



ORIENTEERING CANADA

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CONTENTS

Contents	1
NAOC update	1
Malcolm Adams	1
President's Podium	2
COF Drops	3
Orienteering Coaching	4-5
Introducing O to Novice in 10 minutes	5-6
National Team Selection	7
WOC Team Leader	8
COC Information & form	9-10
2004 Junior Camp information & form	11-13
Compass	14
International News	15-16
2004 'A' Meet Schedule	16
Symbolic Control Descriptions	17-18
2005 World Masters Games	18
COF Publications	19
Member Benefits & Contacts	20

2004 NORTH AMERICAN ORIENTEERING CHAMPIONSHIPS – UPDATE

The Fall 2003 issue of Orienteering Canada – front cover item – 2004 North American Championships Bulletin advised that the event would consist of two separate championships: Saturday, May 24 – Middle distance; Sunday, May 25 – Classic distance, a change from the previous 2-Day Total Time format.

The NAOOC organizers later announced a format change to that used for all NAOOC 's since first introduced in 1973. The Course Consultant is credited for the change.

Details and entry forms can be obtained from the NEOOC website: <http://neooc.home.att.net> or by contacting Registrar: Terry Keck at aevent2004@aol.com or by writing to: P.O. Box 575, Kent, Ohio 44240.

Note: COF members interested in attending this event are urged to check the Closing Dates for entries to avoid significant Late Entry Penalty Fees.

MALCOLM ADAMS

It is with deep regret that I advise the death of Malcolm Adams on February 10, 2004.

Malcolm and family; Judy, Gail and Mark started orienteering in the early 1970's as members of the Viking Ski club. The family spent most winter weekends on the XC trails in the Morin Heights area and when the ski seasons were over their interests turned to orienteering.

Mark developed into a top competitor, winning Canadian titles at both junior and senior levels and competing in world junior and senior championships; Judy concentrated on meet organization, course planning and controlling; Malcolm found his niche in map making and developed into one of the best in North America. He was a member of the COF Map Committee that developed the COF 'Orienteering Mapping Manual' and served as Map Committee chairperson. The previous issue of Orienteering Canada - Vol.32- No 3, included an article from Malcolm 'Budgeting' for orienteering mapping projects.

Malcolm was active until shortly before his death. At the 2003 Quebec championships he was in the finish tent recording times. He conducted a mapping course in New Brunswick last Fall and planned to spend time in Florida during the Winter working on a map for a Florida O club. He had to cancel out on this project due to deteriorating health.

Malcolm's legacy will remain with us through the many maps he made throughout Canada and also in some US maps. His name on the maps will be a constant reminder of the quality of his work and contribution to our sport.

Judy noted: "I have been flooded with cards and letters of sympathy. It is heart-warming to know that so many people cared."

PRESIDENT'S PODIUM

Responding to the lack of suitable promotion material, Cherie Mahoney of Ottawa, has produced a PowerPoint presentation. She is allowing us to distribute CD's with copies to the provincial/territorial associations

Ted de St Croix put on a coach training course for the April 23 weekend in Ottawa. He plans to hold a similar course out west for this autumn or next spring. These should enable more coaches to be trained across the country.

The board held a regularly scheduled teleconference in March. Did anything happen? Well some might have felt that the fabric of the universe changed. Actually, the national team selection criteria did change fundamentally.

Although this specific topic may be of little concern to many, it may be interesting to go through some detail to see how a fundamental change happened so abruptly, as well as discussing the ramifications of the change itself.

First a bit of background. The national team is chosen to represent Canada at the World Orienteering Championships (WOC). This event used to be held every two years but has now become an annual event. Over the last ten years, Canada's performance at the WOC has shown a decline relative to other countries. Let me make it clear that this is not due to any reduced effort on the part of the athletes involved.

The COF, via donations, is only able to provide meager financial support for WOC athletes. Making the WOC an annual event aggravates the matter.

In many sports it is common to find some tension between candidate athletes and those selecting the athletes. Unfortunately, orienteering is no exception. Team selection is the responsibility of the board, normally based on discussions and voting on recommended criteria guidelines produced by the High Performance Program Committee, whose chairperson sits on the board.

Between the COF board and WOC-candidate athletes, a major source of tension is a disagreement in the purpose of the WOC. Quoting from a document by the HPP chairperson, "The WOC is strictly a highly competitive showcase event ... not a development training event!". Quoting from two athlete-advocacy documents "... WOC is to further the development of Canadian elite orienteers" and "The National Team shall embrace a team spirit second to none."

All these factors led to the initiation of a two-pronged review of overall team selection criteria. The first prong was to examine the role of the WOC as an elite athlete training opportunity in the world of possible training opportunities. The second prong was to survey other countries, similar to Canada by either geography or world ranking, to learn the selection criteria used in their situations.

Now, back to the meeting? An unsolicited athlete-advocated selection criteria had been submitted to the board. Leave was granted to consider that before the HPP chairperson's proposal. Motions were made based on that submission. They passed.

In one fell swoop, the HPP chairman's submission had become essentially irrelevant. The general review of selection criteria also halted.

The selection criteria for the 2004 WOC is essentially to take a 4 men and 4 women team and to make it as easy and as inexpensive as possible for an individual to be selected. Selection is based solely on the order of finish at either of two selection events.

Canada now has the most radical team selection criteria in the world. Other countries may be watching to see how it works out. Perhaps then they may want to relax some of their minimum performance-based requirements also. That would be a substantial shift for many countries. The current stance of many is exemplified by a comment from the Austrian head coach who, after responding to the selection criteria survey, sent a follow-up elaboration with the statement. "Don't take tourists."

Happy trails.

Orienteering Ontario – Annette Van Tyghem – re-elected president

Congratulations to Annette on being re-elected president of Orienteering Ontario. Annette has served as OO president since May 1997 and is currently the longest serving association president.

Orienteering North America – Change of address

New address for ONA:
Donna Fluegel, 5 Kingswood Drive,
Bethel, CT 06801, USA, Tel: 203-798-9231

COF DROPS

Run the Gauntlet Rogaine September 18-19, 2004

Mark your diaries/calendars, PDA's or pieces of birch bark.

Orienteering New Brunswick will be putting on a **ROGAINE**.

Place: Southern New Brunswick. Within easy distance of both Fredericton and Saint John

Terrain: Mixture of open areas, regenerating old farmland, and river valleys, with relief to 300m. Forest cover: mixed Acadian forest, with maple and birch interspersed with spruce and fir. Extensive trail network.

Map: 1:50,000, enhanced with recent air and satellite data.

What else? Registration will be limited to 150 participants. Both 8 and 24-hour options will be offered. Come down east and make a week of it with the night and relay champs in Maine the following weekend (Sept 25-26).

More information: <http://personal.brunnet.net/rustics/rogaine/rogaine.html>

Or Email Rob Hughes, Rogaine Director, at rustics@brunnet.net

COC 1985 - Mount Laurie Map made by Bryan Chubb

From Don Bayly, Foothills Wanderers OC

Orienteering Canada Fall 2003 – my name was mentioned in association with the COC 1985 Mount Laurie map. Bryan Chubb made the 1985 Mount Laurie map! It was expanded and revised by Malcolm Adams in 1994-95.

Some of the maps I have worked on include.

- Pocaterra Creek - 1980 (cartography). Used for 1980 Western Canadian Championships.
- Sandy McNabb - 1981 (cartography, part of fieldwork). Used for Alberta Championships. Later expanded and revised by Bryan Chubb.
- Beaver Lake – 1990 (about 25% of field work). Majority of fieldwork by Ingemar and Toby Stenbeck, cartography by Bryan Chubb. Used for 1990 NAOC and World Cup.
- Sulphur Springs 1996-97 (cartography). Fieldwork by Plamen Denev. Used for Alberta Championships.

Editor: Thanks to Don for correcting my error and for providing information on other mapping projects he has worked on. My apologies to Bryan for not crediting him for the Mount Laurie map.

Mapping using Mac computers

In response to December's newsletter article about mapping I wanted to point out to anyone that is interested in making maps and prefer using Mac computers, you can. OCAD is not the only mapping software available. MapStudio by Adrian Moser is a plug-in to be used with Adobe Illustrator. MapStudio can be used on Pc's with Illustrator .10, if you have an earlier version of Illustrator there are plug-ins for Mac only. The earliest version is for Illustrator 5..5 and you need OS 7. The download page for MapStudio is: <http://www.mapstudio.info/mapstudio/software/download.html>

I've been making maps for OANS for two years now, I use MapStudio and am very satisfied with the results.

Simon Trussler
Mapping Director, OANS

Yukon Ski O

Sunday, 22 February, the sun rose to a clear sky. Temperatures hovered in the 30s, so we were really grateful for the bulletins received on heat prostration and sun stroke. However, as we were dealing with Fahrenheit, our real concern was sunburn. The Yukon Ski Racing Team arrived nearly an hour early, before organisers were quite ready, but the controls were out so rather than dampen enthusiasm, off they went. Albeit some in the wrong direction.

Next came the Ski Biathlon Team, whose home trails are across the valley. However, after some discussion they navigated successfully away from the start. Local orienteers, looking more self assured, set off and found their problems later on the trails

The challenge for the course setter was setting interesting courses when almost everyone knew all the trails so well, but by using some less well travelled trails and back tracking, people generally did have to make some tricky decisions.

The last crew were the Jackrabbits and bunnies: 42 of them, aged 4 to 8 years, with their leaders successfully completed the 3 km beginners course. In all 95 skiers took to the trails, and thankfully they all returned, happy and tanned.

We hope that many of you will join us in July for the Canadian Championships when we can almost guarantee the same blue skies, but we definitely can guarantee the same enthusiasm and excellent maps and courses.

For results, check our website www.icefield.yk.ca/yoa

Submitted by Nests Leduc

ORIENTEERING COACHING – IS THAT AN OXYMORON?

Ted de St Croix

Scenario 1

Imagine standing in the pouring rain waiting while your protégé is lost out there for hours. You are the coach. Upon finally returning the athlete turns to you and wants to know what went wrong. Hmmm.

Scenario 2

You are the coach and have read all the books, articles and attended all the training camps available in your orienteering lifetime. Your athlete is twice as fast as you, half your age and rather cocky. After one particularly disastrous race your athlete comes forward and blurts out. “I hate this stupid sport”. Ouch.

Scenario 3

“My athlete is better than I am at orienteering, how can I possibly coach her”? Good question!

Each of these scenarios are real in our sport. They can scare away many potential coaches lacking the experience or confidence to handle such situations.

They beg the question, “What is the role of an orienteering coach? Is it role model, teacher, mentor or just a friend? Is the coach in charge of all day-to-day training or do they consult on a weekly or monthly basis? There are so many different types of coaching relationships possible that it really depends on the situation.

The other half of the equation is the athlete. Who are they, what are they like, how do they learn? An independent athlete is ideal as they are the one who will be out in the forest alone with the problems at hand. On the other hand a fiercely independent athlete may not have good listening skills and miss many learning opportunities.

Bringing these two people together in the orienteering realm doesn't happen all that often. From my experience, the expectations from either side are difficult to communicate and progress becomes difficult. Coaching orienteering is considerably different than coaching hockey for example. Team sports require a coach to be an administrator just like an orienteering coach. Hockey coaches spend a lot of their time lining up ice time and phoning parents to get the kids to the ice at the right time. An orienteering coach on the other hand has a different set of problems. They have to procure training maps, plan courses, set out controls and provide post training feedback. A hockey coach can offer

immediate feedback whereas an orienteering coach must wait for the post mortem and then can usually only offer advice and suggestions. The orienteering coach must be a very good listener and be able to get the athletes talking and thinking about what they actually did. A coach who happens to be a fast enough orienteer can also provide instant feedback during a follow-up session. This, I consider a luxury rather than a requirement in order for a coach to be effective. The key to the whole equation is good communication. A friendly, positive person no matter how good an orienteer they are will be a much more successful coach than a National Champion more interested in their own career.

Here then is a list of tasks I, as an orienteering coach, will do with an athlete (depending on circumstances of course).

This first section constitutes what I consider to be the most important skills of an orienteering coach. You will notice that anybody, with the right attitude can be an orienteering coach. All it takes is commitment and time.

Orienteering Coaching skills/actions:

- Be a friend
- Initiate conversation
- Induce confidence
- Listen and provide encouragement
- Induce the athlete to talk about a race, training and themselves
- Plan travel, accommodations, food and social activities
- Organize training camps

This section contains the less important items and is only usually attempted by skilled or experienced orienteers. Often however, coaches think this the only things a coach is required to do. If you don't have even some of the above skills, these skills below won't be much use to you.

- Teach orienteering techniques
- Teach race preparation
- Make quick route choices in order to check/compare an athlete's choice
- Plan training to learn/improve specific techniques or simulate races
- Analyze races in order to be able to give personal experience

Back to the 3 scenarios

Scenario 1. In this situation here is what I recommend. Get in out of the rain, showered and warmed up with some food and drinks into the body. A tired body means a tired and usually negative mind, even depressed. When relaxed and ready, get out the training/race map and begin the discussion. This next part is sometimes an awkward situation. The athlete will possibly dive into a tale of “woe is me”. Let them rant and rave and express their frustrations. This makes them feel better hopefully. As long as you accept this as inevitable you should survive the session. However, asking really stupid questions like “why didn’t you see that?” or “why didn’t you go that way?”. These sorts of rhetorical questions do not help the situation. This will make the athlete feel badly.

You see, a novice orienteer is not a very experienced map reader. What may look obvious to you is only confusion to them. The whole point of this exercise is not to solve the immediate problem itself but to get the athlete to talk about it, get it off their chest and begin to feel good about themselves again. Your main goal here is to get them fired up about trying again. By pointing out what is obvious to you, and not to them helps them learn but can also backfire if given in a tone of “how could you be so dumb?”.

Scenario 2. In this situation, the athlete is a good orienteer, easily excited and probably just runs too fast. They are hungry for success but impatient. They are some of the most

difficult ones to coach. What you say to them will make or break the coach athlete relationship. I don’t think I can give any general answers that will always work. It depends on your relationship. Teasing could work or it could be disastrous. You have to find that out long in advance before going there. In this case, I might just use the same technique as in scenario 1 which is to get them to talk, hear them out and ask them what they think they should do rather than tell them what you think they should do.

Scenario 3. This is an issue with the coach rather than the athlete. Lack of confidence prevents many potentially great coaches from even giving it a try. My advice to you then is to think about the possible benefits. From my humble experience, and from talking to coaches at training camps, I have learned that coaching will actually improve your own orienteering technique. Even as a successful orienteer at the elite international level I am surprised by how often I come away from an exhausting junior training camp and perform really well at events immediately after, simply by orienteering using all the basic techniques I taught during the camp. There is nothing secret about orienteering. The basics will always get you around an orienteering course faster than you may think.

Having said that, I would also venture to say that if you are not confident about your own orienteering, then try to get involved coaching some novice orienteers. You will find it very rewarding.

ORIENTEERING COACHING – INTRODUCING ORIENTEERING TO A COMPLETE NOVICE IN 10 MINUTES OR LESS

Ted de St. Croix

The National Coaching Certification Program – Orienteering Technical Level 1 gives a nice introduction to orienteering with the basic elements of our sport complete with maps, symbols, control descriptions and basic techniques.

Often we are faced with a situation where we (as the local orienteering club) are asked to teach orienteering in 10 minutes or less and then send a group of complete novices (often kids) out on a course. While we may know that this rarely translates into new memberships, it may down the road if the novice has had a good experience and then hears about the sport again later. Ask yourself where you were first introduced to orienteering and you might be surprised to learn that it was a similar situation.

Step 0 - Registration

Once the kids are registered they should each have in their hands a control card, a map and a compass. Ensure that the course they shall be running is on the map already (pre-printed maps are absolutely necessary especially if it is raining). Giving them a blank map is not going to help them understand the objective at all.

Step 1 – The Objective

First and foremost they want to know what the objective is and what they are expected to do. Begin with the Start triangle, finish double circle and control circles and explain what they are and where they are hanging. Show them the actual start, the finish and take them to a control marked on the map, ideally the last control.

They will try to punch that control (with a smile on their face) but you just need to show them the flag, the punch and the control code.

You can now show them the control description sheet and what the numbers mean.

Make sure they understand that controls shall be taken in sequential order (if point to point).

Step 2 – Magnetic North

Ask them to find Magnetic North on their compass. They shall point out the direction for you. Then show them the magnetic north arrow at the top of the map. The bright ones will automatically line that up with magnetic north but not all and you should make sure each one understands the concept of orienting the map to north with the compass.

Step 3 – Map Legend

Look around and get them to read the map and point out various features marked on the map. Make sure you cover all the features along the first part of the course with them beginning with control 1. Most important is to actually show them the features they can use to navigate by (handrails).

Step 4 – Map reading by thumb

In all my years of teaching this sport I have yet to come across a novice who will learn this technique on their own. This is the most important technique for them to navigate a course efficiently. It is easy to teach, but not easy for them to remember. Children with small hands find this very difficult so I like to teach a very basic way of folding the map once over so that the thumb fits on their location and the fold is parallel to their direction of travel. If you can get them to accomplish that one simple single map fold (must be parallel to direction of travel) then you will prevent lots of frustration. In fact I teach this technique at all training camps because I believe that if done properly also leads to error prevention when competing at high speed.

I will never forget the fellow who (perhaps used to reading books with the aid of a book marker) rigged up a sliding cross hair for his map after he was introduced to the sport. Accurate perhaps but not very efficient.

Step – 5 Start them on the course

There is no point in teaching any more than that. They have already forgotten all the previous things you have taught them except that they did hear it and once out on the course will recognize and comprehend what they are supposed to do. That is of course if they were listening.

The start shall point in the direction of the first control

preferably along a distinct trail. Even better is if the control is in view.

You can follow them if they are nervous but it is crucial that they do the orienteering on their own so that they understand the challenge and enjoyment of finding the controls on their own.

Pitfalls of coaching novices

Please do not start the session with teaching a compass bearing. This gives the impression that they will be running straight through the bush and is not a simple technique to learn for young novices.

Compass techniques are advanced techniques and are only useful when the orienteer must travel straight through the forest.

Avoid talking about map reading techniques, relocation techniques or control punching techniques. They haven't found their first control yet, so comprehension will be next to nil. Besides, the 10 minutes were up at Step 3.

Follow – up

If the introductory course was timed which is preferable, then give prizes so that they learn this is a sport and not survival training. Too often we shy away from timing novices which I think is a mistake. I would never have gotten further involved if this had been the case on my first attempt despite the fact that I was 12, it was pouring rain and I only found half the controls.

Give each participant a club flyer with contact phone numbers and a meet schedule as they will want to find out more if they happened to enjoy their introduction.

Sandy and Holger Hott Johansen 'on the move'

An orienteeringonline.net item advised that Norwegian team member, Holger Hott Johansen and his Canadian wife, Sandy, had moved from Oslo to Kristiansands in southern Norway. They have also left the powerful Oslo based Baekkelagets OK and joined Kristiansands OK. Also leaving Baekkelagets and joining Kristiansands is double world champion, Jorgen Rostrup (1999 Short & 2001 Long champion).

It did not take Holger and Jorgen long to make their presence felt as Kristiansands won the Spring Cup Relay (Denmark - March 28), followed by a second place in the Kolmardskavlen Relay (Sweden - April 4). In this event they lost out to another Norwegian club, Halden Ski Klubb.

Sandy and Holger will compete in the 2004 North American Championships, Cleveland, Ohio, May 29-30.

NATIONAL TEAM SELECTION - 2004 WORLD ORIENTEERING CHAMPIONSHIPS

Eligibility: Any COF member meeting the IOF Eligibility requirements for World Orienteering Championships is eligible for selection to the National Team. Competitors must be paid up members of the COF at the time of the first selection race of the year.

IOF Competition Rules

6.2. Eligibility: Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation.

Selection application: Athletes wishing to be considered must submit a letter in writing to the Chairperson of the High Performance Committee (address below), to be received by him by May 22, 2004, (one week prior to first selection meet), stating their interest in participating, others applying must include a full listing of the events they have participated in and their results over the last year (2003). Athletes submitting applications are committing to attend the WOC if selected.

Selection will be based on the 2004 North American Orienteering Championships, Cleveland, Ohio, May 29, 30 (2 men and 2 women) and the Canadian Orienteering Championships, July 13,14 (2 men and 2 women) for a total team of 4 men and 4 women.

North American Championships (based on 2 day total time, May 29, 30):

The top 2 men and top 2 women who accept an invitation will be selected to the 2004 National Team.

Canadian Orienteering Championships (based on 2 day total time July 13, 14):

The remaining 4 team positions (2 men and 2 women) will be filled by the top 2 men and top 2 women not already selected and who accept an invitation will be selected to the 2004 National Team.

Alternates:

A minimum of 2 men and 2 women will be selected as non-traveling alternates at the COC July 13,14. If any of the 8 selected team members are unable to travel to the WOC due to injury or medical complication, they will withdraw. If it is logistically feasible for an alternate to take their place to travel with the team, the highest ranked alternate will be asked to replace the withdrawn team member. If that

alternate is unable to attend, then the next ranked alternate will be asked. This process will be repeated if necessary until no selected alternates remain. If no selected alternates available, the withdrawn team member's position shall remain vacant.

Charlie Fox, Chairperson, High Performance
1225 B 235th Street
RR # 9
Langley, BC
V3A 6H5

2004 HIGH PERFORMANCE PROGRAM MEMBERS

Women - Tier 1

Pam James	Golden Horseshoe OC
Pippa McNeil	Whitehorse OC
Louise Oram	Greater Vancouver OC

Women - Tier 2

Charlotte MacNaughton	Foothills Wanderers OC
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Women - Tier 3

Marie Catherine Bruno	Greater Vancouver OC
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Junior Women

Sarah Brandeth	Foothills Wanderers OC
Erica Lay	Greater Vancouver OC
Meghan Rance	Greater Vancouver OC
Carol Ross	Falcons OC

Men - Tier 1

Brent Langbakk	Whitehorse OC
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Junior Men

Steven Graupner	Courier du Bois
Darius Konotopetz	Courier du Bois

A number of other athletes were invited to be members of the 2004 HPP but declined for a variety of reasons or did not respond to the invitation.

HPP membership benefit: Increases possibilities for athletes to obtain financial support from provincial sport branches to compete in major North American and overseas competitions. Note: Not all provincial governments provide financial support to athletes.

WOC 2004 TEAM LEADER POSITION

The High Performance Committee invites applications for the position of Team Leader for our team to WOC 2004, Vasteras, Sweden, in September.

Responsibilities:

- Plan, in conjunction with the executive director (or board designate), the financial and travel arrangements of the team.
- Submit registrations and requested information to organizer by stipulated dates
- Ensure all necessary travel arrangements are made
- Ensure uniforms are available for team members
- Liaison between team and host nation. e.g. attend Team Leader meetings, functions.
- Ensure team members are good ambassadors for the COF and Canada.
- Communicate relevant information promptly to team members
- Promote team esprit de corps by personal example and resolve any disputes in fair and decisive manner.
- Prepare report for High Performance Committee chairperson and COF Board immediately after the WOC. Report to include: valuation of athletes performances, strengths, weaknesses, recommendations for changes to policies, job description, etc.

Considerations for appointment:

- Experience as Team Leader at club, association, national level
- Experience as National Team member
- Coaching experience - Level 2 or higher
- Knowledgeable of protocol and procedures of international events

Financial Support: It is the intent to provide as much, or greater, financial support as the athletes receive from the High Performance Program Fund.

Applications by May 15, 2004 to: **Charlie Fox**
1225 - 235 St. RR #9
Langley, BC
V3A 6H5

CANADIAN ORIENTEERING CHAMPIONSHIPS

2004

Registration

Early registration deadline: Monday, May 31, 2004.

To register: Forms will be sent to all YOA members (paid in 2002/3) in March 2004. Secure on-line registration can be done. Please consider registering on-line as it helps the organizers.

A pdf version of the registration form is available from: www.coc2004.com

Event Shirt

Coast Mountain Sports, one of our sponsors, has offered us this quality Sugoi Canada TechnoFino Relaxed Fit Unisex running shirt which normally retails for CAD \$45.00. A wide range of sizing is available (S-3XL). Sizing details. This short-sleeved shirt has a microfilament construction with smoother texture, enhanced stretch, and improved moisture transfer and dispersal. White shirt with small COC2004 logo on front. Anecdotal reports claim that the shirt stays nice and white over time. Shirt will also have a Coast mountain Sports logo.

The shirt can be viewed at: www2004.com

To purchase the shirt, please use the registration form.

E-punching

The COC2004 and Barebones events will use Sport-Ident electronic punching. All competitors (with the exception of recreational orienteers) will be required to rent, purchase or bring their own Sport-Ident Control Card (Version 5 or greater). More information is available on the registration form.

Secure On-line registration

Log-on to: www.coc2004.com

CANADIAN ORIENTEERING CHAMPIONSHIPS 2004 **WHITEHORSE, YUKON**

Registration Form available at: www.coc2004.com

Information: info@coc2004.com

Barebones 2004 uses separate registration form:

Available from: www.coc2004.com

“click” on BAREBONES 2004

SASS PEEPRE NATIONAL JUNIOR TRAINING CAMP

2004

Schedule

For up-to-date information, please contact the event organizer at sass@coc2004.com

The 2004 Sass Peepre National Junior Training Camp is being held in conjunction with Barebones 2004 and COC 2004.

Many of last year's coaches will be back, including Ted de St Croix. We hope all of you enthusiastic juniors will come back to renew old friendships, spike more controls and learn new ways to exhaust your coaches.

Start: Monday, July 12, noon

End: Thursday, July 15, noon

Location: A school to be determined, in Whitehorse

Camp Fee: \$150.00 per person (Consider contacting your own club for a subsidy.) The camp fee does not include the COC Short – see note below.

Registration: Fill in the registration form and send it to the Registrar with a non-refundable deposit of \$50.00. The balance is due by June 15, 2004. The registration deadline is June 15, 2004

Camp Director: Kitty Jones

Registrar: Jennifer Hamilton
890 Palmerston Avenue, Winnipeg, Manitoba, R3G 1J5
Phone: 204-775-3721 Email: sass.reg@coc2004.com

Head Coach: Ted de St Croix

Coaches' Meeting: Monday, July 12, 9:00 – 12:00

A pdf version of the registration form is available from: www.coc2004.com

NOTE: Camp fee does not include registration for the COC2004 Short Distance. Everyone (juniors and coaches) at the Junior Camp will be participating/competing in the COC Short Distance on Wednesday evening, July 14. **You must register separately for the COC 2004 Short to obtain a start position.** The event will be built into the camp schedule, along with pre-event preparation and post-event analysis. We will use camp transport to get to the event. We will return to camp after the event.

The camp finishes at noon on Thursday, July 15. So no need for parents to deal directly with their junior camp kids at the COC Short.

2004 SASS PEEPRE NATIONAL JUNIOR TRAINING CAMP

Where? Whitehorse, Yukon

When? July 12, noon – July 15, noon

For Whom? Junior orienteers ages 10 – 20 (all levels of experience)

Cost? \$150 (includes meals, accommodation, instruction, supplies)

Subsidy? Contact your club and/or provincial orienteering association to see if funding support is available.

Registration Deadline: June 15, 2004 (registration and full fees received by this date)

How to Register: Complete the registration form, including an outline of your orienteering experience. Send a non-refundable deposit of Cdn\$50 with your form. Send the balance to be received by June 15. Make cheques or money orders, in Canadian funds, payable to: “Canadian Orienteering Federation – Sass Peepre Fund”.

Mail forms and cheques to the registrar: Jennifer Hamilton, 890 Palmerston Avenue, Winnipeg, Manitoba R3G 1J5, phone 204-775-3721, email: jfahamilton @shaw.ca.

More information: contact Kitty Jones (403) 282-5235

A confirmation letter and more details will be sent to you after you register.

2004 SASS PEEPRE NATIONAL JUNIOR TRAINING CAMP July 12-15 REGISTRATION FORM

Name _____ Phone _____

Birthdate _____ Email _____

Address _____

Emergency Contact (someone we can phone if we need to during camp) & Phone No. _____

Health Plan Information _____

Health/Medical problems, including allergies _____

WAIVER

In consideration of the Canadian Orienteering Federation accepting _____ in the 2004 Sass Peepre National Junior Training Camp for orienteering, I agree to release and indemnify the Canadian Orienteering Federation, Yukon Orienteering Association, servants, agents, sponsors, volunteers or employees from any and all claims whatsoever which might be made against the Canadian Orienteering Association arising out of or in consequence of the participation in the 2004 Sass Peepre National Junior Training Camp.

I hereby authorize the staff of the 2004 Sass Peepre National Junior Training Camp on my behalf should they be unable to contact us in a reasonable time in the event of a medical emergency.

Signature of Parent/Guardian

Date

Please attach an outline of your orienteering experience on a separate sheet of paper indicating the competitive orienteering course level that you normally run and the camps you have attended in the past. Indicate areas you are hoping to improve in.

Please send this form, along with a Cdn\$50 non-refundable deposit (to be used for the "Canadian Orienteering Federation - Sass Peepre Fund") to: Jennifer Palmerston, 100 Palmerston Avenue, Winnipeg, Manitoba R3G 1J5, phone 204-481-1111, jfahamilton@shaw.ca.

COMPASS

Brigitte Wolf

Often after an event you hear the proud boast, I didn't use my compass at all! If the orienteer didn't stray off course and hit every control spot-on, that's great! But not everyone has such a perfect sense of direction. Using a compass is nothing to be ashamed of. On the contrary, using a compass properly is one of the things which the top elite do and which makes them what they are.

Certainly the compass is not equally important in every terrain. In some forests you can get round fine without it; the question is simply, how fast. In finely detailed, Nordic terrain with many similar features your compass is an indispensable aid. It helps you avoid straying off-course; not making parallel errors. When your direction is right, orienteering is simple and errors are small.

The simplest way of using a compass is to align it to the north of the map. More demanding is running on the compass. There are two main techniques.

1. On a short compass leg, or if you use a thumb compass, place the compass on the map with the direction arrow pointing in the direction you plan to go. Turn the map and compass together until the red end of the needle is parallel to the north-pointing grid lines on the map. The compass now shows which direction to go.
2. With a template compass; take a bearing on longer compass legs. Measure the bearing, the angle between the planned direction and north.

Whether you use a baseplate or thumb compass, is a matter of personal preference. Discussion is often about which compass has the fastest needle. Just as important, as how long it takes the needle to swing round and settle, is stability. Elite runners look at their compass many times on a course. You don't want a fast needle which swings around as you are moving along. Speed and stability do not go entirely together. Some orienteers go for the fastest needle, others lean to stability.

Hints for using your compass

- Your compass must be held level, so that the needle can move freely.
- When running on a compass bearing, look forward into the terrain. Take a bearing on the furthest possible definite object. e.g. tree with a distinctive shape or colour.
- When aligning map and compass, don't turn just your map and compass but yourself as well, so you are facing straight forward in the direction you are going to run.
- Distinguish between rough compass, e.g. to the next roads, and precision compass - from Attack Point to control.
- You can check rough compass directions while running

but, because your arm is moving, the needle is never quite still. For precise compass, it's an advantage to stop for a moment.

- Never run blindly on the compass and hope to fall over the control. It's important to note features on either side so you can continually be correcting.
- Normally the compass can't give a wrong bearing. If you make a mistake, it may be tension. Often orienteers don't take enough time to read the compass carefully or they give credit to a feeling they should go a bit right or a bit left, rather than believing the compass.

The compass is always important

- Every time you change direction and for steady control of your direction.
- **Rough orienteering:** your compass means can keep moving forward without having to note every single detail. Your route may not be a simple straight line; you can navigate by means of features like the next trail, a thicket, a marsh or a rock face.
- **Fine orienteering:** at an Attack Point before the control, you often have to change direction. Use the compass to measure the direction to the control. If you guess and work on instinct, you will often swerve too far left or right.
- Leaving a road or trail at a bend is especially tricky. If it's a distinct corner, it's not hard to take off at the right spot. On a curve, your sense of direction can often go wrong.
- At a control there's often a change of direction. Often you come onto the control from a bit left or right., concentrate on punching and don't know which direction the next control is. The best thing is to take a new bearing right at the control to avoid having to correct your direction after a few metres. Starting off in the wrong direction is no better than working on instinct.
- If you've made a blunder and only find a control after some running around, cut out the time loss and run to the next control fast and accurately. After searching around, your sense of direction may be badly disturbed. If you rush off without checking your compass, you have a fair chance of missing the next control.

Baseplate or thumb compass?

A baseplate compass can be used on the map or off it. The principle of a thumb compass is that one keeps it on the map with the needle parallel to the north-pointing grid lines on the map. Changes of direction are made by moving the compass around on the map. Precise compass-running is rather more difficult than with a baseplate compass. In principle a baseplate compass can be used in the same way as a thumb compass. But since a thumb compass is fixed to your thumb, it slides around less.

INTERNATIONAL NEWS

Swedish Orienteering Strengthening

A few years ago the Swedish Orienteering Federation established a plan to steer the negative trends back to positive values and increase participation at their orienteering events.

They fully succeeded in 2003, compared with 2001, an increase of more than 100,000 was achieved. There were more than 300,000 entries in total in all registered orienteering events in Sweden in 2003. The biggest increase (30%) was achieved in the youngest classes (children up to 16 years of age).

The last time Swedish orienteering events had comparable numbers was in 1992.

Norway - Orienteering low on the popularity list

According to a recent public poll in Norway, orienteering is pretty low on the popularity list of sports. Around 1200 people were polled to rank different sports by their interest in them.

First place was taken by Biathlon, second by Cross-Country Skiing, 3rd - XC Sprint, 4th - Soccer, 5th -Alpine Skiing. Orienteering was 28th, just after Swimming and Tennis and before Volleyball.

World Champion on Makalu expedition

Brit Volden (Norway), a member of the Norwegian Women's gold medal relay team in WOC 1987 (France) and twice runner-up in the Classic event; 1981 (Switzerland) and 1985 (Australia) is a member of the international Himalayan expedition, which will try to reach the summit of the Makalu (8,462 m) in the next few weeks. The group consists of 5 climbers and some Sherpas and trekkers. Brit Volden has 20 years experience with alpine climbing in Norway and the European Alps and had been asked to join the expedition in 2002, when she was a member of the Norwegian trekking at another expedition.

Volden is married to Oyvind Thon, world orienteering champion in 1979 and 1981 and a member of the Norwegian Srelay team that won 4 consecutive world championships, 1981 1983, 1985 and 1987.

Hakan the Great

The older the better – Superveteran, Hakan Eriksson. The 43 year old orienteer from Malung was the strongest man at the short distance trial at the Swedish national team training camp in Idre, Sweden.

The test took place in a built up area of Idre Fjall. Hakan took a big lead on the way to the 1st control and retained it to the end. He finished .30 ahead of Emil Wingstedt and nearly .90 seconds ahead of Johan Nasman.

Last year there was some debate in Sweden about their A-team coach decision not to take Eriksson to the WOC in Switzerland, despite his excellent performances at the Sprint trial runs. There were even some protests in O-newsletters regarding this matter.

Anyway, it seems that Eriksson's motivation has not ceased at all. Maybe the last year's (unfair?) selection even gave him a boost.

On the women's side, Emma Engstrand was the fastest with nice margins ahead of Karolina Hojsgaard and Jenny Johansson.

As there was over 50 cms of snow in Idre they had to use a special O-map with special symbols for paths and open areas to show runnability. Thank goodness for OCAD and the ability to modify and print maps at short notice and emergencies.

2003 WORLD RANKINGS

Men	Top 10		Points
1	Thierry Gueorgiou	France	5289
2	Michael Mamleev	Russia	5257
3	Jarkko Huovila	Finland	5251
4	Emil Wingstedt	Sweden	5212
5	Jamie Stevenson	Britain	5103
6	Oystein Kristiansen	Norway	5176
7	Holger Hott Johansaen	Norway	5172
8	Yuri Omeltchenko	Ukraine	5167
9	Jani Lakanen	Finland	5146
10	Bjornar Valstad	Norway	5123

Top 3 Canadian and USA

166	Brian May	USA
266	James Scarborough	USA
294	Wil Smith	Canada
328	Nick Duca	Canada
461	Vladimir Gusiaticov	USA
673	Mike Smith	Canada

Gueorgiou is the first French orienteer to be ranked world number 1 and his rise to the top has been spectacular. The pressure will be on him at the 2004 world championships to prove he is not a flash in the pan but based upon his results in late season events in Finland and Sweden he seems to be thriving on his status as World Numero Uno.

Women – Top 10

1	Simone Niggli-Luder	Switzerland	5708
2	Hanne Staff	Norway	5430
3	Marie-Luce Romanens	Switzerland	5392
4	Vroni Koenig-Slami	Switzerland	5382
5	Jenny Johansson	Sweden	5350
6	Heli Jukkola	Finland	5287
7	Karolina Arewang	Sweden	5267
8	Gunilla Svard	Sweden	5187
9	Emma Engstrand	Sweden	5095
10	Annette Granstedt	Sweden	5079

Top 3 Canadian and USA

123	Sandy Hott Johansen	Canada	3856
279	Sandra Zurcher	USA	2198
386	Erin Olafsen	USA	1615
418	Katherine Scheck	Canada	1330
464	Karen Williams	USA	1092
592	Pippa McNeil	Canada	848

World rankings are based upon points earned in designated world ranking events with 'best 4' results counting for ranking purposes. Athletes competing in four or less ranking events must count all results whereas athletes competing in four or more can 'throw out' poor results. North Americans are at a distinct disadvantage as they seldom compete in even 4 events and must count them all.

2004 'A' MEETS SCHEDULE

Date	Event	Location	Information
June 20	Falcon Cup	Hillsborough, NB	Garth Holder - gholder@nb.sympatico.ca
July 14-18	Cdn Champs	Whitehorse, Yk	www.icefield.yk.ca/yoa
Aug 14-15	Alberta Champs	Sandy McNabb Park	www.orienteeingalberta.ca,ca
Sept. 24-25	BC Champs	Vancouver area	www.orienteeingbc/OABCschedule.php
Oct 2-3	MOA Champs	Seton Park, Manitoba	http://www.orienteeing.mb.ca/2004event.htm
Oct 9-10	WCOC	Elk Island Park	Laura Querengesser - wcoc2004@shaw.ca
Oct 11-13	ECOC Champs	Ganaraska, Ont	www.orienteeing.on.ca or www.toronto-orienteeing.com
Oct 16-17	Quebec Champs	Lac Renaud, Gatineau	http://magma.ca/~ottawaoc
Oct. 24		NB Champs	www.orienteeing.nb.ca

OTHER EVENTS

May 29-30	North American Champs - Peninsula, Ohio		http://neooc.home.att.net or Aevent2004@aol.com
July 10-12	Barebones	Whitehorse, Yukon	www.icefield.yk.ca/yoa or info@barebones.ca

SYMBOLIC CONTROL DESCRIPTIONS

In my opinion the two most important innovations on the sport of orienteering in the last 30 years are OCAD and Symbolic Control Descriptions. The previous issue of *Orienteering Canada - Fall 2003*, contained an article 'Past to Present – Development of Orienteering Map Making in Canada' that recognized the importance of OCAD paid tribute to the man who developed it, Hans Steinegger. This article focuses on the, Symbolic Control Descriptions, which may rank as the more important of the two.

Symbolic Control Descriptions, were developed by the IOF Technical Committee in the mid 1970's. This was prior to the advent of email and it took almost two years of correspondence and meetings at major events before the committee members were satisfied the system could handle all control description possibilities.

Prior to it's introduction, control descriptions for major international events were prepared in written/printed format in the two official IOF languages: German and Swedish with German taking precedent. Organizers could translate into additional languages if they wished but German and Swedish were mandatory. e.g. Organizers in Britain or France could provide a third language if they wished. The Swedish O-Ringen organizers went a step further and provided control descriptions in four languages: Swedish, German, English and French.

In many instances the translations were inaccurate and did not convey the same information to all competitors. Competitors from the organizing nation benefited from control descriptions in their native language while visitors often had to struggle with poorly translated descriptions.

The growth of orienteering to former Soviet Union countries, Eastern Bloc nations, Japan and others, increased the need for uniform control descriptions. Symbolic Control Descriptions ensured Fair Play for all participants at all events throughout the world regardless of language.

When first introduced the new control descriptions created a lot of uncertainty. Competitors who had previously received written descriptions were apprehensive when handed a sheet containing several columns of numbers and symbols. The first reaction was to find someone who could translate into everyday language then write the 'old type descriptions' into the control card boxes. The IOF Symbolic Control Description booklet was a highly sought after publication.

New System - User Friendly. After using a few times participants quickly became quite comfortable with the new system. Although it covered a multitude of control features with numerous options for height, appearance, size, which feature, marker location, etc. for most regions only a very small number needed to be learned. In the Ottawa/Gatineau region 15 symbols cover at least 90% of all control features/locations used: Boulder, cliff, rock pile, pit, marsh, pond, knoll, fence, hill, re-entrant, depression, spur, ruin, clearing. Add trail junctions, stream/trail crossing, building, trail end and clearing to cover the Beginner and Easy courses and that is pretty much all that is required to know. The same is the case with other regions of the country - In some regions you could get by with less than a dozen.

The Symbolic Control Description system provides for features unique to a specific region or country: Charcoal Burning pits (Sweden); Root Stocks (Switzerland); Termite mounds (Australia). The basic system has remained virtually unchanged since introduced 25 years ago although some new items are added every few years.

Introduction to Symbolic Control Descriptions. Most newcomers are apprehensive when given Symbolic Control Descriptions for the first time. They revert to the same pattern most others did in the same situation - Ask someone what each column of numbers and symbols mean then write the descriptions in the appropriate box on the control card.

At Ottawa area meets and probably most other meets in Canada, Beginner course participants receive control descriptions in written format. Easy course participants (course 2) receive 2 control description sheets: one in written format; one in Symbolic Control Description format. Sometimes these are combined with written and symbolic descriptions printed side-by-side - 'learn while doing'.

Copies of the IOF Symbolic Control Description pamphlets are given to 'newcomers' to review/study prior to the next event. Beyond the Easy course only Symbolic Control Descriptions are given.

Instructional Materials

The IOF Symbolic Control Descriptions were recently updated and available from the IOF web site. www.orienteering.org.

Click - Publications

Click – Rules and Guidelines

Click - Foot-O Commission
Click - Pictorial Control Descriptions (2004 edition)

International Control Descriptions for Orienteering – 2004

An online interactive quiz for learning or reviewing the IOF symbols.

Consists of several pages with symbolic controls in left column of the page and a number of control descriptions in right column. ‘click’ on a feature (left side) and the control description (right side) you feel best matches the feature. A printout advises: number of correct ‘matches’; control descriptions in error; time taken to complete the page; allows you to correct the wrong descriptions and provides a new ‘time taken’.

Page become progressively more difficult with less common features used. Some pages relate to map features, map symbols and colours.

This is an excellent self-teaching program that will benefit all levels from Beginner to Elite, with the added bonus of being done at home with/without others observing errors or lack of knowledge. This program can also be used as a ‘knowledge contest’ between family members, O friends, club members, club social, training camps etc. A ‘Timekeeper’ records number of errors and times taken to complete each page (leg). Total time taken and number of errors are tabulated to determine winners.

The program is available from: www.fortnet.org/icd

Plans are well underway for the

2005 World Masters Games / World Masters Orienteering Championships

Mark your calendar – July 22 – 31, 2005. The World Masters Orienteering Championships (WMOC) will be in Canada for the first time. And as part of the World Masters Games (WGM). Over 20,000 athletes are expected to participate in 27 sports and orienteering is expected to be one of the top three largest sports at the Games. Here’s the plan:

World Masters Games opening ceremonies	Edmonton	Friday, July 22, 2005
WGM fun park relay event	Edmonton	Friday, July 22, 2005
Model Event #1	Winfield (SW of Edmonton)	Monday, July 25, 2005
Qualifier # 1	Winfield	Tuesday, July 26, 2005
Model Event #2	Ft. Assiniboine (NW of Edmonton)	Wednesday, July 27, 2005
Qualifier # 2	Ft. Assiniboine	Thursday, July 28, 2005
Orienteering Banquet	Spruce Grove/Stony Plain (W of Edmonton)	Thursday, July 28, 2005
Model Event #3	Ft. Assiniboine	Friday, July 29, 2005
Final	Ft. Assiniboine	Saturday, July 30, 2005

Registration (www.2005worldmasters.com) is now open for the 2005 WGM/WMOC. An early bird entry fee incentive is in place until July 22, 2004 (\$160 Cdn). After July 22, the price will be \$185. Orienteers need to pay a levy of \$32 CAD in addition to the basic World Masters Games competitor entry fee (to help offset some of the additional costs of hosting the WMOC in conjunction with the WGM).

During the week before WMOC/WGM 2005 (July 19- 21), take part in the Barebones Orienteering Festival (www.barebones.ca) in the Red Deer area. The Canadian Orienteering Championships will be held July 15 - 17 the weekend prior to the 2005 WMOC in Williams Lake, BC. There will also be “public” events during the WMOC/WGM for competitors under 35.

Visit www.wmoc2005.com for specific orienteering info (terrain photos for example) and also the World Masters Games web site at www.2005worldmasters.com. And send an email to wmoc2005info@shaw.ca and we will add you to the WMOC/WGM e-mail lists.

It’s exciting to have such a big event in Canada. We hope you can join us!

AVAILABLE FROM THE COF OFFICE

(Prices are subject to change without notice)

- | | | | |
|---|----------|---|----------|
| 1. <u>'A' Meet Organizing Manual</u> (revised 1999) | \$ 10.00 | 7. <u>Level III Coaching Certification Manual</u> | \$ 25.00 |
| 2. <u>'B' Meet Organizing Manual</u> (revised 1999) | \$ 10.00 | 8. <u>COF Competition Rules</u> | \$ 3.00 |
| 3. <u>Level I Coaching Certification Manual</u> | \$ 15.00 | 9. <u>Armchair Orienteering</u> - Practical Guide to Map Reading by Winnie Stott | \$ 15.00 |
| 4. <u>Niveau I Manuel de Certification des Entraîneurs</u> | \$ 15.00 | 10. <u>Armchair Orienteering II</u> - A Practical Guide to Route Planning by W. Stott | \$ 15.00 |
| 5. <u>Level II Coaching Certification Manual</u> | \$ 15.00 | | |
| 6. <u>Niveau II Manuel de Certification des Entraîneurs</u> | \$ 15.00 | | |

Postage: 1 - 3 items = \$ 2.00 each item
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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.

CANADIAN ORIENTEERING FEDERATION ADDRESSES

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