



ORIENTEERING CANADA

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OFFICIAL NEWSLETTER OF THE CANADIAN ORIENTEERING FEDERATION

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COC 2003 - INFORMATION & REGISTRATION FORMS

For those members who have not yet registered for COC 2003 and related Sage Stomp events please note that the Entry Deadline of July 25. Entries and payment must be submitted by mail - email entries will not be accepted.

Registration forms and information were included in the previous issue of O Canada - Vol 31 No. 4. Winter 2003, and can be obtained from the OABC website: Click on Events, then 2003 Sage Stomp and COC Week.

NATIONAL JUNIOR TRAINING CAMP - LAST CALL FOR REGISTRATIONS

Deadline date for registration is July 30. Information and registration were included in previous issue of O Canada - vol 31 No. 4 Winter 2003 and can also be obtained from the OABC website: Click on Events, then 2003 Sage Stomp and COC Week or contact: Marion Owen: email: JAOwen@telus.net

World Masters Orienteering Championships 2005 - Edmonton

" I take great pleasure in letting you know that the IOF Council, at its meeting on 25-26 April, has decided to award the 2005 World Masters Orienteering Championship to Canada, and to appoint the Alberta Orienteering Association (AOA) local organiser of the event. Congratulations.

As the negotiations aimed at getting the WMOC included in the programme of the 2005 World Masters Games in Edmonton have yet to be finalised, no draft agreement will be sent to you at this stage. The nature of the agreement will naturally depend on the outcome of these negotiations, i.e. whether or not the WMOC will be part of the Games programme. In the light of the information received we are confident that the AOA will be able to reach an acceptable agreement with the Edmonton Games Local organiser.

IOF Secretary General, Barbro Ronnberg

2003 COF ANNUAL GENERAL MEETING - AUGUST 23

The AGM will be held on the afternoon of Friday, August 23. The COC Short Distance event is being held on the morning of the 22nd and the AGM will be scheduled to commence later in the afternoon.

The AGM location and start time will be announced at a later date and posted on the COF web site and also at the COC Competition Centre.

PRESIDENT'S PODIUM

As this newsletter is the pre Canadian Orienteering Championships (COC) edition, there is much to report. Switzerland hosts the World Orienteering Championships (WOC) from August 3 to 9. The Canadian national team was determined at selection races were held in British Columbia on the May 19 weekend. If you are lucky, you may see, and perhaps meet, some of these athletes in action after their return from the WOCs.

On the national team is COF board member Mike Smith. He is also head of the thermo committee and an MD. The committee includes board members Geraint Edmunds and myself as well as Gabrielle Savard who is an MD with expertise in the sport medicine. This committee is tasked with determining what we can do to better deal with orienteering under conditions of heat or cold stress. The board has approved interim recommendations from this ongoing committee for implementation at the 2003 COC.

In cooperation with the organizers, we will be introducing four features at the COC:

- A heat stress checklist will be given to all participants. It will present individual tips on how to prepare for and endure heat stress while orienteering without succumbing to heat illnesses such as heat exhaustion and heat stroke.
- The humidex, a combination of temperature and humidity, has been demonstrated as a valid heat stress indicator. The hazard may be classified low, moderate, high, extreme. At least two prominent signs displaying the projected hazard will be posted, one at the call-up area and one at the assembly area.
- We will be recording the forecast and actual humidex values. The list, updated daily, will be posted to assist individuals to develop an understanding how humidex values affect them.
- There will be a checklist for organizers to confirm they are adequately prepared to enable individuals to prevent illness as well as to expeditiously and

properly treat heat illness cases. One feature will be the availability of a rapidly deployable emergency ice water bath (children's portable pool).

As some of the changes represent an increased commitment by meet organizers, we will be submitting a motion for discussion at the Annual General Meeting (AGM) for a change in the "A" meet manual.

As always, we are soliciting motions from each association before the July 22 deadline, one month before the AGM (August 22). Motions for the AGM will be posted on our website www.orienteering.ca. Motions from previous years are also visible.

The board has held two successful (and no unsuccessful) telephone board meetings since the last AGM. We will be holding another in early July. One item on the agenda is the status of the event participation data collection.

To simplify the recording of event participation, Dave Graupner has enabled the event data to be entered online at our website, from the events page. This should be easy for either a meet official or a provincial/territorial association to enter the data. At the end of the year, the COF office will double check the data and send a copy back to the association to ensure no event is double-counted.

At the same website is the online "A" meet sanctioning application. More are enjoying this instantaneous method of applying for "A" meet sanctioning as a simpler alternative to photo-copying a page, filling it out and faxing or mailing it to the COF office.

It is too early for an official announcement, but I am expecting a surprise guest at the AGM. I cannot say who it is at this time (although I would like to) but you are invited to attend and be pleasantly surprised (I hope).

Happy trails.

TOO HOT! ... IN CANADA !?!?

Most people who have orienteered in Canada don't usually associate their experience with overheating yet over the past several years, orienteering events in Canada have been run during fairly strenuous conditions. Examples of this include the APOC 2002 festival in Alberta as well as the Canadian Orienteering Championships in Kamloops in 1998. There are three commonly described heat-related illnesses that affect athletes: heat cramps, heat exhaustion or heat-related syncope, and heat stroke. Of these, heat stroke is by far the most dangerous with documented fatalities from this condition in athletes, both professional and amateur. Fortunately heat related illnesses remain uncommon in Canada despite summers that provide temperatures as high as the mid 30's. Heat-related illnesses still can, and do occur. This was highlighted with the collapse of one competitor during the Canadian Orienteering Championships short distance event in Alberta in 2002. Fortunately, this situation was well handled and no one suffered any serious injury.

In response to the potentially dangerous situation of orienteering in strenuously hot conditions and the current gap in COF guidelines regarding it, a committee of COF Board members, Ray St-Laurent, Geraint Edmunds, Mike Smith and Foothills Wanderers OC member, Gabrielle Savard, was formed to review the issue of heat related illnesses. Not surprisingly, little scientific information was found that specifically addresses the concerns of orienteers, however the available scientific data was reviewed and fortunately, good scientific reviews of heat-related illnesses in endurance running exist. One of these, the American College of Sports Medicine's position stand was used as a framework and adapted to the situation of orienteering in Canada.

What does this mean for orienteers in Canada?

Several objectives and recommendations to combat these heat-related illnesses were outlined for the benefit of organizers as well as competitors in orienteering events.

- To improve awareness of heat-related illnesses an information flyer has been developed for runners and will be distributed or available for distribution in meet packages. This flyer will contain tips on recognition and prevention of heat-related illnesses, including acclimatization, maintaining adequate hydration and determining your risk of heat-related illness.
- Prominent displays will be present at this summer's COC's that illustrate the daily-risk of heat-related illness.
- More water will be placed on courses along linear catching features to benefit competitors unable to locate water at control sites or point features.
- Information flyers will be made available to organizers outlining the recognition and treatment of heat-related illnesses.
- Events may be rescheduled or cancelled to avoid particularly strenuous conditions.
- In order to assess the impact of these interventions, competitors may be asked to contribute their opinions through completion of a survey. Of course if anyone has any thoughts on the subject they are more than welcome.

Interested orienteers are encouraged to review the American College of Sports Medicine's 1996 position stand: "Heat and Cold Illnesses During Distance Running" available at [by selecting the section or Position Stands on the web page](#). It is available as a PDF document for downloading.

Happy Trails!

Mike Smith
Chair, Thermo Committee

WOMEN IN ORIENTEERING - PART 1

By 9 FWOC women!

“Women in Orienteering” was the title of a session at the 2003 AOA Camp Caroline Spring Training Camp. Apparently, it generated considerable discussion among women attending that camp! Afterwards, Jennifer Hocking decided to organize a gathering of interested women to pursue this topic further. Here’s a summary of what we covered.

We know that generalizations always have exceptions. With this in mind, we came up with the following concerns about women orienteering (comparing women to men):

- Women are more emotional than men; this can work against us, especially in competitions that are important to us.
- Women can “multi-task” better than men. This can be good (keeping track of everything we see, or have seen, as we orienteer) or it can be bad (thinking of our duties/obligations before & after the competition e.g. distracting ourselves worrying about our families).
- Women are embarrassed to be competitive, or don’t let competitiveness drive them to be better orienteers.
- Women miss, or choose not to take, opportunities to do things that would make them better orienteers (don’t give high enough priority to opportunities such as course setting, mapping, training, etc).
- Women intimidate themselves (psych themselves out) both before and during competitions (fears of being alone in the woods, animals, getting lost, not finishing, lack of confidence, getting distracted by other people in the woods).
- Women have expectations of themselves that are too low.
- Women are less likely to take risks (e.g. route planning).
- Women have more trouble visualizing things in 3D (contours).
- Women alone in the woods have less self confidence.
- Women tend to be less focused.

CONCLUSION

All the concerns that were brought up were psychological. No one was worried about having less strength or endurance or “bush-bashing” abilities. So maybe psychology is more important to women than to men.

Psychology is a very important part of orienteering. If psychology really is a big part of what is holding back

women orienteers from their optimal performance, then there is a potential for making HUGE improvements, just by talking about our concerns with other people. There are many ways to talk oneself through a problem that is a psychological one. You do not need a National Team Member to talk to. You can talk to someone else who is at, or even below, your level and get a lot out of it.

THINGS WOMEN CAN DO TO IMPROVE IN ORIENTEERING

Find a buddy to talk to before and after an event. Before the event, discuss one or two goals you plan to focus on, and how to achieve optimal alertness/nervousness. After the event, discuss your course and the routes you chose. Be sure to cover things you did well, as well as where you blew it! Try talking to more than one other person (e.g. NOT your significant other!), to get different perspectives on your strengths and weaknesses.

> **We need contour training.**

> **We need to work on simplifying the map.**

We should try various aspects of orienteering, particularly course setting, mapping and teaching (or at least helping others with their course analysis).

FUTURE GATHERINGS OF FWOC WOMEN

“Let’s do this again!” was the general feeling. Andree Powers offered to host the next one. Contact her for date and time. Bring maps showing courses you have done recently, or in the past, and we will practice TALKING (ha!) to each other and giving each other valuable advice!! This will probably include ways of manipulating/warping our mind to allow us to orienteer at our optimum level!

Part 2 will be written after our next gathering.

Kitty Jones

FAIR PLAY - ULTIMATELY A QUESTION OF PERSONAL CHOICE

By Piritta Forsstrom

Integrity, fairness and respect - these are the principles of fair play. Sport offers an excellent opportunity to teach fair play in a way that is both effective and fun.

The principles of fair play are reflected in five simple statements:

- Respect the rules
- Respect the officials and their decisions
- Respect your opponent
- Give everyone an equal chance to participate
- Maintain your self-control at all times

Fair play means that one can choose whether to participate in a sport or not. No one should practise a sport just because his parents or coach want him to. If an athlete fails to play by the rules of the sport, he/she will normally be penalised (e.g. in the form of disqualification, time loss or other specific penalty). Playing fair goes beyond that. The spirit of the game, the opponents and the officials should be respected as well. Fighting and “mouthing of” can easily spoil the activity for everybody. The ability to control one’s temper also pays off in other parts of life too. When playing fair, winning isn’t everything but it’s also important to have fun, improve one’s skills, make friends and do one’s best. An athlete who plays fair is honest, sets a good example, reflects a healthy lifestyle, is proactive, independent and a good team player. Without fair play some athletes will come to believe that winning or scoring points are the only aims - and that means they will miss a lot of the enjoyment and opportunities that sport and recreation have to offer.

The role of the coach in teaching fair play is extremely important. The spirit and manner in which a performer competes is very often a straight reflection of the coach’s own strength of commitment to fair play.

A study of coaches and their athletes undertaken by Angus Reid (1991) revealed some important and

interesting findings about how they perceive and practice fair play.

1. The vast majority of athletes and coaches place a higher value on fair play competition than on winning. However, most athletes associate fair play primarily with respect for the rules, whereas most coaches associate fair play with respect for the officials. It is important that all have a clear understanding of what fair play is, and that everybody works together toward common fair play goals.

2. Younger athletes are more open-minded and committed to fair play than older athletes. This highlights the need for fair play education for both groups. Older athletes need to be reminded of the importance of fair play; younger athletes need to be taught fair play effectively so that it “sticks” in later years.

3. Young athletes look first to coaches, parents and league officials for guidance on fair play, but these individuals may often lack the proper teaching tools.

Promotion of fair play is not only the athletes and coaches responsibility but also parents, teachers, sport organisations, medical officers, referees, public authorities, journalists and spectators should recognise these responsibilities and act upon them.

Orienteering requires fair play in relation to nature

“All persons taking part in an orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators, and the inhabitants of the competition area. The competitors shall be as quiet as possible in the terrain.” (Competition Rules for IOF Foot Orienteering Events 26.1)

The basic rules of fair play naturally also apply in orienteering. Orienteering offers activities for people of all ages and abilities. Most events offer courses where members of a family can participate at various levels of competence all the way from enjoying a walk in the woods to a competitive race. World Championships and World Cup events are always organised for both men and women at the same time and same place.

In addition, orienteering has some characteristics which bring an additional dimension to fair play.

In orienteering fair play also means a respect for nature. Orienteering events are organised in some of the most beautiful outdoor areas in the world. As the natural outdoor environment is the arena for the sport, orienteers are also concerned for the environment. Environmental issues are taken into account already when planning events. Scheduling events, mapping and course planning are carried out in close co-operation with landowners and hunters. In the beginning of the summer as well as during the deer hunting season, orienteering events are hardly organised at all. Free zones are marked on the map as well in the terrain to avoid disturbing bird nesting, deer breeding and conservation or other sensitive areas. Cultivated fields and private land around buildings are embargoed areas as well. All the infra-structure of an event centre is dismantled immediately after the competition and waste and trash are carried away. No trace of a sport event can be found in the area afterwards.

Though every human action does leave its mark in nature, several studies has proven that flora and fauna in an area used for orienteering are or permanently affected. Vegetation recovers to the condition it was before the event. And biologic diversity is not threatened at all.

Orienteering has come out of the woods

The major threat to fair play in any sport is the excessive importance attached to wining. Winning brings prestige to the competitor and it may also bring substantial material reward. Playing to win is the

essence of competitive sport, but when there is an over-concern for the result competitors are driven increasingly to violate the rules in order to win.

Orienteering can still be considered as a true amateur sport, even though a few top elite orienteers devote themselves totally to their sports career. Competitions used to be held far away from the cities and inhabited areas and people outside the sport didn't know too much about it. Now, orienteers have quite literally, come out of the woods and the sport is gaining a foothold among young people and the public in general. Visibility means more media coverage and more commercial partners to the sport. There is always a threat that side effects of commercialized sport might easily run over the principles of fair play, even in orienteering. Ultimately, safe-guarding fair play means personal responsibility and individual choices from everyone involved.

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NEW PRESIDENT FOR ORIENTEERING NOVA SCOTIA

**Congratulations to Greg Nix on being elected
president of OANS. Greg succeeds Mary Hills.**

ELITE NEWS

1 WOC Selection Event

The 2003 British Columbia orienteering championships at McQueen Lake, near Kamloops, May 17-18, were used to select the Canadian team in the 2003 World Championships, Raperrswil/Jona, Switzerland, August 3-9.

Athletes selected based upon 2 day competition total times.

Nick Duca	Gators OC	Ontario
Mike Smith	Falcons OC	New Brunswick
Wil Smith	Falcons OC	New Brunswick

Pippa McNeil	Whitehorse OC	Yukon
Katherine Scheck	Whitehorse OC	Yukon
* Sandy Hott Johansen	Baekelagget OC	Norway

* Sandy Hott Johansen was exempted and named to the team prior to the selection event.

Brent Langbakk - Whitehorse OC (Yukon) was named 1st Alternate.

Results for athletes within the selection criteria maximum time.

Men

Mike Smith	Falcons OC	140.31
Nick Duca	Gators OC	143.35
Wil Smith	Falcons OC	145.44
Brent Langbakk	Whitehorse OC	153.33
Ross Burnett	Whitehorse OC	156.27
Alaric Fish	FWOC	158.43
Forest Pearson	Whitehorse OC	164.23

Women

Marta Green	GVOC	125.19
Pippa McNeil	Whitehorse OC	140.56
Marie Catherine Bruno	GVOC	145.51
Katherine Scheck	Whitehorse OC	150.49

Marta Green and Marie Catherine Bruno previously advised they did not wish to be considered for selection to the WOC team.

2 Fine performances by junior athletes

Katherine Scheck is still of junior age (turned 19 in April). Her 2003 plans were to compete in the Junior World Championships in Estonia, July 6-13 and the Swedish O-Ringen. Her selection to the WOC team provides a unique double - junior and senior world championships within one month.

Two other junior athletes had fine performances in the selection event. Louise Oram (GVOC), 5th in the time of 157.50 and Robin Foubister (Sage OC) placed, 12th in the Men's event (8th Canadian) in the time of 172.15.

3 Juniors to compete overseas

Danilo Malanczyj (Ukrainian OC -Ontario), another of our fine juniors will compete in the Junior World Championship in Estonia in July.

Louise Oram, Megan Rance (GVOC) and Robin Foubister, accompanied by their coach, Ted de St Croix, will spend several weeks competing in Norway and Sweden, including the Swedish O-Ringen.

4 Canadian and Swedish National Team athletes combine forces.

Congratulations to Wil Smith and Swedish team member, Katerina Allberg, on their recent marriage. Katerina is currently ranked 4th in the IOF World Rankings list.

This is the second Smith family member to marry a top ranked Scandinavian orienteer - Sandy married Norwegian team member, Holger Hott Johansen, at COC 2000, Fundy, New Brunswick. Holger is currently ranked 9th in the World Rankings.

5 2003 Nordic Championships - Canadian connections

Sandy and Holger Hott Johanson and Wil and Katerina Smith competed in the 2003 NOC, in Sweden. The NOC is considered second to the WOC in importance and first in quality of competition. Nations can enter 6 runners in each NOC event rather than the 3 allowed in the WOC. The addition of 3 more top runners from Finland, Norway, Sweden, Switzerland, etc. makes for a much stronger field than the WOC.

Short Distance - Men - 5090 metres:

1	Pasi Ikonen	Finland	27.17
2	Holger Hott Johansen	Norway	27.46
3	Janne Lakanen	Finland	27.29
74	Wil Smith	Canada	35.15

Women - 4430 metres

1	Jenny Johansen	Sweden	29.22
2	Annette Granstedt	Sweden	29.46
3	Heli Jukkola	Finland	29.49
26	Katerina Smith	Sweden	33.22
64	Sandy Hott Johansen	Canada	42.02

Classic Distance - Men - 15930 metres

1	Emil Wingstedt	Sweden	82.24
2	Michael Mamleev	Russia	83.20

3	Janne Lakanen	Finland	83.23
10	Holger Hott Johansen	Norway	85.22
68	Wil Smith	Canada	115.43

Women - 9930 metres

1	Hanne Staff	Norway	63.26
2	Jenny Johansen	Sweden	65.01
3	Heli Jukkola	Finland	65.19
12	Katerina Smith	Sweden	68.06
68	Sandy Hott Johansen	Canada	96.24

Sandy and Wil both placed 68th and almost tied in "time behind winner" - Sandy 32.48 behind and Wil 33.19 behind. Wil's course was considerably longer than Sandy's so he can claim family bragging rights - at least on this occasion.

INTERVIEWS WITH 2001 WORLD CHAMPIONS

SIMONE LUDER'S BUSY AUGUST

First, there is the World Championships. Second there will be her wedding.

Question: Is there enough time for two such big occasions?

Simone: "There are three weeks between WOC and the wedding date, and we are already organising the wedding details. We have lots of help too"

Question: Which of these will be the most important event in your life?

Simone: "both the World Championships and my wedding are important to me, but of course for entirely different reasons. I'm really looking forward to both of the, and on occasions it actually helps to have more than one major even to focus on. I'm sure both will be really memorable"

The Swiss star has been the world's No.1 for the last two years with a superb string of results and has looked almost unbeatable. This year she feels stronger than before.

"If I'm in good shape and everything is going well, I plan to run all the races, but the most important ones for me are the long distance (classic) and the relay.

I think I have improved both physically and technically. I have focussed on technical improvement and mental training and I hope to continue to improve in the future."

Question: What is it like to have the World Championships on your home terrain?

Simone: *I'm really looking forward to the Championships. I think there will be a great atmosphere around the event and I'm sure there will be many Swiss spectators to cheer us on. It's quite a special motivation to run a major race in your home country."*

HANNE STAFF FEELS CONFIDENT

The No. 2 ranked woman, Hanne Staff, has focussed hard on improving her running and technical skills in Swiss terrain. Now she feels confident.

'I have felt very at home in the Swiss forests. Particularly after the last training camp with the Norwegian team, but the route choices still present a major challenge. You can never be 100% sure that you have chosen the optimum route, but I think I now know enough not to make a really bad route choice.'

The double individual World Champion has been concentrating a lot on her technical running skills prior to this year's WOC.

"It has been my aim to be able to run faster.

I haven't done any tests, but everything is going very well. I am doing the training I planned and it's looking good. I feel I am where I should be right now so that I will come to the World Championships stronger than ever before."

The Norwegian queen of orienteering is aiming first and foremost at the long distance race at WOC.

"It's the distance in which I feel the best chances of success."

Unlike Simone Luder, Hanne will not be competing in all distances at WOC. The O-sprint star with two overall World Park Tour victories is not thinking about the sprint distance at all. The sprint final will be held on the day before the long distance qualification and final races.

"I don't think it is possible to run both these distances. I believe the championships should perhaps have been held over a slightly longer period to allow those runners who wish to compete in all races to do so"

THE TRAVELLING FAMILY

Janne Salmi (34) and Vroni Konig-Salmi (33) are the travelling family of the orienteering world. This year sees another World Championships in one of their home countries.

They are both top orienteers with a number of World Championship gold medals between them. Janne from

Finland won the short distance race at WOC 1997 (Norway) and then the relay gold medal two years ago in Finland. This was also where Vroni won the sprint distance gold. After the 2001 championships they moved to Vroni's home country, Switzerland, to Forch which is located just 25 kilometres from Rapperswil, the centre for this year's World Championships.

"The World Championships were one reason for us moving to Switzerland, but we also wanted my daughter Selina to be able to write and speak proper German, not just to be able to talk Swiss German. She was only five when we moved from Switzerland. Now she is 13. We also wanted three-year old Miia to be more familiar with German too", says Vroni.

As they are living in Switzerland, it is also easier to concentrate on the approaching World Championships here. Had they still be living in Finland there would have been a lot of travelling to Switzerland to prepare for the races. That's not so easy with two children.

Question: This autumn will you be moving on to Sweden where next year's WOC will be held?

"No, we are going back to Finland. Our stay in Switzerland was a two-year project. We were open to the idea of staying longer if something special happened, but it hasn't. Janne also has a number of different projects in Finland, and I also prefer the Finnish school system."

Question: What's it like competing in a major championships in your own country?

"Finland felt like my home country to in 2001. The championships here in Switzerland is of course a huge inspiration for me. Running here means that I know what to expect, I know the type of terrain and the orienteering problems I will meet. I have actually run in the WOC terrain many years ago when I was 14-15 years old. But there is a downside too. When I am so familiar with Swiss orienteering I have to be very careful. It can be dangerous to feel confident. It is also a bit special too when you know the organisers."

Vroni is contemplating running all the different distances at the World Championships. As current

World Champion, she is of course already qualified for the sprint race, but she also wants very much to run the long distance race too. Her training preparations suffered a setback in May. She wasn't feeling 100% well in the spring and took some medical tests. The results initially informed that she was suffering from an illness, but fortunately further tests proved this not to be the case.

"It was physically quite a tough time, especially with the mis-diagnosis. Now things are fine again."

PASI IKONEN IS STRONGER MENTALLY

Pasi Ikonen (22) was one of the stars of the World Championships in his "home" terrain of Finland two years ago winning gold and silver individual medals, and he is now even better, although he is plagued with an injury to his toe.

At the 2003 Open Nordic Championships he demonstrated remarkable orienteering speed in the technically-demanding middle distance race. He was simply much better than all his rivals.

"The terrain was perfect for me - nice and easy. Maybe everyone else thought that the terrain was nice, but easy it was certainly not."

Question: You have gone up to another level now?

"It is easier for me mentally now. I am not so keyed up to win as I was before, so it is easier to run my best at major races such as the international championships."

The Finnish runner's main goal this year is to win a new gold medal at the World Championships.

"I want to run the long distance and the relay. I am not so interested in the sprint race, but as I haven't been able to train as I would have liked this winter due to a series of injury problems, it may be that the sprint and middle distance races will be best."

Although Pasi had Achilles tendon problems prior to the Nordic Championships at the beginning of May, his main injury problem has been his toe. He injured this when he was running up some steps in a Park World Tour race in Italy last autumn.

"I have consulted three different doctors and they have

all told me to rest for six months, but I can't just rest. I just hope it will get better naturally in a year or two.

I am now able to train properly again, but it's not too long to the World Championships now."

No compass

Pasi shocked the orienteering world by running without any compass at all. He intends to continue to navigate seemingly impossible terrain without one of the normal orienteering aids.

"My coach tells me I ought to use it, but I think he is only joking."

JORGEN ROSTRUP - THREE MONTHS IN SWITZERLAND

What did Jorgen Rostrup do immediately after the last World Championships in Finland? Well, he practically got straight on to the plane for the venue of the next World Championships two years hence in Switzerland.

The double World Champion has now spent almost three months in total in Switzerland over the last two years.

"I hope that it is enough time" he states,.

Prior to the last WOC in Finland, Jorgen stayed in that country for more than a year. It paid off as he became World Champion in the long distance and won a bronze medal in the short distance in Finland too. The short distance race was actually his major goal as he was the defending champion, so he was disappointed not to be standing on the top of the podium again.

Question: Are you going to try to defend your long distance title this year?

"I have no ambitions to defend anything at all. The middle distance continues to be my main goal. The terrain for that race is the WOC terrain that suits me best as it is technically challenging."

When the middle distance race is over, he will start thinking about the long distance and the relay.

Editors Note: The above interviews were extracted from the June 2003 issue of the IOF newsletter O-zine. The interviews were conducted by Erik Borg.

2003 SUMMER - FALL SANCTIONED 'A' MEETS SCHEDULE

Date	Event	Location	Contact	Information
July 19-20	Blueberry Meet	Sudbury, Ont	Toronto OC	www.toronto-orienteing.com
Aug. 16-17	WCOC	Savona, BC	Gill Bailey	leighb@islandnet.com
Aug. 22	COC - Short	Savona, BC	Gill Bailey	leighb@islandnet.com
Aug 23-24	COC - Classic	Savona, BC	Gill Bailey	leighb@islandnet.com
Sept. 20-21	Turkey Trot Memorial	Walker Tract	Toronto OC	www.toronto-orienteing.com
Oct. 11-12	Ontario Champs	Hilton Falls	Mike Waddington	wadding@mcmaster.ca
Oct. 19	NB Champs	Fredericton	David Fellows	fellows@unb.ca

C O F D R O P S

1. Membership on the rise

Several associations reported increases in numbers of members in 2002 - an approximate 12 % in total. This is the first time in several years that there has been a general increase in numbers.

The June issue of the Edmonton Overlanders bulletin advises the EOC now has 390 members and notes a "little more than half our adult members female".

2. COF members participate in European events this summer

Between 40-50 members will spend part of their summer vacations competing in European events this summer: World Masters Orienteering Championships (Norway); Swedish O-Ringen; Scottish 6-Days, Swiss 6-Days. The WMOC and O-Ringen double is most favoured with several adding the Scottish 6-Days to their O-vacation.

Four Alberta members: Charlotte and Jean MacNaughton, Adrian Zissos and Greg Yarkie are attending the O-Ringen Clinics in conjunction with the

"main event". Almost 80 participants from 25 nations have registered for the clinics.

3. Marie-Luc Romanens (Switzerland) Attempts Unique Double

1995 WOC (Germany) short distance champion, Marie-Luce Romanens, is trying to achieve a unique double - compete in two World Championships in the same year in different sports, Cross Country Running and Orienteering, in her home country.

Romanens achieved the first part by winning the Swiss Cross Country Running championships and competing in the World Cross Country championships, placing 37th. She took a major step towards the second part by winning the sprint race at the 2003 Nordic Orienteering Championship. Earlier this year Romanens won a marathon race in the excellent time of 2:33.

Members of the Swiss National Orienteering Squads are required to run a 5,000 metres time trial (track) each May.

Time standards: Men - 15.15 Women - 17.30

MEMBER BENEFITS FROM COF

- ORIENTEERING CANADA - 1 year subscription.
- Liability insurance coverage.
- Eligible to participate in COF programmes - National Coaching Certification Program (NCCP); Officials Certification Program.
- Eligible to win awards at Canadian, North American and Asia Pacific Orienteering Championships.
- 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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