



ORIENTEERING CANADA

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Letter to Editor

Level 3 Coaching Manual - A Hidden Gem

“What a gem the Level 3 Coaching Certification Resource Manual is. Here I have been a member of COF for at least 20 years, have completed Officials (Level 3) and Coaching (Level 2) certification courses, won a bronze medal at the COC's in Sudbury, become thoroughly lost in the sand hills of Manitoba, etc., and never discovered what a fantastic resource has been advertised each time Orienteering Canada arrived in my mail box for the last ten years. If I had only known!

After reading chapters on Race Strategy, Optimum Speed, Technique Training/Route Choice, and many other subjects, I am convinced that most orienteers and club leaders would benefit enormously from the many suggestions, whether teaching or coaching orienteering or not. With its many

suggestions for training exercises I feel that it opens up a whole new area of fun practice for orienteers of intermediate capability and above. The Manual is a fantastic resource.

My recommendation is that COF members immediately purchase a copy, and that you consider giving a copy to orienteering friends. Secondly, I suggest that clubs consider setting one training course per week which would be intended to practice a certain aspect of orienteering.

Examples are:

- Map simplification - emphasis on map reading
- Compass emphasis - careful rough and precision compass
- Vegetation boundary navigation
- Contour navigation
- Control picking
- High speed with easy map reading. Increase difficulty as skill improves.
- Courses emphasizing running in different terrain types.

Ideally the courses should be planned by different club members, be armchair reviewed by a coach or by a very experienced orienteer, and then have flags hung by the initial planner. This course should then be left up for a week to give club members a chance to run it at their convenience. Maps of the course and practice instructions could be picked up at a convenient central location, perhaps at a nominal cost to cover maps and the occasional lost flag. One club member could be requested to pick up the flags at the end of the week, and pass them on to the next course planner. Courses could be publicized on the provinces' web page and event schedule

Stig Skarborn

PRESIDENT'S PODIUM

by Ray St-Laurent

I saw a magazine article recently that said that the GPS location system was being enhanced so that it would be possible to rapidly determine locations within 1 metre. This could open up all sorts of opportunities in orienteering to make it easier to train, set up meets, offer new kinds of meets, and make maps. Imagine carrying a small device that would know where you were at all times, and you could record and transmit a signal when you thought that you were at a control. No controls would have to be hung, picked up later, or replaced when stolen. There would be no requirement for punch cards or electronic devices at the control. If you were injured, you could press an emergency button to send a distress call with your location, similar to an aircraft's emergency locator transmitter.

Simply marking particular locations on a map could make a training course. Then you would run to those locations, pressing a button on the device when you thought you were at each feature. This would be record the actual location and time within the unit.

But, we don't have that now. The technology is probably 5 to 10 years away. For now it is hard work putting on a meet, and the possibilities are minimal for a casual 'pick-up game' of orienteering. It is hard finding people to put on as many meets as we would all like, at the levels of challenge would like, and it is hard to find coaches and athletes able to use the current system and find ways to keep themselves motivated enough to continue their involvement and to excel. There are times when reality does suck.

The board will be meeting in February with several items on the agenda directed at enhancing the base for the development of orienteering in Canada, supporting our current and potential elite orienteers, and improving the way the COF membership can get more involved in the operation and direction of the COF.

Much of the direction of the COF comes from motions made at the annual general meeting. Our web site, www.orienteering.ca, will be setup to accept and display motions for the upcoming meeting at the COC's as well as past motions. Details will be worked out at the February meeting but the general idea is that motions will be displayed as they are received. There will be a 'newsgroup' style of discussion that will probably lead to the submission of more

motions or the removal of motions and editing of motions. This process will be allowed until the deadline for accepting motions is reached.

Historically motions were received with the provincial/territorial report to the annual general meeting (AGM). Motions will still be accepted in this way. There is a one month deadline before the meeting after which motions are not to be accepted. Recognizing the capabilities and pervasiveness of electronic technology, we will be looking at extending the deadline so that submissions may be made closer to the AGM. With electronic information dissemination, it is still possible for members to be well-informed prior to the meeting.

Board members are responsible for specific topics. These are listed in every issue of Orienteering Canada as well as how the board members can be reached. Feel free to contact a board member or the COF office if you think you have suggestion, comment or complaint. If a response is not received from the board member in a time you think is reasonable, feel free to contact the president to explore the communications difficulty. The president can be reached directly by email from COP website www.orienteering.ca. Contacts: President.

Happy trails.

Orienteeringonline.com - A Web Site worth checking

This new web site, developed and maintained by Goran Nagy (Hungary), features: interviews with top competitors, coaches, mappers; news items; technical items; articles and polls on a variety of topics.

Recent features included: interviews with Jani Lakanen (2000 World Cup champion), and a Swedish mapper; Running Training for Orienteering; discussion on frequency of WOC – every year or every second year; poll as to whether Sprint-O should be included in WOC 2001.

COC 2000 - A JUNIOR'S PERSPECTIVE

by Erica Lay

Over the past six years the Lay's have participated in three Canadian Orienteering events - Kamloops, Carberry and Fundy Park. Kamloops had the best dance; Neepawa had the best chips; Fundy had the best cinnamon buns, with their wild blueberries running a close second

Hosted by Orienteering New Brunswick, the Canadian Orienteering Championships were held in Fundy National Park August 26-27, 2000. The Classic event (each of the two days had eight courses) was the last event for Canadian National Team pre-selection.

Over the two days we had a chance to work on terrain that is vastly different than what we see at home. The areas were mapped so intensely you had to work hard to sort out what features were the most useful - a perfect place for lessons in map simplification. We found the terrain had been mapped intensely - giving us lots of room to make parallel errors. We also found fewer trails; no rootstocks; many, many stream beds; lots of steep hills; older cut-lines; and a really different kind of 'green'. The Europeans thought the 'green' was difficult; the West Coasters thought the 'green' looked more like 'light green' - so much for continuity.

TIPS from the field:

Skills from home: contour reading was an essential; lots of chance to bushwhack, our salal running came in handy.

How to go through pine-tree green: Dark green = pine trees. Wide pine trees with stiff branches extending so far out they became part of adjacent trees. The only way to get through was by pushing backwards (or, if you really must move forward make sure you wear heavy armor to avoid being scratched alive).

Flagging: read your map! Flagging to the first control (for higher courses) confused some runners into thinking they were not being timed.

Hill running: The whole 'hills are our friends' mantra from cross-country running paid-off. Both course 3 starts began with huge hills.

Stream beds as handrails: even though the stream beds were precarious to run through, they were some of the only handrails on the map.

Bearings off a treed hill: you had to concentrate twice as hard to take bearings in this terrain, as some areas had very few checkpoints, and others had so many that you became confused.

Don't let the map beat you OR Even world champs have bad days: On Day 1 of the Canadians Hanne Staff (Top world orienteer) DNF'd. On Day 2, she cleaned-up.

Editor: Hanne Staff was not the only one to "clean up". Erica, a member of the Victorienteers OC, won the F15-16 classes in both Classic and Short earning her selection to the national High Performance Junior Program.

WESTERN JUNIOR TRAINING CAMP July 2-5, 2001

For Whom: For Juniors ages 13 – 18
Possibly including sessions for pre-teens ages 10 - 12

When: In between 2 major weekends of orienteering in Western Canada:
AOA's "Barebones" weekend June 29 - July 2 based in Cranbrook and the Western Canadian Champs in Manitoba on the weekend of July 7/8. Starting noon July 2, finishing noon July 5.

Where: Based at the College of the Rockies in Cranbrook, BC
Using maps and controls set out for the Barebones events, in the vicinity of Cranbrook.

Cost: Not yet determined; probably in the range of \$150-\$180

More Info: Contact Kitty Jones: 1927 – 10 Avenue NW, Calgary, AB T2N 1G4
Phone and Fax 403-282-5235;
email: kittyjones@home.com
An application form will be found in the next issue of "Orienteering Canada".

2000 NORTH AMERICAN CHAMPIONSHIPS – HARRIMAN, NEW YORK, OCTOBER 28-29

PAM JAMES & MIKE WADDINGTON – CHAMPIONS IN TANDEM

Pam James and Mike Waddington won their third NAOC titles with their victories won the same years – 1992, 1996 and 2000.

Mike Waddington, with the fastest time both days, led a clean sweep of the medal positions by Canadians in M21:

1	Mike Waddington	Hamilton	129.43
2	Nick Duca	Guelph	143.48
3	Michael Fellows	Fredericton	148.40
4	Hans Fransson	Sweden/Hamilton	148.47

Pam James overcame a Day 1 deficit of 1.54 to 1994 champion, Kristin Hall, to take the 2 day total by the margin of 1.08.

1	Pam James	Halifax	119.05
2	Kristin Hall	USA	120.13
3	Anna Anderson	Sweden	123.32
4	Pavlina Brautigam	USA	133.52
5	Cherie Mahoney	Ottawa	138.23

1998 champions, Sandy Smith and Brian May did not defend their titles: Following her marriage to Norwegian national team member, Holger Hott Johansen, Sandy moved to Norway to continue her medical career. Brian May suffered a broken toe prior to the championships.

CANADA RETAINS SILVA TROPHY

The Silva Trophy is based upon the Best 2 Total Times by Canadian and USA competitors in F/M 21 categories. Canada has won the trophy at the last 6 NAOC's – 1990-2000.

Canadian team members:

Pam James	119.05
Cherie Mahoney	138.23
Mike Waddington	129.43
Nick Duca	143.48
Total	530.59

USA team members

Kristin Hall	120.13
Pavlina Brautigam	133.52
William Hawkins	155.35
Joe Brautigam	155.49
Total	565.20

Canadian medal winners

GOLD

M21	Mike Waddington	Golden Horseshoe OC
W21	Pam James	Hustlers OC
W45	Kitty Jones	Foothills Wanderers OC
W70	Pat de St Croix	Ottawa OC
M65	Alex Kerr	Greater Vancouver OC
M16	Alex Zalesov	Ukrainian OC
W14	Katy Innes	Toronto OC
M14	Trevor Innes	Toronto OC
W12	Carol Ross	Fundy OC
M12	Robbie Anderson	Ottawa OC

SILVER

M21	Nick Duca	Guelph Gators
W35	Annette Van Tyghem	Guelph Gators
M18	Daniel Innes	Toronto OC
W60	Irene Jensen	Loup Garou OC
W70	Gloria Charlow	Ramblers OC
M70	Dick de St Croix	Ottawa OC
W14	Jennie Anderson	Ottawa OC
M14	Darius Konotopetz	Coureur de Bois

BRONZE

M21	Michael Fellows	Fredericton Foxes
W35	Natalia Zalesova	Ukrainian OC
M18	Marc Hamilton	Toronto OC
M50	Gord Hunter	Ottawa OC
M70	Don Scott	Overlanders OC

US Championships – November 4-5. Delaware Water Gap, Pennsylvania

Nick Duca edges Mike Smith in M21 – Pam James close 2nd in W21.

AREA EMBARGOES **FOR APOC 2002** **CANADA**

Several members of our national team competed in the US Championships, held the weekend after the NAOC. Day 2 was a World Ranking Event and provided an opportunity for them to earn some WRE points and improve their IOF ranking position.

Nick Duca , trailed Mike Smith by .09 after Day 1 but rallied on Day 2 to edge Mike by .16 and take top spot by .07 – 147.03 to 147.10. The US title went to Mikell Platt – 148.03. Michael Fellows placed 5th – 150.24.

The Women's race was equally close. Day 1 - Pam James held a 1 minute lead over Kristin Hall. Day 2 - Irina Mikhalko (Russia), 3rd on Day 1 overcame a 3.28 deficit to win by .22 over James. The US title went to Kristin Hall who finished 3rd 6.25 behind the winner.

Kitty Jones followed up her NAOC win with another first place in F45. Gloria Charlow, Ranblers OC placed 1st in W70.

New Brunswick and Yukon Associations Elect New Presidents

Congratulations to Mike Smith (New Brunswick) and Ross Burnett (Yukon), on being elected president of their association. Mike is current Canadian champion – Classic, and at 24 may be the youngest ever president of a provincial/territorial association.

Ross, has served in a number of positions in COF and YOA including National Team Coach (WOC 1993) and Team Leader (WOC 1999) and was a member of three WOC teams.

A vote of thanks to outgoing presidents; Charlie Roots (Yukon) and Paul Looker (New Brunswick), for their efforts on behalf of orienteering in your association.

One of the unfortunate obligations of hosting championship events is to impose embargoes on competition sites. This effectively means that people are not allowed to spend time in the areas that will be used for competition if they want to be eligible for awards. The reason is to prevent some competitors from gaining an unfair advantage by familiarizing themselves with the terrain ahead of the race. The embargoes are only intended for people who plan to be eligible for awards in their age category; in other words, you can still go on an embargoed map, but if you do so you must declare yourself as ineligible for any championships held in that area.

For APOC 2002 Canada we are imposing the following embargoes effective immediately:

Canadian Classic

- * the existing Barrier Lake map
- * the new Fallen Timber Meadows map

APOC Relay

- * the part of the existing Mount Laurie map that is both further south and further east than the boulder field

APOC Classic

- * the new Rumsey map

Canadian Short & North American Classic

- * the existing Dalmuir map & its forthcoming extensions

If you have any questions please contact any of the following:

- * James Baker, Co-Chair APOC 2002 Canada Technical Group
- * Geraint Edmunds, Co-Chair APOC 2002 Canada Technical Group
- * Adrian Zissos, Chairperson APOC 2002 Canada

RUNNING TRAINING FOR ORIENTEERING

by Gerry Brady

INTRODUCTION: This article focuses on the running training requirements of the Irish orienteering squads. The need for training guidelines (for athletes without coaches) was raised at a recent squad day. Three example daily schedules have been given for elite men (level 3), elite women & developmental squad (level 2) and juniors (level 1). These should be taken as training guidelines. There are many ways to train and significantly different methods than those proposed here can be equally beneficial. The schedules I have outlined here are largely based on my own running (30 years) and on the experiences of club mates and friends. The principles are tried and tested and work if you apply them correctly and supplement them with adequate rest and good food. If your aspirations are to compete for Ireland in the World championships then you must at least aspire, in time, to the fitness required for these schedules.

A good way to learn about training is to get involved with a running club to pick up ideas from other runners and coaches. I joined one in 1970 after two years of school athletics. The club guru brought us on a five miles run the first night and taught us the club motto, Nil Desperandum (never despair). A year later we ran the club ten miles road race.

An essential question of any schedule is whether when race day comes around - are you strong and fresh or fit and tired? You can help yourself by reading the experts. The books of Arthur Lydiard and Percy Cerutti, coaching legends from the 1950s and 1960s, reveal the origins of modern distance training. Andrew Kitchin's article in "The Complete Orienteering Manual" is also recommended reading. To monitor your progress, keep a daily training diary.

PROGRAMME

Elite classic orienteers need to be able to run at an aggressive pace for 75-100 minutes with the ability to change pace for faster and less complex terrain. Track or road racing speed is not required so the training emphasis should be on stamina and endurance speed. The classical training structure for a middle-distance athlete is a conditioning period followed by speed training and a racing period. Work from a variation of this with less emphasis on speed and more on speed endurance, orienteering technique and terrain training. I have outlined a thirteen week schedule that is largely based on conditioning training supplemented by pace-work.

It is a seven day training schedule which presumes that you already train at least four days a week. A basic principle is to only slowly increase your training intensity or distance. A sudden increase in your weekly mileage or becoming an overnight interval enthusiast causes injury. Adequate rest is important but this can more usefully be a three mile jog, a fast walk or a cycle than a day of complete rest. However if you feel tired or want rest days, take them, especially if you are prone to injury.

Easy running should be done at a pace where you finish hardly feeling that you were out training. Steady running leaves you a little tired near the end of the run, enough so that the conversation may have stopped. Hard running requires concentration but won't leave you exhausted. Fast running should put you under physical pressure but it should still be up to ten per cent below race speed. Tempo running gives you the ability to recover quickly from uphill or fast stretches. It does not require running fast intervals over short distances with a long recovery. However juniors should do some short interval training for a few years before progressing to longer intervals.

Do a few minutes slow stretching immediately after each run and also after the warm-up for an interval session. Hard training requires plenty of food and rest. Eat good quality food and take eight hours sleep. Reduce your intake of sweet food and take more bananas and bread instead.

Practice training in the forests and mountains. If you can only do this a few times each month then build your long run around it. Top orienteers sometimes do interval training in felled areas, on steep hills, through heather etc. While this is useful training, do it with caution as the exaggerated running style can easily result in injuries.=20

SCHEDULE

Phase one is two weeks of easy training. This phase is either a recovery period from the previous thirteen week programme or a start-up where you are getting your body used to training each day. Orienteering events have not been listed but day seven has generally been classified as a good pace run which could be an event.

Phase two is four weeks of steady training that will leave

you a little tired. This phase is based on stamina training with one tempo run each week. The easy and steady runs should build up your strength. A pulse rate in the region of 120-145 for 20-60 minutes is what you should be aiming for. An example tempo run for elite orienteers would be to run steady for around fifteen minutes then fast for 15-20 minutes then steady for 15 minutes finishing off the run at an easy pace. The steady pace will probably work your heart at around 140 beats per minute increasing to over 160 for the fast miles. Run steady immediately after the fast stretch to prolong the recovery period. Juniors should do a thirty minute run with the first ten minutes steady followed by ten minutes fast and then five minutes steady and five minutes easy.

Phase three has more regular pace and distance variation but no speed work. It should sharpen up some of the phase two conditioning work.

Phase four mixes interval and fartlek training with some easy and steady runs. The short intervals for juniors could be six by 400m with a ninety seconds jog recovery. The 400m should be done at an even hard, not fast, pace throughout and the time for each 400m should be within 1-2 seconds of each other. You've done a good session if you finish knowing that you could have done a few more but are glad not to have to!

A typical long interval session would be running three to five intervals over 800m to 1,200m with a recovery under two minutes. As with the shorter intervals the pace should be even throughout the whole session. If you are wilting in the second half of the interval or if the middle intervals are slower then you are not doing the session properly. Four critical stages are:

- a. a 10-15 minute warm-up followed by strides and some slow stretching once your muscles are warm
- b. repeating each interval over the same route so as to have comparable times
- c. a short jog recovery without walking or talking
- d.. and a 10-15 minutes jog afterwards ending with some slow stretching.

Do the intervals in lighter shoes than those worn in the warm-up and put dry tops on after the last interval.

Fartlek training combines easy, steady and fast running. Use the first ten minutes to warm-up then run 10-20 minutes fartlek

consisting of hard intervals varying from thirty seconds to four minutes taking a short jog recovery between each and starting the next interval before you have fully recovered from the previous one.

Training beyond these schedules should be more focussed on specific orienteering training, both technical with a map and physical in terrain. To add extra mileage, the long easy run should be up to two hours. For even more mileage, you should add a few morning jogs but high mileage can increase stiffness and thereby reduce your ability to move efficiently over terrain.

Level 3	Level 2	Level 1
Phase 1: Two weeks of easy training		
Day		
1 8 miles easy	6 miles easy	5 miles easy
2 8 miles easy	6 miles easy	4 miles easy
3 8 miles easy	6 miles easy	4 miles easy
4 6 miles steady	6 miles steady	4 miles steady
5 8 miles easy	6 miles easy	fast walk
6 6 miles easy	6 miles easy	4 miles easy
7 6 miles hard	4 miles hard	4 miles hard
Week 50 miles	40 miles	25 miles

Phase 2: Four weeks of steady training		
Day		
1 10 miles easy	10 miles easy	8 miles easy
2 8 miles steady	6 miles steady	5 miles steady
3 8 miles easy	8 miles easy	3 miles jog
4 8 miles tempo	6 miles tempo	5 miles tempo
5 10 miles easy	8 miles easy	6 miles easy
6 8 miles steady	6 miles steady	4 miles steady
7 8 miles hard	6 miles hard	4 miles hard
Week 60 miles	50 miles	35 miles

Phase 3: Four weeks of varied pace training		
Day		
1 13 miles easy	10 miles easy	8 miles easy
2 10 miles steady	8 miles steady	6 miles steady
3 8 miles hard	6 miles hard	4 miles hard

4	10 miles easy	10 miles easy	8 miles easy
5	8 miles steady	8 miles steady	6 miles steady
6	10 miles easy	8 miles easy	3 miles jog
7	6 miles hard	5 miles hard	5 miles hard

Week 65 miles 55 miles 40 miles

Phase 4: Three weeks of quality training

Day

1	13 miles easy	10 miles easy	8 miles easy
2	long intervals	long intervals	short intervals
3	8 miles easy	8 miles easy	6 miles easy
4	10 miles easy	10 miles easy	8 miles easy
5	8 miles fartlek	8 miles fartlek	5 miles fartlek
6	10 miles easy	8 miles easy	3 miles jog
7	8 miles hard	5 miles hard	5 miles hard

Week 65 miles 55 miles 40 miles

Note: This article is reprinted with permission from Gerry Brady and orienteeringonline.com

THE WRONG CONTROL: KEEP CALM AND SHOW THAT YOU HAVE NERVES

by Brigitte Wolf

You are standing at the control, ready to punch, then look at the number, and it is different!! Unbelievable, you are at the wrong control!

In order to literally pick yourself up, start with the assumption that this control at least indicates you are on the map, and not just “anywhere”. If that positive thought is followed with an all out effort to preventing a panic

reaction and remaining clam, it will be possible to find your actual position on the map without drastic measures. The same guidelines apply as with any situation where you have to try to locate yourself:

Try to identify on the map what you see in the landscape around you, and especially search the map near the location where you want to be. This is more obvious if you are certain you had definite map contact up to that moment and will indicate you are not too far from where you want to be.

But the wrong control is not always located in the adjacent depression to your own control. If we can not position ourselves immediately, we need to ask ourselves: “What did I just do?”, or “Where was I last certain of my position?”. In our thinking and on the map we thus follow the route from the previous control to the assumed present position, paying particular attention to where we could have been misled, i.e. where a mistake could have occurred.

If we still can not determine our actual position, then we need to search the map for a distinct location where we can relocate. Best suited for this is a “catch line” that is impossible to miss, such as: “If I go any further I reach a distinct slope”. It often happens that on the way to the “catch line” you are able to identify obvious landscape formations; a path, stream, etc. where you can determine your location.

Once you have located your position with certainty, another danger looms: Relieved that the mistake has been eliminated, you immediately run at top speed in the direction of the control, only to end up not finding it even at your second attempt. This is because all the running around, all the direction changes and all the uncertainty have the effect that our sense of direction is now thoroughly confused.

This means we must start again with a new careful plan of action as to how we are to approach the control. Foremost we need to set the compass based on the location we are at now, so that we are clear on the actual direction (rather than our own perceived direction). In continuing to approach the control it is vitally important to establish a series of check points you can identify along the way (such as: now I will soon come across). This is important because we need to keep in mind the possibility that the “catch line” you identified could have been the wrong one.

From: Swiss O Federation Newsletter -July 2000
Translation: Marcel Zollinger, Ottawa O Club

*Ottawa Interclub Meet - May
19-20*

*For information and
Entry forms:*

www.magma.ca/~ottawaoc

*Ottawa Interclub Meet - May
19-20*

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Entry forms:*

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ELITE NEWS

1. WOC Team Selection Event – Ottawa May 19-20

The selection races will be run in conjunction with the 2-Day Ottawa Interclub. The race results will be used for final selection for the National Team that will represent Canada at the 2001 World Orienteering Championships in Finland, July 28-August 4.

Two men and two women were Pre-selected based upon results of the 2000 Canadian Championships, Classic and Short: Mike Smith, Michael Fellows, Sandy Hott Johansen, Cherie Mahoney. The final selections will complete the National Team. Specific selection criteria and event details will be made known in March via the COF web site and the Spring issue of Orienteering Canada.

PLEASE NOTE: Athletes interested in taking part in the selection races must advise in writing to Charlie Fox no later than April 15, 2001.

Applications can be forwarded by e-mail to:

Charlie Fox c/o cfox@dowco.com

Or in writing to: Charlie Fox, 1225 – 235th St. Langley, BC. V2Z 2Y4

2. 2001 High Performance Program Members

SENIOR	TIER 1
Nick Duca	Ontario
Michael Fellows	New Brunswick
Brian May	Nova Scotia/Minnesota
Mike Smith	New Brunswick
Wil Smith	New Brunswick
Julia Cioban	Ontario
Lumi Duca	Ontario
Catherine Hagen	British Columbia
Pam James	Nova Scotia
Cherie Mahoney	Quebec
Sandy Hott Johansen	New Brunswick/Norway
	TIER 2
Doug Mahoney	New Brunswick
Marta Green	British Columbia

	TIER 3
Ross Burnett	Yukon
	JUNIOR
Robin Foubister	British Columbia
Daniel Innes	Ontario
Danilo Malanczyk	Ontario
Thomas Nipen	Alberta
Adam Scheck	Yukon
Alex Zalesov	Ontario
Jana Gillies	Ontario
Erica Lay	British Columbia
Katherine Scheck	Yukon
Heather Smith	New Brunswick
Victoria Smith	New Brunswick

3. World Rankings – Year End 2000

MEN			
1	Allan Mogensen	Denmark	8821
2	Bjornar Valstad	Norway	8760
3	Valentin Novikov	Russia	8715
4	Emil Wingstedt	Sweden	8638
5	Jani Lakenen	Finland	8617
6	Carl Henrik Bjorseth	Norway	8503
7	Tore Sandvik	Norway	8471
8	Frederik Lowengren	Sweden	8468
9	Jani Salmi	Finland	8460
10	Jimmy Bircklin	Sweden	8449
116	Mike Smith	Canada	5361
173	Michael Fellows	Canada	4037
204	Nick Duca	Canada	3662
217	Joe Brautigam	USA	3523
WOMEN			
1	Hanne Staff	Norway	8912
2	Simone Luder	Switzerland	8899
3	Heather Monro	Britain	8776
4	Emma Engstrand	Sweden	8721
5	Katarina Allberg	Sweden	8664
6	Reeta-Mari Kolkkala	Finland	8627
7	Brigitte Wolf	Switzerland	8582
8	Lucie Bohm	Austria	8541

9	Marie Sandstrom	Sweden	8537
10	Jenny Johanssen	Sweden	8519
73	Pam James	Canada	5446
113	Kristin Hall	USA	4266
123	Cherie Mahoney	Canada	3938
127	Sandy Hott Johansen	Canada	3825
135	Pavlina Brautigam	USA	3683
228	Lumi Duca	Canada	2413

4. Qualification Criteria for World Orienteering Championships 2001 - Sprint

The IO announced the following criteria for the 2001 WOC Sprint event.

- Total number of runners will be limited to 60 per class.
- Each full member nation is entitled to enter one runner in the men's race and one runner in the women's race.
- Additional places, up to a maximum of three per class per federation, are allocated on the basis of general strength of the sport in the countries, as indicated by the overall performance level in major races like the World Championships and World Cup in recent years. All places are allocated per nation, and are not based on qualification of individual runners.
- Taking these two criteria together, the full allocation of places is:

3 places Finland, Norway, Switzerland, Sweden

2 places Czech Republic, Denmark, Estonia, Britain, Lithuania, Russia

1 place all other full member nations

Full text of the announcement can be obtained from the IOF website: www.orienteering.org

5. Superstars transfer to - new clubs, new countries

- Double world Classic champion (1991 & 1995), Katalin Olah (Hungary), has moved to Finland and joined the Kalevan Rasti club. The move will help

Olah's preparation in her efforts to win her third WOC title. Other 'stars' on the Kalevan Rasti club roster include Kirsi Bostrom (WOC 1999 Classic champion) and her sister, Johanna Askloff, (3rd in WOC 1999 Classic).

Olah, an international calibre runner, has personal best times of 4.35 (1500 metres), 9.25 (3000 metres), and 34.33 (10,000 metres).

- 1998 World Cup champion, Chris Terklesen (Denmark), has left the powerful Halden club (Norway) and joined Lidingo OC (Sweden). Terkelsen said the move will allow him to combine his job with orienteering and help his preparations for WOC 2001.
- Another Halden star, Tore Sandvik, has also moved – to rival Oslo based, Baekkelagets OK. Halden and Baekkelagets runners have formed the core of the Norwegian team at recent WOC's and are fierce rivals in major relay events. The loss of Terkelsen and Sandvik will swing the balance heavily in favour of the Oslo club.

Major European Events - Summer 2001

July	1 - 5	Lithuania – World Masters Championships, Kaunas www.sonex.lt/wmoc2001/
July	13 - 15	Denmark – Sealand 3-Days 2001, Farum www.orientering.dk/farum-ok/sealand3d2001
July	16 - 20	France – 5-Days of France, Fontainebleau www.multimania.com/fivedays2001
July	16 - 21	Finland - Fin 5 – Raisio www.tus.netti.fi
July	21 - 27	Sweden - O-Ringen 5-Days For information: www.oringen.com
July 29 – Aug. 3		Finland – Tampere Games, in conjunction with WOC2001 www.woc2001.fi
August 5 – 11		Scotland - Scottish 6 Days - Lochaber 2001 6 Days • see ad in Summer/Fall 2000 issue O-Canada www.scottish-orienteering.org/lochaber2001/

1/2 OF THE CANADIAN WORLD CHAMPIONSHIP TEAM

The following four athletes have qualified to represent Canada at the 2001 World Orienteering Championships to be held in Tampere, Finland in August. An additional two men and two women will be selected at the Ottawa Interclub Meet in May, providing they meet selection criteria. This, and future year's teams need your financial support. Contribute by making a donation through the entry form for our National Championships, holding club events with the proceeds going to our National Team, or by writing a cheque made payable to the Canadian Orienteering Federation. A tax receipt will be sent to you for contributions exceeding \$10.00



Mike Fellows

Age: 31 years old
(and not getting any younger)

Current Status:

Living in Fredericton, renovating a house, and working as a survey consultant.

Objectives: Lead a long and healthy life, enjoy orienteering and beat as many people as often as he can.

Competition: Best orienteering results were all in 2000: 1st at COC Short, 3rd at COC Classic, 3rd at North American Orienteering Championships. CIAU (Canadian Inter-Athletic Union) cross country All Canadian in 1993 – 11th at National University Championships. Won the Atlantic University Championships as a 17 year old rookie in 1987. In track, placed in the top three in the Atlantic region in indoor track meets. Has run a 1:53 800 metres, 3:59 1500 metres, 8:30 3000 metres, 31:20 10 km.

Considers New England as the most fun area to compete in.

Training: Does a variety of training for the World's. Big priority is trying not to hurt myself (advanced years and all). Goal is to run between 70 and 1000 miles a week by the end of the winter season, plus some track and road races throughout the spring. Will also be attempting to travel to New York and/or BC for some orienteering training in the spring and early summer.



Cherie Mahoney

Age: 25 years old

Current Status:

Technical Support Engineer, Rational Software, Ottawa, Ontario

Competition: 2000 Canadian Championships – 1st Short, 2nd Classic. 2000 North American Championships – 4th. 1999 Canadian Championships – 3rd Classic. 1999 World Championships participant. Numerous Canadian Championships as a Junior.

Goals for World Championships in 2001: Qualify for either the Short or Classic final. Favorite area to orienteer in: Harriman State Park, New York.

Training:

Winter: running five days a week (planning to run a marathon in May). Plans for Spring/Summer: orienteering competitions or training every weekend beginning in April. Overseas competitions and training month prior to World Champs.



Sandy Hott Johansen

Age: 26 years old

Current Status:

Educated as Medical Doctor, graduating Dalhousie Medical School in May, 2000. Married to Norwegian National Team member, Holger Hott Johansen. Living in Oslo, member of Baekkelagets Sportsklubb, working as a resident at Roode Kors Klinikken, surgical department . future plans include finishing my residency, possibly specializing in surgery. Plan to continue orienteering until 2005, after which possibly moving back to Canada or elsewhere in the world.

Competition: Member of Canadian team to WOC 97 and 99, qualifying for Short final in 1997. Canadian Champion Short distance 1996, Canadian Champion Classic Distance 1998 and 2000. North American Champion 1998, 25th place 'A' Final in Park World Tour Champions week. AUAA All-star in Cross country running in 1997, 1998, 1999. Favourite area to orienteer in: Tampere, Finland and Hudson Valley, USA.

Training: Training toward WOC 2001. 10-12 hours per week through the winter, (with plans to decrease as the competition season approaches). Various training camps with club throughout the winter and spring. Plan to compete in all the big Nordic events leading up to WOC, including NOM in Finland in June. Coached by Holger Hott Johansen.



Mike Smith

Age: 24 years old

Current Status:

Third year medical student at Dalhousie University, currently heavily involved with clinical training years which will lead up to my graduation in spring 2002. Hope to do something like general practice, perhaps emergency medicine.

Competition: Orienteering since 14 and have competed overseas for the last seven summers, juggling summer jobs with competition schedules since 1994, in the summer after graduating from high school. Competed in two junior World Championships and two senior World Championships as well as many World Cup and large international races.

Learned to orienteer through my club and provincial organization as well as through many national junior training camps. In the early years of my orienteering traveled to many local races in the Maritime and throughout New England with my family.

Junior national age group champion a few times and medaled at North American as a junior. Won a bronze medal in the senior category COC classic in 1996 when 19. Won the COC classic event in 2000, 3rd in the short distance championships, and placed 2nd in the US championships.

Training:

Fitness is definitely not my strong suit, never having run below mid 35 minutes for 10 k. Fairly strong navigator and rely a lot on steady running speed with accurate map reading and quick decision making to help the flow of my races. Training is mostly on the road currently but will incorporate map reading training as soon as the snow clears.

BAREBONES 2001 COURSE SETTING

CONTEST

Barebones orienteering encompasses the idea of quality orienteering with minimal organizational effort. Barebones 2001 will take place on the July 1st (long) weekend in the bottom right corner of British Columbia, Canada. We're going to new lengths this year to reduce the organizers' workload and to have a bit of fun for everyone - this contest. We invite you to set the long and short courses for the Barebones Classic event, so that we don't have to do it. There's \$100 prize money in it, along with the prestige of winning a continent-wide competition. And if you win you'll certainly have the advantage over the rest of the field at Barebones, even if you won't know that you're the winner till you pick up your map at the Start. So have some cheap fun over the winter - enter this contest.

Rules

1. \$100 Cdn prize money: \$75 1st Prize, \$25 2nd place.
2. The winning entry will be used (with modifications) in the Barebones 2001 Classic event.
3. The winning entry will be announced following the Barebones 2001 Classic event.
4. Entries must include two courses - M/F -12 (white - 2km) and M21-34/F21-34/M35-44 (blue/red - 8km). Suggested course lengths are based on past experience on this map and aim at winning times of 20 minutes and 60 minutes respectively. The woods are highly runnable and pleasant.
5. The winner will have the best combined score for the two courses.
6. The Parking area is marked on the map as Out Of Bounds. The Assembly area is the adjacent field, marked with a finish circle. The Finish must be anywhere in the assembly area. Distance and difficulty of the walk to start will factor in judging.
7. Electronic punching will be used.
8. To obtain a copy of the blank map (OCAD file, bitmap, or paper copy) contact James Baker (jamesb@merak.com) (403) 241-6891.
9. Celebrity judging panel of at least two humans. Yes, manual judging is in effect.
10. Entries will be sent to judges anonymously by the contest organizers.
11. Decision of judges is final (note this all you Republicans & Democrats).
12. We will make all efforts to return judges' comments to the entrants.
13. Mail printed entries to: Barebones 2001 Course Planning Contest, 1239 Colgrove Ave NE, Calgary, Alberta, Canada T2E 5C3. Alternatively, send OCAD or WINCACS files to Adrian Zissos (adrianz@merak.com).
14. Closing date - received by March 31st, 2001.
15. Entries become property of Barebones, and all that other legal jazz.
16. For more info, check the Barebones website www.gumbi.com/fwoc/barebones2001.htm or contact Adrian Zissos (403) 262 4457 (adrianz@merak.com).

Frequently Asked Questions

- Q. *The scores for the short and long course are combined. How are the scores weighted?*
- A. The long course is worth 75% of the total score, the short course 25%.
- Q. *Is there a recommended number of controls?*
- A. No.
- Q. *And what about climb?*
- A. It should be reasonable - certainly no more than 4%
- Q. *What are the criteria for judging the courses?*
- A. This will be done quite subjectively. The judges will be instructed to look for fairness, variety of orienteering challenges, suitable length, and multiple route choice, as well as overall enjoyability for the competitor.
- Q. *An important responsibility of the Course Planner is to check that the map is accurate and appropriate for the courses he sets. How can the winning courses be used in a real event without the Course Planner having visited the map?*
- A. Good question! The judging will assume that the map is completely adequate. When the organizers set the course in the terrain they may need to make modifications to ensure it uses only reasonably accurate bits of the map.
- Q. *Is there an entry fee?*
- A. There should be, but there isn't. We will swallow all the costs in the name of some good clean cheap fun.
- Q. *Can anyone enter or is this contest just for people going to Barebones?*
- A. Everyone can enter.

Q. *What is the judging procedure?*

A. We will use the following scoring procedure (unless we have an unexpectedly large number of entries in which case we'll make modifications to keep the judges' work to a reasonable level).

1. The entries will be divided randomly into four "heats". Each heat will be assigned a judge.
2. Judges will be asked to score each entry on a scale of 1 - 100 and then rank each entry (1st, 2nd, 3rd, etc) based on the assigned score.
3. The top two entries from each heat will make it to the final.
4. Each judge will be asked to score and rank all eight finalists in the same manner as for the heats.
5. The final round rankings from each judge will be added together, with the lowest total ranking winning.
6. In the event of a tie, then the scores (1-100) for the tied entries will be added, and the highest total score will win. If it is still a tie we'll flip a coin.

The Buzz...

Here's some of the comments being made about this competition...

"I love the idea that the announcement will be **after** the event and that the surprised winner will pick up a map with his own course!" Dirk D.

"I wish I could hide this competition from Thomas due to that Alkali Lake (North) is not a flat terrain, and Thomas does not use a cow-path principle at all while proposing courses, and the classic is the day after the Enduro, and I might risk to run an up-and-down course set by him. But, unfortunately, he already knows about this competition."
O-lav

"We here at ONA think the idea of doing this contest is absolutely wonderful. I hope you get a big response." Donna.
A big thanks from the organizers to Donna and Orienteering North America for supporting this competition.

WOC TEAM LEADER POSITION

The High Performance Committee invites applications for the position of Team Leader for our team to WOC 2001, Tampere, Finland, July 28-August 4.

Responsibilities:

- Plan, in conjunction with Executive Director (or board designate), the financial and travel arrangements of team.
- Complete registrations and provide information to organizer by requested 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.
- Encourage and promote team esprit de corps by personal example and resolve any disputes in fair and decisive manner.
- Prepare report for the High Performance Committee chairperson and COF Board immediately after the WOC. Report to include: evaluation of athletes performances, strengths, weaknesses, recommendations for changes in 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 would be the intent to provide as much, or greater, financial support as the athletes receive from the National Team Fund.

Applications by March 15, 2001, to:

Charlie Fox
1225 – 235 St. RR #9
Langley, BC.
V3A 6H5

2001 SANCTIONED 'A' MEETS SCHEDULE

Date	Event	Location	Contact	Tel/e-mail
April 28	FWOC	McKenzie Crossing, Alberta	Charlotte McNaughton	(403) 283-0807 charlotte@merak.com
May 1	Overlanders OC	Elk Island Park	Geraint Edmunds	(780) 455-1916 envirisk@powersurfr.com
May 19-20	Ottawa Interclub	Constance Bay	Bert Waslander	(613) 234-6966 bwaslander@sympatico.ca
July 7-8	Western Cdn Champs	Hartney, Manitoba	Jack Forsyth	(204) 858-2283 jaforsyt@snug.mb.ca
Oct 6-7	COC – Classic	Carberry, Manitoba	Jack Forsyth	(204) 858-2283 jaforsyt@snug.mb.ca
Oct 8	COC – Short	Carberry, Manitoba	Jack Forsyth	(204) 858-2283 jaforsyt@snug.mb.ca

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	11. <u>Beyond Armchair Orienteering</u> - W. Stott	\$ 6.00
6. <u>Niveau II Manuel de Certification des Entraîneurs</u>	\$ 15.00		

Postage: 1 - 3 items = \$ 2.00 each item
 Postage: 4+ items = Actual amount charged

ORDER FORM

NAME: _____

ADDRESS: _____

POSTAL CODE: _____ TEL: _____

Send your order prepaid to:
CANADIAN ORIENTEERING FEDERATION
Box 62052, Convent Glen P. O.
Orleans, Ontario K1C 7H8

Telephone: 613 830-1147 FAX: 613 830-0456

Make cheque/money order payable to:
CANADIAN ORIENTEERING FEDERATION

Quantity	Description	Price	Total

Have you considered making donation?
 COF will issue official donation receipts for income tax purpose for donation of \$10.00 and over.
 AMOUNT OF DONATION:.....

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TOTAL _____

MEMBER BENEFITS FROM COF

- ORIENTEERING CANADA - 4 issues per year
- Liability insurance coverage
- Eligible to participate in COF programmes - National Coaching Certification Program (NCCP), Officials Certification Program
- Eligible to compete on the course of their choice in any Canadian competition
- Eligible to compete in "O" competitions in any other International "O" Federation member nations
- Enter competitions at lower cost member rates in Canada and U.S. events
- Junior age members eligible to participate in Sass Peepre National Junior Training Camp
- Junior age members eligible to participate in Junior Participation Program
- Eligible for selection to National Squads/Teams
- Squad/Team members eligible to receive financial support to National Championships, Training Camps, World Cup and World Championships
- Participate in competitions organized by certified officials and approved standards
- Standardized rules, categories, maps
- Major Benefit: the existence of a National Office is a prime factor for Provincial Associations to receive program funding for administration, staff, travel grants, etc. from their Provincial Government

CANADIAN ORIENTEERING FEDERATION ADDRESSES

BOARD OF DIRECTORS

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Officials Cert.	Annete Van Tyghem	2163 Third Sideroad, Campbellville, Ontario L0P 1B0	TEL: 905-854-3250	annette@orienteering.on.ca
Techn. Standards	Jack Forsyth	Box 163, Hartney, Manitoba, R0M 0X0	TEL: 204-858-2283	jaforsyt@snug.mb.ca
Technology	Ray St.Laurant	17 Wallace Lane, Hanwell, New Brunswick, E3C 1M6	TEL: 506-459-4827	raystl@nbnet.nb.ca

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