



ORIENTEERING CANADA

Published by the Canadian Orienteering Federation

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OFFICIAL NEWSLETTER OF THE CANADIAN ORIENTEERING FEDERATION

Vol. 32, No. 3, Fall 2003, published December 2003

ISSN 0227-6658

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ARNE NAESS - ORIENTEERING STALWART PASSES AWAY

In a sport of many fine people, Canadian orienteering lost one of its finest, with the death of Arne Naess on January 8 at his home in Mississauga, Ontario.

Arne and his wife, Ann Katrin, emigrated from Norway and settled in Dartmouth, Nova Scotia, where they raised a son and daughter, Oyvind, and Ragnild. Arne and Ann Katrin recently moved to Mississauga to be close to Oyvind, his wife Janet and two grandchildren.

Arne played a major role in the development of orienteering in Nova Scotia in the 1970's and 80's, and also served on the COF Board for several years. He will be sadly missed. Condolences to Ann Katrin, Oyvind, Ragnild and families.

2004 NORTH AMERICAN CHAMPIONSHIPS BULLETIN

Just prior to going to press we received an email from the North East Ohio O Club advising they are organizing the 2004 North American Orienteering Championships on May 29-30.

The NEOOC web page does not yet include a registration form, categories, closing date for entries, meet fees, late registration penalties etc. An ad for the event (see page 14), provides contact information for the organizer and NEOOC web page. Members interested in attending this event are encouraged to check the NEOOC website regularly to obtain information.

The event format will be:

Saturday, May 29 –

Middle Distance with winning times of 30-35 minutes

Sunday, May 30 –

Classic Distance with winning times of 60-70 minutes.

The 2 days times will not be combined into 2 day totals. Each day will be a separate event. This will be the first time since the NAOC was introduced 30 years ago it has not been a 2-Day Total Time event.

COF EMAIL ADDRESS CHANGED

*Please note the new email address for the COF
Office.*

canadianorienteering@rogers.com

EDITORIAL

Best wishes to everyone for a Happy, Healthy 2004 and a Best Ever orienteering season.

This issue was scheduled for publication and distribution in early December but major computer problems delayed it until now. The original pre-installed Windows ME operating system, and cause of numerous problems, has been replaced with Windows XP - hopefully this will clear up the problems. The next issue of the newsletter will be published in late February and will put us back on schedule.

We also changed our Internet Service Provider and have a new email address:

canadianorienteering@rogers.com

Please change your records.

The 2004 season promises to be especially exciting ones for members with the Canadian Championships being organized in the Yukon for the first time. Many members have never visited the Yukon and the COC offers an opportunity to do so. Reports advise that the terrain is both unique and wonderful and combined with the breathtaking scenery should make for a memorable experience.

The previous issue included articles by Marie Catherine Bruno, Louise Oram and Meghan Rance and generated several complimentary emails from readers. This issue includes articles by Ray St-Laurent and Adrian Zissos and two that were published in the Australian Orienteer that I thought would be of interest to readers. Feedback is important as to what the membership wants and I encourage input as to what type of articles should be included. Based on feedback it appears articles of the helpful tips that improve technical skills are most popular while results and meet reports are not very popular. This is primarily due to availability of meet results and reports from association and club web pages.

Orienteering Canada and other periodicals cannot compete with association/club/event web sites that can post meet results as soon as the event has been completed and results finalized or as in the case of the 2003 World Championships, posted split times from control locations while the races were in process.

A member survey will be included in the next issue as to types of articles members would like included. Article type will be ranked by popularity and results published.

Colin Kirk

PRESIDENT'S PODIUM

A lot of stuff has happened. But most if it is irrelevant, here. So, I hope to keep this short enough that you can reach the end before being too bored.

Our newest board member, Ted de St, Croix, is arguably the best orienteer Canada has ever produced. He was also responsible for the establishment of the COF coaching manuals and holds the highest coach rating in Canada. Ted agreed to fill the long-vacant chasm of coaching portfolio. He has assumed the role of National Coach and is establishing a Coaching Committee. This portfolio is responsible for national coaching activities for top athletes on down. This includes the holding of clinics for the certification and upgrading of coaches. Yay.

This newsletter includes an article on the making orienteering maps. As a side effect it illustrates the wealth of valuable information, and occasional fun, that is readily available through the internet, such through the IOF site, www.orienteering.org.

Calendar year 2003 has finished. The COF has data participation values for all associations to be used in the determination of the association affiliation fees. By the time you read this all the numbers will have been sent to the associations for confirmation or correction to ensure that all valid data is included while any inappropriate counts are removed.

Don't forget that we are always looking for new items and feedback on existing entries in the Promotion & Development toolbox, available a click away from our home page, www.orienteering.ca. It is not just the success stories that are valuable. We want to know what was tried, under what conditions, and what were the results. Learning from history minimizes pain.

Happy trails.

2003 ANNUAL GENERAL MEETING

The AGM of the Canadian Orienteering Federation was held on August 23, 2003, at Savona Beach, British Columbia.

Delegates from seven of our eight provincial associations attended with only Nova Scotia not being represented. The main business conducted was adoption of Annual Reports from: President, Treasurer, board members, provincial associations, approval of 2004-2005 Budget; election of board members.

COF Board

President	Ray St-Laurent	New Brunswick
Vice-president &		
High Performance	Charlie Fox	British Columbia
Director (Finance)	Sheldon Friesen	Manitoba
Director	Geraint Edmunds	Alberta
	Helen Howard	Quebec
	Ted de St Croix	British Columbia
	Mike Smith	New Brunswick

Sheldon Friesen, Helen Howard and Mike Smith were re-elected. Ted de St Croix replaces Jack Forsyth (Manitoba) who did not seek re-election.

President's Report – Ray St-Laurent

- Board meetings changed from 'in person' to Tele-conference format. This resulted in significant savings in time and money and permitted more meetings.
- Promotion Toolbox developed by Pippa McNeil – published in Orienteering Canada and available from COF web page.

Financial Report – Sheldon Friesen

Financial Statements April 2002 – March 2003 were accepted as presented.

Budget April 2003 – March 2004. S. Friesen noted changes were made to the Budget by the board to reflect savings due to Tele-conference meetings. Revenues: Association Affiliation Fees were reduced by \$2,000.00. Expenses: Meeting Expenses were reduced by \$3,000.00 and Administration Expenses increased by \$1,000.00.

Projected Budget April 2004 – March 2005 – accepted as presented.

2005 World Masters Orienteering Championships (WMOC) – Geraint Edmunds

- IOF approved that the 2005 WMOC be organized by the Alberta Orienteering Association in the Edmonton region.
- 2005 World Masters Games have been awarded to the city of Edmonton with orienteering one of the sports.

High Performance Report – Charlie Fox

Starting in 2003 the World Orienteering Championships become an annual event. Annual WOC's place additional financial hardships on our athletes and increases need for associations and clubs to assist.

COC 2005

Alex Kerr (OABC delegate) reported: The event will be organized by OABC the week after the World Masters Orienteering Championships (Edmonton). Probable location – Williams Lake. Bryan Chubb will prepare the maps.

COC 2006: No applications received

NAOC 2006: No applications received. Golden Horseshoe OC expressed interest in hosting this event.

MOTIONS

Three motions proposed by the COF board were adopted.

Motion 1. To provide guidelines to orienteers for the avoidance and treatment of heat illness, it is moved that the document titled Heat Illness Prevention Checklist for Orienteers be included in the 'A' and 'B' meet manuals.

Motion 2. To provide direction to meet organizers for the avoidance and treatment of heat illness, it is moved that the document titled Heat Illness Checklist for Orienteering Event Organizers be included as an appendix in the 'A' and 'B' meet manuals.

Motion 3. The following items are recommended for all events where the forecast of the humidex exceeds the level of moderate.

- The organizers shall support the prominent display of at least 2 daily heat stress indicators. One hazard indicator shall be at the call-up line, such as attaché to the clock. The other shall be at an appropriate location in the assembly area. The indicator reading shall be visibly obvious for distances up to at least 15 metres. The 'A' meet and 'B' meet manuals shall include descriptions of an acceptable hazard indicator.
- Sports drink containing glucose and salt shall be immediately available to participants at the finish.
- Organizers must be prepared to deal with heat-related illness when it occurs. There must be sufficiently adequately trained personnel and equipment available.
- A digital rectal thermometer or equivalent.
- A child's inflatable pool or equivalent 'tub' shall be in place which may be filled with adequate water and ice to immerse suspected heat stroke victims.
- Access to rapid transport to a medical facility.

THE END OF ORIENTEERING

Orienteering has outlived its usefulness. To be more specific, the word orienteering. The word 'Oriental' has been supplanted almost entirely by the term 'Asian'. Obviously we should adopt the term asianeering.

Many terms associated with 'orienteering' are also inappropriate. Not merely as a matter of avoiding archaic speech or adopting political correctness, we must strive to avoid any term that might cause someone, sometime, to have a negative disposition towards themselves or another.

Some terms are obvious. Depression has to go, particularly deep depression. I recommend using the word impression. A shallow depression becomes a slight impression while a deep depression is a significant impression.

Guidelines are needed to identify and to replace offensive phrases with the more appropriate. Any term used should either be Simply Objective or be a Savoured Objective. This is known as the SOSO criteria.

A Simply Objective word has no emotional impact. One example is the term 'start list'. Already in common use, it is much preferred over the alternative of 'start order'. The word 'order' has connotations of commands and subjugation.

A Savoured Objective is an emotive word whose meanings imply only pleasantness. So the violent 'punching a control' is replaced by 'validation' and a 'control' becomes a validation point.

We must also purge words that embed smaller words that could be inappropriate. The word 'copse' suffers because of its rarity. A reader would naturally see the embedded word 'cops' which, depending on their background, could increase anxiety. Or an unwitting reader might assume that a letter had been forgotten from the word and it should have been spelled 'corpse'. That will certainly lead to unpleasant thoughts for many. Copse should be replaced by 'tree cluster'.

There have been other attempts to adopt more appropriate terms. I have seen DNF, DSQ lumped together as DHB (Did His or Did Her Best). Now this may seem to be acceptable at first glance. Scrutiny reveals that it takes an already objective measurement e.g. finish, and replaces it with someone's subjective opinion. This can lead to unwitting disaster. What about the person that came first? Did they not do their best but still won? The DHB now feels doomed. Or what if the DHB knew they did not do their best. They were

preoccupied with things other than competitiveness. That is until they read results where someone else decided that their best had put them in last place. I wonder how many gave quit on the spot. Evidently, having a SOSO mind is not easy.

A SOSO mind cringes at the word 'finish'. The 'finish' should be replaced by 'completion'. Completion implies accomplishment whereas the word 'finish' can have the negative meaning illustrated by, "Your services are no longer required. You are finished."

Listed here are words and abbreviations now used to denote unsuccessful completion followed by SOSO recommendations:

DNF (Did Not Finish) _ SC (Some Complete)

DNS (Did Not Start) _ AC (Alternate Complete), i.e. did something else

DSQ (Disqualified) _ PC (Prevented Complete)

MSP (Mispunched) _ DC (Damaged Complete)

OT (Overtime) _ LC (Later Complete)

Speaking of completion lines (finish lines), current event formats guarantee the identification of losers. The mass start of a ScoreO was the inspiration for a new type of event featuring a mass finish as well as a mass start. The event would be called a SynchrA (SynchrO for those who still call our sport orienteering). Half of one's points are awarded on the basis of individual performance. The other half are from team performance. One gains team points by completing at the same time (within one second) as others. The value of the team points earned depends on the number of participants completing together.

Obviously a completion line is unsuitable for more than a few crossing simultaneously. That is why SynchrA uses a completion circle. The circle is sized to hold all participants. Ideally the circle is placed on a level playing field.

As this event becomes more popular, people will become more adept at gauging their abilities to choose which validation points to attempt while still making it back on time. This event is ideal for television. Imagine an overhead camera watching as people swarm in from different directions, arranging themselves around the circumference of the circle for the final, simultaneous convergence. Ultimately, everyone is in the completion circle together (no doubt cheering). The circle even looks like an Olympic ring.

To make competitor identification easier, the number bibs will be replaced by head shawls with numbers on top. This will also help protect each participant from the hot sun or a driving rain.

Is this concern over appropriateness worth it? Here is a way to convince yourself. While standing before a mirror, speak the word “orienteering”. Your face puckers into an

aggressive pose looking the same as if you spoke “no way”. Now say “asianeering”. Notice the face relaxes completely with the corners of your mouth upturned into a slight smile. It will look remarkably like the Mona Lisa smile. Is the secret of Mona Lisa’s smile simply that she was murmuring “asianeering”?

Ray St_Laurent

DON'T SAY O, SAY ORIENTEERING

Bob Mouatt

Over the past 6 years and more, I have spent much of my time promoting and publicizing orienteering, or at least thinking about it. For this issue I return to an issue I raised in December 2001, which is the importance of a common language that is easily understood outside the sport. Orienteering is the only sport I know in which the officials and participants go out of their way to disguise what it is. I am referring to the constant substitution of ‘O’ for orienteering.

‘O’ means Zero to people outside orienteering

While most people in orienteering understand others when they use ‘O’ as a substitute for orienteering, to people outside of the sport, ‘O’ means Zero. I hear people talking about the National ‘O’ League, but you never hear people speaking about the National F League or the National B, N, R, S, V or W etc. League, so why do it in orienteering? Also some just use the term ‘O League’. In some sports they qualify the grades of a league through the use of letters, eg A is top, B is second and 0 is fifteenth; is that what they mean? Only two sports in Australia, Australian Football and Rugby League can rely on people recognizing the initials AFL and NRL and associating the initial with the sport.

Imagine if the media followed the lead of orienteers and reduced orienteering to O in results columns and the few stories that manage to make the press, TV or radio.

Follow the rugby model

In my guest editorial in June, I highlighted how rugby (union) has suddenly gained much more prominence than it had a decade ago. One of the things that rugby well is to promote its name. While people playing other codes of football, e.g. soccer, Aussie rules, rugby league, etc. may talk about playing footie etc. rugby people only speak about playing rugby and they only add ‘union’ when talking with philistines. For example, it is the Rugby World Cup, no mention of union.

What is a wok?

Most people use a wok as a large bowl-shaped metal pan used in Chinese cooking; not a world championship. Look at other sports, e.g. athletics. You never hear its officials or participants talking about WAC; quoting from the Official Newsletter of Athletics Australia they talk about the World Championships in Athletics or simply the World Championships. Orienteers should follow suit and always use the full word orienteering. Even rogainers do not disguise their sport’s existence by reducing its name to a simple obscure R.

Another example of why we should look at our language is to conform to the way the media processes information. I recently filed some results as being from the Junior World Championships, but Australian Associated Press rearranged that into World Junior Championships, the sequence used by all other sports.

Missed opportunities

Orienteering has missed many opportunities to promote itself mainly because of the idiosyncrasies of its officials and participants and their lack of vision. Some of the main offenders are those at the top who are charged with managing and/or promoting the sport. Australia missed a golden opportunity to take the sport to a new level after the 1985 World Orienteering Championships and orienteering here has been struggling for recognition ever since in the face of competition from sports such as Triathlon.

With the advent of annual world championships for junior and senior foot orienteering and mountain bike orienteering, Australia will need to raise more cash to ensure it retains its international competitiveness, an essential element to funding by the Australian Sports Commission and other sponsors. We have to ensure that we take every opportunity to raise our profile and get our message across, as that is another essential element of how we are viewed and judged by the Australian Sports Commission and others.

From The Australian Orienteer – Sept 2003, reprinted with permission

ORIENTEERING FASHION – A MAJOR OXYMORON

Three rants (by Adrian Zissos, Calgary, Canada)

A few months ago I became interested in an email debate about why there are very few young people being attracted to our sport. The arguments raged - not enough competitiveness in our programs, too much competitiveness, we must do more in the schools, doing programs in the schools is a waste of time. And so on. I couldn't help thinking the debate was missing the point – we've tried all these variations but yet on the whole we keep failing. And I think I can tell you why... The following is a series of "Rants" I wrote on the issue which I feel is at the core of the problem – Orienteering's complete lack of Cool, its utter nerdiness.

Rant #1.

Tone – attempted humor, somewhat offensive

We all have concerns and opinions about orienteering's low retention of young people but most of us are at a loss about what we personally can do to help improve the situation. Well, I've got a suggestion ...

What can you do to help attract younger people to orienteering?

Throw away your nylon orienteering suits!

Now I don't want to get off on a rant here, but ... orienteering suits create an awful image for the sport. They are so incredibly uncool that no self-respecting youngster would voluntarily wear one or want to be associated with people who do wear them. The materials are outdated, the colors are ugly, the designs are hopeless, and the style is non-existent. Hey, I'm no fashion expert but even I can recognize the outrageously uncool when I see it.

You can do your bit to "cool" the sport by getting yourself a modern technical shirt - something like a dri-fit top from Nike. These shirts survive orienteering through tough bush, they wick away sweat keeping your body's core temperature down, they're comfortable, they're readily available in a variety of styles at reasonable prices. And best of all, they are cool. (Unfortunately you'll still need a pair of nylon pants - plain colors of course, black preferred).

So do yourself - and the sport - a favor: burn those nylon pajamas. It'll be just one small step for an orienteer, but a giant leap for orienteering.

Of course, that's just my opinion, I could be wrong.

Rant #2.

Tone – conciliatory, repeating main points with better manners

My previous rant was published to a few orienteering email lists and it generated a great deal of comment: over thirty email responses and easily twice as many verbal replies. Well over 75% of the responses were in agreement with the main argument that modern styling and materials (such as driFit or CoolMax) have many advantages over the traditional nylon O-suit, including creating a better image for the sport.

It is illuminating to summarize the categories and responses according to age and experience:

Category	Percent of category that agree
Under 30 years old	100%
Over 30 years old	50%
New to orienteering	100%
Three years or more experience	50%

From this table one can easily see that younger people and those new to the sport are most strongly of the opinion that the traditional suits are - to put it mildly - not cool. The strength of this feeling might surprise some long time orienteers. Here for example are excerpts from emails...

"I hope you're being serious because these are my sentiments exactly."

"I agree 100%. My adventure racing team teammate is in marketing and says that the sport will NOT attract athletes of great numbers until it changes its image (i.e. no more Pajamas)."

"Way to go!!!! Orienteers are an incredibly nice group of people but it's high time we admit we have an image problem! You are right on track to fix it."

"clown suit" (ouch)

"Whenever I bring a friend to an event they always raise their eyebrows at the clothing. I understand how practical it is but, hey, I've never worn anything but my leggings and dry-fit and I come back relatively in one piece."

“As a middle-aged female orienteer I find the nylon suits to be hot & disgustingly clingy, and frankly smelly, as nylon reacts to sweat somehow and never lets go of it even with persistent washing and treating. I can’t stand the suits for that reason and because they’re ugly in design and color. While the men may not care, I find them embarrassing. Thanks for expressing what I’ve always thought”

“It’s hard to see how O-suits have evolved [at all] over the last 30 years, and not everyone wants to look like a European sports aficionado from the 1970s... Note that none of the adventure racing crowd would be caught dead in an O-suit!”

Of course, I’m not suggesting that if every one of us wears a Nike driFit shirt we’ll be instantly swamped by new members; but I do think that updating our clothing habits will enhance orienteering’s image and thereby play a role in attracting and keeping younger people in the sport. And for whatever social reason, this will be a surprisingly powerful change. For us old-timers the new clothes are better anyway, being more comfortable, more durable, more stylish, more readily available, usable for non-orienteering activities, and cheaper.



**Tore Sandvik, 5th best in Norway, ranked 32nd in the world, wearing a new-style O suit.
(photo by Olav Nipen)**

Rant #3.

Tone – gentle, final points, a wrapping up of the argument

Responses to the previous two Rants were frequent and passionate and continue still. Several additional comments, suggestions and arguments were made against the traditional orienteering costumes and in favor of a new, cooler look for the sport. Here are some of the most interesting points made, for and against, along with a couple of extra fashion tips.

1. Wearing tights or leggings is pretty good alternative to nylon O pants (but males, beware - not too tight tights please).
2. Gaitors should be worn inside the pants if possible.
3. Orienteering suits tend to be used only for orienteering, whereas a fashionable hi-tech shirt with orienteering logo would be worn for jogging, training, biking, and other activities providing exposure that helps promote the sport.
4. It was pointed out, sometimes with photo examples, that a very few people (specific examples were given) do in fact look very good in their nylon O suit.



**Can you imagine kids wanting to look like this?
(photo by Adrian Zissos)**

5. Using mainstream clothing and equipment makes our sport more attractive to sponsors. Currently it is hard to get sponsorship from clothing suppliers since we don't use any of their products. And it is hard to get sponsorship from the few companies that do supply our clothing (Trimtex, UltraSport, etc) because that is all we buy from them. Making large purchases (such as club shirts) from local suppliers will open the door to much better sponsorship opportunities. A good example is Axis Gear's (www.axisgearcompany.com) sponsorship of the 2003 Axis Gear Sprint Invitational race, a fund-raiser for the Canadian National Team.
6. In a non-scientific durability survey of shirts used in competition, drifit tops were found to be extremely durable. While many had small snags, only one had any tears. The shirt with tears was mine. It has two small 1/2" tears after more than three years of wear. In contrast a nylon O shirt I bought last year ripped the second day I wore it - with a new opening 4" long.
7. DriFit-like material is available in many varieties from many companies. Some may be more durable than others.
8. Some things in Orienteering are extremely cool such as sophisticated electronic timing, amazing maps, and a wickedly challenging sport in super-cool terrain. But our clothing unfortunately isn't.
9. At least one manufacturer, Trimtex, is making O suits out of a CoolMax material. And this isn't just because the material looks good – it actually helps your performance by keeping your body core temperature lower.

So this season do the sport a favor and put on a nice hi-tech shirt for all your orienteering events. And next time your club gets team suits, get something hi-tech.

Wearing more modern clothing of course is only one part of updating Orienteering's "Image". There are many other aspects of the sport in need of a serious makeover. But I don't want to get started on the subject of those nasty lame outdated orienteering logos...

ASSOCIATION NEWS

STAFF AND BOARD CHANGES

Alberta: Bill Jarvis has been hired as the AOA Executive Director, replacing Jim Webster, who resigned in October to pursue other career opportunities. Bill has been involved in orienteering for many years, first as a member of the Toronto O C and in recent years a member of the Foothills Wanderers OC.

Manitoba: Don Roe has been hired to replace Sheldon Friesen who resigned at the end of September to return to his previous profession with an accounting company. Don is the current president of MOA and will continue to serve in that capacity for the present. Sheldon had been employed by the MOA for many years.

Nova Scotia: Glenn Johnston is the new OANS administrator, replacing Michael Haynes who left his position with Sport Nova Scotia in September. Glen is also responsible for the Nova Scotia volleyball Association. As mentioned in the previous issue, Michael accepted a position with the Go For Green organization in Ottawa.

British Columbia: Alex Kerr is the new president of OABC succeeding Doug Smith who did not seek re-election at the 2003 OABC Annual General Meeting. Prior to his election, Alex had been OABC Vice-president. Alex previously served as president of Orienteering Ontario and is the first member to serve as president of two different provincial orienteering associations.

Quebec: Elisa Reitzschel was re-elected president of Orienteering Quebec at the association Annual General Meeting in November. Elisa was elected president in 2002 and this was her first time seeking re-election.

New Brunswick: Harold McQuade was re-elected president of Orienteering New Brunswick for a second term at the 2003 AGM in November.

Yukon: Pippa McNeil was elected president of the Yukon Orienteering Association at the 2003 YOA AGM held in January 2004. Pippa succeeds Charlie Roots who had served as YOA president for 4 years.

Congratulations and best wishes for much success to **Bill, Don, Glen, Alex, Elisa, Harold and Pippa.**

Best wishes and a sincere thank you to **Jim, Sheldon, Michael, Doug and Charlie** for many years of service to the sport of orienteering in their region.

HYDRATION

Adrian Uphill, OASA Technical Officer

About 20 years ago I used to have a 'seventh control jinx'. It always occurred at the seventh control on a M35 course at the 45 minute mark. In those days there were little or no drinks on courses. With hindsight it was dehydration of the brain with up to 30 degree errors.

When I realised the problem I resolved to:

- Hydrate before the event
 - Hydrate during the event whenever possible
 - Hydrate after the event.
- Problem solved.

So please learn from my hydration problem and drink fluid as above.

My personal solution for this issue is to carry my own water in a 500ml drink bottle in a pouch on a belt, and I have been doing this for several years. When I lived in warmer climates this was often an essential item on longer training runs.

Another way to carry your own water is to use a couple of the 250ml pop-top bottles in which fruit juices are now sold in supermarkets, and fitting them into pockets sewn on the back of your O-pants or a belt.

By carrying your own water, several eventualities are covered: other competitors having drunk all the water before you reach a water control, being able to drink when you need it and not when the course planner perceived that you might, or becoming lost and never finding the water control.

Remember to punch

Working in the finish at the 2002 OZChamps Carnival in SA, another factor was revealed. Several competitors failed to punch controls where there was a drink stop, presumably because they drank and then forgot to punch before continuing. Standard procedure at water controls should be to **punch first, drink second**.

Drink 30 minutes before you start

Providing water for competitors on courses is perhaps an issue for which we should take some responsibility ourselves. By carrying our own water we will reduce the workload for course planners and organizers. In addition, we should all **ensure drinking adequately hydrates us before we start on a course. Drink around about 30 minutes before your start time.**

Water bottles and pouches are available from camping, outdoor and cycling stores. Several people have indicated to me that when they first run with a water bottle they found it inconvenient, or they didn't like the extra weight. However a 500ml bottle filled with water will add only about half a kilogram so the extra weight as percentage of body weight is minimal. Try running with a water bottle on your training runs to accustom yourself to it.

For the course setter

Current rules regarding placing water on courses as outlined in the Orienteering Australia rules for Foot Orienteering are:

- Drinking water is to be provided at intervals of 20 minutes (according to expected winning time. If the temperature is over 20 degrees C, or 30 minutes in cooler conditions, allowing 200-300ml per competitor.
- Drinks shall be located at controls or compulsory crossing points.

Hence currently the water must be at a control or a place which competitor has to visit, and not somewhere they may visit (unless they abandon the course), and most courses require at least one water control.

For the course setter, placing water on courses may become an onerous task, especially in areas with a limited track network. However, the effort can be reduced by planning the water controls whilst planning the courses rather than leaving them as an afterthought and adding in at the last minute. To make life easier for the course setter, water controls can be planned to be on or near tracks or accessible locations. For example follow a good long leg with a shorter easier leg finishing with a water control, This may necessitate easier legs on hard courses, but I would not expect most competitors would be too concerned about this if the remainder of the course is well planned.

The number of competitors carrying their own water has been increasing, and hence the total water allowance on a course can probably be reduced slightly as fewer competitors require it.

Tip: Unused disposable cups stay clean and are easier to get at, when you open the bottom of the package rather than the top.

From The Australian Orienteer – September 2-3, reprinted with permission.



2004 Canadian Orienteering Championships and Barebones in the Yukon

Attention all Klondike gold-seekers!

The Yukon Orienteering Association (YOA) will be hosting the Canadian Orienteering Championships in Whitehorse in July 2004.

Races include the *Canadian Short Distance Championships* on July 14, the **Relay** on July 15, and the *Canadian Classic Distance Championships* on July 17-18.

As a bonus, you can start your Yukon orienteering adventures on July 10-12 with the *Barebones* event near Whitehorse.

This will be the first time that the Canadian Championships has been held north of 60°. Come experience detailed negative glacial topography, complex rock and cliff terrain, open forests, dense trail networks: in short, the area offers a wonderful range of orienteering challenges.

Take this opportunity to experience the great orienteering you've heard about while having a very special northern holiday.

For more information and to register, please visit the COC2004 website: <http://www.coc2004.com>

Paper registration forms will be included in the next issue of *Orienteering Canada*.

INTERNATIONAL NEWS

Simone Niggli-Luder – Swiss Sportswoman of the Year

Honors and awards keep coming for the Swiss Superstar. She was the overwhelming choice as Swiss Sportswoman for 2003, garnering more votes than all other candidates combined - 56.5% of total votes cast. Male athlete for 2003 was Wimbledon Tennis champion, Roger Federer, with 47.9% of votes cast.

A second honor was won by an orienteer with Swiss Women's Orienteering coach, Irene Muller-Bucher, with an impressive 59.6 % of the votes, beating out several top rated male coaches to win 'Coach of the Year' honors.

Poland to host 2004 Junior World Championships

The 2004 Junior World Championships were originally awarded to Russia however due to restrictions with issue of visas to certain nations the Russian Orienteering Federation advised the IOF that as they were unable to guarantee entry into Russia for all athletes they had to withdraw from organizing the event. The IOF Council solicited applications from several nations with Poland being awarded the event.

French team carried water in World Championships Long Distance.

In addition to Thierry Gueorgiou's gold medal performance in the world championship Middle Distance, the French team had another WOC first – their athletes in the Long Distance race carried water bottles. Based upon their fine performances this may lead to other nations/athletes carrying water in world championships and other major long distance events. There is nothing like having a world champion introduce a new idea or concept.

Australian Orienteers move from 'Down Under' to 'Up North'

An item in the Australian Orienteer advised that 8 of the 10 members of the Australian 2003 World Championship team are currently based in Norway, Sweden or Finland. They live, work, are members of and compete for local orienteering clubs. Many members of the British Orienteering team have followed similar routes to improve their skills over the years. This is akin to young European hockey players coming to Canada to train and compete with top level players in order to learn and develop. At present, Sandy Hott Johansen, is the only North American orienteer living year round in Scandinavia.

EVOLUTION OF ORIENTEERING

MAP MAKING IN CANADA

The current generation of orienteers are familiar with the four and five colour maps used at orienteering events. For many it is the only standard of map they have used since being introduced to orienteering. Members of the pre-1980's era did not always enjoy the same quality of maps and it is interesting to take a look at the development of mapping in Canada. Comparison between maps used for the first Canadian championship (1968) and those of APOC 2002 (Alberta) and COC 2003 (Kamloops, BC), illustrates the enormous strides made in a relatively short time span.

The Early Years:

The 1968 Canadian Championships were held in the Camp Fortune/Huron areas of the Gatineau Park. The map was black and white with a scale of 1:20,000 and contour interval of 20 ft. The base map was obtained from the photogrammetric branch of the National Research Council. The only fieldwork done was modification of some trails. The Legend included roads, trails, streams, lakes & ponds, marshes, clearings & ski slopes, band shell, ski jump and TV antennae. There were no boulders, cliffs, pits, depressions, etc. on the map or in the legend.

A set of coloured pencils were an essential piece of equipment with competitors marking streams, ponds, marshes in blue, roads and trails in red, clearings in yellow.

The first base map made for a Canadian orienteering map was for the 1970 COC organized by the Viking Ski Club near Morin Heights, Quebec. Aerial photography was only done in spring 1970 and the base map received just a few weeks prior to the COC, leaving little time for field checking. The most significant improvement was the greatly improved contour definition with knolls, depressions, re-entrants, etc. shown. This same area was also used for COC 1974 - this time with the fieldwork having been done.

The 1970's - Development Years

A major step forward was made in the production of the COC 1972 map – Tamaracouta, Quebec, organized by the Montreal Orienteering Club (this area and an updated map was also the venue of COC 1986). The base map was prepared in Sweden the year prior providing more time for field checking. A major plus was the involvement of Anders Timner, a highly regarded Swedish mapmaker who had

received an invitation from Orienteering Quebec to give mapping courses. In addition he did the final field checking and drawing of the Tamaracouta map – the first Canadian 4 colour map produced to IOF standards. Timner returned to Canada twice more and conducted mapping courses and assist in map projects.

In 1975 the COF were accepted by Recreation Canada as a national sport organization and eligible to receive some financial assistance. Availability of suitable maps was deemed essential for the development of orienteering in most regions and for the next several years COF received financial support for conducting mapping courses and providing grants to provincial associations for map production. The mapping grants permitted associations to develop high quality maps from the time the association was formed rather than having to proceed through the black/white stages. Financial support from Recreation Canada ranged between \$8,000 - \$14,000 with associations receiving grants based upon planned project costs. Grants covered such items as Aerial Photography, Base map costs, printing. No financial support was given for labour costs or honorariums. Labour associated with field checking and map drawing was done on a volunteer basis.

Two courses were conducted in the late 70's early 80's with international instructors teach map making techniques: The first by IOF Map Committee Chairman, Flemming Norgaard (Denmark) and Oyvind Stene (Norway) and the second by Norgaard and Robin Harvey (UK). Recreation Canada provided funding for the instructors and two delegates from each association.

The instructors stressed map readability - only include detail easily identified while running at speed, and clean drawing. Many mapmakers included too much superfluous detail that cluttered the map and were of little value to competitors. The emphasis on clean precise drawing was a problem for many would be mappers. While they were willing to spend weekends field checking they were very accomplished in drawing techniques.

Map presentation and precise drawing were especially important to Timner. His philosophy: It is not necessary that the person who does the field checking also has to perform the drawing - get the best field checkers to do that phase and the best drawers to do that phase.

Most of the early Canadian mappers were not particularly good drawers. One exception was Steve Pearson of the Hamilton King Foresters OC. Maps drawn by Steve were works of art and admired by all who competed on them. Clear precise contour lines of uniform thickness.

The 1980's – Reaping the benefits

Prior to 1977 the Canadian Championships alternated between Ontario and Quebec. COC 1977 – Wentworth, Nova Scotia, was the first held outside Central Canada with COC 1979 – Pippy Park, St. John's, the second.

Most who attended these map courses progressed to be top mapmakers and responsible for maps used for Canadian, North American and other major competitions: COC 1981 – McQueen Lake, BC, (Tony Byrne); COC 1982 – Hartney, Manitoba (Jack Forsyth); COC 1984 – Blue Bell Mountain, Grand Falls, New Brunswick (Gary Feeney); COC 1985 – Mount Laurie, Seebe, Alberta (Don Bayly). Others may have assisted but these were the main mapmakers. It is nice to know that most who attended the courses are still involved in mapmaking to various degrees.

In 1983 the COF Map Committee published the 'Orienteering Mapping Manual' with various chapters prepared by members of the committee: Afan Jones, Tony Byrne, Leigh Bailey, Arne Naess, Dick de St Croix, Malcolm Adams; several of whom gained their knowledge at the mapping courses organized by COF. The manual was updated and reprinted in 1988 but is currently out of print.

The best source of information for map making is the material produced by the IOF Map Committee and available from the IOF web page: www.orienteerin.org The IOF Committee is responsible for recommending and implementing changes to mapping standards and updates their materials as soon as approved. The information is current and available for downloading or through purchase of a CD.

1990's - The OCAD Era

Prior to the 1989 World Orienteering Championships in Sweden, the IOF Map Committee organized a Mapping Symposium to present various modern techniques for map preparation. A Swiss member of the IOF Map Committee, Hans Steinegger, demonstrated a software program he had developed for use on PC's. The program was the first version of OCAD – Orienteering Computer Assisted Drawing.

Steinegger spent the next year improving OCAD to a level it could be marketed and in 1990 he announced it was available for purchase. It took about 3 years for OCAD to be established as the norm for preparation of orienteering maps. Although enthusiastically accepted by younger mapmakers it was not as quickly endorsed by many 'old school' mapmakers, either because they were not computer literate or uncertain about such a dramatic change from the pen and ink methods they had expertise with. The Loup Garou O Club purchased one of the first copies available and used it preparing the COC 1991 map – Buckingham.

OCAD has probably had a greater impact on orienteering than any other single development. Prior to OCAD the drawing phase of mapmaking was a major problem for many - not everyone has good drawing skills. OCAD allows every map to be drawn to the exact IOF standard of line thickness, symbol size, etc. Major advantages is that it allows easy updating and corrections through a few "clicks" on the keyboard rather than 'whitening out' and re-drawing as per the pen and ink era. OCAD has also led to a new generation of mapmakers, many of whom would never have got involved using the old methods. Many current mapmakers are younger orienteers with good computer skills who are willing to get involved in map production.

Map Makers – The background figures

Generally speaking, mapmakers do not receive a great deal of recognition. National team athletes are usually identifiable from wearing team orienteering and/or warm-up suits and course planners are almost always in attendance at every level.

Mapmakers are the exception for a variety of reasons: The map was made many years before and the mapmaker either no longer involved or off somewhere making another map; many maps are now made by professionals who when the map is completed, move on to their next contract. Mapmakers may be in attendance at major events for which they made the map and hopefully, be congratulated by competitors who recognize them but for the most part their recognition is strictly through their name being printed in small type at the bottom of the map. Without mapmakers there would be no orienteering. They develop our playing fields and competition arenas just as competently as golf course designers.

The costs of producing an orienteering map are considerable both in time and money. The following Budget information prepared by Malcolm Adams provides detailed costs.

BUDGETING

From Malcom Adams (Map Making for Orienteering... revised)

Aerial Photography

Reliable cost estimates require providing a marked up map of the area you wish to be flown to companies specializing in the business. Price may vary depending on how far the company has to fly to get to the area. If the company already has flying contract in the area, this can result in reduced costs. Price quotations from aerial photography companies usually include a set of prints but not the diapositives.

At 1:15,000 scale, a diapositive covers a space of approximately 3.4 km x 3.4 km. The number of required diapositives depends on the following factors:

- The area of the terrain to be mapped
- The number of flights required
- The overlap between photos and flight lines

As an example, the 11.5 km² Mount Laurie map in Alberta required 3 flight lines and 10 diapositives. Allow \$12.50 per diapositive plus taxes.

Base Map

Base maps prepared by Scandinavian or British companies cost approximately \$200 to \$250/km².

Field survey and artwork

To establish a budget, either apply an hourly rate of \$12 to \$15 to the time estimates or allow \$500 to \$600 per km² for the field survey and computer input combined.

Allow \$50 for materials (drafting film, photocopying, computer diskettes, etc.).

Printing

Offset printing costs vary considerably across the country. A 45cm x 33 cm map, with a black image in the back, was quoted at \$1142 for 1000 in Montreal in 1998. In 2000, a 29cm x 26cm map was quoted at \$890 for 1000. A 41cm x 36cm map was quoted at \$1492 for 1000. For a five colour run of 3000 maps, a rough guide would be to expect anywhere from \$0.25 to \$0.50 per copy.

Where the size of the offset printer is sufficient, it is generally less expensive to print several maps on the same sheet.

Especially for local "A" and "B" meets, an increasingly popular alternative is to use either an inkjet or colour laser printer.

Commercial copying companies generally can accept data from a diskette or by email. Commercial laser copy/printing costs are falling rapidly. A last minute alternative that could be acceptable for some local meets is to colour photocopy an existing map.

Inkjet printers are now capable of printing at a resolution of 5760 x 1440 dpi and even wide carriage (17 inch and higher) are capable of 2880 x 1440 dpi.

IOF STANDARDS

IOF mapping standards are the responsibility of the ISOM (International Specification for Orienteering Maps). The latest mapping standard, ISOM 2000, was adopted in 2000. It includes specifications for the various types of orienteering, not just classic Foot-O. The Ski-O specification was revised in November 2002. The Sprint-O 'final draft' was produced on February 28, 2003.

These specifications can be found from the main IOF web site, www.orienteering.org, a good resource on numerous orienteering topics. From the home page select Council and Commissions then click Official Information Center under the Map Commission heading.

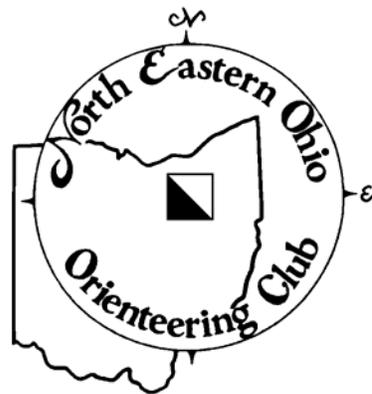
That site includes discussions on divergences from the standard.

The most common variation is overuse of a 1:10000 map scale rather than 1:15000. In classic orienteering events, the policy allows 1:10000 only for classes 16 and under or 45 and older. Doing otherwise tends to produce classic distance courses that tend to become a "long short-distance".

Another common error is to put too much detail on a 1:10000 map. A 1:10000 map is simply a 1:15000 map that has been magnified 50 percent. There should be no more detail than a 1:15000 map would have. The features should all be correspondingly larger. This includes control circles.

Another common error is to forget to indicate index contours. Every fifth contour is an index contour and should be drawn with a thicker line than the rest.

The point to remember is that orienteering maps should be designed to be used by orienteers at running speeds.



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- Eligible to compete in orienteering events in other international orienteering federation member nations.
- Eligible to receive lower entry rates where offered to members.
- Junior age members eligible to participate in Junior Participation Program.
- Eligible for selection to High Performance Program (HPP) - Senior and Junior Tiers.
- Eligible for selection to National Teams to World Championships and other international events.
- National team members are eligible to receive financial support to World Orienteering Championships - Senior & Junior.
- Existence of a national federation and office is a major factor for Provincial/Territorial Associations to receive funding from provincial governments for: administration, staff, travel grants, athlete grants, programmes, etc.

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SUBSCRIPTION RATES: Non COF members - \$12.00 per year. Overseas/ USA subscribers send a Postal Money Order or a Bank Draft in Canadian funds payable to the Canadian Orienteering Federation.

ADVERTISING RATES - PER ISSUE: Outside back cover \$150.00; Inside back cover \$100.00; Inside full page \$75.00; One-half page \$50.00; One-third page \$35.00; Business card size \$20.00.