



ORIENTEERING
C A N A D A

Orienteering Canada
High Performance Program

Athlete Handbook

2013

Edits to the 2013 Athlete handbook, subsequent to its initial publication:

Feb 10, 2013

This was removed from Section 1:

Athletes must be HPP members to attend: World Championships, Junior World Championships, World University Championships, World Games. Note: HPP membership is not required to be selected to represent Canada in World Cup events (but it is strongly encouraged).

This clause is inconsistent with other information in the handbook and is incorrect. It was missed in the editing of the document.

Feb 10, 2013

The registration dates for the June 1-8 and Oct 5-6 World Cups were added. The information wasn't available when the handbook was initially published.

Feb 10, 2013

This sentence was added to section 10:

Athletes who are invited to compete at the 2013 World Orienteering Championships or World Cups, who are not members of the HPP, are required to sign an amended version of the athlete agreement (obtained from Orienteering Canada) before their spot on the team is confirmed.

This is the current practice. It was added to the handbook to eliminate any confusion.

Feb 10, 2013

The technical glitch regarding the email address to subscribe to the o-squad email list was corrected.

Feb 10, 2013

Submission information at the end of the Rising Stars application form was changed to be consistent with the information in the application process section. This year, applicants are not required to mail a signed copy of the application form to Orienteering Canada as well as an electronic submission. A signed application submitted by email is sufficient.

April 1, 2013

Deadline for confirmation of intent (Section 5, Step 1) to try for 2013 WOC team changed from April 1 to April 8, 2013. It appears there was a systemic problem with awareness regarding the deadline to submit intent for the 2013 WOC team. The High Performance Committee decided to extend the deadline until end of day Monday April 8, 2013.

INTRODUCTION

Orienteering Canada's High Performance Program (HPP) provides support to help Canadian orienteers achieve international excellence. The HPP is designed for athletes who have the talent and the desire to represent Team Canada at future World Orienteering Champs (WOC), Junior World Champs (JWOC), World Games (WG), World University Orienteering Champs (WUOC), and World Cup (WC) events and who are committed to the necessary training to achieve this goal.

This handbook, together with the Athlete's Agreement, provides key information to HPP members and National Team athletes and officials. Information includes National Team selection criteria for the upcoming year, list of training camps and priority races, uniform information, communication plan, code of conduct and sponsorship procedures. This document is updated each November to serve the following year's season.

The HPP is governed by Orienteering Canada's High Performance Committee (HPC). This committee's terms of reference are available on-line at www.orienteering.ca/about/committees. It explains how the committee is structured and how members are appointed.

Current High Performance Committee members:

- Alison Price - Interim Chair & Communications – alimcalison@gmail.com
- Jeff Teutsch – Athletes' Representative on Orienteering Canada Board – jeff.teutsch@gmail.com
- Eric Kemp – Current senior HPP athlete – eric.nobody@gmail.com
- Emily Ross - Current junior HPP athlete - emily.s.r@gmail.com
- Adrian Zissos – IOF Event Advisor, former WOC team leader – adrian@barebones.ca
- Charlotte MacNaughton – Former WOC athlete & team leader, Orienteering Canada Executive Director – charlotte@barebones.ca
- Brent Langbakk - Former WOC athlete, Junior HPP Coach - brent.langbakk@gmail.com

ELIGIBILITY

Full HPP members are required to be Canadian citizens. An associate membership is available for citizens of other countries. See www.orienteering.ca/team-canada/high-performance for associate member information and application form.

Junior applicants should have competitive results in the 17-20 or 21+ age category.

All HPP applicants must be in good standing with Orienteering Canada, in that they are full members of a Canadian orienteering club affiliated with Orienteering Canada and have no outstanding amounts owing to Orienteering Canada (unless a payment plan has been negotiated with the Orienteering Canada Treasurer).

NEW FOR 2013 - PRE-HPP YOUTH SQUAD

The Sass Peepre Committee is starting a new program for young athletes who might be interested in joining the High Performance Program in coming years and who would like a program now to help them move in that direction. This program will give athletes, mostly in the 14 to 16 year age group, an opportunity to have some coaching, guidance and support for their training as they progress towards more serious training and competition. A national network of Junior Orienteers will also help build friendships and strengthen peer support for these young athletes. If you are interested in learning more about this new junior group, please contact Anne Teutsch at anne@teutsch.ca.

1. HPP MEMBERSHIP AND BENEFITS

All athletes with a strong desire to improve their abilities with a long or short term goal of representing Canada to the best of their abilities are encouraged to apply to the HPP. Membership lasts until the end of December. It should be noted that the HPP is intended to include a larger talent pool of athletes than just those on the current year's WOC and JWOC teams. Athletes who are committed to excellence and willing to work hard will be supported by the HPP with several benefits.

Benefits to member athletes of the HPP include:

- Eligible to apply for the Rising Stars Award
- Eligible to attend HPP training camps
- Eligible to receive subsidized entry fees for Canadian events, where available
- Eligible to purchase Team Canada uniforms
- Eligible to receive sponsorship equipment, if available
- Access to coaching by the National High Performance Program Coaches
- User account on the HPP Digital Orienteering Map Archive (DOMA)
- Added to Athletes Can database, access to Athletes Can services such as Bell cell phone package (for senior national team athlete), car rental discount, discounted health and dental plan, etc.
- Orienteering Canada buff

Step 1: Application – December 31, 2012

Athletes wanting to become a member of the HPP for the following year must send an email to hpp@orienteering.ca including the following:

- A cover letter explaining why they wish to be included in the HPP squad
- Links to on-line results and splits for their four best race results of 2012
- Goals for orienteering abilities and performances, both short term and long term
 - It may be helpful to use the SMART format, i.e. Specific, Measurable, Attainable, Realistic, Timely.

- An outline of their training for the period December 31, 2012 to November 30, 2013. The following are items that should be addressed by the training outline:
 - Estimated number of hours of training per week
 - Methods of training
 - Running (road, trail, xc, track), skiing, biking, technical orienteering etc.
 - Types of workouts: long slow distance (LSD), tempo / threshold runs, intervals, etc.
 - Technical training: map reading/analysis, Catching Features etc
 - Alternative training: strength, flexibility etc
 - Orienteering competition schedule for spring 2013
- The completed Athlete Profile survey. The survey can be found at the end of the handbook.
- Initial indication if they intend to try out for the JWOC and/or WOC teams

Late applications are accepted only under exceptional circumstances.

Step 2: Interim Acceptance - January 15, 2013

Athletes will be notified whether their application was successful or not.

Step 3: Confirmation - January 31, 2013

Once accepted to the HPP, the athlete must confirm their membership by providing:

- A signed copy of the current Athlete Agreement
- One photo (an action shot, preferably in the national team uniform) for an athlete profile for the Orienteering Canada website sent to hpp@orienteering.ca (if the athlete has not previously submitted this).
- A link to their on-line training log (preferred, e.g. Attackpoint). Alternatively the athlete may email their training log to hpp@orienteering.ca at the end of each month for the period of the training plan.

Step 4: Ongoing Membership

As a member of the HPP, the athlete:

- Must join the osquad email list. To subscribe, send an email to: osquad-subscribe@yahoogroups.com
- Must contribute in a timely manner with the implementation of the HPP communication plan
- Maintain high level of commitment to training and competition
- Contribute to HPP fund raising events, e.g. silent auction, fund raising initiatives and races etc.
- Respond in a timely manner to any correspondence from the HPC and/or Orienteering Canada.
- Must abide by the code of conduct

2. HPP COMMUNICATION PLAN

Communication is important to raise the profile of Canadian elite orienteering, the High Performance Program and of the national teams within the orienteering community and with the general public. It is every HPP member's duty to help!

HPP members are expected to:

- Contribute to the HPP blog about training, goals, upcoming events, competition results etc.
- Write newsletter articles and web site content as requested
- Communicate with their local media to highlight their accomplishments
- Give presentations about JWOC and WOC at training camps and other events
- Provide an athlete's profile for the Orienteering Canada website.

3. TRAINING CAMPS ~ SPRING AND SUMMER 2013

The following is a list of training camp opportunities. It will be updated as new information becomes available.

- Vancouver Sprint Camp (extended weekend)
February 8-10, 2013
Location: Vancouver, BC
Events: 10 training sessions and races.
Information: see GVOC web site: <http://sprint.whyjustrun.ca/>
Organizer: GVOC
- Cranbrook Training Camp
June 3-6, 2013
Location: Cranbrook, BC
Open to: HPP only
Events: preceded by local Cranbrook races and followed by Barebones
Details: WOC relevant terrain; onsite coaching; flags; printed maps
Organizer: HPP with help from Kootenay Orienteering
- Pre Ottawa O-Fest Training Camp
September 15-20, 2013
Location: Ottawa
Open to: HPP only
Events: High quality physical and technical training and NAOC2014 prep.
Organizer: OttawaOC
- JWOC Training Opportunities
 1. Official JWOC Camp - June 22-29, 2013

- WOC Training Opportunities
 2. Official WOC Camp - June 9-14, 2013

4. JWOC 2013 SELECTION

Junior World Orienteering Championships, June 30-July 7, 2013 in Hradec Kralove, Czech Republic. There will be a training camp the week before the competition.

In order to represent Canada at JWOC 2013 athletes must be HPP members. Please note that the selection process has changed from previous years. Selections will be made early. Athletes will still be expected to maintain a high level of commitment through the year and leading up to the competition season. There will still be a healthy dialogue between the athletes and the coach. In addition, this year athletes will get more local support from mentors.

Step 1. Application – Express interest at the time of HPP application on Dec 31, 2012

Athletes wanting to become a member of the 2013 JWOC team must send an email to the Junior HPP Coach (brent.langbakk@gmail.com) including the following:

- An HPP application, as outlined in section 2 of this handbook
- A detailed race analysis of the four best races from 2012. The analysis should be posted under the Team Canada discussion group on Attackpoint. It should include an electronic copy of the map with the route drawn, preferably posted on the new HPP Digital Orienteering Map Archive (Note! DOMA has a 2MB limit per map upload), or a link to the same information on RouteGadget, if available. Results from major meets such as Provincial Champs, COC's, NAOC's, JWOC are preferred. Technical details on how to post on Attackpoint can be provided by the Junior HPP Coach.

Step 2. Final Selection – January 31, 2013

The Selection Committee will make a final selection of the JWOC 2013 Team by January 31, 2013 based on results, the race analyses and training. The team will consist of a team leader and up to 6 male and 6 female athletes plus up to 2 alternates for each group. Selection information will be announced through the osquad email list, as well as on the Orienteering Canada website.

Step 3. Monitoring of Training – up to June, 2013

Athletes are expected to maintain the level of training outlined in their yearly training plan. The plans and goals will be agreed upon by the athletes and their mentors no later than January 31, 2013. Athletes are expected to communicate with the mentor and the Junior HPP Coach if they are unable to train to the levels set out. Obviously adjustments will be made in the case of injury, illness or fatigue. However, athletes who do not fulfill the training commitments without just cause will be formally warned. At the time of the third warning, the Junior HPP Coach may remove the athlete from the JWOC 2013 Team. This athlete may be replaced by an alternate or the space may be left

empty.

Selection Committee

The selection committee for JWOC 2013 will be Brent Langbakk, Katarina Smith and Nina Wallace.

Junior Race Category

This is a special note regarding which category HPP Juniors should run. *At the COC, HPP Juniors should register in their age category.* In the event of a very poor competitive field (3 or less participants), the Junior and Senior HPP Coaches may decide to move juniors up to M/W21E. In all other events it is the individual's decision whether to "run up" in M/W21E for training purposes and for a stronger competitive field.

JWOC Training Camp

There is an official JWOC training camp the week prior to JWOC. Brent Langbakk will be the Coach for this camp, with Stefan Bergstrom accompanying as Team Leader.

5. WOC 2013 SELECTION

This year's World Orienteering Championship will be held from July 6-14, 2013 in Vuokatti, Finland. This year's selection process will be based on a combination of results at a Trials event to be held at the US Individual Championships, Glen Falls, NY, May 10-12, 2013 and discretion based on past performance, training dedication and future potential. A team consisting of up to 6 men and 6 women will be selected to represent Canada.

Selection Process

Note that it is not necessary to be a member of the HPP to be selected to the Canadian WOC team, but it is strongly encouraged.

Step 1. Confirmation of Intent – deadline April 8, 2013

- The athlete is to send an email to Orienteering Canada (hpp@orienteering.ca) to confirm his/her intent to try out for Team Canada for WOC 2013.
- The athlete will provide a one-page document outlining (Word or pdf format) (DISCRETION*):
 - his/her orienteering accomplishments (both training and racing) in the 2012 year
 - his/her training and race accomplishments from Jan to March, 2013
 - an outline of his/her training and race plans leading up to WOC 2013.

Step 2. Team Trials – US Individual Championships, Glens Fall, NY, May 10-12, 2013

- The Sprint, Middle and Long races at the US Individual Championships will be used as a primary means of selecting the Team to WOC 2013. All athletes who would like to attend

WOC 2013 are expected to attend these events.

- If an athlete experiences extenuating circumstances prior to or during the Trials events (e.g., sickness, injury, etc.), these circumstances are to be documented in a letter sent to Orienteering Canada (hpp@orienteering.ca). This letter must be received by May 13, 2013. If due to sickness or injury, a doctor's note is required.

Step 3. Team Selection – May 20, 2013

- It is planned to select up to 3 men and 3 women based purely on results at the Trials event. A selection formula will not be provided, but it is planned to select athletes based on excellent performances (i.e., performances that would bring an athlete into a Final at WOC) rather than consistency at a lower performance level.
- The final places on the team (i.e., up to maximum of 6 men and 6 women) will be selected in a discretionary manner. The following factors will be considered by the selection committee:
 - Results in the Trials events, May 10-12, 2013
 - Results in other events in 2013 (US National Events, International Events, Canada Cups – note that no Canada Cup are currently scheduled prior to the May 10-12 races)
 - Results in the 2012 season (Canada Cups, US National Events, NAOC, WOC, International Events).
 - Training dedication, as documented in the letters above (item marked DISCRETION*) and in training logs (which will be monitored periodically by Selection Committee members).
 - Long-term potential (e.g., preference given to younger athletes in case other selection factors are comparable).
- The team will consist of up to 6 male and 6 female athletes. The specific number will depend on the number of athletes required to fill Canada's allotment in each of the WOC events. In the absence of a sufficient number of qualified applicants, fewer athletes may be selected.
- Athletes will be named to run specific events at WOC. A preliminary relay selection will also be made.
- The team selection will be announced on the Orienteering Canada website and on the "osquad" email list.

Step 5. Confirmation of Team – June 1, 2013

In order to confirm his/her place on the WOC team, each team member must provide:

- A signed copy of the current Athlete Agreement (if that wasn't submitted with the 2013 HPP application)
- An athlete profile for the COF website (if that wasn't submitted with the 2013 HPP

application)

- Email confirmation to hpp@orienteering.ca that the athlete accepts a spot on the team.

Selection Committee

The selection committee for WOC 2013 is comprised of Brian May, Magali Robert and Michael Waddington. Additional committee members may be added.

Petitions

If, **for exceptional reasons**, an athlete is unable to attend the May 10-12 Team Trials event and still wishes to be considered for team selection, the athlete must submit a letter to Orienteering Canada (hpp@orienteering.ca) outlining the following:

- Reasons for not being able to participate in the trials races. If due to sickness or injury, a doctor's note is required.
- Reasons why the athlete should be selected. This has to include alternate race results equivalent to (or higher) than the trials races and summary of training log for the last 5 months.

The athlete should send this letter to Orienteering Canada as soon as the athlete is aware of the issue.

6. SELECTION TO OTHER EVENTS

Should selection be required for World Cups, World Games, or World University Championships, the WOC selection committee will make a discretionary decision, but may give extra priority to younger developing athletes.

Athletes who wish to participate in these events have to notify Orienteering Canada (hpp@orienteering.ca) at least two weeks *before* the registration deadline of the event. These dates will be communicated to the athletes throughout the season. Note that some of these events have very early registration deadlines! Orienteering Canada will complete the registration process for these events.

2013 World Cups

- Jan 6 - 12, 2013 - New Zealand.
Deadline to indicate desire to compete at this event to hpp@orienteering.ca: **Sept 30, 2012**
Preliminary team registration deadline: **Oct. 31, 2012**
- Jun 1 - 8, Nordic Tour, Norway and Finland.
Deadline to indicate desire to compete at this event to hpp@orienteering.ca: **March 18, 2013**
Preliminary team registration deadline: **April 1, 2013**
www.nordicorienteeringtour.com

- Oct 5-6, Switzerland.
Deadline to indicate desire to compete at this event to thpp@orienteering.ca: **August 16, 2013**
Preliminary team registration deadline: **August 30, 2013**

7. ALTERNATES

Alternates named by the National HPP Coach are not expected to travel to JWOC or WOC, but they may choose to and may compete in the associated public events (the alternate is responsible for completing their own registration and all travel arrangements for these events). If the National HPP Coach decides to offer a position on the spot on the team to an alternate, the coach will make every effort to give the athlete appropriate notice to make travel arrangements. Any travel grants offered through the HPP fund for the primary team's leaders and the competing JWOC/WOC athletes unfortunately will not be available to alternates unless they are offered and accept a position as a competing JWOC/WOC athlete.

8. APPEALS

Appeals may be made by following Orienteering Canada's appeal procedure available at: www.orienteering.ca/pdfs/policy/Policy_Appeal.pdf

9. UNIFORMS

We are close to confirming a sponsorship agreement regarding the uniforms. Details will be available shortly. Athletes are responsible for all costs relating to uniforms.

10. ATHLETE AGREEMENT, CODE OF CONDUCT AND DISCIPLINE POLICY

As representatives of Canada and of Orienteering Canada, athletes are expected to conduct themselves in a dignified and responsible manner at all times, showing respect and consideration towards other athletes, coaches, event organizers, officials, the public, media, officials and volunteers/staff involved with orienteering. Please refer to the HPP Athlete Agreement and Orienteering Canada's Discipline Policy for detailed information regarding code of conduct, sponsorship procedures, and disciplinary policy.

Being a member of the HPP carries a responsibility to the Canadian orienteering community to behave in an exemplary manner. HPP athletes, coaches, and officials are expected to promote pride and goodwill for orienteering through their behaviour and attitude. HPP members are ambassadors

for the sport at all times.

Athletes who are invited to compete at the 2013 World Orienteering Championships or World Cups, who are not members of the HPP, are required to sign an amended version of the athlete agreement (obtained from Orienteering Canada) before their spot on the team is confirmed.

11. RISING STARS AWARD

The Rising Stars Award has been established by Orienteering Canada's High Performance Committee to support Canada's most promising young orienteers in their quest for top international results. In 2013 there will be two awards granted of \$1500 each, to one male and one female athlete.

Purpose

- To support Canada's most promising young orienteers
- To motivate all HPP members with a competition that is relevant to all members

Eligibility

- Award recipients must be members of the Orienteering Canada's High Performance Program (HPP).
- Award recipients are chosen based on financial need, past results, future potential, and contribution to the Canadian orienteering community.
- This award is available an unlimited number of times to any athlete but never more than twice consecutively.
- Normally one award will be given to a female athlete and one to a male athlete. However under exceptional circumstances both awards may be given to athletes of the same gender.

Application Process

Athletes must complete a Rising Stars Award Application form and **submit a signed copy by email** to hpp@orienteering.ca **to be received between Feb 14-28**. Early or late applications will not be accepted. The application form can be found at the end of this Handbook. The following must be included with the completed application form:

- A one page letter outlining community involvement
- A one page personal letter outlining applicant's orienteering goals and how the award will be help achieve them.

Selection Committee

A Selection Committee will be appointed annually by the Orienteering Canada High Performance Committee (HPC). It shall have no less than three members. Members may be chosen from the HPC, the Orienteering Canada Board of Directors, active and retired national team members, and as well from Orienteering Canada volunteers with an interest in and understanding of the HPP.

Selection Process

The Selection Committee will choose two award recipients (one female and one male) based upon, but not solely limited to, the following criteria, as well as demonstrated financial need. The percentage of value for each criterion is listed in parentheses.

- Past performance (33.3%)
- Future potential (33.3%)
- Contribution to the growth of orienteering in Canada (33.3%)

Award Announcement

- The Selection Committee will, by the end of March, report to the HPC, listing award recipients and award amounts. Once this report is accepted the HPC will notify all applicants by email of the decision. The decision will be final, with no avenue for appeal. The award winners will be announced via Orienteering Canada sometime during the month of April.
- Payments will be made according to a schedule determined by the HPC but will normally be paid one half on announcement of the award and the second half at the end of June assuming continued eligibility.

Award Administration

The Orienteering Canada's HPC will administer the award. It will be responsible for deciding on the number of awards and their amount, payment schedule, fundraising, and appointing a selection committee.

Other

- All application information and proceedings to determine the awards shall be strictly confidential.
- The amount and number of awards may be changed at any time by the Orienteering Canada's HPC.
- Funding for the award in 2013 comes from Orienteering Canada and individual donations targeted to this award. Any funds raised above the current year's award amount will be used to increase the current year's award and/or held in the HPC account and used to bolster future awards.



Orienteering Canada High Performance Program Rising Stars Award 2013 Application Form

Please type or print clearly.

PERSONAL INFORMATION

Name: _____

Gender: _____

Current Address: _____

Is your principal residence with your parents? Yes No

Telephone: (H) _____ (C) _____

Email Address _____

Date of Birth: MM _____ DD _____ YYYY _____

Social Insurance Number _____ - _____ - _____

Are you currently in school? No Part Time Full Time

Name of School/University _____

Area of Study _____

University Degree Attained _____

ORIENTEERING BACKGROUND

Member of Orienteering Canada's HPP since: _____

Outline your career highlights & your competition record for the previous year

SPORT & COMMUNITY INVOLVEMENT (no more than one double-spaced page)

As high performance athletes representing your sport and your country, you have a unique opportunity and a responsibility to give back to your community and your sport. Your athletic

Talent + Dedication + Support → Performance + Growth

achievements also allow you to serve as a role model. Your personal values and your commitment to orienteering and community are important attributes for an award recipient. On no more than one double-spaced typed page, please share the details of your recent and current community involvement, and the ways in which you currently serve as a mentor or role model both in orienteering and in your community.

PERSONAL LETTER (no more than one double-spaced page)

To assist the Selection Committee, each applicant must submit a letter of no more than one, double-spaced typed page detailing:

- Your approach to sport and your goals for the future
- What the award will be used for and its impact

FINANCIAL NEED

What was your pre-tax annual income in 2012? \$ _____

What is your anticipated pre-tax annual income in 2013 \$ _____

ATHLETE CONSENT, UNDERTAKING AND PERSONAL INFORMATION DISCLAIMER:

I certify that all information given in this application is complete and true. I will notify The Orienteering Canada of any changes to this information as contained herein. I authorize Orienteering Canada to verify any information contained in this application. My intention is to continue to be an active member of the Orienteering Canada's HPP in the upcoming year.

I acknowledge that the Orienteering Canada requires the foregoing personal information as part of the Selection Process for the Rising Stars Award. Orienteering Canada is committed to keeping my personal information confidential and, except as provided herein, it will not be sold, rented, traded, or disclosed to anyone else.

According to advice from CRA given over the phone on Nov 29, 2010 the award would be considered as a "gift" and as such would not be reported on your Canadian Tax Return. You are encouraged to seek your own tax advice to confirm this is correct for your particular tax situation.

I authorize and consent to the collection, use, and disclosure of personal information about me, as described above.

Signature: _____ Date: _____

Signature of parent or guardian if applicant is under the age of 18 years:

_____ Date: _____

All applications must be returned and received by the Orienteering Canada HPC by February 28th.

- One signed copy by email to hpp@orienteering.ca

This application will be treated in confidence.

All applicants will be notified of awards prior to April 30th.

Athlete Profile Information

(To be completed by all HPP applicants, even if you filled it in last year. The questions are different! We also copy/paste the information to the website, and you'll make our job a little easier if you just fill in all the info!)

Year of Birth:

Hometown:

Currently Living:

Orienteering Club:

Occupation:

Training log URL:

Twitter Handle: @

Blog URL:

Facebook fan page:

List of personal sponsors:

Please list your best and proudest 2012 orienteering achievements.

Please list your best and proudest orienteering achievements to date.

What is your first orienteering memory?

What is your favourite orienteering story or experience? (note: we'd prefer it be about you, but if you have really never had an orienteering adventure you want to share, it can be about someone else)

Is there a particular map/area where you could never get sick of orienteering?

If you could fly anywhere in the world to orienteer, where would you go, and why?

Do you have any other achievements from 2012 that you'd like to share (e.g. graduating school, a great result in another sport, getting an awesome job...)

If you could get orienteering coaching from anyone in the world (dead or alive) who would it be, and

why?

What races are on your 2013 calendar?

Aside from orienteering, what other sports do you do on a regular basis?

What is your favourite pre-race breakfast/snack?

Tell us something that we might not know about you....