

Competitive Orienteering Meets

Competitive orienteering meets are open to the public. Map and compass instruction for beginners begins about an hour before the first competitor/map hiker starts. Map hikers are self-timed non-competitors. Up to 5 persons may register as map hikers, share a map and pay only one registration fee. Proceeds from the events are used for the production of maps for future events.



2009-2010 HOC Events

- September 19, 2009 Challenger 7 O'Meet
- October 24-25, 2009 Bastrop State Park Meet/
Team Texas Relay
- December 5, 2009 Boy Scout Merit Badge
Clinic
- December 12, 2009 Challenger 7 Sprint
- January 30, 2010 Jones Park Score-O
- February 27-28, 2010 Stubblefield O'Meet

HOC CLUB MEMBERSHIP FORM

Individuals -\$10/Yr Family -\$13/Yr
 Student - \$3/Yr Group - \$20/Yr (School Boy Scout...)
 USOF Members may deduct \$2

Make check Payable to: Houston Orienteering Club
 PO Box 230251, Houston, Tx 77223

	Name Last, First	Date of Birth	Male/ Female
1)			
2)			
3)			
4)			
5)			

Address _____

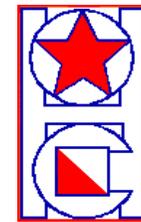
City _____ Zip _____

Phone (H) _____ (W) _____

Email _____

WAIVER (Must be signed by all participating in club events.) I know that running and volunteering to work in club events are potentially hazardous activities. I should not enter or run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club events and/or runs, including high heat and/or humidity, the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the United States orienteering Federation, the Houston Orienteering Club, the State of Texas, and all sponsors, their representatives and successors from all claims, demands or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of the negligence or carelessness on the part of the persons name in this waiver.

Signature _____ Date _____
 Signature required of all participants. If under 18 years of age, signature of parent, guardian, or group leader is required)



Houston Orienteering Club



<http://hoc.us.orienteering.org>

WHAT IS ORIENTEERING?

Orienteering is the sport of navigation with map and compass. It's easy to learn, but always challenging. The object is to run to a series of points shown on the map, choosing routes—both on and off trail—that will help you find all the points and get back to the finish in the shortest amount of time. The points on the course are marked with orange and white flags and punches, so you can prove you've been there. Each “control” marker is located on a distinct feature, such as a stream junction or the top of a knoll.

Orienteering is often called the “thinking sport” because it involves map reading and decision-making in addition to a great workout. Any kind of map may be used for orienteering (even a street map), but the best ones are detailed five-color topographic maps developed especially for the sport. O' maps show boulders, cliffs, ditches, and fences, in addition to elevation, vegetation, and trails.

Orienteering is a sport for everyone, regardless of age or experience. The competitive athlete can experience the exhilaration of moving through the woods at top speed, while the non-competitive orienteer can enjoy the forest at a more leisurely pace. Most events provide courses for all levels—from beginner to advanced



HISTORY OF ORIENTEERING

Orienteering began in Scandinavia in the nineteenth century. It was primarily a military event and was part of military training. It was not until 1919 that the modern version of orienteering was born in Sweden as a competitive sport. In the early thirties, the sport received a technical boost with the invention of a new compass, more precise and faster to use.



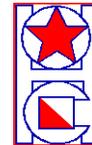
The first international competition between orienteers of Sweden and Norway was held outside Oslo, Norway, in 1932. Orienteering was brought into the US in 1946 by Bjorn Kjellstrom.

Today in the US, Orienteering is taught in schools as part of JROTC programs, and is part of many scouting programs. Many clubs united by the United States Orienteering Federation (USOF) hold orienteering events from coast to coast throughout the year.

<http://hoc.us.orienteering.org>

HOUSTON ORIENTEERING CLUB

The Houston Orienteering Club (HOC) was founded 1976. It is organized to promote the sport of Orienteering in Houston and the surrounding Areas. The Club is a non-profit organization run by Volunteers. It is chartered under the USOF (United States Orienteering Federation), which in turn is a member of the IOF (International Orienteering Federation). Houston Orienteering Club sponsors several Orienteering Meets throughout the year and attracts competitors from all over Texas and beyond. Families, JROTC, Scouts, new and veteran orienteers participate in both competition and recreational courses in local, county and state parks. All events have an instructional program for beginner orienteers.



ORIENTEERING GEAR

The sport of Orienteering “requires” very little in the way of equipment. An individual will need a compass. A "protractor"-style compass with a clear plastic base is preferred. At all events HOC has a limited number of compasses for rent. For safety the following equipment is recommended: running shoes or hiking boots, long pants, protective eyewear, a watch as there is always a time limit, and a whistle to call for help if you are injured.