

Arbor Hills 2025 Course Setter's Notes

Markers

The controls will each be marked by two ribbons of contrasting colors, **orange** and **yellow**, to distinguish them from other ribbons in the park. Our ribbons will also have the two-digit control number and "NTOA.COM" written on one of them.

Terrain and Vegetation

As the name implies, Arbor Hills has some hills (but some flat areas too). There are informational signs near the pavilions at the west end of the main parking area that give a nice overview of the wildlife and terrain.

Two significant creeks run through the park. One enters in the northeast corner of the park and flows southwest until it joins Indian Creek. This small creek is shallow but has very steep banks in most places. Although it appears crossable, it is usually easier, faster, and safer to cross at one of the three bridges. After the confluence with Indian Creek near Parker Road, the stream winds westward and flows under the railway.

The vegetation is a mix of open prairie and hardwood forest. The grasslands are mostly runnable. Although the prairie restoration area is un-mowed, this summer's drought kept the grass relatively short. Beware of thorny mesquite trees in and around the grasslands.

The forested areas have varied runnability depending on where there are trails. The trails are of three kinds. There is a large concrete loop trail that winds through the park. It is very popular with walkers, joggers, and skaters. Secondly, there is a mountain bike system in the southern part of the park. These trails make for technical orienteering, so only the Brown and Green courses go there. Runners need to be aware of mountain bikers and not stand in the track while pausing. The trail may be closed to bikers after a rain, but orienteers can traverse the area while avoiding running in the bike track. The third kind of trail is simple natural surface (dirt) paths. Some of these are named and maintained by the parks department. The eastern third of the park has a complex network of 'social

trails' created by foot traffic. Fewer social trails exist in the north-central and western areas.

Out-of-Bounds

The park has very clear boundaries for the most part. A high fence runs along the northern and western sides. Arbor Vista Drive bounds the park on the east. Parker Road forms much of the southern boundary. The previously mentioned Indian Creek should be considered the southwest boundary. This is indicated by red cross-hatching on the map.

Some trails have been closed by the parks department for erosion control and construction. Significant barriers and signs have been placed to keep people out. They have red X's on the map.

Map and Symbols

Special man-made items are represented by black O's or X's. A black 'O' will usually be a raised concrete manhole. It may also be a group of large rocks arranged in a circle. A black 'X' adjacent to a paved trail will usually be a bench, large informational sign, or metal boot scraper. Elsewhere an 'X' may signify tall lamp post, utility box, picnic table, bike repair station, prominent birdhouse on a high post, stack of building materials, large bike ramp, or old gate (not connected to a mappable fence). Trash cans, small signs and trail markers are not mapped. Some of the features built as enhancements to the bike trails such as small ramps and low walls are not mapped.

The map is recently revised using a newer symbol set than most of our NTOA maps. The symbol used for the bike paths is the same dashed line used for small footpaths. The non-standard "disappearing" trail symbol is not used. Rootstocks and large tree stumps are shown with a green 'X' not a brown 'X'.

The maps are made to be printed at 1:5000 scale. Control circles are 8 mm diameter on the map which scales to 40 m diameter in actual distance.

Hazards

The usual hazards of old barbed wire, poison ivy and green-briar vines exist in parts of the woods. Beware of slick muddy slopes and potential collapsing gully banks after episodes of rain. The creeks have high cliffs and earth banks in places which may be unstable. Do not cross any stream where you can't see the bottom. Particularly, do not cross Indian Creek which runs along the far southwest part of the park.

Courses

Course	Controls	Distance	Climb
Yellow	14	3.4 km	92 m
Brown	15	3.4 km	118 m
Green	20	4.8 km	135 m

Brown and Green courses share many of the same points and legs. Green has a few more points to make it longer. Both Brown and Green have more physical and technical challenge than Yellow.

Control descriptions for each course are available to print separately from the maps. For the Yellow course, they will be text. Green and Brown descriptions are symbols only.

All courses start and finish near the west end of the main parking lot off Parker Road. Start is located at a tree behind the restroom building off the southwest end of the lot. Finish is located at the northwest corner of the fenced area in the norther parking lot.

Lon Newsom, course setter