



# ORIENTEERING CANADA

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### **TED DE ST CROIX APPOINTED WOC 2004 TEAM LEADER**

High Performance Chairperson, Charlie Fox, has appointed Ted de St Croix, Greater Vancouver OC, Team Leader for our team to WOC 2004, Vasteras, Sweden, in September.

Ted is well qualified for the position. He competed in 8 consecutive WOC's 1978-1991, placing 10th in 1985 (Australia), the Best Ever finish by a Canadian in the World Championships.

Ted, a Level 3 coach, has been head coach at several National Junior Training Camps as well as being coach to several High Performance Program athletes. Ted served as COF Technical Director in the 1980's.

### **LAST CALL FOR WHITEHORSE AND COC 2004**

We are on the threshold of a momentous occasion – the first Canadian Orienteering Championships held in the Yukon. Some older members will have fond memories of COC 1977, Wentworth Nova Scotia, the first COC held outside Central Canada, or the second, COC 1979, St. John's, Newfoundland. I am confident that future generations will have similar memories of COC 2004 in Whitehorse.

Organizers report 250 registered for the COC events. This exceeds expectations and is extremely gratifying to the organizers. Wonderful terrain and all venues within short driving distance from Whitehorse offer exciting prospects for a memorable championship.

The Sass Peepre National Junior Training Camp being held in conjunction with the COC has attracted over 50 youngsters from across Canada and the USA. Camp Director and Head Coach, Ted de St Croix, and a coaching staff of 15 coaches will ensure excellent instruction and a wonderful experience.

Anyone with a last minute urge to attend the COC should contact the organizers immediately at:

[www.icefield.yk.ca/yoa](http://www.icefield.yk.ca/yoa)

### **COF AGM 2004**

**Date: July 16**

**Location: Sport Yukon Building**

**Time: 9:00 a.m.**

**Motions are available from AGM FORUM  
on the COF web site: [www.orienteering.ca](http://www.orienteering.ca)**

## **ORIENTEERING BOOM IN NATIONAL CAPITAL**

Spring 2004 has seen a large increase in numbers of participants at events organized by the two local clubs; Ottawa OC and Loup Garou OC. An almost 100% increase over the same period last year.

The Boom started last year when the Fall colours and pleasant weather attracted many newcomers to late season events in the Gatineau Park. This is a fairly common occurrence – large crowds of newcomers at September/October meets but few returning the following Spring. This year has been different with large crowds at every event – several in the 130-150 range and over 1000 participants and 800 ‘starts’ in total.

Participation in the Summer Solstice Tuesday evening events has also increased over 2003. These events, held in parkland areas in and around the city are: 1 hour Score events with a 6:30 Mass Start; 20-25 controls located in pretty easy locations and the same for everyone – Beginner to Advanced. 5 points for each control punched; 2 point Penalty for every minute over 60; 2 point Bonus for every minute under 60 provided the competitor has punched all controls.

With no master maps and no courses to plan the events are both “Participant and Organizer Friendly”. There are two periods of stress:

The Registration table 20-30 minutes before the Mass Start; 55 –60 minutes later when the bulk of the competitors come charging back in an effort to beat the 60 minute time limit and be assessed Penalty Points.

Either by luck or judicious planning most events have had extremely close scores with only 2 or 3 competitors managing to get all controls within the time limit. Cherie Mahoney, Stefan Bergstrom and Nevin French have earned a small number of Bonus points in some meets.

What are the reasons for this O Boom? Mostly due to much more effort being spent on Promotion and Beginner Instruction. The previous issue of the newsletter included an article by Ted de St Croix: Introducing Orienteering to a Complete Novice in 10 Minutes or Less. This year the Ottawa OC devoted considerable efforts to promote orienteering and supported this through Beginner Instruction clinics. Rather than a brief 10 minutes from whomever was available these clinics were 2 – 2 ½ hours of instruction of basic compass and map reading techniques and provided a sound base for Beginners. Over 50 Beginners attended one clinic.

Cherie Mahoney was a key figure in these promotion and instruction sessions. One outcome of the Ottawa OC

efforts was a sponsorship arrangement with a local sports retailer, Trailhead, who provided the Ottawa OC with a large shelter, complete with Trailhead name and logo and the awards for the Summer Solstice series.

## **PRESIDENT’S PODIUM**

I am excited about attending the first Canadian Orienteering Championships ever held in the Yukon. From the number of those already registered, others also are looking forward to the Yukon O-Rush.

As usual, a junior training camp is being held in conjunction with the championships. Amazingly, this will have the greatest number of entrants we have ever had.

In a related event, Ted de St Croix held our first coach accreditation course in a long time. The Ottawa event had thirteen attendees. Ted will hold a similar course in the west this fall.

These events illustrate how hungry we were for coaching. The famine ended when Ted assumed coaching responsibilities after he joined the COF board last summer.

Many of the current national team candidates are approaching, in some cases surpassing, the upper end of the 20 to 34 elite age bracket. It is great that they remain so competitive and dedicated for so many years. Frankly, especially for men, we have very few junior prospects preparing to enter the elite level competition.

But this may be the start of an excellent time for ‘youngsters’ to get interested in competitive orienteering, with an eye towards making the national team. The quality of available coaching may be improving. For a competitive teen wanting to compete someday on the world stage, I would recommend orienteering for Canada. One advantage of a non-popular sport is you have fewer challengers. Sure there will be hard work. But compare it to the sacrifices that have to be made to make the national teams of sports such as skating, swimming, or gymnastics. Statistically one’s chances of competing at a world championship are much greater for orienteering than most other sports. That statement would not be true of you lived in Sweden. But you live in Canada.

Speaking of needing new blood, my final term as president is spent. This is my last PP.

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# **SYSTEMATIC ORIENTEERING**

By Klas Karlsson

This is an electronic version of a paper I wrote in the fall of 1994. It is a good description of my philosophy of orienteering. It is aimed at juniors, but I think everyone can benefit from reading about how others think about orienteering.

## **Introduction**

I wrote this to help you think about your orienteering. It is aimed at juniors who are moving up to the senior classes. Everyone knows it is a big step to take. I wrote this to help juniors improve and to use my own experiences to describe and think about the problems I have struggled with.

First, I thought about my strengths and weaknesses.

I quickly realized I don't have any problems with running at the level I aspire to (assuming my physical training is going as it should). Of course I can be better, but it is not the highest priority. I have had physical problems during my first years as a senior, but that is another story...

The problem I need to work on is that I often feel stressed in the forest. I know how good the others orienteers - how little they miss. As a junior my orienteering was not as secure and reliable as it has to be at the senior level. Just getting older won't help that.

So, how do I solve the problem?

First, I analyzed what the differences were between races that have gone well and those that have gone poorly. When races have gone well: (1) I felt secure and had self-confidence or (2) I had the right attitude. (By the right attitude, I mean I was thinking - "I am not going to make any mistakes no matter how much time it takes," or "I am not in good shape, but I am going to keep up by making no mistakes").

What these situations have in common is that I have really been "thinking orienteering."

In the first case, I felt - "the only thing that can hold me back is if I make mistakes...if I don't make mistakes I will succeed." In the second case, I have always been concentrating on not losing any more time than necessary.

I concluded that I need to copy the technique I used during my good races. This technique - which I called "thinking orienteering" above - is what I call Systematic Orienteering.

## **Goal, Strategy, Realization**

These words will help to think about orienteering. It might seem a bit theoretical in the beginning. But, I think it helps to make it clear what you should do and what it takes to succeed.

### **Goal**

The goal is to run an orienteering course as fast as possible and to do your best when you choose to.

### **Strategy**

The strategy to reach the goal is being systematic. I do this by planning and simplifying. I will come back to what that means.

### **Realization**

How will I succeed with planning and simplifying? Will I be able to do that? When can I do that? When won't I be able to do that? Can I train my ability to plan and simplify?

These are the hard problems and questions that are very individual. I am going to describe what I mean by "systematic orienteering," why I believe it is the way to go, and how you can train to orienteer systematically.

## **Systematic Orienteering**

What do you do when you orienteer? A course is built of legs. Each leg is a problem. Orienteering involves running a series of legs faster than your competitors; in other words, solving a series of problems better than the competition. It is common to think of each leg alone and try to run faster than the others on each leg. I don't think that you need to do that! The winner isn't the one who wins the most legs. Rather it is the one with the least slow legs.

In training and races it is interesting to see how hard it is to have the fastest time on a leg, but how easy it is to be among the fastest. Test this sometime when there are a lot of good orienteers around to compare split times with. Pick a few legs where you try as hard as you can and some where you take a bit of extra time to be careful. The result will be that when you try as hard as you can you will win some legs and have some bad legs. When you take a bit of extra time you might not win any legs, but you will never be far behind.

Every leg can be thought of as a trap to avoid. Run the legs fast, but systematically. Being systematic will guarantee you don't make mistakes.

What is systematic orienteering? It is planning and completing each leg the way you would if you were sitting at home at the kitchen table looking at the map. Orienteering is really easy when you are sitting at the kitchen table! The difference between the kitchen and the forest is that in the forest you are tired and your thinking is as sharp as a butterknife. To solve problems in this condition it is important to have a tactic, strategy, or whatever you want to call it, to be able to easily concentrate on what is important. This is, what I call "systematic orienteering."

Systematic orienteering should begin with the problem. Orienteering problems can be split into two parts - route choice and control taking.

### 1. Route Choice

Experience and practice teaches you to be able to see which route is fastest. It usually isn't a big problem at the kitchen table, but during a race....A correct route choice is not made in an instant. To be able to make a good route choice it is important that you are not completely worn out when you make your choice. In the easy-running parts of a course, you don't lose much if you don't run as hard as you can. You can take a look at more than one leg ahead. As a rule you should always know how you will do the next leg before you punch. This will reduce stress and you get a "flow" in your orienteering. Less stress also helps you keep going longer and an elite course is really long!

### 2. Taking Controls

Simplify! By simplifying and enlarging controls you are safer, have better "flow" and have more time to think clearly and be systematic.

Simplifying means looking for a larger feature that is easy to find and near the control. You can think of a control as a "big control" and the real control. The big control is nearly impossible to miss. Once you find the big control it should be nearly impossible to miss the real control. A control that looks difficult and makes you feel uncertain can often be simplified by taking it the right way. By feeling safer the whole way to the control, you don't feel stressed and you keep your sharpness and "flow."

In summary, systematic orienteering means taking a few extra seconds to ensure a better route choice and safer control taking leads to increased "flow" and better energy.

### Do I have time to be systematic?

A big problem when you first move up to the senior classes is that your self-confidence takes a hit. It is tough because

as a junior you may have been used to always being on the top and the center of attention. When your self-confidence goes down, you feel stressed in the forest. Maybe you take some chances; thinking you don't have time to take an extra look at the map. I'll try to show you that you actually do have time to take one or two looks at the map.

The objective of competitive orienteering is to be faster than the others around whole course.

Faster than the others...there are two ways to be faster than the others:

1. (a) You run faster than the others;  
(b) You always make the right route choices and don't miss anything;
2. (a) The others run slower;  
(b) The others make worse route choices and also miss some controls.

It is important to think about it this way. We often hear that we should "run our own race" and not think about how others run. I'm not saying this is wrong, but I think that by including others in the picture (after all, they are our competition) it is easier to understand the reason why you should do something in a particular way. If you know that your competition is going to make mistakes, you know that by avoiding mistake you will have extra time. So you can orienteer more carefully than your competitors who are missing.

1. (a) You run faster than the others. Only one person in each race can run faster than the rest. The differences in speed are small; so there is not much time to be gained here. It is, of course, important that you do not run much worse than the others, but it isn't in running fast that you'll find your biggest advantage.
2. (a) The others run slower. This just isn't right. The others run just as fast, or nearly so, as you do.
  1. (b) You always make the right route choices and don't miss anything. This is where you can make big gains. To always make the right route choice - is this possible? No. But, you can improve your average. To never miss any controls - is this possible? This is definitely possible and is the basis for having better times than the competition.
  2. (b) The others make worse route choices and also miss some controls. This is an important area that is often ignored because you can not affect it. As I wrote

above, you can't hope that the competition will make bad route choices and miss controls. But, you can work on the assumption that they will. I would like to see how many people can say they always take good routes and do not miss anything. This happens once in a while, but is not very common. Don't misunderstand me - I don't think that since everyone else will take bad routes and miss controls, I can also. I think that since most others miss and take some bad routes, I have some "extra time" compared to if they didn't.

This is a good way of thinking because it lets you avoid the most common stress that I think affects younger seniors. I think that I have to DARE to take the right route and not make any mistakes. You do that by taking a few extra seconds at certain times during an orienteering race. Taking this extra time can feel like a waste of precious time, but it is not.

I have often felt stressed when I've "gotten stuck" (e.g., going up a slippery steep hillside). It feels like time is running away and I am standing still. But, I am convinced that if you had a film of this you would hardly notice the loss of time.

I think the "experience" of time is not the same as actual time. The seconds you sacrifice for thinking may feel like a lot of time, but actually they are just seconds.

### **How Do You Learn Systematic Orienteering?**

To learn to orienteer systematically is not hard. Just follow these simple rules:

**Plan** — know your route choice one leg ahead.

**Simplify** — take controls the simplest way.

The difficulty is not learning to follow these rules, but to be able to follow the rule always and quickly. It is important that you believe in your strategy before you begin to follow it. Believe in the concept of systematic orienteering. Not because it is the only way, but because it is a way to orienteer that is relatively simple. The most important thing is not that you buy into my concept, but that you have one. If there is a part that doesn't fit with your beliefs and experiences, just change it. You have to believe in what you do. I believe in what I do. If you have trouble coming up with your own philosophy, buy someone else's and change it.

### **Problems and Risks**

Systematic orienteering takes more time! The advantage is not that systematic orienteering means going faster than others. The advantage is that you are more careful at the cost of a few seconds. You win through avoiding mistakes. In the long run, this leads to faster times for the entire course (but perhaps not the fastest split times).

If you thoroughly implement systematic orienteering you will feel like you are going slow. In the beginning, your race times will also go down. To follow the rules described above, you have to slow down, perhaps stand still. You will feel time flowing away. It is very important that you are prepared for that feeling. When it happens you will be ready to accept it.

You will feel that you could orienteer much faster with your old technique. And that is true. But, you couldn't orienteer more safely with your old technique. To hold your own as a senior you have to have that safety. The speed you can run and at the same time systematically solve orienteering problems will soon increase. The time it takes to be safe will be less-and-less and eventually it will be negligible.

One problem is that there are a lot of races and everyone hates to be beat...motivation might not be the highest. It is tough to learn a new technique even if it is not very different from the old one. It doesn't make it any easier that in the beginning you might get worse results. In those situations you have to keep your belief in systematic orienteering.

I remember how I thought when I was a junior (it wasn't so long ago...). I thought that the most fun was to beat my competitors. I wanted to run times that no one else could run. Sometimes I succeeded, but often I was a bit down. In those cases I had big mistakes to describe afterwards, just to show that I was the best after all. I was satisfied; if I hadn't make those big mistakes I would have won easily.

### **Training Systematic Orienteering**

Obviously, systematic orienteering is not something that happens immediately, it has to be trained.

### **How to train systematic orienteering?**

There is a lot to keep track of, so take it one step at a time. Begin by practicing on a short course and by being totally concentrated. Do everything just right and let it take as much time as necessary, but don't be lazy. This emphasis is very important. Plan a leg ahead. It is going to feel like it is going VERY slowly, but just let that happen.

Then try to practice systematic orienteering a little bit more each time you do technique training. If you feel unmotivated and unconcentrated just use your old technique or decide that there are 3-4 controls that you will practice systematic orienteering and run the rest of the training as usual. Before you start you should decide exactly what you will practice. Don't get down if it goes badly and you make mistakes. The most important thing is that you practiced what you decided to practice.

During a technique training when I practiced systematic orienteering it began well. Planning worked well and my mental state was good. After a few kilometers I made a big mistake. I had extended the control and should just go in an punch. But, I got a bit off. The forest was dense. I lost a few minutes. The rest of the course went well. After the training I was mad that I had missed the control and was not satisfied although what I'd planned to practice - systematic orienteering - went well. This is the sort of situation where it is important to decide beforehand what to practice. And then after the training I should think about how the training went by thinking about how well I did what I'd planned to practice.

To make a few mistakes when I'm concentrating on practicing systematic orienteering is not a big deal. The more you practice systematic orienteering the less thought it takes and you will start to miss less.

### **When to train systematic orienteering?**

It is very important that you begin to learn systematic orienteering without the stress of competition. You can, for example, skip some less important competitions and instead run the direct course or just go to a technique training. Don't begin to use systematic orienteering in important competitions too soon. There is a risk you'd lose your self confidence if you used systematic orienteering before you were really comfortable with it. If you do use your new technique in competitions, be prepared to have a bit slower time than normal. It is not a big problem if someone else has a time that you couldn't match even if you take away all of your misses.

During the time it takes to learn you will surely fall back on your old technique. Be prepared for that to happen. Don't be upset or feel powerless. Motivation and concentration vary and, in the beginning, your success with a new technique will also vary.

### **The Junior Syndrome**

"The junior syndrome" is a term for what often happens, especially among boys, when they move up to the senior class. Things don't go well! I think there are two causes: physical limits and bad technique.

**Physical limits:** It takes a few years of hard training to be able to run the long courses that are normal in the senior class. The solution: keep training and have patience.

**Bad technique:** Poor (sloppy) technique isn't penalized as much in the junior classes where the differences in running abilities are relatively great. A "junior star" can finish in the top 4-5 even with a bad race. In the senior class the same race would result in 40th place. "Juniors" gets stressed, run harder, get more tired, and make more mistakes. They feel worse than when they were juniors.

**What to do?** Lower your expectations of top results. Compare yourself to your old competitors. It is interesting to see that it is often those who were a bit behind as juniors who have the best success when they begin as seniors. Those who were aggressive with their technique - and won junior classes by several minutes - rarely have good results during their first years as seniors. They don't have good systematic orienteering!

And finally, learning takes time...

### **Summary**

Systematic orienteering: Take a few extra seconds to pick better routes and select safer ways to take the controls, which leads to better "flow" and better energy. Reduce stress.

***Lower expectations (in the beginning)***

***Plan***

***Simplify***

***Think about orienteering***

***Have fun***

***You have time to think a bit more.***

# **ORIENTEERING IN KAZAKHSTAN**

## **THE 2004 ASIA PACIFIC ORIENTEERING CHAMPIONSHIPS**

An interview with myself, by Adrian Zissos (May 2004)

*It had to be one of the toughest trips I'd ever taken. And that was just getting there.  
But then it got better. Much better.*

### **How did you get there? Where, in fact, was APOC 2004??**

It was in Kazakhstan in a city named Ust-Kamenegorsk, fun to pronounce (try it) but a bit scary to go to. Look on a map (but a recent map – it was not on Soviet maps we were told as it was a top-secret place. Perhaps something to do with the atomic bomb test site just a few hundred kilometers away? Or the now-abandoned factories littering the country-side that manufactured potentially suspicious and secret things) and if your map is recent enough it will be close to the Chinese border, north of the old capital Almaty (which is magnificently situated at the edge of the Altai Mountains but maybe subject to earthquakes (which might be why there is a new capital city)). To get to Ust-Kamenegorsk (pronounce it just “oost” we are told – the fun of the full name wears off rapidly) from Almaty you must take your chances with the local airlines - the ones with circa 1955 planes (original curtains covering the window, original chair backs flopping forward, seats lifting up so you can store stuff underneath; same old propellers). It was as if we were in a flying museum (or a museum that flies). I comforted myself using inductive reasoning – if this plane hadn't crashed in fifty years then very likely it wouldn't crash today either. An Antonov plane someone in the know said, which once the fear abates is pretty damn cool. Which is pretty much the way with everything in Kazakhstan.

### **Is it safe to go to Kazakhstan?**

It seems instinctively to be not the safest place in the world to visit, the common impression (which I held before the trip) being that it is in a region of political and religious turmoil, sanctioned corruption, and generally an unfriendly place, but the APOC website provided some comforting words

“The Republic of Kazakhstan is a sovereign state that successfully exists for 10 years. During all this time, there has been no case of the so-called “Hot spot”. The nearest hot spots are placed from Kazakhstan frontier (Afghanistan) over 1000km. Apart, from the center of APOC – over 2500km apart.”

Or maybe not so comforting. And travel web sites have many warnings about kidnappings and scam artists. And health



websites warn of tick-borne encephalitis and rabies. We were very nervous about going; but when we got there we didn't notice any such things. We were never kidnapped, saw hardly any ticks, and felt safe walking alone (even in the evenings, which are quite dark because although there are plenty of street lights there is no electricity going to them). And of course we were careful eaters and drinkers of only bottled water. There was a brief appearance of travelers' diarrhea but it was attacked with Imodium and quickly vanquished. As we'd hoped the toughest thing about going to Kazakhstan in the end was saying goodbye (see below).

### **Name three surprising things about Kazakhstan**

1. It is the 9<sup>th</sup> largest country (area-wise) on the planet.
2. It has vast natural resources, especially oil and minerals and I'm sure this will eventually bring prosperity and a strong middle class.
3. It is exactly on the other side of the world – right next to China & Mongolia.

### **And where did you stay?**

We were told three star hotels abound, but were skeptical. Why would they abound, what reason is there for a hotel in Ust? None really it turns out, since there's almost no tourists. Our room was appalling though basically clean with fresh wallpaper on the seventh floor. Some rooms had phones but they were just a nuisance, mysterious late night callers asking “Do you like to come to eighth floor for eating and striptease?” We did have a TV but didn't bother to plug it in since, well it seemed pointless. One day our interpreters plugged it in and we channel-surfed. I was overjoyed by the appearance of ESPN and live coverage of the Stanley Cup hockey finals (Calgary Flames scored within seconds and I alarmed the interpreter by shouting and jumping “like a crazy

person”). Plumbing was basic: a toilet that kept running, basin, kind of half tub half shower thing; pipes were a mix of rubber hose and copper tube and two-cent taps. No end of hot water to astonish us (though patience is required, and more patience the further down the hallway that your room is).

### **What were the other tourism facilities like?**

Non-existent. Particularly staggering was the absence of post cards. Never before have I experienced such a complete absence – we had to search for days to find any. And when we found them the photos were of hydroelectric dams, bars of gold bullion, smoke stacks, and bridges.

### **How did you communicate?**

This is like Russia with its not English alphabet. And its not English speaking people. But we received a big surprise, a truly wonderful surprise. We were met at Ust airport by students from the local University’s English classes who were volunteering to be our interpreters. We have two with our group of eight almost all of the time, from first thing each day to bedtime. They make sure we are having everything we wish and that we are always on time and always in the right place. Over the two weeks everyone falls in love – they with us and our strange Western ways (“why is it we won’t walk in two’s when we are told?”) and us with them and their goodness, kindness, warmth, humour, and slightly not quite right English. When it is over this is what will have the longest and deepest impact. Rivers of tears flowed at the airport when we left.

And thank goodness they were with us. English in Kazakhstan is rarer than nice looking orienteering suits at O-Ringen. And what English there is is tortured. Try to figure out this piece of befuddlement we encountered while trying to get a travel visa:

“In connection with some complicated external conditions under the order of Government of Republic of Kazakhstan the addition on registration of the visa for entrance to Kazakhstan is brought in. Some countries including your country should receive the visa, but under the simplified circuit: Agrees of the documents, sent by you, we make out to you visa support, and number of visa support we send to you.”

### **What did you eat?**

Breakfast was provided by the hotel and varied from awful to inedible. A typical offering was rice with wieners (hot dogs). Instead of eating this we picked up some baking from

the nearby corner grocery to tide us over. Lunch was at the event site and was fabulous. Each day we cheered the erection of The Big Yellow Tent in which we could buy soups, goulashes, salads, and cakes, occasionally supplemented by local delicacies of cheese and breads and noodles. Dinner was back in Ust. There were few restaurants (people are generally too poor to eat out much) and we took turns eating at the pizza place or the pancake house or the Chinese restaurant or (for a special and expensive treat) at the Kazakhstan traditional food restaurant. All of these restaurants had one thing in common – no English menu, at least not until we made some with our interpreters. Because there were so few restaurants and so many foreign orienteers the serious competition each day was to be first to dinner, before your favorite restaurant was full of other orienteers. The price of eating out was incredible – dinner with drinks cost only \$40 for the entire group of us ten. Some orienteers still objected to splitting the bill evenly since some had beers and some hadn’t (etc etc) but they were overruled when we pointed out we were only talking of pennies, and that anyway juice is probably more expensive than beer.

### **So, how many took part in APOC 2004?**

About 400 people. A disappointment no doubt for the organizers (who I think underestimated the “fear factor”, and even had they not would probably have been unable to convince us (see “how will we communicate” above) that we should not be afraid of the difficulties). More than half were Russians and Kazaks and maybe just under half were from other places especially Australia (30), Hong Kong (30), Japan (20). Canada and USA had a poor showing, with three only from each country.

### **And how was the orienteering?**

It was absolutely fabulous. A splendid opening ceremonies with a cast of hundreds of young dancers, followed by a full schedule of events (including five (!) World Ranking Events) starting with Park O in Ust, then three days in glorious open terrain with rock detail and views. Then two APOC races in more wonderful detail terrain, and finally the APOC relay close to Ust in kind of easy but hilly terrain. The course setting was grand and the electronic timing flawless; in fact the individual splits printout we all got at the finish line we especially cool, not only giving our time for each leg but also our TPK for each leg. The maps were accurate and the terrain outstanding – fast, fun, open areas with patches of rock and contour detail and overall great runability.

### **How did the Canadians perform?**

Adrian Zissos ran in M45 and was unable to make a clean

run, having at least one frustrating error in each race, managing a best result of 3<sup>rd</sup> place in the APOC Middle distance race by the skin of his teeth – 1 second ahead of 4<sup>th</sup> place and eight seconds ahead of 6<sup>th</sup>. Charlotte MacNaughton limped on a badly injured foot and scored quite a lot of World Ranking Points in the Women's Elite, her top result being 7<sup>th</sup> place on the one cold rainy day. Alex Kerr started the week quite well winning the Sprint and tying for first in the Kazakhstan Cup, but his brain went walkabout in the two APOC races and the less said about his performance in those the better.

### Logistics?

There was good (the yellow tent with cheap and plentiful food and drink each day) and bad (only two toilets and them just a box around a hole dug in the ground). The bus rides from town were something else. Each day we traveled 100km over potholed roads in dilapidated buses that required three hours for the one-way journey and continually amazed us by not breaking down. The biggest problem was that the busses required so long to get to the events that we had to leave at 6 am each morning. Somehow this wasn't as bad as it sounds. The bus was a social adventure, and especially social when traveling with the local kids who had endless curiosity about everything from the West.

### Please, sum up your experience.

It was a hard trip certainly. But we adjusted to the conditions quickly and once we got past the lousy toilets and the difficulty of ordering food (and of finding any restaurants at all for that matter (and of the boredom of eating at the same place every third night)) we realized we were having the most fantastic orienteering trip we ever did. It was an extraordinary adventure and I hope I've shared some of the fabulous good times, friendships, orienteering, eye-popping scenes and wonderful memories.

### When are the next Asia-Pacific Championships?

APOC 2006 will be in Hong Kong at Christmas and is certain to be another excellent orienteering trip with extraordinary cultural experiences and great orienteering. Information will appear on the Hong Kong website ([www.oahk.org.hk](http://www.oahk.org.hk)).

APOC 2008 (APOC is held every two years) has not yet been awarded. I encourage orienteering clubs in North America to consider hosting it. Contact the APOC Secretariat for more information (David Hogg, [dhpl@bigpond.com](mailto:dhpl@bigpond.com)).

## And now a word from our Interpreters...

### *Language practice and something else*

by Zhamilya Aimanbetova, Kazakhstan, Ust-Kamenogor



The twenty-first. I was the twenty-first interpreter for Asian-Pacific Orienteering Championship. The first time I heard about this opportunity to practice my English that I study at school was when the list of translators was already complete. Twenty students of the university had already been selected by the organizers. But I rang the event centre and one more name appeared in the list. The first question I asked after I was told that I'm in the list was "What kind of a sport is orienteering?" I knew nothing about orienteering. But after some days communicating with athletes I learnt all the terms I needed and didn't.

Interpreting, guiding and doing everything to help the foreigners feel as good as possible that was my job. Actually, sometimes the pause between telling "Good night!" in the evening and telling "Hello!" in the morning was only about five hours. That was the time we could sleep.

I think it is a kind of advantage that I'm not a specialist in sports because I could communicate with people valuing not their sport achievements, but only cultural and personal characteristics. Each of approximately 300 participants had it.

I was responsible for the Japanese team but they came later than the competition started, so, Canadians – Charlotte, Adrian and Alex were "under my ward" for that time. The first day we had a three-hour bus trip to the competition place and that was something absolutely amazing for me. Can you imagine 30 people in one bus who speak English, but each of them speaks his own English? I've heard German, Canadian, Chinese, Japanese and British accents in the bus I traveled on. So many cultures together made usual trip be undeliberate cultural exchange.

The youngest participant of APOC was nine and the oldest was about eighty. Such a huge difference between our and foreign people of retirement age! Almost all of those, who are over fifty-five here in Kazakhstan spend their time knitting, watching soap operas, raising grandchildren or at best playing chess on the veranda of their country house. They don't do any sports at all. In spite of such a big age distinction (the interpreters weren't older than 23) we didn't have any problems in directing our teams.

Speaking about the Japanese I was responsible for, there was a special system of communicating any news or changes. Actually, there were three different teams from Japan on the APOC. One of them had its own Russian-Japanese translator brought from capital. The problem in my team was that I didn't speak any Japanese and they didn't speak any English. There was only one lady Naoko who spoke a bit English in the whole delegation. The organizers gave me info in Russian I translated it into English and finally she translated it into Japanese as she understood it with her English. After some practice we managed to understand each other and I've even learnt some phrases in Japanese. Another surprise for me was the team members' attitude toward me. I'm only 18 and all of my eight athletes were over 60. But every time I did something like help in making order in a restaurant all of these old ladies and old men started thanking me by bowing. What is more, they called me Zhamilyasan adding san to my name. It was very pleasant for me – I was only san among 21 interpreters.

One more advantage of being an interpreter is that you have a chance of communicating with all the participants. You have plenty of time for it when your athletes are running. I've got acquainted with so many married couples who met doing orienteering together. So, orienteering is not only sport for life as its motto announces, but also sport for starting family, I think. There was a couple from Switzerland Sven and Careen who were traveling around the world living in tents. Basically, I saw a lot of participants who are very close to nature. They're doing skiing, working with animals and environmental issues. After watching the races the athletes did, I made up a conclusion that Orienteering is first training your mind and after that it's training your feet.

All the time I've spent with athletes was a real experience in uniting cultures of the USA, England, Russia, Japan, Kazakhstan, Hong Kong, Kyrgyzstan, Canada, Belgium, Switzerland, Norway, Sweden, the Netherlands, Australia and New Zealand together. It was like a model of the world. Ideal model.

When the competition was finished all the volunteer interpreters were unanimous in the fact that the long hours and some difficulties we had were absolutely compensated for by communicating with interesting people who all of the participants were. There was one phrase I heard from one athlete towards translators in the airport. It made me forget the fatigue and inconveniences we had during APOC. It made me be proud of my membership in one more team we had on the championship – the interpreter team. So, the phrase was short: "You were Kazakhstan for us, guys!" For the reply I want to say that all the athletes were incarnation of their country for us. Now when I hear Australia I don't think of kangaroo; I remember thirty athletes from Canberra, Melbourne and Sydney. And Manchester for me is connected not only with "Manchester United" anymore, but with couple who has been doing orienteering for many years. And Canada is not just maple leaf for me now.

All of APOC athletes made me desire to visit at least 16 countries in the world to enjoy the culture they have.

## **CANADIANS COMPETING IN OVERSEAS EVENTS**

### **2004 World Masters Orienteering Championships**

Several COF members will compete in the 2004 World Masters Orienteering Championships at Asiago, Italy, July 3-10. GVOC members: Marg and Brian Ellis, Ilze Rupners, Ove Albinsson, Alex Kerr and Ted de St Croix; Ottawa OC's Pat and Dick de St Croix; Foothills Wanderers, James Baker.

Three former world champions are entered in the M45 class: Morten Berglia (Norway - 1983); Kari Sallinen (Finland – 1985); Jorgen Martensson (Sweden – 1991 & 1995). Berglia, Martensson and Sallinen are competing in M45. Ted de St Croix is also competing in this class – Ted was 10<sup>th</sup> the year Sallinen won in Australia.

Another former world champion, Mona Norgaard (Denmark – 1974) is entered in the W55 class. Many will be watching Brigitte Wolf (Switzerland) in the W35 class. Brigitte won gold and bronze medals in the 2003 World Championships: She was a member of the gold medal Swiss Relay team, finished 3<sup>rd</sup> in the Classic event and 8<sup>th</sup> in the Middle distance race.

Results will be available from the World Masters web site: [www.wmoc2004asiago.org](http://www.wmoc2004asiago.org)

# INTERNATIONAL NEWS

## 1. World Rankings – Top 10 (June 13, 2004)

Men	Points		
1 Thierry Gueorgiou	France	6025	
2 Jarkko Huovila	Finland	5658	
3 Jamie Stevenso	Britain	5646	
4 Yuri Omeltchenko	Ukraine	5621	
5 Holger Hott Johansen	Norway	5429	
6 Oystein Kristiansen	Norway	5365	
7 Bjornar Valstad	Norway	5353	
8 Jani Lakanen	Finland	5297	
9 Mats Haldin	Finland	5280	
10 Michael Mamleev	Russia	5178	
134 Brian May	USA	4167	
322 Nick Duca	Canada	2996	

### Women

1 Simone Niggli-Luder	Switzerland	6025	
2 Jenny Johansson	Sweden	5658	
3 Heli Jukkola	Finland	5646	
4 Hanne Staff	Norway	5621	
5 Karolina Arewang	Sweden	5429	
6 Elisabeth Ingvaldsen	Norway	5365	
7 Gunilla Svard	Sweden	5353	
8 Minna Kauppi	Finland	5297	
9 Emma Engstrand	Sweden	5280	
10 Paula Haapakoski	Finland	5178	
121 Sandy Hott Johansen	Canada	3778	
297 Sandra Zurcher	USA	2977	

## 2. Swedish Sprint and Long Championships

### Another Jewel in the Crown of Simone Luder

Swiss Superstar, Simone Niggli-Luder, added another title to her impressive collection by winning the Swedish Long Championships, May 31.

Luders completed the 15.0 km course in the time of 101.00. Anan Marsell finished 2<sup>nd</sup> in 103.12 with Gunilla Svard 3<sup>rd</sup> in 105.26.

Luders placed 4<sup>th</sup> in the Sprint championships held 2 days earlier. Marsell won the 2.75 km race in the time of 13.34; Tanya Ryabkina (Russia) and Emma Engstrand tied for 2<sup>nd</sup> in the time of 13.57 with Luders 4<sup>th</sup> in 14.29.

Canadian Connection: Katarina Smith, former Swedish team member and wife of Canadian team member, Wil

Smith, competed in these races, placing 7<sup>th</sup> in the Sprint in the time of 14.48 and 17<sup>th</sup> in the Long in 114.05.

### Excellent Australian Performances

Johan Nasman won the 24.2 km Long championship in the time of 143.13, Kalle Dahlin was 2<sup>nd</sup> in 147.14 and Thomas Asp 3<sup>rd</sup> in 147.17. Australians, David Shepherd and Tom Quayle were 4<sup>th</sup> and 5<sup>th</sup> in times of 147.23 and 147.27. A third Australian, Grant Bluett finished 7<sup>th</sup> in 150.04. Another Australian runners, Jo Allison, had two good runs - 13<sup>th</sup> in the Sprint (15.32) and 16<sup>th</sup> in the Long (114.04).

## 3. Australian Eric Morris repeat winner of Asia Pacific Championship

Congratulations to Eric for successfully defending the APOC M21 title he won at APOC 2002 in Alberta by edging out Ted de St Croix and James Scarborough (USA) by .17 and .35 respectively.

## 4. Ten Year Age Classes

### (From the Australian Orienteer – June 2004 issue)

“UK is looking at introduction of ten year age classes (this is also being talked about in New Zealand) to reflect lack of competition in some of the classes and a reduction in the number of courses on offer.

Rather than impose a universal change, experiments will be carried out in selected areas so that the original proposal can be tweaked in the light of exposure”.

## 5. World’s best orienteer

### (The Australian Orienteer – June 2004)

In a poll of readers of O-sport Simone Niggli-Luder was voted the world’s best orienteer of 2003. Voting was:

1. Simone Niggli-Luder	Switzerland	85%
2. Thierry Gueorgiou	France	11%
3. Emil Wingstedt	Sweden	3%
4. Jamie Stevenson	Great Britain	2%

# 2004 CANADA SENIOR GAMES

The Canada Senior Games is a nation wide program developed to sponsor the physical, mental and spiritual well being of Canadians aged 55 and over. The Games provide an opportunity for older people to compete in a variety of events that are physically active, mentally challenging and culturally enhancing.

This year, in early September, the Games will be held in Whitehorse, Yukon. There will be competitions in 14 sporting events including hockey, curling, track and field, and carpet bowling. For the less active, there will be Scrabble, Military Whist and Bridge. Cultural events are an important facet of the Games, so every evening we will have entertainments in the Big Tent at the waterfront including Old Time Fiddling, Tai Chi demonstrations, and lots of music and dancing.

For the first time, Orienteering will be offered as a demonstration sport. Yukon Orienteering Association has developed a map of the downtown and waterfront area. Every afternoon we will set up a course and members of YOA will offer instruction so that participants can try out this sport.

As an Orienteer who discovered the sport only after age 50, I have always thought that this is a great activity for older adults. It keeps one active, out in the bush in controlled situations (someone will come look for you if you are lost or injured), and mentally alert. Maybe after this event we will be able to add a new "O" event to the plethora of events now being advertised, Silver O.

Whitehorse has an Active Living Program. They are enthusiastic about the new map, and will be incorporating some of their walks on the map. Eventually, we are planning a permanent course using the areas along the waterfront and connecting several mini parks.

If you are visiting Whitehorse at any time, look for the map at City Hall or from any member and try out the permanent course.

For additional information:

[www.canadaseniorgames-yukon.ca](http://www.canadaseniorgames-yukon.ca)

[www.icefield.yk.ca/yoa](http://www.icefield.yk.ca/yoa)

Submitted by Nesta Leduc

## 2004 'A' MEETS SCHEDULE

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

## OTHER EVENTS

July 10-12	Barebones	Whitehorse, Yukon	<a href="http://www.icefield.yk.ca/yoa">www.icefield.yk.ca/yoa</a> or <a href="mailto:info@barebones.ca">info@barebones.ca</a>
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# 2004 NORTH AMERICAN CHAMPIONSHIPS

NAOC 2004 was held on the weekend of May 29-30 at Cuyahoga Valley National Park, in North Eastern, Ohio. The just over 200 competitors was the smallest number of competitors since the NAOC was first organized in 1973. The Memorial Day weekend was not a popular choice for many USOF members and detracted from the attendance. Another factor was that the event was not sanctioned by USOF or promoted as the North American Championships until only a few months prior to the event.

The Cuyuga Valley location between Cleveland and Dayton made it a reasonably close venue for Toronto/Hamilton area members and many traveled to the event. The event was also being used as Phase 1 Selection of the Canadian team to compete in the 2004 World Championships in Sweden and this attracted several WOC team contenders to the event.

The small number of competitors resulted in many categories having very few entrants, especially in the junior classes with most having just 2 or 3 runners. Looming school exams was one reason for the low number of juniors.

## Canadian medal winners

F12	Lyndsey Innes	Gators OC	gold
F16	Justine Scheck	Whitehorse	gold
	Natasha Ouellette	Fundy Falcons	silver
F18	Carol Ross	Fundy Falcons	gold
	Katy Innes	Toronto OC	silver
F55	Barb Pearson	Golden Horseshoe	silver
	Ilona Dobos	Gators OC	bronze
F60	Pat Lee	Courier de Bois	gold
F65	Julie DePass	Golden Horseshoe	silver
F35	Annette Van Tyghem	Gators OC	gold
	Val Duca	Gators OC	silver
F45	Cathy Hayhow	Toronto OC	silver
F50	Heather Shepherd	Toronto OC	silver
M16	Fraser Ross	Fundy Falcons	bronze
M70	Dick de St Croix	Ottawa OC	silver
M65	Earle Phillips	Hamilton King Foresters	silver
M55	Gord Hunter	Ottawa OC	silver
	Hugh Connolly	Ottawa OC	bronze
M35	Eugene Mlynczyk	Ukrainian OC	bronze
M45	Ted de St Croix	Greater Vancouver	gold

## Canadian WOC team Selection – Phase 1

F21		2 Day Total
1	Sandy Hott Johansen Fundy Falcons	<b>gold</b> 148.48*
2	Pam James Golden Horseshoe	<b>silver</b> 150.11*
3	Cherie Mahoney Ottawa OC	<b>bronze</b> 152.37
5	Louise Oram Greater Vancouver OC	168.21
7	Pippa McNeil Whitehorse	178.29
8	Victoria Smith Fundy Falcons	212.24
9	Anita O'Brien Fundy Falcons	230.45

This race had a bit of “Anything you can do I can do better” between Sandy Hott Johansen and Pam James.

**Day 1:** - Sandy made a major error, losing almost 7:30 on control #11 while Pam had a clean run of 71.10 and a fairly comfortable margin over Cherie (76.10) and Sandy (79.37).

**Day 2:** – A Reversal of Fortunes, with Pam making a couple of significant errors: 5 minutes on #13 followed by almost 3 minutes on #16, while Sandy had an excellent run in which she had the fastest times on 16 consecutive controls (10-25) and overtake Pam to win the title. Cherie Mahoney with two very consistent runs (2<sup>nd</sup> fastest both days) took 3<sup>rd</sup> place.

## M21

1	Holger Hott Johansen Norway	135.46
2	Nick Duca Gators OC	<b>gold</b> 150.47*
3	Brain May USA	<b>silver</b> 152.03
4	Mike Waddington Golden Horseshoe	<b>bronze</b> 154.51 *
5	Mike Smith Fundy Falcons	156.39
6	Wil Smith Fundy Falcons	164.43
10	Jon Torrance Ottawa OC	176.25
11	Mark Adams Golden Horseshoe	176.57
12	Doug Mahoney Golden Horseshoe	180.15
17	Hans Fransson Golden Horseshoe	190.01
18	Brent Langbakk Whitehorse	194.59
21	Nevin French Golden Horseshoe	213.54
24	Jeff Lewis CIOR	231.20

\* Selected to Canadian team

**NOTE:** Complete results are available from: <http://neoc.home.att.net/>

### **Defending Elite Men & Women Champions lose by narrow margins**

2002 NAOC champions, Pam James and Brian May, made valiant efforts to retain their titles, both finishing second just over one minute behind the new champions, Sandy Hott Johansen and Nick Duca. In 2002 Brian won by the narrow margin of 1:49 over Ted de St Croix, this time he lost to Nick by 1:16 over two days. In 2002 Pam had a 24 minute margin over Erin Olafsen, this time she lost to Sandy by the 1:23. Olafsen, placed 4<sup>th</sup> this year with a total time of 159:33.

Sandy Hott Johansen, Nick Duca and Brian May were the only North Americans to qualify for the finals at the 2003 World Championships. Nick and Sandy placed 40<sup>th</sup> and 44<sup>th</sup> respectively in the in the Classic (Long) and Brian was 44<sup>th</sup> in the Middle distance. Based upon their performances in NAOC 2004 they are continuing their form of last year.

### **Performances of note**

Of major interest in the championships was the participation of Holger Hott Johansen, Norwegian national team member and currently ranked 5<sup>th</sup> in the World Rankings. As expected, Holger was an easy winner finishing 15 minutes ahead of Nick Duca. A review of the split times show him having the fastest time on most legs and not having any serious problems on any control.

The two best ever North American orienteers are probably Ted de St Croix and Peter Gagarin. With Ted it is not probable – he is definitely the best. Ted was an easy winner of the M45 category with a margin of 34 minutes over the runner-up. Ted would be a serious contender for a place on our WOC team if he so desired.

There may be some that debate on the choice of Peter but the majority of North American orienteers will agree. He is a highly regarded competitor by the top Scandinavian orienteers in whichever Master's age category he enters and wins most North American events by comfortable margins. In NAOC 2004 he finished over 24 minutes ahead of the second place in the M50 category. Peter and Ted have established extremely high standards for all young North American orienteers to aim for.

The terrain had a variety of woods, open areas, marshes, many cliffs and rock features, small and large contour detail. Overall the area was considered good and quite suitable for major events. There were some complaints about too many controls and little route choice on some courses. Day 1 Orange course – 4.9 km had 17 controls; Brown course 4.2 had 15 controls; Green 5.7 km – 18 controls; Red 6.8 km – 25 controls; Blue 10 km – 28 controls.

### **OCAD DEVELOPER, HANS STEINEGGER PASSES AWAY**

An item on the OCAD website advised that Hans Steinegger, developer of OCAD, passed away on Saturday, June 22. Hans had just finished competing in a club fun relay event when he experienced a heart attack. A first-aid physician on site immediately began resuscitation procedures and this was continued by the ambulance crew called to the scene. Their efforts were unsuccessful and Hans passed away.

Hans had had heart surgery a few years ago and although a permanent latent risk he enthusiastically participated in orienteering events during the last few months without indication of ill health.

Few Canadian orienteers ever met him, many will not recognize his name, but most will have competed on maps prepared with the OCAD mapping software he developed. Developed by OCAD is acknowledged on most maps produced in the last 10 years, not just in Canada, but in all orienteering nations. Truly one of the most important contributors to our sport to date.

The OCAD website advised: "The OCAD team will continue his work".

#### **RETURN TO TELEMARCK**

#### **U.S. Individual Orienteering Championships And World Ranking Event**

**October 15-17, Cable, Wisconsin**

Hosted by

**Minnesota Orienteering Club and Telemark  
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Visit: <http://www.mnoc.org/>  
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(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                                     |
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| 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 |
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  - 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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