotel (<https://www.hotelmtk.com/>) in Mt Kisco, 14 miles away, or several in Danbury CT., about the same distance. Danbury would make more sense if you intend going to the WCOC NRE at Brooksville (40 miles from Danbury) on the following day (Sunday 26th).

EVENT OFFICIALS

Meet Director: Geof Connor

Course Setter: Ksenyia Popov

OUSA Course Consultant: Christina Luis

Course Vetter: Greg Balter

Registrar: Ching-Hua Chen

SAFETY/MEDICAL

All participants should carry a whistle. If you don't have one, they will be available at check-in.

Kit(s) to handle minor emergency first aid will be available at Event Center/download station close to the finish.

The nearest emergency room/Hospital is Northern Westchester Hospital, 400 Main St., Mt Kisco (25 minutes/16 miles) and the nearest Urgent Care at Yale New Haven Health Urgent Care, 10 South St Ste 101, Ridgefield, CT 06877 (15 minutes/7 miles away).