



ORIENTEERING CANADA

Published by the Canadian Orienteering Federation
Box 62052, Convent Glen P.O.
Orleans, Ontario, K1C 7H8
E-MAIL ckirk@vegacom.on.ca

Tel: (613) 830-1147

FAX: (613) 830-0456

OFFICIAL NEWSLETTER OF THE CANADIAN ORIENTEERING FEDERATION

Vol. 30 No. 4 WINTER 2002, published, March 2002

ISSN 0227-6658

CONTENTS

Contents	1
World Masters O Suits	1
Ottawa Interclub	1
President's Podium	2
Promotion & Development	3-5
Midnight Madness	6
High Performance Program News	7
WOC 2003 - changes	8
APOC 2002 Update	9
National Junior Training Camp	10
APOC ad	10
Transit Troubles	11-12
Sanctioned 'A' Meet Schedule	13
Compass or Cellphone	13
Foothills 'O' ccurrences	14
Items for Sale	15
Back cover	16

ORIENTEERS BOUND FOR THE WORLD MASTERS IN AUSTRALIA

Would you be interested in owning a Canadian O Suit to show where we are from when competing in Bendigo. If I can get a large enough order, I would like to buy some suits similar to those purchased from Trimtex for the Canadian team at WOC 2001. The only difference in the red and black suits would be the wording "Canada Masters" on the back. The cost would be around \$80.00 plus shipping and taxes. I am also trying to find a manufacturer for a nylon parade jacket, and will provide details for that later. If you are interested, please contact me at or 604-938-9194

Alex Kerr

2002 OTTAWA INTERCLUB & EASTERN CANADIAN CHAMPIONSHIPS

May 18 - 19

Carman Trails, Farm Point, Quebec

You're invited. Each spring, for the last 30 years or so, the Ottawa Orienteering Club has hosted a two day "Interclub" event. This year we are proud to add the Eastern Canadian Championships to our agenda. We will also be moving back to the Gatineau Park area and its challenging terrain. The meet headquarters will be at the Carman Trails International Hostel at Farm Point, Quebec. The friendly and relaxed atmosphere of the hostel has been appreciated by many of our club members in the last few years. Nearby, the "tourist" village of Wakefield has all the amenities - including many good restaurants - and the city of Ottawa is only 25 minutes away.

Format: 2 day, individual total time. COF Sanctioned 'A' Meet

The map area is south of and adjacent to the La Peche map used for COC 1996 and features the same kind of terrain - hilly, lots of rock detail, and technically challenging. There is an extensive trial network section that will be well used by the short course participants.

Information, registration forms and accommodation options can be obtained from: www.magma.ca/~ottawaoc/ or

Meet Registrar - Marketa Graham, 23 Ramsgate Private, Ottawa, ON, K1V 8M4
email: brgraham@magma.ca

PRESIDENT'S PODIUM

by Ray St-Laurent

In this issue I would like to relate the success we had holding Internet board meetings. Historically the board met in February. We felt it might be possible to take advantage of Internet meeting capabilities available to be able to meet more frequently for less cost. Over fifty-two candidate technologies were examined.

I would like to relate the success we had holding Internet board meetings. But I can't. We needed eight people to meet using Windows and Mac platforms, any two speaking simultaneously. Some members would be using experiment modems, others cable modems and some went through firewalls. If anyone has personal experience with a viable candidate, I am interested. What I experienced was the most hyped, oversold technology, and worse demonstrations that I have ever encountered.

The rest of this article deals primarily with highlights related to our February, face-to-face, board meeting held in Winnipeg.

The last podium mentioned I was looking for volunteers to seek out what promotional/development ideas have been tried world-wide that could be applicable to orienteering in Canada and under what conditions they work. Within a few days of Orienteering Canada being posted to the net, I received an email from Robyn Davidson in New Zealand. She had recently performed a similar study for the NZOF from which I was able to get a copy.

Pippa McNeil, currently of the Yukon, volunteered to tackle techniques that have been used in the orienteering community. Her preliminary report, presented at the board meeting, is copied in this newsletter. As you can see, she included information from a number of sources, including New Zealand.

I believe Pippa's report may be the best of its type, directed at orienteering in Canada. She has included her own evaluation of what works. Her next phase is to tabulate the techniques acquired so far, as well as any new ones that may be uncovered, and present them in a tabular form specifying when each idea is appropriate with suggestions for implementation. We expect that report will be available by the Annual General Meeting in July.

We are still looking for at least one more volunteer to tackle ideas for promotional/development from activities outside orienteering. These can all be evaluated and entered into the "toolbox" of ideas that Pippa is developing. The intention is to modify and enhance the toolbox as new ideas arise and we receive usage reports.

Continuing with volunteers, Dave Graupner has finished producing the online version of "A" Meet Sanctioning Forms. From our website, you may apply for A meet sanctioning. This form can also be used to accredit the meet officials hosting the event.

At the February meeting, it was decided to use the current design of the COC medals for our next order. Shortly after the meeting, we received a letter from Carl Coger of British Columbia. He included several design suggestions for new medals, some quite intriguing. Although too late for this round, Carl offered his designs and support the next time we need to order (probably in three years).

Jack Forsyth presented revised certification program requirements for meet officials. The accepted report will be presented in an upcoming issue of Orienteering Canada.

The 2002 edition of the High Performance Program manual was presented. A copy is available on our website. It includes athletes that have been asked and agreed to join the program to date.

The initial batch of coach/mentor volunteers has been established with the help of Gloria Rankin, working through Charlie Fox. The other side of this equation is to facilitate those who wish to acquire NCCP coaching status. We are establishing a national coach/mentor coordinator to ensure prospective coaches get the tools they need to help athletes with what they need.

As directed at the 2001 AGM, the association affiliation fee structure will be changed in 2003. The fee for full members will be halved and a participation levy will be introduced. This is a trial year to ensure a viable mechanism is developed and adopted to get the required participation information. The meeting discussed the best ways to get the information as easily and painlessly as possible. Subsequent to the meeting Helen Howard mailed out a trial information form to the associations and clubs in Canada.

To make the participation reporting as easy and painless as possible, we have asked Dave Graupner to establish the mechanism to allow clubs/associations to enter the data directly online from our website.

I would like to relate the success we had holding Internet board meetings. Sigh. Happy trails.

PRELIMINARY REPORT ON THE PROMOTION AND DEVELOPMENT OF ORIENTEERING

by Philippa McNeil for the Canadian Orienteering Federation

This report summarizes recommendations for the promotion and development of orienteering. The information was compiled from electronic documents from several English-speaking countries where orienteering is practiced. It also incorporates the practices from some of the clubs in Canada.

The recommendations are primarily aimed at the club level. This reflects the information obtained. This bias is appropriate for Canada since orienteering clubs here are generally at a great distance from each other, making a grassroots approach key.

Two activities stand out as crucial ones for promotion and development of orienteering.

- > Advertising
- > Instruction

Advertising

Unlike Scandinavians who are introduced to the sport in elementary school, most Canadians do not know what orienteering is, and if they have heard of it, they often associate it with compass and pace-work done in Guides and Scouts.

Orienteering is a sport for all ages and should be promoted as fun for the whole family to attract kids and their parents. At the same time, the adventure aspect is excellent for attracting teenagers and young adults.

Before the season starts, it is preferable to know as much of the schedule as possible. If not, make sure your club has a contact name and phone number as a bare minimum and ideally an e-mail and website.

Advertise:

- > In local newspapers
- > On the radio
- > Via e-mail to club members
- > On the club website
- > Pamphlets in sports and outdoor stores
- > Displays and posters in sport offices, city hall, etc.

- > On an orienteering hotline (listed in the phone book) with a recording of the next event and a contact person for more information

Canadians do not know about orienteering so the more ways they can discover it the better. Make sure the advertisements say clearly that beginners are welcome.

For further advertising, ideally at the beginning of the season, invite local sports reporters to a meet and either accompany them or let them try it alone. If they have tried it, they will be more likely to appreciate the sport and publish articles and results.

Keep advertising after each event:

- > Make sure that all participants know when the next event is: have copies of the schedule available or print the club website/hotline on the map for reference.
- > Send in results the same evening to the local newspaper for prompt inclusion in the newspaper and format them to make it easy for the sports reporter. Children's results are especially popular. See Promoting Irish Orienteering for a sample results format.
- > Write up an article for a community paper or other media. Cross-country skiing, trail running, walking and adventure racing are all sports with good interest groups to focus on.

Instruction

Orienteering is a sport that requires a lot of skill. Anyone trying something for the first time feels nervous. Given these two facts, it is really really important to DESIGNATE somebody to look after newcomers at each meet. It doesn't have to be the same person and it doesn't have to be an elite orienteer. Anyone who knows the rules and how to use a compass can help a beginner with basic instruction.

Offer beginner clinics at the start of the season (more if needed). Beginners can then get the extra time to familiarize themselves with the map symbols, the compass, and the rules of the sport in a non-intimidating setting.

For a sport so full of technical skill, most orienteers in Canada receive minimal instruction. Members clinics are few and far between. Offer clinics for members to work on specific skills: be it relocation techniques, competition skills, or how to carry your punch card. If there are National Team members in the club, they could put on a session (or several) and raise funds for their next trip. Or offer it for free as a way to keep people in the sport.

There is always something more to learn in orienteering and too often, people repeat the same errors for years because no one has showed them what to change. Clinics do not even have to be in the terrain. Competition analysis can be learned with a pile of old maps in someone's living room.

Weeknight training sessions are another option. Instead of a typical course, create a skill session by choosing a specific exercise like map memory, corridor orienteering, precision compass, etc. It is important that the person leading the session explain why this skill is needed and how it can be applied in an event. Include a "cheat sheet" with the map so the participants can remember the lesson.

Encourage members to volunteer. Many orienteers have participated in the sport for years but do not feel confident enough to help out. Mentoring (buddy system) can be used to introduce people to putting on a local B meet by pairing them with a more experienced club member.

Inform members of opportunities like officiating courses, coaching courses, and mapping clinics. Make sure members understand that they do not have to be elite orienteers to become skilled at any of these tasks. In fact, all these activities improve orienteering skills by giving people a chance to appreciate the preparation side of the event.

Attracting beginners

Ideally, schools should be targeted to introduce the sport to a large number of youths. School competitions often occur in the spring. The success of these events depends largely on the school teachers involved and their liaison with the club. If they are enthusiastic and willing to create an orienteering club/team at school, many youths can be introduced into the sport. Make sure that the students and coaches are aware of the orienteering events at the club

level so that interested students can be directed into the club. If possible, invest in helping school set up orienteering as a Physical Education or Geography activity, or as an extra-curricular activity.

Greet newcomers before and after the race and always have someone designate to answer questions – separate from the registrar/timer.

Aside from beginner clinics, extra coaching can be offered. A package of lessons may be of interest.

Provide an open course for beginners at big events. That way people who are new to the sport will not feel intimidated by a championship event. And they may want to try a competitive course in future if they see what the championships are like.

Incentives for beginners to join the club include a free event with membership, a reduced rate if you buy a package of meets, extra coaching sessions with membership, etc.

Offer two for the price of one if someone brings a newcomer to an event.

Pre-marked maps reduce the confusion for everyone, especially beginners.

Provide good directions/ location maps on the club website or in the membership package.

Orienteering is often done out of town – while I haven't encountered any suggestions for it, if there is some way to offer car-pooling, it would be very helpful to keep kids and university students in the sport.

Keeping members

Do a membership survey to determine needs and interests of the club members. Some clubs may want to create a club mission statement to help determine the focus of the club.

Social opportunities are important:

- > Offer refreshments at events so people can have the chance to socialize
- > Pasta restaurant dinners after weeknight meets – make sure everyone is invited

- > Club road trips to out of town events – rent cabins or common lodging for club members

Offer low fees at events for members or extra skills clinics in the membership package as incentives.

Organize club orienteering uniforms to create some team spirit.

Involve members as much as possible. Hold open club meetings (preferably with food) and have “members without portfolio”. As previously discussed, offer the necessary instruction to members so that they can take on some duties.

Other helpful hints

Invest in a club banner. It is helpful to everyone, especially beginners, to see a Welcome! Orienteering Club sign. Orienteers often meet in parks where there are other users so a banner helps clearly identify the club and may attract curious passers-by.

Be positive. Orienteers are famous for ranting on and on about the 5 minutes they lost at one control without any mention of the 12 others that they spiked. That kind of conversation is not going to attract anybody new to the sport. So focus on what you enjoyed and your enthusiasm may be contagious.

Keep it simple! Mass start events such as Thomass (different handicaps) and Score-O allow everyone to start at the same time and finish close together. This set-up maximizes socializing at the event. It also keeps it simple for the organizer who only has to set one course, hang fewer flags and spend less time preparing in general. They are also good for clubs where there are very few people in the same competitive category because you can compete against anyone.

Summer park series: these events have been undertaken by several Canadian clubs. Take advantage of the long daylight hours and set up some visible and easily reached events over a period of a month or two. Regularity is important.

What does this mean for the club?

Most of the recommendations are simple and straightforward. However, they do require some planning and time commitment on the part of club members. A club meeting in the winter or early in the season is needed to designate people to act as media contacts, greeters and instructors for beginners, coaches for intermediate or elite members, web page designers, general contact, meet organizers, etc. These positions do not require expert orienteers and several people can work together to cover one position.

References:

Brady, G. Promoting Irish Orienteering:
http://orienteering.ie/tio/95/BRADY_PR.htm

British Orienteering Federation Operational Plan for 2000:
<http://www.cix.co.uk/~bof/documents/opplan.html>

British Orienteering Federation Route Choice 2000:
<http://www.cix.co.uk/~bof/documents/text01.htm>
<http://www.cix.co.uk/~bof/documents/Stratplan.html>

Davidson, R. Examination of the Best Practise of Sports Clubs and Organizations on increasing Participation and Club Membership:
<http://www.nzorienteering.com/report01.htm>

Edmunds, G. Edmonton Orienteering Club History.

Finding our Way: A Strategic Plan for the New Zealand Orienteering Federation for the Period 2001-2004:
<http://www.nzorienteering.com/strategy.htm>

Fransson, H. GHO Newsletter: February 2002.

Orienteer Ireland. Strategic Plan 2000-2003:
http://homepage.tinet.ie/~isos/library/docs/Strategic_Plan_-_Orienteering_Ireland.doc

USOF Long Range Growth Plan:
<http://www.mindspring.com/~rshannonhouse/LRGP.htm>

MIDNIGHT SUN ORIENTEERING FESTIVAL WHITEHORSE, YUKON, CANADA

June 26-30, 2002

Are you planning to go to APOC 2002? Sharpen your skills before APOC with some high quality races and see the beauty of Canada's North. The Midnight Sun Orienteering Festival will take place June 26-30, 2002 in Whitehorse, Yukon. It offers great maps, great terrain, and a whole lot more (and allows lots of time to travel to APOC)!!!

If you are looking for excellent and challenging orienteering, consider the trip north to Whitehorse. The festival includes the Yukon Championships and the 2-day Western Canadian Championships, both sanctioned "A" events. Between these events, a fun and unique 'B' event (at 11:30 pm!) offers the chance to run under the midnight sun and to soak your tired muscles in the Takhini Hot Springs. And you can enjoy yet another outstanding map on the training day.

Returning to Whitehorse (after a few years in Ontario) made me realize what fabulous maps and terrain there are here. The terrain consists of glacial kettles (big depressions) and ridges with varying levels of detail. There is often a lot of contour detail with some areas of rock and cliff detail. There are very few creeks and the water features consist of ponds or lakes that fill the bottom of some of the kettles. The woods have very good runability. Generally, the woods are open pine and aspen stands interspersed with natural meadows. Even where there is spruce, which is a bit thicker, there is little to no undergrowth due to the dry climate and short growing season. There are areas of dense trail networks but longer courses will go through some real "wilderness".

If you are looking for an orienteering holiday, Whitehorse is a magnificent destination. This is the outdoor enthusiasts' heaven; the possibilities are endless! I have lived here for many years and my "to do" list barely has a dent in it. To name but a few, you could retrace the path the gold seekers took to the Klondike by hiking the famous Chilkoot Trail and paddling the mighty Yukon River... Or you could hike in Kluane National Park, home to abundant wildlife and Mt. Logan (Canada's highest mountain)... Or you could raft the whitewater of the exciting and pristine Tatshenshini

River. If you are limited for time, why not take advantage of the vast network of trails that surround the city by mountain biking or trail running? There is everything from technical single track to leisurely jaunts with scenic vistas.

If you would like to see a little more of the north, Whitehorse is the perfect place from which to set out. Skagway, Alaska is less than 2 hours away from Whitehorse, over the magnificent Coast Mountains, and lies nestled at the end of a fjord. This quaint little town is the head of the Chilkoot Trail and has its own history from the time of the Gold Rush. There are lots of shops and boutiques to purchase northern art, crafts and souvenirs.

Step back in time by visiting historic Dawson City, home of the Klondike. Dawson is much the same as it was in 1898 with its restored buildings, dirt streets and wooden boardwalks. You can visit the goldfields and see where it all happened. Try your luck at the blackjack table and take in a vaudeville show at Diamond Tooth Gertie's. From Dawson you can take a trip along the Top of the World Highway into Alaska and return south to Whitehorse via the Alaska Highway or you can head north up the Dempster Highway over the Arctic Circle to Inuvik, in the North West Territories.

Don't miss this great opportunity! See you in June!
Interested? Visit our website: www.icefield.yk.ca/www/yoa

By Brent Langbakk

Arctic Winter Games - Gold and Silver for Katherine Scheck

Congratulations to Whitehorse OC's Katherine Scheck, for her 3 medal performances in XC Skiing events at the 2002 Arctic Winter Games. The Games were held in Nuuk, Greenland, March 18-23. Katherine and younger sister, Justine, competed in the Junior Girls class

Katherine won the 3.3 km Sprint, finished second in the 10 km Mass Start and was a member of the 2nd place Yukon Relay team while in the 5 km Classic finished 4th, only .4 seconds behind the 3rd place finisher.

HIGH PERFORMANCE PROGRAM NEWS

2002 Program Members

The following Senior and Junior athletes accepted invitations to be members of the 2002 HPP. Additional athletes may be invited during the year.

Seniors

TIER 1

Ross Burnett	Whitehorse	YK
Nick Duca	Waterloo	ON
Mike Smith	Waterside	NB
Wil Smith	Waterside	NB

Sandy Hott-Johansen	Norway	
Pam James	Halifax	NS

TIER 2

Marie Catherine Bruno	Whistler	BC
Cherie Mahoney	Ottawa	ON

TIER 3

Mike Iles	Ottawa	ON
Brent Langbakk	Whitehorse	YK
Julia Cioban	Toronto	ON

Juniors

Robin Foubister	Kamloops	BC
Daniel Innes	Toronto	ON
Danilo Malanczyj	Port Hope	ON
Thomas Nipen	Calgary	AB

Erica Lay	Victoria	BC
Louise Oram	Vancouver	BC
Katherine Scheck	Whitehorse	YK
Heather Smith	Waterside	NB
Victoria Smith	Waterside	NB

Coach/Mentor Candidates

After an extensive search and, in particular, the efforts of Gloria Rankin, a list was compiled of very competent orienteers willing to assist as a coach or mentor. This is the first time such a list and it demonstrates commitment by some of our more experienced orienteers in assisting the

next generation. Some of the volunteer coach/mentors have achieved certification at various levels of the National Coaching Certification Program (NCCP) while others will enroll in NCCP Theory and Technical courses this year.

Volunteer Coach/Mentors

British Columbia	Ted de St Croix Margaret Ellis Martin Pardoe
------------------	--

Yukon	Ross Burnett
-------	--------------

Alberta	Kitty Jones
---------	-------------

Ontario - Hamilton	Hans Fransson Doug Mahoney
--------------------	-------------------------------

Ontario - Toronto	Julia Cioban Roman Malanczyj Annette Van Tyghem
-------------------	---

Ottawa Region	Stefan Bergstrom Brian Graham Marketa Graham Gord Hunter Cherie Mahoney
---------------	---

New Brunswick	Mike Fellows
---------------	--------------

HPP members compete in Belgium and Swiss World Cups

Sandy Hott-Johansen, Mike and Wil Smith will compete in five World Cup events in Belgium, June 1-3 and Switzerland, June 7-9. Both series include Sprint and Classic races while the Swiss event includes Relays for teams of three Men and Women. Sandy, Mike and Wil hope the organizers will allow them to compete as a mixed team.

IOF NEWS

Implementation of the new World Championships programme at 2003 WOC

Ever since the 2003 World Orienteering Championships (WOC) was awarded to Switzerland in 1998, the Swiss Orienteering Federation has played an active role in the development of new media and spectator friendly event formats. Following the decisions taken by the 2000 Extraordinary General Assembly, the WOC 2003 organiser has asked the IOF for permission to implement as many aspects as possible of the new discipline formats and the WOC programme.

The IOF has agreed that the new discipline format, namely Sprint, Middle, Long and Relay be introduced at the 2003 WOC. Equally, all qualification races will be organised prior to, but in conjunction with the WOC.

The description of the events

SPRINT DISTANCE

The Sprint is a final only. The composition of the final start field in each class shall be the following:

- Each IOF member federation is entitled to one national slot
- The 15 best nations calculated by aggregate in the three last 2002 World Cup sprint events (events 6, 13 and 15 respectively) are awarded a second national slot
- The reigning World Champion is awarded a personal slot
- The maximum number of participants from one nation is 2. An exception can occur for the nation having the reigning World Champion.

MIDDLE DISTANCE

The winning times in the qualification shall be 25 minutes for both men and women

The winning times in the final shall be 35 minutes for both men and women

The start field of the MIDDLE DISTANCE final is determined by a qualification race. The composition of the qualification start field shall be the following:

- Each IOF member federation is entitled to enter three runners in each class (men and women)
- The reigning World Champion is awarded a personal slot
- There shall be three qualification heats

The composition of the final field shall be the following:

- From each qualification heat the best 17 runners are qualified for the final. Start order in the final is determined by the result list from the qualification, according to the Rules.

LONG DISTANCE

The winning times in the qualification shall be according to the RULES, meaning 60 minutes for men and 45 minutes for women.

The winning times in the final shall be according to the Rules, that is 90 minutes for men and 70 minutes for women.

The start interval in the final shall be 2 minutes for both men and women. In the course planning methods shall be applied to prevent following and to break up eventual pairs. The start field of the LONG DISTANCE is determined by a qualification race. The composition of the qualification start field shall be the following:

- Each IOF member federation is entitled to enter three runners in each class (men and women)
- The reigning World Champion is awarded a personal slot
- There shall be three qualification heats

The composition of the final field shall be the following:

- From each qualification heat the best 17 runners are qualified for the final. Start order in the final is determined by the result list from the qualification, according to the Rules.

RELAY

The Relay shall consist of three legs for men and women. The total winning time shall be 120 minutes for both men and women. The winning time/course length may vary between legs.



APOC 2002 Canada Update

By Adrian Zissos

www.apoc2002.com

APOC 2002 Canada will be the largest orienteering festival in North America this year and one of the (if not the) largest multi-day international sporting events in all of Canada. It will be a great big fun event, filled with great orienteering and loads of social activities. Register now and book your accommodation while there is still space easily available.

400 registered already, over 1000 expected

The initial response to APOC 2002 Canada is tremendously exciting: there are already 400 registered from eighteen countries. Check the website for the latest registration list. Our biggest thanks to everyone who has already registered.

Reminder to book accommodation as early as possible

It is important to book accommodation early, especially in Calgary because all hotel rooms will be occupied during APOC 2002 Canada as it coincides with the Calgary Stampede. Check the website for information about accommodation at the Event Center in University Residences; and please book early so that we can ask for more rooms to be saved for APOC 2002 Canada participants if demand warrants it.

The APOC 2002 Canada races

As a reminder, here is a list of all the events that are part of APOC 2002 Canada .

- * Asia Pacific 4-person relay - a new and exciting relay format.
- * Asia Pacific classic distance - in undulating knob and kettle terrain.
- * North American 2-day classic distance - at the foot of the Rocky Mountains.
- * Canadian 2-day classic distance - in the sandhill of central Alberta.
- * Canadian 1-day short distance - more sandhill terrain.
- * APOC 2002 Canada six day combined awards.

The events on July 10th (Asia-Pacific individual championship) and July 13th (Day 1 of North American championships) are World Ranking Events sanctioned by the IOF.

Orienteers of all nationalities, all ages, and all levels of experience are invited to take part in all events. Recreational courses are available as register-on-the-day.

Who's registered

Australia	26
Belgium	2
Czech Republic	2
Denmark	1
England	23
Germany	9
Hong Kong	15
Japan	33
Lithuania	1
New Zealand	22
Norway	2
Scotland	8
South Africa	1
Sweden	10
Switzerland	15
United Kingdom	16
United States	96
Wales	1
Canada ...	
Alberta	51
West	56
East/Central	46
TOTAL	436



APOC 2002 Canada

July 6–14, 2002
Alberta, Canada
www.apoc2002.com

An international 6-day orienteering festival
incorporating the 2002
Canadian Championships
North American Championships
Asia Pacific Championships

Next summer be part of North America's biggest international orienteering festival. Join more than 750 orienteers from all over the world at APOC 2002 Canada, a weeklong orienteering festival steeped in the history, culture, and magnificent natural beauty of Western Canada. Compete on an exciting variety of terrain from the sand hills of central Alberta, to the knob and kettle of the prairies, to the glaciated terrain at the foot of the Rocky Mountains. Stay at the Athletes' Village in reasonably priced University accommodation and mingle with orienteers from all over the globe. Enjoy the many social activities, including pub nights, Opening Ceremonies at Canada Olympic Park, a trip to the Royal Tyrrell Dinosaur museum in the Alberta Badlands, and Closing Banquet at Fort Edmonton Park. And be sure to visit Alberta's biggest tourist attraction, the world famous Calgary Stampede, "the greatest outdoor show on earth".

➤ for more information, to register, or to join our email list:

www.apoc2002.com
info@apoc2002.com
(403) 262-4457
1239 Colgrove Avenue NE
Calgary, Alberta, Canada T2E 5C3

➤ Registration dates:

➤ Last date for regular prices:
May 15, 2002
Accommodation booking closes:
May 31, 2002

Sass Peepre National Junior Training Camp

July 1 - 14, 2002

Calling all Juniors ages 10 - 20

Calling all coaches who are comfortable working with this age group

Don't wait until the last minute!. If you haven't already done so, send in your registration. You will find preliminary details on the APOC 2002 Canada website: www.apoc2002.com Click on Event Info, then on Schedule, then on Other Orienteering Events, then on Junior Training Camp.

We have some firm commitments from coaches: Ted de St Croix will be Head coach. Others committed so far include Pam James, Marie-Catherine Bruno, Bill Anderson, Gloria Rankin and Hakan and Kerstin Blomgren (Swedish friends of Ted). We will need more coaches, so if you are interested please contact Kitty Jones (see below).

We have had inquiries from across Canada (including Saskatchewan), the USA, and overseas.

Later in the spring, we will send out full details to whoever is registered. Participants should plan to arrive at Kamp Kiwanis (½ hour drive west from Calgary) in the late afternoon of July 1. The coaches will have a planning meeting at the camp starting at noon on July 1. The camp will end at the model event southwest of Calgary at the end of the afternoon of July 4.

The camp will be filled with training and FUN.

Any questions?

Contact Camp Coordinator Kitty Jones.

Phone: (403) 282-5235

email: kittyjones@shaw.ca

TRANSIT TROUBLES & INTESTINAL CONCERNS

(Nancy Clark, MS, RD (Reprinted with permission of Nancy Clark and DMB Publishing from an article in *Orienteering North America*, November, 2001 issue)

“More marathons are won or lost in the port-a-toilets than at the dinner table,” proclaimed marathon king Bill Rodgers while talking to a group of runners, You can fully understand the truth in that statement if you are among the many athletes who worry about unwanted pit stops, abdominal cramps or diarrhea. Transit troubles and gastrointestinal (GI) concerns are surprisingly common among both athletes and non-athletes alike.

- An estimated 30 to 50% of distance runners experience intestinal problems related to exercise.
- The vast majority (83%) of 471 marathoners who completed a survey reported they suffered GI problems occasionally or frequently during or after running: 53% experienced the urge to have a bowel movement and 38% reported diarrhea. Women were more likely than men to experience these problems.
- Among 155 mountain marathoners, 24% had intestinal symptoms; 2 dropped out due to GI troubles.
- Dieters (including athletes-and those with eating disorders) are more likely than non-dieters to report abdominal pain, bloating, diarrhea and constipation.
- In a random survey of 2,500 Americans, 40% reported one or more digestive symptoms in the month prior to the interview: abdominal pain (22%), bloating (16%), diarrhea (27%). These problems were more prevalent than expected and more prevalent among women than men.

Given the above data, we need to acknowledge this fact: bowel problems are a concern for many active people. Yet this topic is rarely discussed; few athletes feel comfortable discussing their dilemma with diarrhea. This article addresses this concern and hopefully can reduce your transit troubles.

Causes of “runners’ trots”

Many physiological facts help explain why diarrhea is a concern for athletes, particularly athletes in running-type sports: “jostling” of the intestines; reduced blood flow to the intestines as the body diverts blood flow to the working

muscles; changes in intestinal hormones; altered absorption; dehydration. Add high intensity exercise, stress, anxiety, pre-event jitters, and little wonder athletes-particularly young and novice athletes whose bodies are yet unaccustomed to the stress of hard exercise - fret about “nervous diarrhea.”

Exercise - specifically more exercise than your body is accustomed to doing - increases intestinal activity. (Even strength training accelerates transit time from an average of 44 hours to 20 hours in healthy, untrained 60 year old men). As your body adjusts to exercise, you may resume standard bowel movements. But not always, as witnessed by the number of experienced runners who carry toilet paper with them during exercise, and also know th whereabouts of ever public toilet on the route.

Solutions

To help alleviate the problem, exercising lightly before the event to help empty the bowels. Experiment with training at different times of the day. Visualize yourself exercising with no intestinal problems; the problem may resolve with a positive mind set and experience.

Fuel wisely; the following nutrition tips might help to reduce some of the symptoms.

- 1) Reduce your intake of high fiber cereals. You don’t need the roughage! Fiber increases fecal bulk and movement, thereby reducing transit time. Triathletes with a high fiber intake reported more GI complaints than those with a lower fiber intake,
- 2) Limit “sugar-free” foods such as sugar-free gum and hard candies that contain sorbitol. This type of sugar can cause diarrhea.
- 3) Keep a food & diarrhea chart to pinpoint food triggers. Take away any suspicious foods-excessive intakes of juice, coffee, fresh fruits, raisins, dried fruits, beans,

lentils, milk, high fiber breads and cereals-for a week and then eat a big portion. Observe changes in bowel movements. If you stop having diarrhea when you stop eating bran cereal (but have a worrisome situation when you eat an extra-large portion), the answer becomes obvious: eat less bran cereal.

To find the food culprit, you may need to look carefully at your prior diet, because food moves through most people's intestines in 1-3 days. A simple way to learn your personal transit time is to eat sesame seeds, corn or beets - foods that can be seen in feces.

- 4) Drink extra water to maintain hydration. GI complaints are common in runners who have sweated off more than 4% of their body weight. (That's 6 lb. for a 150 lb. athlete.) These same runners often believe the ingestion of fluid causes the diarrhea. The truth is the dehydration that occurs due to inadequate fluid intake is the true culprit.
- 5) When all else fails, you might want to consult with your doctor about occasionally using an anti-diarrhea medicine (such as Imodium). This may have side effects that hinder performance; be educated.

The bottom line (so to speak): You are not alone with your concerns. By experimenting with different food and exercise patterns, you may find a welcome solution.

Nancy Clark, MS, RD, offers private consultations to individual athletes at SportsMedicine Associates in Brookline, MA. Her popular Nancy Clark's Sports Nutrition Guidebook, Second Edition is available by sending U.S. \$22 to Sports Nutrition Services, 830 Boylston St. #205, Brookline MA 02467 USA, or via www.nancyclarkrd.com.

Editor's note: Publication of the preceding article is due to the initiative of Stig Skarborn (ONB) and cooperation of Donna Fluegel, Publisher and Editor, Orienteering North America (ONA), and Nancy Clark.

Articles by Nancy Clark are published in each issue of Orienteering North America - Transit. Troubles & Intestinal Troubles was published in the November 2001 issue. Stig thought the article would be of interest to COF members

and requested permission from ONA to reprint in O Canada. Donna, in turn, requested/received permission from Nancy Clark. Our thanks to Stig, Donna and Nancy.

Nancy has offered to provide a regular nutrition column for publication in Orienteering Canada and notes: "Every month I write an article of interest to sportsactive people and could send it to you". As O Canada is only published quarterly we will be unable to publish every article and will select those we consider of most interest to our readers.

Orienteering North America is published 8 times per year. Subscription price is US \$26 per year for Canada. E-mail: Donna Fluegel, Publisher and Editor, donnabf@aol.com

Map Digitizing Services Available

Looking for someone to handle your digitizing chores?
Contact: Dave Roberts
email: zoo34@hotmail.com
Tel: (403) 217-4805

Dave can perform map digitizing in either OCAD or Adobe

WINNING BOOKS

"If you have a question about nutrition, food, or weight, Nancy Clark's Sports Nutrition Guidebook will give you the answer. It's as simple as that!"



The NEW YORK CITY MARATHON COOKBOOK

Helpful Gift



NANCY CLARK'S SPORTS NUTRITION GUIDEBOOK

Best Seller

"With 80 pages of nutrition advice and a user-friendly collection of fast and yummy recipes, this book is perfect for me, a hungry athlete who slightly cooks."

ALSO AVAILABLE

- **Audiotape: Dieting Tips for Active People** (40 minutes: \$10.95)
- **Teaching materials: Sports Nutrition Slide Show** (\$139)
- Eating Disorders & Exercise Slides (\$139) • Sports Nutrition Handouts (\$149)

ORDER FORM Enclosed is \$ _____ (price includes postage)

<input type="checkbox"/> The NYC Marathon Cookbook, \$20 <input type="checkbox"/> Sports Nutrition Guidebook, \$20 <input type="checkbox"/> Both books—only \$34! <input type="checkbox"/> Weight Loss Audiocassette, \$10.95 <input type="checkbox"/> Brochure on teaching materials	Name/Phone _____ Address _____ _____ _____ Send check to Sports Nutrition Services, 830 Boylston St., Brookline MA 02467 781-894-1358 • www.nancyclarkrd.com
---	--

A COMPASS OR A CELL PHONE?

Pat de St Croix

The phone rang just after we had returned from a pleasant orienteering run on the Corkstown Map on the western side of Ottawa. It was a beautiful day, perfect for running, cycling, canoeing or just taking a plain old walk.

“Is this the Ottawa Orienteering Club?” asked a young male voice.

Since I am the current President – why not go for it. “Yes”, I answered eagerly.

“Well, I parked near the Equestrian Centre and I want to know if the trail goes all the way around and back to where I started. I found trail 19 and your phone number (Dick had done the cartography using OCAD 4.1 and included his phone number with the credits on the map)and my little fellow is getting tired, so I want to know whether to continue around or go all the way back”.

I thought (yes, I did, I often do) I need my map and a chance to ponder on this request. So now with map in hand I first wanted to establish if he had parked at the parking lot near the railway track on Corkstown Road at the southwest corner of our map. He had. So then, in my wisdom I asked him whether he had copied down the beginner course or the intermediate course. It turned out that he wasn't in any way connected with our orienteering event. So maybe he didn't even have a map.

Now the mystery deepened. Where was he? How could I help him? By now I was so bemused I didn't think to ask where he had found my phone number. There are no phone booths on any of the trails out there, but interestingly enough there had been a small whirlwind just as we were getting ready to leave which had lifted most of the papers off the registration desk which, in turn, had sent the officials scurrying about in the woods collecting them. Hmm...maybe?...

The Corkstown map is of a small rocky out crop on a slight rise. Corkstown Road runs along the south side. The railroad runs along the east side then bends across the north side, while the west side is bound by fences with flat open fields beyond. It must be all of 1.8 square kilometers, but this fellow thought he needed help and I like to help. #19 must be an illegally numbered flag I thought, but that didn't help because I hadn't had a number 19 control on my course.

I established that the sun was in front of him on the trail – ah, it was mid afternoon so he was heading west. Likely he must be crossing westerly on the north side of the map, since he had been walking for such a long time. So I directed him to turn around and to keep the sun at his back until the trail turned to the right and then the sun would be on his right side.

He was impressed! He was, indeed, so much so he told me he was going to keep this phone number in case he ever got lost again!!!

2002 SANCTIONED 'A' MEETS SCHEDULE

April 27-28	Beaver Fever	Caroline, AB	Jonathon Winn	(403) 202-5579	teresanjon@hotmail.com
May 18-19	East Cdn Champs	Wakefield, Que	Bill Anderson	(613) 731-5577	
June 26	Yukon Champs	Whitehorse	Yukon OA		www.icefield.yk.ca
June 28	West Cdn Champs	Whitehorse	Yukon OA		www.icefield.yk.ca
July 6-7	COC - Classic	Cremona, AB	Bill Jarvis	(403) 257-2153	billjarvis@shae.ca
July 8	APOC -Relay	Seebe, AB	Bill Irwin	(403) 239-2925	bill.irwin@hallmarkeng.com
July 10	APOC - Classic	Rumsey, AB	Jim Webster	(403) 297-2724	jwebster16@hotmail.com
July 12	COC - Short	Redwater, AB	Mary Lou Hogg	(780) 428-6028	jscott@hotmail.com
July 13-14	NAOC	Dalmuir, AB	Geraint Edmunds	(780) 455-1916	geraint@powrsurfr.com
Oct 5-6	Alberta Champs	Sulphur Springs, AB	Mardy Roberts	(403) 246-8246	droberts@xadvision.com

Note: Complete information on APOC related events - July 6-14 is available from: www.apoc2002.com

CALGARY OCCURRENCES

1 Foothills Wanderers - 100 weeks of orienteering.

FWOC recently reached a milestone with more than 100 consecutive weeks that orienteering races or training sessions have been offered by the club. The last week we did not host any event was the week of December 29, 1999.

Currently 15-30 participants attend our Wednesday Winter Night events and 10-20 participants at Saturday events (approx. bi-weekly), sometimes long distance 15 km, and sometimes more regular length of 6 km. In addition to the regular keen orienteers, we are increasingly attracting adventure racers, especially at our long distance Saturday events. All our training sessions are on maps with preprinted courses, and we often do mass starts in order to increase the intensity of the training members.

2 Hair Raising Event in Calgary

Foothill Wanderers, Don Bayly, Bill Jarvis, Clarence Kort, Lennart Lundgren, Scott Newson, Jim Webster and Adrian Zissos had a "hair raising" experience at the FWOC annual meeting in January.

They 'volunteered' to have their heads shaved as part of a fund raising event to support the Alberta Junior Team. Values from \$300 to \$1500 were placed on the volunteered heads and donations solicited. When donations reached the targeted head value the individual was scheduled for a "head shave" at the annual meeting.

Although the contest was only introduced three days prior to the meeting over \$1700.00 was pledged by "shave time". Congratulations to FWOC for an innovative fund raiser, to 'pledgers' for their support, and especially to the members who 'donated' their heads.

3 Only in Canada - Orienteering in minus 25 degrees

The FWOC seem to be developing a new variety of 'Crazy Canucks' in the Calgary area. A recent note from Olav Nipen advised: "Even minus 25 (-31 with windchill) cannot stop us from getting double digits

participants at our weekly Wednesday Night training. Attached are 3 pictures of some our tough orienteers".

The pictures show a group, more appropriately dressed for a Mount Everest expedition or ice cave exploration than for orienteering. While a bit difficult to identify some through the layers of clothes it was easy to pick out a beaming Phillipa Hocking (complete with headlamp).

Perhaps Olav made a typing error and meant 'frozen digits' rather than double digits.

4 Lundgren Family to attend 2002 O-Ringen events

Foothill Wanderers Lundgren family, Lennart, Christin and Carl, are 'wandering off' to Sweden this Summer to attend the O-Ringen clinics and compete in the famous O-Ringen 5-Day event. The O-Ringen is being held the town of Skodve, in southern Sweden.

2005 World Master Games - Edmonton considering a bid

The City of Edmonton are considering bidding to host the 2005 World Masters Games (WMG). The first WMG were held in Toronto in 1985 with a total of 8300 participants from 61 countries participating in 22 sports. The 1994 WMG is the largest to date with 24,500 participants from 74 countries. The 2002 WMG are being held in Melbourne, Australia, in October. Orienteering is one of the 15 core sports with host cities can select up to 10 optional sports.

The Alberta Orienteering Association has submitted a letter to the City of Edmonton supporting the bid and the willingness of the AOA to organize the orienteering events.

The Edmonton decision whether to proceed will be decided in early May as bids to host the 2005 WMG must be submitted by July 1.

AVAILABLE FROM THE COF OFFICE

(Prices are subject to change without notice)

1. 'A' Meet Organizing Manual (revised 1999)	\$ 10.00	7. Level III Coaching Certification Manual	\$ 25.00
2. 'B' Meet Organizing Manual (revised 1999)	\$ 10.00	8. COF Competition Rules	\$ 3.00
3. Level I Coaching Certification Manual	\$ 15.00	9. Armchair Orienteering - Practical Guide to Map Reading by Winnie Stott	\$ 15.00
4. Niveau I Manuel de Certification des Entraîneurs	\$ 15.00	10. Armchair Orienteering II - A Practical Guide to Route Planning by W. Stott	\$ 15.00
5. Level II Coaching Certification Manual	\$ 15.00	11. Beyond Armchair Orienteering - W. Stott	\$ 6.00
6. Niveau II Manuel de Certification des Entraîneurs	\$ 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:.....

SUB TOTAL _____
SHIPPING & HANDLING _____
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

President	Ray St-Laurent	17 Wallace Lane, Hanwell, NB, E3C 1M6	raystl@nbnet.nb.ca
Vice President & Promotion	Geraint Edmunds	12908 135A Ave., Edmonton, Alta, T5L 3Z7	geraint@powersurfr.com
Finance	Sheldon Friesen	200 Main Street, Winnipeg, Manitoba, R3C 4M	moa@mb.sympatico.ca
High Performance	Charlie Fox	1225 235 Street RR#9, Langley, BC, V3A 6H5	cfox@dowco.com
Techn. Standards	Jack Forsyth	Box 163, Hartney, Manitoba, R0M 0X0	jaforsyt@snug.mb.ca
Technology	Ray St-Laurent	17 Wallace Lane, Hanwell, New Brunswick, E3C 1M6	raystl@nbnet.nb.ca
.....	Helen Howard	2505 Loire Valley, St. Lazare, Quebec, J7T 2C1	hhoward@mabf.ca
.....	Mike Smith	69 Long Marsh Lane, Waterside, NB, E4H 4L6	msmith@tupmcmsl.med.dal.ca

PROVINCIAL / TERRITORIAL ASSOCIATIONS

Nova Scotia, OANS Office:	Michael Haynes	Box 3010 S., Halifax, Nova Scotia, B3J 3G6	haynesmc@sportns.ns.ca
Nova Scotia, President:	Mary Hills	6 Collins Grove Ridge, Dartmouth, NS, B2W 5Y2	mhills@chebucto.ns.ca
New Brunswick, President:	Paul Looker	55 Ridge Way, Grand Bay/Westfield, NB, E5K 1Y9	
Quebec, President:	Elisa Rietzschel	3515 Chartrand, Terrebonne, QC, J6Y 1A4	
Ontario, OO Office:		2163 Third Sideroad, Campbellville, Ontario, L0P 1B0	admin@orienteering.on.ca
Ontario, President:	Annete Van Tyghem	2163 Third Sideroad, Campbellville, Ontario, L0P 1B0	annette@orienteering.on.ca
Manitoba, MOA Office:	Sheldon Friesen	200 Main Street, Winnipeg, Manitoba, R3C 4M2	moa@mb.sympatico.ca
Manitoba, President:	Don Roe	108 Polson Ave., Winnipeg, Manitoba, R2W 0M0	roe@autobahn.mb.ca
Alberta, AOA Office:	Jim Webster	818 16th Ave. NW, Calgary, Alberta, T2M 0K1	orienteering@shaw.ca
Alberta, President:	Charlotte MacNaughton	712-5A St. NW., Calgary, Alberta, T2N 1R4	charlotte@merak.com
British Columbia, President	Doug Smith	941 Gleneagles Drive, Kamloops, BC, V2E 1K4	dsmithqqq@home.com
Yukon, President:	Ross Burnett	190 Rainbow Road, Whitehorse, Yukon, Y1A 5E3	krv@polarcom.com

NATIONAL OFFICE: Executive Director: **Colin Kirk**
Mailing Address: Canadian Orienteering Federation, Box 62052,
Convent Glen P.O., Orleans, Ontario, K1C 7H8
TEL: 613-830-1147 FAX: 613-830-0456
E-MAIL ckirk@vegacom.on.ca

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

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