



ORIENTEERING CANADA

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

Tel: (613) 830-1147

FAX: (613) 830-0456

OFFICIAL NEWSLETTER OF THE CANADIAN ORIENTEERING FEDERATION

Vol. 30 No. 1 SPRING 2001, published, April 2001

ISSN 0227-6658

CONTENTS

- | | |
|-------|-------------------------------|
| 1 | Front Cover |
| 2-3 | Presidents Podium |
| 3 | A Meet Schedule |
| 4-5 | Barebones Orienteering |
| 5 | Do Not Fear Long Distances |
| 6-8 | COC Registration Forms |
| 9-11 | IOF Elite Event Programme |
| 11 | Search for COC 2003 Organizer |
| 12 | Seize Any Teachable Moment |
| 13-14 | Junior Training Camp |
| 15-16 | Athlete Profiles |
| 17-18 | BAOC Mapping Strategy |
| 15 | Inside Back Cover |
| 16 | Back Cover |

New Executive Director for Alberta Association

Jim Webster, a major influence of orienteering in Alberta for many years, is the new executive director of the AOA. Jim, a member of the Foothills Wanderers OC (Calgary), is one of the most experienced COF officials (Level 4) and brings a wealth of experience to the position. He was Meet Director for the COC 1985 - Mount Laurie (first COC in Alberta); Course Planner for COC 1987 - Pioneer Lodge, Alberta; Controller for COC 1987 - Spirit Sands, Manitoba. He was a member of the COF Board of Directors for 4 years - 1983-1987.

Jim takes over from Barb Johnson who served two separate terms as AOA executive director: 1988-1996 and Fall 1999 until the present. Barb intends to remain active and involved in orienteering in the Edmonton area. Sincere thanks to Barb for her loyal service to the AOA and our best wishes in her future endeavors.

Jim started in his new position on April 2 with one of his first duties re-locating the AOA from Edmonton to Calgary. The new AOA office address and information is: Alberta Orienteering Association; 2nd Floor - 818 16th Ave. NW, Calgary, Alberta, T2M 0K1. Tel: (403) 297-2724.

Welcome and best wishes to Jim in his new position.

Foot and Mouth Disease Affects Major UK Events

Orienteering in the United Kingdom is at present cancelled, because of the outbreak of foot and mouth disease which started in early March.

Major events planned for April and May which will not take place as planned include the Easter Jan Kjellstrom Trophy, the British Championships (this year due for the first time to be held in Northern Ireland) and the World Ranking Event in Scotland.

It is hoped that these and other events will be re-scheduled for later in the year, but at the moment it seems unlikely that orienteering in England, Wales, Scotland and Northern Ireland will resume before mid-May at the earliest. Orienteering in the Republic of Ireland is also affected by the outbreak.

National Team member, Pam James, had gone to the UK just prior to the outbreak to train and compete in some of the major events in preparation for our final selection event. Pam changed her plans and moved to the continent to get in some training and events.

REMINDER

National Team Selection Event - May 19 - 20

This event will be held in conjunction with the 2-Day Ottawa Interclub. Race results will be used for final selection of the team that will represent Canada at the 2001 World Orienteering Championships in Finland, July 28 - August 4.

PLEASE NOTE: Athletes interested in taking part in the selection race must advise in writing to Charlie Fox no later than April 15th 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, B.C.
V2Z2Y4

PRESIDENT'S PODIUM

by Ray St-Laurent

Although spring brings the onslaught of orienteers to the woods and trails for another season, this article is devoted entirely to items that arose from the February board meeting I mentioned last time.

For the two per cent still reading this, among the items finalized was the new High Performance Program, including National Team selection criteria. It has been mailed to all stakeholders and is also posted on our web site. It explains the junior and senior high performance programs and is intended to be reasonable, workable and understandable. By the way the National Team program has been renamed the High Performance Program. This reflects the broader and continuing scope of the revised program.

As part of a review of both standards and official certification portfolios, we will be looking at establishing certification standard below Level 1 to accommodate easier to organize orienteering events such as park events.

Perhaps the most significant outcome of the February meeting was a consensus on the importance of development, particularly for our juniors, and the fact that not enough is being done now. I am pleased to report that Kitty Jones has agreed to coordinate these efforts. She has an important article in this issue of Orienteering Canada.

A number of motions for the October annual general meeting (AGM) will be forthcoming as a result of board activities. These will be posted on our web site with the other motions. We will also be establishing an open forum for anyone to discuss upcoming motions. Messages sent to the email address of the forum will be displayed on the forum page. The intent of all this is to promote awareness, discussion and encourage motions to be honed before the AGM.

The Canadian Orienteering Federation is an affiliation of provincial/territorial associations. COF operations are determined by motions passed at general meetings. Each association has a number of votes in proportion to the number of full members it reports. The COF board does not vote.

The annual budget is also established at the AGM. We get no government funding. Each association's affiliation fee is also based on its number of full members.

Now for a little history. About a decade ago, all members were full members. Then it was decided to introduce the concept of recreational members. Originally this was intended for a person wanting to try orienteering or who was only interested in simpler forms of orienteering.

As long as every association behaved similarly, budget apportioning would have remained relevant. Things have drifted. There is no consistent definition and use of recreational memberships. In some cases, there appears to be no real difference between a full member and a passerby. For example, there have been cases where a standard orienteering event had ten times as many participants as there were full members in the association. Sure there are gray areas where one expect a slight bias one way or the other depending on the situation. Ten times is not a gray amount. It is an indication that our current fee system does not adequately represent reality and must be changed.

Not only does the current situation lead to unbalanced funding, it can also mean some orienteers belong to associations with fewer votes than appropriate.

While everyone is polarizing themselves on this issue, let me mention insurance. We pay insurance based on full memberships only. Presently our insurance is based on \$2.00 dollars per full member for one year. To give a reality check, road race events may cost \$1.20 per person for insurance for that single event. Clearly our rates are attractive. It is not in our interest to either knowingly or unknowingly misrepresent our activities to insurance companies.

The board will be presenting an affiliation fee mechanism with a motion for its adoption that more accurately reflects the orienteering occurring. We are examining what types of events should be considered and easy methods to acquire the necessary data. There may be alternate motions on this subject from other sources and that's fine. If we do not change our current fee system I believe the inequities could collapse us all.

There was a planet called Ornt. Despite the hostile land they inhabited, usually Ornters were a happy bunch. But the atmosphere was so inhospitable oxygen had to be pumped to each Ornter just to live. There was only one site that

could generate oxygen. Hoses distributed oxygen throughout Ornt. A group of Ornters decided to move to their moon. It was a good place and they prospered as well as any Ornter prospered. The oxygen lifelines were well built but were not designed for use out of the world. Amazingly, the hoses were just able to stretch, although the creaks emitted made one suspect their longevity. At the Ornt annual general meeting, the moon Ornters pleaded that the lifelines needed to be redesigned. But no one else was interested since the hoses were satisfactory when used according to the original purpose. But the lifelines had been stretched too far. One day the main line to the moon snapped near its midpoint. The two ragged ends waved wildly as oxygen spewed silently into the vacuum, immediately emptying the moon. The central generator soon failed, overworked from trying to fill the void. No Ornters survived.

CANADIAN CHAMPION TO COMPETE IN NORDIC CHAMPIONSHIPS.

Current national champion, Sandy Hott-Johansen, now living Norway, will compete in the 2001 Nordic Orienteering Championships (NOC), June 9-10 at Mikkela, Finland. The NOC is one of the most prestigious competitions and ranked only behind the WOC and World Cup. The NOC will be a "full dress rehearsal" for WOC 2001, July 28-August 4, with athletes from many national teams preparing for the WOC. Some nations will use the NOC for their WOC team selection event.

For many years only runners from the four Scandinavian nations were eligible to compete but a few years ago the event was changed to "Open Nordic Orienteering Championships".

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 19	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
Sept. 1-3	Alberta Champs	Sulphur Springs	Jim Webster	(403) 297-2724 orienteering@home.com
Oct. 6-8	Canadian Champs	Carberry, Manitoba	Jack Forsyth	(204) 858-2283 jaforsyt@snug.mb.ca
Oct. 13-14	Ontario Champs	Uxbridge	Boon Tan	(416) 363-7779 samseng@sympatico.ca

BAREBONES ORIENTEERING

by Adrian Zissos, FWOC (Calgary), October 2000

We reckon that quality orienteering shouldn't need millions of organizers plus a dozen nervous breakdowns. Barebones Orienteering encompasses the idea of quality orienteering with minimum organizational effort.

It began as so many things do: a couple of old friends, a few beers, a rambling conversation. The first guy, the stings of criticism still lingering from a recent course setting job, wonders if, on balance, the reward of planning events justifies the time commitment and emotional investment. The second, a self-proclaimed lazy organizer, questions whether we overdo the organization and opines that we can provide quality events with much less effort. And so out of bad experiences and pure laziness emerged a challenge: to find the absolute least amount of work necessary to host a technically sound and completely fun weekend of orienteering – and enjoy ourselves while doing it.

That was six years ago. Since then we've held the Barebones Orienteering Festival annually in various places around Alberta and BC. It has become one of the most looked-forward-to events in the orienteering calendar. Here's what we did...

We discarded any superfluous stuff. We limited ourselves to one organizer per event, and just one field trip per organizer. But we crammed in as much orienteering as possible – three or four or five events each weekend. We controlled each other's events to ensure technical precision. We used color photocopies to eliminate the headaches of course drawing and printing. We used mass starts, to eliminate all timing. We rarely checked punch cards.

We lived by the "is it Barebones?" mantra, eliminating anything that wasn't. We reduced the number of courses to a minimum and while we were at it did away with all the categories and eliminated the awards ceremony. We have three courses, and anyone can run whatever they want. Luckily most find it more fun to be in a category of thirty than to win a category of only two. We do hand out awards for youngsters, and we do recognize the venerable, and OK I admit we do tell who was fastest overall. But we don't make a fuss of it. Turns out as long as the courses are interesting, the map reasonably accurate, and all the controls in the proper place, the rest doesn't matter much.

We also recognized that enticing people to give up an entire

weekend for our non-championship event would require an inducement of more than just orienteering. So we planned for a group campsite and encouraged people to mingle and take part in group activities outside of the orienteering. To get the ball rolling we organized a cricket match (!) for Saturday afternoon. And every year we arrange a group dinner – sometimes potluck, sometimes catered.

We wanted people to come to Barebones relaxed and ready to have fun. We wanted them to come with attitude – good attitude – an attitude we reinforced with the Complainers Fee. Without pre-payment of \$20, complaining was not allowed. Any violators are met with scorn and derision. And surprisingly the biggest scorn comes from other competitors. Even when we the (almost) infallible organizers screw up (an annual affair) tolerance and understanding abounds.

The first Barebones Festival included a mass-start Short O on Friday night, a Classic O on Saturday, and a Score-O on Sunday. The second Barebones had the same format, but we realized we could reduce our efforts by using the same control sites for the Classic and the Score-O. In the third Barebones we added a Chase event in place of the relay. We were doing it – everyone was having fun and we were limiting ourselves to one site visit per organizer!

Then the lazy organizer moved away and was replaced by one more gung-ho. This introduced non-minimal efforts including map-making, an extra day of competition, and even some marketing. All this resulted in twice the number of participants and double the fun. The fourth Barebones included a mass-start Short O, a two event Chasing start, a Classic event, and a Score Relay. We'd moved to a holiday long weekend, and now had five events in four days. The fifth Barebones was hidden in the lower right corner of Alberta, over three hours from civilization but still had a big turn out. A new event was introduced – the Enduro: a 15km event using topo maps, orienteering map, and air photos. And as usual everyone enjoyed themselves tremendously.

As organizers we'd like to think that it is our great planning, fun courses, simple logistics, and choice of location that makes

the event so appealing year after year. We'd like to think that, but people keep telling us otherwise. The event is so much fun because of the atmosphere. People come not to win ribbons and medals but to do a load of orienteering and spend a weekend hanging out with their buddies and making new friends in the really fantastic Canadian wilderness. The group camp is the focal point of all Barebones events and the interaction between everyone there more than anything else makes the weekend successful and the next year's event always so eagerly anticipated.

Barebones has achieved its ambition: everyone – including the organizers - enjoys themselves at an orienteering weekend. We can hold medium sized, low-key events with lots of orienteering and minimal organizational effort.

I don't think that Barebones itself will ever return to the days of absolute minimalism, but I do encourage you to take on the challenge and see how little you can do to organize a high quality big fun orienteering event.

DO NOT FEAR LONG DISTANCES

Brigitte Wolf

(This article was published in the Swiss OF magazine, August 2000 – Translation by Marcel Zollinger, Ottawa OC).

You are not the only one that gets anxious when you see an exceptionally long distance between two controls, even the world's top orienteering experts consider the biggest challenge in a competition those two controls that are furthest apart.

At the recent European Championship in Truskavez, Ukraine, there was a long distance between controls 8 and 9, which immediately posed a serious problem of route choice for me. The two options were however quite clear: either I choose the direct route across the slope which required crossing a series of streams, or I move down to a lower level, where I could follow a path but then have to climb up again. I was not able to make an clear immediate decision, but right away tended towards choosing the option with fewer "unknowns". If the direct route was navigated well it would clearly be faster, but it was also more challenging as it demanded careful planning, constant map contact and possibly more physical strength.

Fundamental route selection is based on the choice between three options: the direct approach, a route to the left and a route to the right. In evaluating the choices I need to weigh the pros and cons of a number of variants, among them the distances, the changes in altitude and the running speed that the circumstances allow. If I can not come to a clear decision, I evaluate the control approach (from which direction is it easier to find?), and the level of risk (which option has the

least chances of losing time, i.e. of something going wrong).

In many cases the actual choice of an option is less decisive than how it is navigated. My guideline in such cases is: "Rather run well on a somewhat slower option than to handle the faster route badly".

A long distance can often be divided into clear shorter segments in your mind, and in this way some of the overwhelming challenge can be reduced to manageable proportions.

On a long leg you often find the time to map-read ahead, which can be useful. But this method also has a downside: When your thoughts run ahead of you, you lose concentration on where you actually are, and what distance you have already covered.

Foremost the concentration on a long distance must not overshadow the fact that at the end there is a control to be found. Here as always, at the end of even the best chosen and accurately executed run is the search for the control. And even the subsequent control (likely a short distance away) brings its own dangers: Full of joy about having just mastered the most challenging segment of the competition, one can lose concentration, and forget the fact that different, but equally challenging controls lie still ahead. This all more the case where the long distance allowed some speed (or was particularly physically challenging), and after the control is found, a tired mind loses its edge.

2001 Canadian Orienteering Championships, October 6 - 8, Carberry, Manitoba
For information and Entry forms:

www.orienteeing.mb.ca

2001 Canadian Orienteering Championships, October 6 - 8, Carberry, Manitoba
For information and Entry forms:

www.orienteering.mb.ca

2001 Canadian Orienteering Championships, October 6 - 8, Carberry, Manitoba
For information and Entry forms:

www.orienteeing.mb.ca

IOF ELITE EVENTS PROGRAMME (EEP)

PROJECT

DRAFT FINAL REPORT

1 INTRODUCTION

The mission of the EEP Group has been to describe processes and propose strategies for Elite Events at international level. In so doing, it has been important to focus on the main issues, and avoid getting lost in discussions of details of the proposals out forward. This is to say that details are not important, but like to in an orienteering race, it does not pay off doing fine tuned navigation if the selected route choice is not optimal. Subsequently, the EEP Group has tried to judge and balance ideas, suggestions and demands in a framework of strategic route choices. It is our hope that we have managed to strike a balance that can be supported by federations world wide, and that our proposal can form a basis for future development and support in:

- raising the profile of the sport
- making orienteering grow as an international elite sport, and (one day)
- being included in the programme of the Olympic Games.

We propose:

- The introduction of a new discipline format – here called the Games format – which should become the future main discipline in the international events programme
- that World Championships are organized every year
- that World Cup, of which WOC forms part, is organized every year
- that the basic discipline format structure consists of a Sprint, a Games, a Long, and a Relay format, and that each format is given a unique identity, clearly distinguishing one from the other
- the introduction of a WOC programme including only Finals
- that qualification to the different WOC finals are made in the two World Cup rounds preceding the WOC and in separate qualification events prior to but in conjunction with the WOC

- that the duration of the “WOC-week” is 6-7 days during which period 4 Finals are staged
- that also in the future there is only one World Championships (in foot-O) and that World Champions are selected for all four recognized discipline formats at this one WOC

2 THE GOVERNING IDEA – RAISED PROFILE AND MEETING OLYMPIC CRITERIA

- meeting Olympic criteria for inclusion in the programme of the Olympic Games
- increasing the visibility of our sport and thus its recognition world wide.

3 STRATEGIC ROUTE CHOICES

The EEP Group has identified two strategic route choices that need to be made in order to raise the profile of our sport and position us for Olympic inclusion.

3.1 Main competition format

The EEP Group suggests:

- to develop a ‘Games’ format designed to fit Olympic host cities while meeting the organizational restrictions in terms of number of competitors and event time-window,
- that the ‘Games’ format shall be based on the present “Short distance”, a format emphasizing technical orienteering, with a winning time in the 30-35 minute window (same for both women and men),
- that the ‘Games’ format becomes the future main format around which a set of well defined and clearly separated discipline formats for world level orienteering is developed.

3.2 World Championships frequency

The EEP Group suggests:

- to change the international event pattern in order to organize WOC every year.

4 DISCIPLINE FORMAT

It is suggested that the discipline format structure for the world level events is built around a Games format, making use of the exciting possibilities that today's different competition models can offer. The EEP Group finds it very important that the different formats are defined on such a way that:

- each format has a unique identity/name
- each format is clearly distinguished by its physical and technical characteristics
- each format characteristics can be easily identified by its name

Sprint: An individual format, short in time, built on high speed running in any environment. Winning time: 12-15 minutes (both men and women)

Games: (Replaces Short). An individual format with the highest possible level of technical orienteering (based on the characteristics of the present "short distance". Winning time: 30-35 minutes (both men and women)

This format is the base format in the proposed international competition programme and the format to be used in multisport games.

Long: A very physically demanding format with "classic-style" course design, open to new competition models to meet the criteria of a limited event time-window. Winning time: 70-80 minutes (women); 90-100 minutes (men).

This format, combining long winning times with new competition models, provides the opportunity to maintain the 'long distance' as the top physical challenge at the same time as it becomes a most thrilling event for spectators.

Relay: A compact, three-leg relay event, separate events for men and women. Winning time: 30-35 minutes per leg (same for men and women).

5 WORLD EVENTS

It is suggested that the World Events programme be built around an annual WOC and an every fourth year Multisport Games event. The EEP Group suggests that the annual WOC with an **annual WorldCup**. The WorldCup is also to

serve as qualification for WOC (see below). Therefore in each WorldCup round, such discipline formats that require qualification for WOC are mandatory, others are optional.

The annual World Event programme would thus be:

WC 1 March – May: The first round is also serving as a qualification to the WOC. If suitable it is recommended to combine WorldCup events with existing Regional Events.

WOC July – September: WOC forms part of the WorldCup events, constituting WC 2.

GAMES Every fourth year: There will be a maximum of two events in the Games for a limited number of athletes. Therefore it is suggested that WOC also be organized in Games years. The discipline for the Games is the new "Games format".

WC Final October-November: WorldCup titles are awarded to the two (man/women) athletes having collected highest number of points in the series, where all races in all discipline formats count.

6 WOC PROGRAMME

The EEP Group has identified three important principles on which the wOC Programme proposal is based.

- WOC should consist of only Finals (from Opening until closing Ceremony)
- Many nations should have a possibility to participate
- The programme should be reasonable for the athletes.

6.1 Qualification for WOC

- two routes to WOC Finals are created**

1st route: Qualification in the World Cup. In each of the two World Cup rounds 1/3 of the slots in the relevant WOC Final is allocated. These are Nation slots

2nd route: Qualification race(s) prior to but in conjunction with the WOC. The remaining 1/3 of the slots are allocated. All nations are guaranteed entry to these qualification races (runners entered on nation slots earned in World Cup may not start). These are Individual slots

This model is practiced in many other sports (e.g. tennis and golf). The model allows nations to chose not to go to one or both WorldCup rounds and still qualify for the WOC. The

same model for qualification should be used for all discipline formats requiring qualification. The maximum number of runners per nation in a WOC Final should be kept at four as today.

The presently used qualification model for the WorldCup can be kept as is, which means heat qualification in conjunction with the respective discipline format final.

Note: The WorldCup final constitutes the first qualification event for the following years WOC.

WC Final	Nation's places	33.3% to WOC
WC 1	Nation's places	33.3% to WOC
Individual at WOC	Individual spots	33.3% to WOC

6.2 WOC

In the future WOC, the different discipline and competition formats are clearly distinguished. The mix of a high-speed race, a technically demanding time-trial race, a physically demanding long distance race and a thrilling competition between nations relay should meet all our objectives. It ensures a wide participation and opportunities for specialization. With the suggested qualification model it is also possible for an individual athlete to "go for all".

The "WOC-week" is foreseen to encompass 6-7 days during which period 4 (four) finals are to be staged.

(Editor's note: This article summarizes the main points of the EEP - Draft Final Report. The complete 12 page "Draft Final Report" can be viewed/downloaded from the IOF web site: www.orienteering.org)

BITS and BITES

a) Bartonella caused sudden deaths?

Is the mystery of sudden deaths among Swedish orienteers in 1992 finally solved?

For those of you, who don't know, in 1992 a series of sudden deaths appeared among Swedish orienteers. The cause was unknown, which lead to temporary prohibition of orienteering activities in Sweden. Later on, the prohibition was cancelled, but the exact cause of deaths remained unknown. It seems that the mystery is finally solved.

It is stated in a research report, written by Lars Wesslen and Goran Friman from Uppsala's infection clinic, that it was Bartonella bacterium (and not some other micro-organism

like TWAR), which caused the notorious orienteers' disease.

It is thought that Bartonella was spread by infected forest animals (example: ticks) to humans.

(From: www.orienteeringonline.com)

b) Interview with world champion - Bjornar Valstad "Running is easy if you train hard"

Interested in how often, how long and what kind of training a world champion does? You can read the entire interview with 1999 world champion, Bjornar Valstad (Norway) on: www.orienteeringonline.de

c) Edmonton Overlanders to compete in Swedish O-Ring

EOOC members, Mary Lou Hogg and Don Scott, have registered to compete in the famous Swedish O-Ring 5-Days, July - in. In addition to competing in the competitions Mary Lou and Don will attend the O-Ring International clinics held in conjunction with the 5-Days.

Search for COC 2003 Organizer

No applications to host COC 2003 have been received by the COF. COC's are normally awarded three years prior to the event with the application approved by delegates at the COF Annual General Meeting. No applications were submitted to AGM 2000.

COC 2001 is being organized by the Manitoba Association while COC 2002 is being hosted by the Alberta Association as part of a multi-day orienteering festival that includes the Canadian, North American (NAOC) and Asia Pacific (APOC) championships.

Applications to organize the COC must include three days of events - 2-Day Total Time Classic and a Short Distance. Other events can be combined at the organizers discretion.

There are no restrictions as to season or month. Most COC's have been organized during the Summer months - July-August. This year COC is being held on Thanks Giving weekend.

Associations and clubs are requested to give consideration to hosting COC 2003. Applications should be submitted by provincial associations and forwarded to the COF office.

SEIZE ANY TEACHABLE MOMENT!

By Kitty Jones

If you are reading this, I'll bet you've participated in at least one orienteering event. Guess what.....that qualifies you to give advice to a newcomer!

I'll bet that over 90% of the people reading this have participated in several orienteering events. Guess what.....that qualifies you to teach the casual orienteer a thing or two!

And I'll bet that over 75% of readers of this article have tried orienteering competitively – that means give a competition their best effort, or try to beat someone else in their category. In fact, it wouldn't surprise me if a whole lot of you have even attended one or two training camps in the past. Guess what.....there's someone out there who would LOVE to get your advice if you were willing to offer it!

ADVICE, TEACHING, INSTRUCTING, COACHING.....All these kinds of words can be a bit intimidating. But MOST of you are completely capable of giving advice, teaching, instructing, and coaching. It doesn't have to happen at a training camp. It can happen at an event site, in the car, over a beer, on the phone (oops, I'm out of date – I mean on the email!). There is no need to wait until the local National Team member has the time or inclination to officially coach at a training camp.

Anyone with any amount of experience can seize a teachable moment when the time seems right. Explain something, demonstrate something, talk about your own experience and relate it to the moment at hand, cheer someone up after a mistake, ask how they did out in the forest. The more this kind of interaction happens, the faster the orienteering population can improve their O skills, feel good about their efforts and goals, and experience positive vibes!

COF has had an excellent Coaching Program for a long time, with wonderful manuals, and connections to the Coaching Association of Canada. There is an extensive National Coaching Certification Program (NCCP) with 5 different levels and 3 parts per level. This is a great resource for us, but let's not be intimidated by it. Just because you aren't certified, or haven't taken any coaching courses, doesn't mean you can't teach someone something about orienteering.

An older junior can teach a younger junior. A parent can help someone else's kids. An adult who has some orienteering

experience can instruct someone with less experience. I'm sure that the really keen competitors can even teach each other, no matter how many years they've each been at it.

I have heard several people voice concern about a lack of opportunities for skill development at the level of the "masses" i.e. everything from beginner to sub-High Performance. I feel sure that Canada can invent its own ideas for grass roots development here. We are different from Scandinavia: we are a bigger country, with much bigger distances between our clubs, and we have different terrain. We should be able to come up with our own ways of promoting the development of orienteering skills for all our committed members.

Here's the punch line(!) It's a challenge: If local orienteers (e.g. at a club meeting?) could get together informally to brainstorm how to address this "coaching hole", then I will collect the ideas for COF. If any great ideas come out of this, I will present them at the COF AGM in October 2001.

And here's an idea to start off with: Could we create a mentoring system of some kind, to encourage any orienteer (except beginners) to take on some kind of mentor role, however large or small. Maybe a ladder concept, where everyone has a mentor who would help them along the path to orienteering success.....who would seize any teachable moment!

Send your ideas to me before October 1. You can reach me at 1927 – 10 Ave NW, Calgary, Alberta T2N 1G4 phone & fax (403) 282-5235 email kittyjones@home.com

2001 SASS PEEPRE **WESTERN JUNIOR TRAINING CAMP**

Where?	College of the Rockies, Cranbrook, BC
When?	July 2 noon – July 5 noon
For Whom?	Junior orienteers ages 10 – 18 (all levels of experience)
Cost?	\$150 – includes meals, accommodation, instruction, supplies
Subsidy?	Members of the Alberta Orienteering Association can write a letter to AOA to request funding for up to \$50 per person. Attach your letter to your registration form. Other applicants could contact their respective orienteering association to see if funding support is available.
Registration Deadline:	June 15, 2001 (registration and fees received by this date)

How to Register:

Complete the registration form, including an outline of your orienteering experience. Send a non-refundable deposit of \$30 with your form. Send the balance of \$120 to be received by June 15. Make cheques or money orders, in Canadian funds, payable to: “Canadian Orienteering Federation – Sass Peepre Fund”.

Mail forms and cheques to the registrar: Marion Owen, 4839 Nordegg Cres. NW, Calgary, Alberta, Canada T2K 2M3; phone (403) 282-5098

More information: contact the Camp Coordinator, Kitty Jones, 1927 – 10 Ave. NW, Calgary, Alberta, Canada T2N 1G4; phone (403) 282-5235; email: kittyjones@home.com

If you are 10 - 18 years old and want to meet orienteers your own age while improving your ‘O’ skills, then this camp is for you. There will be one group of 10-12 year olds, and another group of 13-18 year olds. Both groups will have theory and practical sessions, in small groups of different levels: beginner, intermediate & advanced. One of the maps is within walking distance of the accommodation; the other is about 20 minutes drive from Skookumchuck. The team of coaches will include Ted de St Croix, Ross Burnett, Kitty Jones, Eileen and Rick Breseman. The Cook-in-Charge will be Christin Lundgren.

More details will be sent to you after you register.

2001 SASS PEEPRE WESTERN JUNIOR

TRAINING CAMP July 2-5

REGISTRATION FORM

Name _____ Phone _____

Birthdate _____ Email _____

Address _____

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

Health Plan Information _____

Health/Medical problems, including allergies _____

WAIVER

In consideration of the Canadian Orienteering Federation accepting enrolment of _____ in the 2001 Sass Peepre Western Junior Training Camp for orienteering, I agree to release and indemnify and save harmless the Canadian Orienteering Federation, the Cranbrook Forest District and the Invermere Forest District and any of their servants, agents, sponsors, volunteers or employees from any and all claims or demands whatsoever which might be made against the Canadian Orienteering Federation, the Cranbrook Forest District and the Invermere Forest District arising out of or in consequence of the above named participant in the 2001 Sass Peepre Western Junior Training Camp.

I hereby authorize the staff of the 2001 Sass Peepre Western Junior Training Camp to act on my behalf should they be unable to contact us in a reasonable amount of time in the event of a medical emergency.

Signature of Parent/Guardian

Date

Please attach an outline your orienteering experience on a separate page. Include the competitive orienteering course level that you normally run and any orienteering training camps you have attended in the past. Indicate areas you are hoping to improve. Include a letter requesting a subsidy from AOA if applicable.

Please send this form, along with a \$30 non-refundable deposit (cheque made out to "Canadian Orienteering Federation - Sass Peepre Fund") to:

**Marion Owen,
4839 Nordegg Cres. NW, Calgary, Alberta, Canada T2K 2M3**

ATHLETE PROFILES

The Winter 2001 issue contained “Profiles” of four athletes selected to represent Canada in the 2001 World Championships in Finland. Continuing with the “meet the athletes” theme in this issue we introduce “The Yukon Connection”.

Although small in numbers and far removed from the most major orienteering events, members of the Yukon association have been a significant factor in our national team picture for many years. While the prime Yukon influence has been Ross Burnett some talented juniors have emerged as potential national team members with two, Adam and Katherine Scheck, named High Performance Program Junior members for 2001. The evergreen Ross, was named a HPP Senior member.

Ross Burnett

Age: 41

Home: Whitehorse, Yukon

Occupation: Civil Servant, Yukon Government,
Dept. of Renewable Resources

Objectives: To continue to compete at a
competitive level nationally and
internationally.

Best Results:

Canadian Championships (Classic): 1983 – 3rd; 1987 – 1st;
1989 – 2nd; 1992 – 3rd; COC (Short): 1995 – 1st.

Western Canadian Champion: 1986, 87, 90, 91, 95, 99, 2000

US Championships: 1986 – 3rd; 1988 – 2nd; 1994 – 3rd

North American Championships: 1988 – 4th

Asia Pacific Championships: 1986 – 2nd

World Cups:	1988	Australia	21 st
	1990	USA	36 th

World Championships:

Canadian Team Member:	1983, 1985, 1987, 1989
1989 - Classic Final	55 th



Training: X-country skiing and weight training in the winter; trail running; terrain running and orienteering-specific training in summer.

Other accomplishments:

World Championships 1992 (USA)

Canadian Team Coach

World Championships 1999 (Scotland)

Canadian Team Leader

THE JUNIOR CONNECTION

Katherine Scheck

Age: 17

Current Status: Grade 11 student in Whitehorse.

Competition: Competed on a National level since 1995, winning age categories in several COC Classic and Short as she moved through F 12, 13-14 and 15-16. Placed first in 1998 North American Championships F15-16. Will compete in F17-19 class on course 5 in 2001.

Active in X-country skiing and a member of the Yukon Ski Team since 1998. Silver medallist at 1999 National Junior Ski Championships.

Training: Trail X-country skiing through the winter; running and biking in summer combined with orienteering training and competitions. Coached by Ross Burnett since 1994.

Outlook for 2001: Will compete in Western Canadian championships (July) and COC (October). Hope to attend Junior Training Camp and Barebones Meet in July. Will compete in local meets May – September.

Adam Scheck

Age: 19

Current Status: Student – entering commercial flight school in September 2001.

Competition: Competed in national championships since 1993, winning several age categories – M 13-14, 15-16, 17-19 in both Classic and Short. Was 1998 NAOC M17-19 champion. Although still junior age decided to compete in M20+ elite class in 2000.

Competed twice in Junior World Championships: 1999 - Bulgaria; 2000 - Czech Republic. Obtained first senior international experience in 2000: World Cup (Finland) and Park World Tour Final (Austria).

Member of Yukon Ski Team for 3 years and competed in National Junior X-country Ski Championships.

Training: Winter training is primarily X-country skiing and running, then changing to orienteering training as the snow recedes.

Coached by Ross Burnett since 1992.

Outlook for 2001: Summer job and preparation for flight school may limit participation outside of local area. Will compete in all Yukon meets and, school permitting, the COC in October.

Danilo Malanczyi

Age: 17

Member of the Ukrainian Orienteering Club

Current Status: Grade 11 Student

Part-time job: Home Hardware Building Centre
Future Goal: Mechanical Engineer

Competition: Have been competing on a national level since 1994

Medaled at the 1996 North Americans in St. Louis, Missouri. Have not been beaten in my age category in the Ontario Classic Orienteering event since 1996.

Medaled at several COCs Classic events, but I have never won gold at the classic. Won the COC Short in 1997 and 2000. Hopefully 2001 is the year for COC Classic gold

Outlook for 2001: Compete in the US Classic Championships, May 12-13; all major Ontario meets and some in New York State; possibly the COC's.

Training: Basketball in the winter, then soccer, mountain bike racing, and orienteering in the summer. This year I am not playing soccer at a regional level and will concentrate more on orienteering and mountain bike racing.

Started a rigorous training program this spring, mostly to increase my speed and endurance.

BAOC MAPPING STRATEGY

Evan Custer

Note: This article was published in the February, 2001 issue of Orienteering North America (ONA). Stig Skarborn contacted ONA publisher, Donna Fluegel, for permission to re-print the article in Orienteering Canada. Donna granted permission and requested acknowledgement to the author, Evan Custer. (BAOC is the Bay Area Orienteering Club).

The BAOB has a very active mapping program. Currently we have 39 maps that we use for orienteering. Sixteen of these maps are in forested regions, are IOF standard, and are on OCAD. Another 6 maps meet IOF standards but have not yet been digitized. The other 17 maps, 8 of which are on OCAD, are of smaller local parks and campuses. Next year, we plan to finish two new large parks, start mapping a new area in the Lake Tahoe region, and update several smaller, older maps in the Bay Area.

BAOB feels that one of the main goals, if not the main goal, of the club is to produce new high quality maps every year, and to devote the bulk of the club's revenue into mapping projects.

We think it is important to have an active mapping program for a variety of reasons.

First, it allows us to hold events in a wide geographical area. We feel that one of the most important aspects for a club's success and development is to hold a large number of events a year, with a minimum of one a month. (BAOB held 38 days of orienteering in 2000). This allows newcomers to attend events that are relatively near by, and also for those who have been to an event to come to another one in a reasonably short time span so that they will not lose interest. In a membership survey we did several years ago, the vast majority of members would drive up to one hour away for an event, but after one hour, the participation rate dropped significantly. Therefore, it is important to have maps (and events) throughout the club's membership area.

Second, it is important to provide a good mix of venues. We try to have a balance between parks that are closer in to the population centers, but may not have the best terrain, and parks that are further away but have superior terrain. The former allows beginners and less committed orienteers to attend events, but the latter provides the real joy for the advanced orienteers who are willing to drive a little farther for superior terrain.

Third, having excellent, up-to-date maps, is a real key in attracting and retaining members. After an orienteer has reached the advanced stage, it is important to provide interesting and challenging courses in unfamiliar terrain. Using a park more than once a year makes the terrain become very familiar and stale. Then people get bored, and stop coming. However, a new map provides a whole new challenge. Even a park that had an older, relatively poor map that had been used a lot, gets a new lease on life with a new improved map.

Fourth, it is important to keep the maps current and updated. This requires that the maps be on OCAD. By having the maps on OCAD, this allows us to have pre-marked maps for our events, which is a tremendous advantage. It is extremely helpful to beginners, and is loved by the advanced members. Printing up just the maps needed for an event, rather than 1000 at a time, allows us to make map corrections on an ongoing basis. Although some people do not agree with us, we feel that the advantages of printing up smaller quantities of maps using a high resolution ink jet printer, pre-marked with the courses, greatly outweighs the slight improvement in print quality one gets using offset printed maps that require a large print run, and therefore the maps become out of date long before they are used up. We are constantly either re-mapping older areas completely if the existing map is not that good, or converting older maps of good quality into OCAD, and then making changes on the map.

BAOB's mapping program has been successful for a variety of reasons.

We have had Bob Cooley as a highly skilled and dedicated mapping director. For 20 years Bob has been our mapping guru. He has an extensive knowledge of all the aspects of mapping. He knows how to select the best sites, obtain permission, order photos, obtain basemaps, hire field mappers and figure out how to house mappers. He is expert in all of the technical areas. He spends weeks of his time every year doing field checking.

There have been a number of BAOB members, including Gary Kraght, Bob Cooley, George Minarik, and myself, who have convinced our board and membership of the importance of a continuous mapping effort. Sometimes we have had to lobby hard to get certain projects approved. This was

especially true of our Sierra projects.

We have had an itinerate mapper in George Kirkov who has produced most of our maps. He charges fair prices and does good work. Bob seems to be able to get the best out of George.

??The BAOC Board has made the financial decisions necessary to fund our mapping projects. We have consistently allocated over 50% of our yearly expense budget towards mapping. We are on target to spend \$24,000 on mapping in 2000.

BAOC entry fees have been set at a level high enough to provide adequate mapping funds, but not so high as to discourage attendance. BAOC has been criticized for having higher event fee costs than other clubs. But these higher fees have allowed us to finance our mapping projects. We feel that most clubs undervalue their orienteering product.

We would like to re-emphasize the revenue aspects. You can't make good maps if you don't have the money to pay for them, including good base maps and professional field checkers for large projects. And it will take a long time to accumulate enough money if the entry fees are so low that you don't achieve a certain amount of profit from each event. We think that clubs that only charge \$3 or \$4 for an event are cutting themselves short. This will hardly pay for park fees and printing of maps, let alone obtain any money that can be utilized for future mapping projects. The BAOC board has changed its entry fees over the years, and we feel we have a good system. We charge \$6.00 for an individual or first person in a group on the white and yellow courses, and \$2.00 for each extra adult in a group. We charge \$8.00 per person (or first person in a group) for intermediate and advanced courses if they are members, \$12.00 for non-members, and \$2.00 for each extra person in a group. Juniors are half price. Everybody gets a copy of the map. Our philosophy is that the entry fee for an advanced course should be comparable to the price of a movie ticket. We give a little break on white and yellow participants to try to attract beginners.

We did an extensive membership survey a few years back, and the cost of an entry was not a significant factor as to why someone did not come to an orienteering event. The two biggest reasons why people did not come was either that the event was too far (1 hour drive was the cut-off time for the majority of people) or that family and work obligations prevented them from coming.

We also think clubs should host A-meets to increase revenues,

and therefore provide money for mapping projects. Our annual A-meet provides about 50% of our annual revenue. An A-meet is a lot of work, but if we didn't have one each year, we would have to cut our mapping projects down by half.

It is important to obtain good quality base maps for mapping projects. It is fine for a young club to hold meets on photocopied USGS maps. The course setters just have to be sure the points used are fair and visible, since there will be a limited number of usable control points on a USGS map. However, when field checking a new area, it is important to have a good base-map. Using a USGS as a basemap is a waste of time for the mapper. A common belief in new clubs is that a high quality basemap is unimportant or too expensive. Without a high quality basemap, the cost to field check an area to a good quality standard is very high, often too high. It is false economy to chisel on the basemap cost. Either the field checker, amateur or pro, will become demoralized as he realizes he is wasting his time, or the resulting map will be poor and require remapping, or probably both.

In summary, BAOC has had an aggressive mapping program over the last several years. We feel that this is important in order to maintain a continuous stream of newcomers to the sport by having events in a wide geographical area and to retain interest and enjoyment of the advanced members. In order to achieve this, however, we have set our entry fees to a reasonable level to provide adequate revenue to produce the maps.

ONB Take Professional Route to Promotion

Orienteering New Brunswick have added a new dimension to their promotional efforts for 2001 – contracted a professional to write articles and prepare media releases. The concept is that an “outsider looking in” will provide a fresh approach from the previous efforts of orienteers with little promotional or marketing skills.

A tip of the hat to ONB for taking this radical approach. Let's hope for spectacular results - large increase in numbers of participants and lots of new members. This foray into professional promotion may establish a model for others to follow.

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:.....

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	TEL: 506-459-4827	raystl@nbnet.nb.ca
Vice President & Promotion	Geraint Edmunds	12908 135A Ave., Edmonton, Alta, T5L 3Z7	TEL: 780-455-1916	envirisk@powersurfr.com
Past President	Colin Kirk	925 Chaleur Way, Orleans, Ont., K1C 2R9	TEL: 613-837-3575	ckirk@ottawaonline.com
Finance	Sheldon Friesen	200 Main Street, Winnipeg, Manitoba, R3C 4M2	TEL: 204-925-5706	moa@mb.sympatico.ca
National Teams	Charlie Fox	1225 235 Street RR#9, Langley, BC, V3A 6H5	TEL: 604-533-3352	cfox@dowco.com
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

PROVINCIAL / TERRITORIAL ASSOCIATIONS

Nova Scotia, OANS Office:	Michael Haynes	Box 3010 S., Halifax, Nova Scotia B3J 3G6	haynesmc@sportns.ns.ca
Nova Scotia, President:	Maria Jacobs	5682 Harris Street, Halifax, NS, B3K 1H2	jacobsm@region.halifax.ns.ca
New Brunswick, President:	Mike Smith	69 Long Marsh Lane, Waterside, NB, E4H 4L6	msmith@tupmcmsl.med.dal.ca
Quebec, President:	John Charlow	#406 - 3615 Ridgewood Avenue, Montreal, QC H3V 1B4	charlow@gowebway.com
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@home.com
Alberta, President:	Charlotte MacNaughton	712-5A St. NW., Calgary, Alberta, T2N 1R4	charlotte@merak.com
British Columbia, President	Jackie Slavenova	#29-1755 MacPherson Ave., Burnaby, BC, V5J 5G9	jslaveuo@sfu.ca
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@ottawaonline.com

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.

