Bob Kaill approaching the last control....
THE ORIENTEER'S REMINDER

Translated from the Swedish by Inga-Britt Bengtsson and Bob Kaill.

THE ORIENTEER'S REMINDER is a four page full-colour leaflet and is an excellent aid for individual or club training sessions. Well illustrated.

Club cost - $13.00/100 copies, plus postage.
Individual cost - $1.00 for 6 copies (min. order) postage is included.

Make your cheque or money order payable to: CANADIAN ORIENTEERING FEDERATION, and mail to Box 6206, Terminal A, TORONTO, Canada.
1971 is generally recognized as the year in which Canadian Orienteering experienced a large step forward in participation, map quality, and improved over-all organization of the various associations.

But the greatest change, or impact, of 1971 is only now being felt to its true extent. Canadian Orienteers are beginning to look abroad for direction and participation. The number of Canadians visiting Sweden over the past summer, as well as the tour of elite Swedish Orienteers in Canada during the fall can be seen as the real cause of our growing international awareness. Canada now has a recognized place in the world of orienteering. Hopefully there will be Canadian participation at the Youth Camp in Sweden prior to the O-ringen. Bob Kaill will be representing us at the world championships, and a full national team will undoubtedly compete in the 1974 Championships.

Our close ties with American Orienteers has enabled us to maintain an international flavour at several meets. Continued cooperation with orienteers south of the border could lead to many interesting dual team meets.

But in final perspective, it is crucial that we do not forget the 'home base'. For it is only through a healthy recreational approach within our own borders that the general public will become involved in our sport. International competitions are exciting and very worthwhile, but before we can be successful abroad we must communicate the concept of Orienteering to all Canadians.

JURI PEEPRE

Canadian Orienteering Federation, Box 6206, Terminal A, TORONTO 1, Ontario. Tel. 499-1988
NATIONAL TEAM:

A National Team Selection Committee was appointed at the C.O.F. Meeting held in Montreal last December. The committee, consisting of John Charlow (Chairman), Lars Carlson, and Allan Gravelle recently submitted their report to COF president Russ Evans.

The criteria for selecting the National Team follows:

1. A C.O.F. member in good standing.
2. Team members will be chosen from five (5) competitions, two of which will be championship competitions (Canadian or Provincial).

   The three meets additional to the championships shall be three of five meets so designated by the provincial associations.

Exception: A competitor may be highly qualified but unable to compete in two Championship meets. In this case, the member association should submit the name and the qualifications for consideration by the Selection Committee.

3. Candidates may qualify in any three designated meets in any province, but one must be in their own province.

4. Each association will submit the names up to a maximum of the number of team members for the respective national teams. The names are to be in the hands of the Chairman of the Selection Committee by October 30th.

5. To guide the selection committee, each name submitted should contain:
   a. The points garnered from the five competitions.
   b. Any additional notes on the candidate which may be of value to the committee.
   c. A map from each of the designated qualifying competitions. (to include length of course and control descriptions).

6. The selection committee reserves the right to replace national team members during the course of the year if such member does not come up to the standard expected of a national team representative. Failure to keep this standard may be due to injury, actual performance, and conduct.

"The Points Garnered" refers to the point system used by the Ontario and Quebec associations in declaring their top orienteers for the year.
THE TEAM:

(Members have been listed in alphabetical order)

SENIOR MEN (8)
Ragnar Bernhard
Mike Day
Jack Geddes
Jan Hansen
Bob Kaill
Paul Kaki
Risto Santala
Jim Turnbull

SENIOR WOMEN (6)
Bjorg Hansen
Lisbeth Honegger
Irene Jenson
Vera Malancyz
Pam McIntosh
Anni Palotie

JUNIOR MEN (6)
Bill Campbell
John Carruthers
Scott Gillingham
Gord Greavette
Juri Peepre
Warren Slade

JUNIOR WOMEN (5)
Tuula Axelsson
Cathy Goldsmidt
Dianne Hazeldon
Becky Lee
Heather Shoemaker

Note:

We feel that the prime purpose in the selection of this First Canadian Orienteering National Team was to recognize the performance during 1971 of outstanding Canadian Orienteers in the four categories chosen by the C.O.F. However, should members of the National Team wish to participate as Canada’s representatives at the World Championships, they must keep in mind that only Canadian citizens are accepted. Most other international meets abroad only require one year’s residence in the country represented.
"O" NEWS ABROAD

AUSTRALIA

Organized Orienteering began in Australia in 1969, and the Orienteering Federation of Australia was formed in 1970. But, as in North America, there have been orienteering-type contests since 1948. Although the state of Victoria has provided the main force in Australian Orienteering, New South Wales and the Australian Capital territory will soon form as association.

Schools and scout groups are showing much interest in Orienteering, and the installation of our first permanent courses for use by the public will be valuable for the development of Orienteering in this country.

As Australia is a large land with a small population it may be surprising to you to hear that it is not altogether easy to find suitable areas for events within easy reach of the big cities. Our population is very heavily concentrated in two areas, around the spreading cities of Sydney and Melbourne. Lack of government planning in urban fringe areas has made it necessary to locate Orienteering events considerable distances from the cities.

Though our numbers are small as yet, our membership is growing rapidly and one of the most pleasing features of this growth is the increasing participation by whole families. We would be pleased if Orienteers who may be visiting Australia would join us in our events.

(adapted from an article by J. Poppins in IOF News Bulletin.)

FRANCE

France reports some 2,000 runners involved in Orienteering. The juniors are progressing well, but the most promising is the 'cadet' category, 14-16 years old. They learn the game at the best age and are soon ready for a trip to Sweden where the 5-days is considered a good school.

France still has an 'over-weight' on the military side and this will continue for another year or even two. A strong program is planned for boys and girls in the coming season.

But France's big problem is their maps. They intend to update them at the very beginning of 1972: at all cost. The National Geographic Institute has promised collaboration, as well as the army and sports ministry.

The French standard is expected to be quite good in 1975-76. But orienteering is not only a matter
of theoretical victory. Orienteering is becoming a pleasure, even in France.

(adapted from an article in the IOF News Bulletin.)

DENMARK

Internationally, Denmark had a very good year in 1971 in comparison with past years. Danish Orienteers had several good results in European competitions, with 5 or 6 competitors placing in the top five in major events.

However, many of the best men think it is a waste of money to take part in Scandinavian Championships because of the consistently bad results. But others think it is great fun to run in Scandinavia, so there is a debate about this problem at present.

'Feasibility-screens' are put on all new maps. Usually the maps are made at the scale of 1:20,000 but in the night championships a 1:15,000 scale was used. DOF has also published a very successful orienteering book for beginners.

In October 1969 a new 'law of nature conservancy' gave Danish Orienteers free admittance to the paths and roads in private forests.

In August 1971, DOF started TRIM Orienteering in Denmark. As well the federation has acquired a permanent office to be finished by April 1973.

(adapted from an article by Jan Svensson.)

EAST GERMANY

Orienteering as a competitive sport began to develop in Germany in the early 40's. We now have approximately 5,000 people who go Orienteering more or less regularly. There has been especially welcome development in junior and intermediate classes. A trophy competition on a knock-out basis for these classes attracted more than 74,000 competitors in 1970.

We organize easy Orienteering events during the summer for holiday makers and employees, and also easy courses for children staying at holiday camps belonging to industrial concerns.

In this way many thousands of citizens of our Republic find out about Orienteering every year, and even if they do not take part regularly, they nevertheless know something about it.

This success has been possible because of the assistance given by the state to sport in the Republic. The value of sport for the health of our people is officially recognized, and sport is included in our socialist plans.

At the national level, the biggest events draw over 1,000 competitors. Other events include ski-orienteering, night and cycle meets. Marathon Orienteering Championships are also held.

Our organization lays a lot of emphasis on the training of mapper, leaders, course-setters and other officials. Maps have been at a scale of 1:25,000 although there

cont'd on page 9.
SOUTH OF THE BORDER

Orienteering is continuing to make advances in the United States. On April 15th and 16th, the first annual convention of the USOF was held at Quantico, Virginia. Approximately 30 members of the USOF, and quite a few observers attended the convention. A cocktail hour and buffet dinner on the Saturday and a competition on the Sunday were the weekend's highlights (aside from the business meetings of course).

Business arising from the convention included election of an executive (Philip A. Schloss - president), Rules Committee formation, compilation of a bibliography and meet dates.

The USOF expressed a desire to hold the North American Championships on a yearly basis, rather than every other year as proposed by the COF. The problem of location this year has not yet been determined, if indeed there is a competition.

There are presently six clubs in the USOF, representing the states of Ohio, North Carolina, Georgia, Virginia and Massachusetts. Soon it is expected that the entire 'eastern seaboard' will become involved in Orienteering. Quebec and Northeastern U.S. orienteers will no doubt increase their exchange of competitors.

On April 14th, the USOF was accepted as a 'preliminary' member of the IOF. It is hoped that formal admission would be granted at the next congress of the IOF in 1973.

Well, it seems that orienteering south of the border has gained much momentum. Hopefully, there will continue to be a close co-operation between our two associations.
# Partial Fixture List - Summer and Fall North American Events

The following is a partial fixture list for the U.S. and Canada summer and fall 1972. There are other meets scheduled, but dates and place have not yet been finalized.

So, if you are travelling around the continent and happen to find your schedule coinciding with an Orienteering meet, the organizing club would be most pleased to have you participate.

## Date - Club - Place

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<thead>
<tr>
<th>Date</th>
<th>Club</th>
<th>Place</th>
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<tbody>
<tr>
<td>June 11</td>
<td>Toronto 'O' Club</td>
<td>King City, Ontario</td>
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<td></td>
<td>2. Nova Scotia Association</td>
<td>Port Hawkesbury, N.S.</td>
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<td></td>
<td>3. Ramblers 'O' Club</td>
<td>Bolton Glen, Quebec</td>
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<td>June 18</td>
<td>Ottawa Inter-Club Meet</td>
<td>Hull, Quebec</td>
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<td></td>
<td>(Ottawa 'O' Club)</td>
<td>(Gatineau Park)</td>
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<tr>
<td>June 24</td>
<td>Nova Scotia Association</td>
<td>Debert, N.S.</td>
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<td>July 1</td>
<td>MADOC: Montreal and District</td>
<td>Montreal, Quebec</td>
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<td></td>
<td>Orienteering Championships</td>
<td></td>
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<td>Sept. 2 &amp; 3</td>
<td>Quebec Orienteering Championships - Ottawa 'O' Club</td>
<td>Gatineau Park, Hull, Quebec</td>
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<td>Sept. 10</td>
<td>Centennial 'O' Club</td>
<td>Welland, Ontario</td>
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<td>Sept. 17</td>
<td>1. Clarke 'O' Club</td>
<td>Bowmanville, Ontario</td>
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<td></td>
<td>17 &amp; 18 2. Nova Scotia Orienteering Championships</td>
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<tr>
<td>Sept. 23 &amp; 24</td>
<td>1. Ontario Championships (Sisu)</td>
<td>Fairmont Park, Phil.</td>
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<td>2. Delaware Valley Orienteering Association</td>
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<td>Oct. 1</td>
<td>1. Hamilton King's Foresters</td>
<td>Hamilton, Ontario</td>
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<tr>
<td>Date</td>
<td>Event</td>
<td>Location</td>
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<tr>
<td>Oct. 7 &amp; 8</td>
<td>Canadian Orienteering Championships - Montreal 'O' Club</td>
<td>Quebec</td>
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<td>Oct. 15</td>
<td>Delaware Valley Orienteering Association</td>
<td>French Creek, PA</td>
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<td>Nov. 5</td>
<td>Delaware Valley Orienteering Association</td>
<td>Morgantown, PA</td>
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<tr>
<td>Nov. 19</td>
<td>D.V.O.A.</td>
<td>Burlington County, N.J.</td>
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## International Events

Below is a list of some important international events scheduled for 1972. Several Canadians are travelling abroad this summer. Think about a trip overseas!

The list is adapted from "The Orienteer" and was compiled by Brian Jamieson of BOF.

<table>
<thead>
<tr>
<th>DATE</th>
<th>COUNTRY</th>
<th>EVENT</th>
<th>AREA</th>
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<tbody>
<tr>
<td>June 11</td>
<td>Britain</td>
<td>BOF CHAMPIONSHIPS</td>
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<tr>
<td>June 17</td>
<td>Norway</td>
<td>Individual and Relays</td>
<td>Oslo</td>
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<td></td>
<td></td>
<td>Contact: NOF, Postboks 70, Tasen, Oslo, Norway</td>
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<tr>
<td>July 2-7</td>
<td>Finland</td>
<td>4-day ind. &amp; relay</td>
<td>KAJAANI</td>
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<td></td>
<td></td>
<td>Contact: V. Tiaimen, 87100, Kajaani 10, Kirkkokatu 20.</td>
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<tr>
<td>July 10-15</td>
<td>Sweden</td>
<td>5-day 0-ringen</td>
<td>EKSJO</td>
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<tr>
<td></td>
<td></td>
<td>Contact: N. Albinosn, Sjohagavagen 20, S-575, Eksjo.</td>
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<tr>
<td>July 29-30</td>
<td>Sweden</td>
<td>2-day Individual</td>
<td>STORA TUNA</td>
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<tr>
<td></td>
<td></td>
<td>Contact: A. Bergqvist, Fack 65, S-780, 20 Stora Tuna</td>
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<tr>
<td>July 29-30</td>
<td>Austria</td>
<td>2-day Individual &amp; Relays</td>
<td>VIENNA</td>
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<tr>
<td></td>
<td></td>
<td>Contact: E. Simkovics, 46/5/5, A-1180 Vienna.</td>
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<tr>
<td>Aug. 12-13</td>
<td>Finland</td>
<td>2-day Individual</td>
<td>TAMPERE</td>
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<td></td>
<td></td>
<td>Contact: M. Rantala, 33840, Tampere 84, Pahkinnamaenkaut 8A5</td>
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<tr>
<td>Aug. 17-20</td>
<td>Hungary</td>
<td>2-day Individual &amp; Relays</td>
<td>BUDAPEST</td>
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<td></td>
<td></td>
<td>Contact: MTS, Rosenberg Hazaapar u. II, Budapest V</td>
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<tr>
<td>Sept. 12-15</td>
<td>Czechoslovakia</td>
<td>World Orienteering Championships</td>
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Czechoslovakia is getting ready for the World Championships in Orienteering to be held the 12-15th Sept. 1972. All orienteering activities in Czechoslovakia have been subjected to this date. The organizing committee of the '72 World Championships has been working over two years and the result of its work up to now has been the completion of all the main tasks connected with the organization of this top world event in Orienteering. The mapping of the principal and of the two alternative areas, and also of the training area has been done and revisions are being prepared. The main area has already been revised, and even course variants have been prepared for the technical advisor of the IOF. Thus the organizing committee of the '72 World Championships enters the last period of preparations in an optimistic mood.

A very successful step taken by the organizing committee has been to create training centres for orienteering in Czechoslovakia, and they have already been visited in 1970 and 1971 by practically all IOF member states. According to preliminary reports after the visits of the foreign delegations these centres proved to be good, and fulfilled their mission. Due to increased demand three more training centres have been opened up, and thus all types of terrain have been represented.

A further very important part of the preparations consisted of the inclusion of three competitions in category 'A' and eight in category 'B' in the IOF international fixture list which met with a correspondent response from the friends of orienteering all over Europe. Nine countries took part in the International Academic Championships in Prague, Eleven countries in the 3-day competition in Opava and six countries in the Grand Prix of Slovakia in Bratislava.

Thus on balance we may be satisfied with 1971, as we have succeeded in organizing a number of very valuable international events with excellent international participation. The repeated visits of many national teams clearly indicates that there will be a hard struggle for the medals of the World Champions.

(cont'd from ......... 4)

is a tendency towards the 1:20,000.

In sum, Orienteering in the DDR has developed steadily, and every year brings more recruits to the sport. We shall be very happy to welcome an increasing number of competitors from other countries.

(adapted from an article in the IOF News Bulletin).
A Modern Version of the Hare and Tortoise

BY CHRIS PACKARD

Introduced by Jack Geddes......

The story of the tortoise and the hare has been used by John Disley, Chairman of the British Orienteering Federation and author of two excellent books on orienteering entitled "Orienteering", and "Your Way with Map and Compass", to illustrate that the 'hares' (fit young Orienters) who rush around in any direction, are always beaten by the 'tortoises', who take their time and carefully study the map. An obvious fact in most beginners classes. The following humorous article is reprinted from the January 1972 edition of the Ontario Track Monthly, and gives us the real dope behind the original race.

Once upon a time, a distance coach named X.Perry Mentor decided to perform scientific tests on animals so that they could apply successful results to human distance runners.

He started off with a hare and decided to give it anabolic steroids but these offered no improvement in performance. The hare merely ejected animalic spheroids - by the dozen.

The coach then decided to test a tortoise on the theory that up-to-date sophisticated training methods and dedication would make up for a complete lack of talent and natural speed.

He started the tortoise on a special diet, introduced weight training coupled with a distance program, hill running, and interval training. He gave it step tests, checking the pulse rate for improvement, and followed up with oxygen uptake readings on a regular basis.

In the meantime, the excitable hare bragged about his speed and natural ability until one day he took an overdose of "compose" and lost interest in any athletic endeavour. He went on his favourite diet of carrots and lettuce and quickly contracted the 'podge'. Pep talks proved useless. 'I'm just not interested in training' said the hare, 'besides I happen to be a very fast runner on my own natural ability. I shall rest, sleep, drink, eat my carrots, enjoy my sex life and still retain my competitive edge. Just let me know when I'm supposed to race'.

But the voice of the turtle was quite different. He came right out of his shell and said: 'Early to bed, early to rise - makes even a tortoise so fast that he flies. I shall train hard. I shall train long. There's no place in my life for wine, women and song. That hare is scared to race against me, just when I'm ready to clean his clock.

But X. Perry Mentor felt that he had not yet reached peak condition, and consulted a large number of English doctors and professors located at McFaster University and received all the latest information on such scientific data as neurophysiological techniques, muscle hypertrophy, motoneurone excitability and Newton's First Law of Motion which states that a body at rest remains at rest until he gets a swift kick in the pants from his coach.

So he took the tortoise to an altitude of 10,000 feet for special training. He kept him in a decompression chamber for an hour at a time in order to raise his hemoglobin. He gave it specially designed gymnastic and flexibility exercises from Lloyd Merciful, and fed it a high protein-starvation-carbohydrate diet. He administered the newly announced blood injection technique and, following a lecture on the firing of motor units, he pronounced his tortoise ready for competition.

Of course, we all know the result of the famous race where the tortoise defeated the hare, but until now, nobody really understood why or how.

THE RIGHT OF COMMON USE OF LAND

ALLEMANSRATT is the Swedish word for the right of everyone to walk and run in the forests. The private or official owner or holder cannot forbid for example a club from arranging an Orienteering competition. It is however, very important for our clubs to be on good terms with the proprietors. If so, they may get the use of roads and cottages and so on.

For many years SOFT has had good relations with officials concerned with nature conservancy and hunting. I hope that all IOF countries will remember the importance of taking care of our "Stadium" - the vitality-giving forest.

(Erik Tobe - IOF)
Snow Orienteering in Canada is relatively new. The Ottawa Orienteering Club of the Quebec Association held winter meets initially in the winter of 1971, and the trend has continued into 1972. This year three winter meets were organized in Southern Ontario with successful results in each.

The Ottawa Club has sponsored both course and score Orienteering with snowshoes utilized as the basic means of transportation. Ontario meets were all of a line orienteering type, and skis, snowshoes and the good ol' foot were used.

Weather conditions have played a significant role in determining participation at these events. But nevertheless one meet attracted 57 competitors. It is thus clear that winter orienteering has developed into a permanent phase of Canadian orienteering. Not only are winter meets good for physical training, but they help the individual to maintain "O" techniques.

Gordon Hunter managed to locate 18 markers and finish 5 minutes prior to the time limit.

The Southern Ontario meets were sponsored by the Clarke Orienteering Club, the Toronto Orienteering Club, and John Passmore of Richmond Hill. All participants and organizers were enthusiastic about the response to these events. Much was learned about the administrative and course-setting requirements of winter meets.

Hopefully the four organizers of these events could discuss their problems and techniques and forward suggestions to other clubs. Next fall, keep your eyes open for an article on winter meet organization.

Allan Gravelle has been responsible for most of the interest in winter events in the Ottawa region. This year one meet attracted 29 competitors, three travelling on skis and the rest on snowshoes. 19 controls were set in the score type of event.
RESULTS:
COURSE SETTING COMPETITION

Unfortunately, the final results of the Course-Setters competition were not available in time to be included in this newsletter. The judges worked very hard to meet the deadline, but there simply was too little time. Next year we will start much earlier and give entrants more time for course work.

The response to the competition was very good considering that it was the first time such an event has been offered in North America. 53 entered from Canada and the United States, with 5 unofficial entries from England and two from Hungary. However, a smaller number actually returned completed courses: probably due to rushed deadlines.

One of the best entries was Gyorgy Bozan's from Hungary. Although it was an unofficial entry, Gyorgy's course has been included to show what the judges estimated to be a very good course. But Jan Hansen, R.S. van Nostrand, and Ron Lowry all had good courses. These names will probably appear near the top of the final list.

The entry fee for such competitions will probably have to be raised to $1.75 or $2.00 next year. Hopefully this will not reduce entries. However, each club could easily sponsor miniature course-setting competitions on local maps. The more people that think in terms of course-setting, the better!

This year's competition was a co-operative effort between orienteers in Canada and Sweden. Bob Kaill composed the rules as well as judging, but several Swedish judges were used including Lars Uno Rystedt. Administrative organization in Canada has handled by Juri Peepre.

Each entrant will receive a marked map either by mail or distribution at meets. The final ranking should be published in the next COF newsletter.

Editor
JUDGE'S COMMENTS

The following article was written by LARS-UNO RYSTEDT who was one of the judges involved in the course-setters competition. The comments are based upon his impressions of entries. Think of your own course when reading this article!

It is difficult to set a good Orienteering course. You are usually forced a) to use a particular area for your finish, b) to have the finish-chute in a certain direction, c) to set the course in a certain part of the terrain, and d) to have the start in a particular direction as well. Your possibilities are limited by the parking area, the landowners, washing facilities and other practical elements.

Only after you have solved all these problems can you begin the real course-setting. And then when you come out into the terrain, you find that all the beautiful theoretical legs and controls, you'd drawn on your map at home, aren't so beautiful anymore, many aren't even usable. You can't use this leg because you find a new trail that's not on the map, and it goes nearly directly from one control to the next, you can't use that boulder because the map shows only one and in the terrain there are literally hundreds (or at least tens) all the same size, then there's that beautiful little re-entrant which .........

You can perhaps read in a book how to set a nearly perfect course but it's through practical experience that you really become a good course-setter. Therefore, start practising by setting training courses for your club. You will learn a lot of things you can use when you compete yourself and when you set important events.

But now, first, you have to know some elementary rules perfectly. These rules are mostly theoretical and very important. It is not too hard to set a passable course on the map, but it is difficult to set a good course, it is even more difficult to judge and rank courses. This is the reason that despite many hours of work, we still haven't the ranking list complete for your competition. We need more time to think, compare and discuss. We have one big course-setting competition here in Sweden. As you might guess the winning course is not liked by everyone. There are nearly as many opinions about one and the same course as there are Orienteers, and we have nearly 50,000 ............
It is very interesting to judge your courses. Following I want to give you some of my thoughts about your courses and the competition as a whole. But remember, I am just one of 4 judges and one of 50,000 orienteers here in Sweden, so someone else may have another opinion....

The quality of the courses is quite varied. Some are good and some not at all so good. I want to give a few guidelines that I think should help nearly all of you and especially those that had the most trouble trying to set a course. These guidelines I am quite sure the other judges and most Swedish Orienteers would agree with. Later we will give more advanced ideas and opinions and that is where most of the disagreement arises.

1. Start and Finish areas.

   The start should be placed so that the competitors who have not started cannot see others on their way to the first control. This means that it is best to have the start in the forest, or at least at the edge of the forest, making sure that none of the competitors are likely to take a route to the first control that takes them near those waiting or on their way to the start. See example A. A start on the field would be very bad, on the edge of the field not so bad, and one north-west of the knolls best.

   A definite feature should also be used for the start and the description given (for A, north-west of the north-west knoll.

   ![Map of example A and B](image)

   You want the competitors to think as much as possible while out on the course. Therefore, you want Orienteering all the way to the finish. Running along streamers is called cross-country running, and that is also a fine sport, but it is not Orienteering.
On the run-in you want all the competitors coming from the same direction and therefore you will usually need streamers. However, a) try to keep the run-in as short as possible while still remembering that the judges and timers must have a few seconds to see the finishers before they get to the finish line and b) try to prevent competitors from using the line of streamers as the feature for the last control. See example B. Here if you put the streamers straight west the competitor could come quickly down the road and follow the streamers back to the control, but if you put the streamers first to the south, then he must run too far to make it worthwhile to use the streamers.

2. Legs and Control Points.

Control points should help to make the legs interesting. But remember Orienteering is not a treasure hunt or hide-and-seek, and therefore control points must not be so difficult that chance plays a large role. Example C is a bad control. It's too difficult. To find the boulder at once you must use precision compass and pacing AND a great deal of LUCK. Example D shows another way to destroy a leg (remember we're not talking about Novice Orienteering - there the guidelines are different.) If the reforested area and the fire break are very visible then the control point is unusable as the map is incorrect in that area.

The control point must be clearly defined both on the map and in the terrain (therefore the distinctions of 'a' and 'the' aren't necessary.) The terrain in the area of the control point must be shown exactly on the map. This you can't check by only looking at the map: you must go out in the terrain. See example E. Here the control points are not definite enough. At a good control point, there will be no doubt as to where to hang the control marker. At each of these points, you could hang the marker in several different places and still have it in the right area. Example F shows some good control points.
The legs between the control points are the most important part of the course. It is impossible to describe a perfect leg. But here are some guidelines:

a) A good leg should have several possible routes. Good routes should not allow running along roads for a long distance: they should have both rough and precision Orienteering. Road running is not even rough Orienteering.

b) Do not have large catching features just before the control points. See Example G.

c) The angle between the legs should not be too sharp. Remember however that a theoretical "dog's leg" and an Orienteering "dog's leg" are not always the same thing. You must compare the routes that the runners will use to and from the control (not the lines joining the controls) to decide if the angle is too sharp or not. Example H.
3. Variation.

Try to get variation in the direction of the legs, variation of control points, variation in length of the legs, and, of course, variation in the techniques used to run the course.

Well, there are a few general guide-lines. Your courses show that most of you know most of them but that none of you have kept all of them in mind all of the time.

GOOD LUCK in your course-setting. It is fascinating and interesting. But remember that course-setting on the map is only the beginning, the primary job is OUT IN THE TERRAIN.

Gerry Baycroft punching in......
COURSE-SETTING COMPETITION 1972
Unofficial entry by Gyorgy Bozan of Hungary.

DEFINITIONS
H 21 E - 9.2 km.
START - Field, N-W-corner
1. Spur
2. Boulder, W,N-side
3. Between the depressions
4. Knoll, N-E-foot
5. Neck
6. Path-end
7. Re-entrant, down in
8. Spur
9. Spur
10. Knoll
11. Re-entrant, up in
FROM SWEDEN....

--- France is having its first special Orienteering maps drawn.... competitors there this summer will probably be very pleased with the change (most of their past maps have been worse than most North American maps)--- Lars Uno Rystedt (especially well-known in Montreal) has recently finished a special map for use in the schools in his neighbourhood (he's moving soon though).... yours truly is engaged in a similar map-making project about 1,800 metres from this typewriter --- A Swede, Rolf Jakobsen, has recently been engaged in drawing an Orienteering map in Spain --- the Danish orienteering elite had a visit from New Zealand's Arthur Lydiard (Peter Snell's coach),... he has helped the top orienteers in Denmark to set up their training programs, with the objective of them reaching top condition for the World Championships in September --- a large group from Sweden as well as other countries were at the international Jan Kjellstrom Trophy in England during Easter.... the winner (1:12:17 - 12.5 km) Rolf Petersson could be a new hope for the Swedish team at the '72 World Championships, judging from his wins both in England and at last fall's Swedish Elite training camp held in Czechoslovakia.... yours truly was in England representing the WANDERERS and CANADA, and was more than pleased with 11th place, 7 minutes after Rolf ---- Goran and Gunnar Ohlund will soon be taking a trip to New Mexico and the mountains to draw an Orienteering map there --- no news has been heard recently from partly snow-covered Norway, but certainly World Champions Stig Berge (1970), Age Hadler (1968), and Ingrid Hadler (1970) are hard at it.... here in Sweden (even in normally cloudy Gothenburg), the sun has broken through and the Orienteering season is well underway.... Bernt Frizen, the Swede most likely to win the 1972 World Championships, has opened with a fantastic 6 straight wins, every race had other members of the national team in it and yet he still managed to win 2 of the races with an astounding 6 minute marginal --- Arne Yngstrom has just sent me a copy of his hot-off-the-press book NYBORJARKURS I ORIENTEERING (its actually in 3 parts) --- Oringens 5-days is already prepared with its multitude of classes and courses (51)..... don't be surprised if your senior friends visiting Sweden run in Nyborjare class (translates as 'new Beginner').... in Sweden
a 'new beginner' has orienteered in school and probably only competitively orienteered for 2 or 3 years (10-20 times a year) and doesn't feel capable of moving up yet..... the terrain is also very different here.... if a Canadian comes in the first 15 or Oringen Nybronjare class, he should be warmly congratulated, for that will be no mean feat here in Sweden.... different countries ARE different --- according to my last epistle, that great orienteering apostle "SASS" Peepre is working hard spreading Orienteering in Italy and Jugoslavia just to name 2 of the places ..... he writes that he'd like to be back in Canada just now though ..... it's tiring travelling around all the time --- down south in Czechoslovakia, they're continuing their 4-year preparations for the 1972 World Championships.... at the end of May, a number of areas especially prepared for international training camps will be opened.... don't be surprised if one of the local favorites, Zdenek Lenhart finishes up near the top in the men's event .... with regard to the women, I'd name 4 possibilities for 1st place, Sarolta Monopart (Hungary), Ingrid Hadler (Norway), Pierjo Seppa (Finland), and Ulla Lindkvist (Sweden), .... Ulla will however probably have it difficult as the terrain isn't really her type --- Swedish students from GUL in Stockholm are giving demonstrations of orienteering in connection with the Olympics in Munich this summer.... Peo Bengtsson (Inga-Britt's husband) has been in charge of drawing the map just south of the city ---- yours truly is still hobbling from a groin injury incurred in a competition just before (and reinjured during) the trip to England, but still can write and welcomes any requests from anyone concerning orienteering on this side of the Atlantic, especially if it concerns that fantastic 5-day Oringen competition with its expected 12,000 competitors, taking place in Smaland, in terrain which is rumoured via Goran Ohlund (course vetter) to be ideal for orienteering ..... letters running through my hands indicate that the following may be here: Lyn, Juri, yours truly (4th time) Gordon, Ron, "Sass", Allan, Cathy...
Organising an Orienteering Club

Jack Lee, President, Ontario Orienteering Association.

Motivation
Before any organization can be formed someone must feel strongly about the need for that organization. If a few people have been exposed to Orienteering and feel a club should be formed then a foundation already exists. If only one person has been motivated in this direction then he or she must take steps to motivate others.

A gathering must be organized with the objective of motivating others to participate in Orienteering. In a school this might take the form of a student assembly featuring a film or speaker on Orienteering. The gathering might even take the form of an active Orienteering session for those adventurous enough to try a new activity.

The initial gathering must be followed shortly by a meeting of interested parties. Do not make this meeting strictly business or some people may lose interest. An active indoor Orienteering session is fun and will maintain motivation. At this meeting establish a day for the first full-scale activity session.

Program
As soon as possible the newly formed club should be introduced to a program of active Orienteering sessions. Discussions of tactics, history of the sport, etc., can wait until a later date when the members are completely sold on the activity.

The three basic skill areas for Orienteering are map reading, compass skills, and distance judgment. The program should be planned so as to introduce and allow skill development in one area at a time. A suggested introductory program follows.

<table>
<thead>
<tr>
<th>Session</th>
<th>Activity</th>
<th>Map</th>
<th>Skill</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Miniature Indoor Orienteering</td>
<td>Sketch</td>
<td>Map reading</td>
</tr>
<tr>
<td>2.</td>
<td>Score Orienteering on school grounds, park</td>
<td>Sketch</td>
<td>Map orientation</td>
</tr>
<tr>
<td>3.</td>
<td>Street Score Orienteering</td>
<td>1:10,000</td>
<td>Map orientation</td>
</tr>
<tr>
<td>4.</td>
<td>Street Score Orienteering</td>
<td>1:10,000</td>
<td>Pacing to measure distance</td>
</tr>
<tr>
<td>5.</td>
<td>Street Score Orienteering on Bicycle</td>
<td>1:10,000</td>
<td>Map reading</td>
</tr>
<tr>
<td>6.</td>
<td>Miniature Orienteering</td>
<td>None</td>
<td>Compass reading</td>
</tr>
<tr>
<td>7.</td>
<td>Score Orienteering</td>
<td>Topographic Map 1:10,000</td>
<td>All area skill</td>
</tr>
<tr>
<td>8.</td>
<td>Cross Country Orienteering</td>
<td>Topographic Map 1:10,000</td>
<td>All area skill</td>
</tr>
</tbody>
</table>
Many other training games and Orienteering activities could be worked into such a program. For instance, Orienteering could be done in winter on foot, snowshoe, or skis. Other activities might include Line, Route or Night Orienteering.

Since one of the objectives of a program of Orienteering instruction is to motivate individuals to participate in a life long recreational sport it would be wise to involve the club members in open Orienteering meets as soon as they are ready. In this way they can get the true feeling of camaraderie and fulfillment that can be theirs through Orienteering.

New Members
Once the program is under way membership should take care of itself. Members who participate and enjoy the program will bring out their friends to swell the ranks of the Orienteering Club. A good publicity chairman can also bring out new people through sound advertising.

Club Organization
Along about the third or fourth meeting the core of the club should be pretty well established. Members have come to know one another and probably a leadership scale has begun to emerge. This is a good time to give the membership some control over its own destiny.

A club can only succeed on the strength of the desires of its own membership as reflected by its elected executive. An executive is needed to represent the needs of the membership in program planning, to represent the club to student government (in school situations), to handle money and transportation arrangements.

Suggested offices and areas of responsibility are as follows:

**President** — responsible for executive meetings, program and travel organization, demeanor of members.

**Vice-President** — assistant to the President in all his areas of responsibility — stand-in for the president during absence.

**Secretary** — minutes of meetings — correspondence, re: arranging for films, equipment, information about meets, letters of thanks, etc.

**Treasurer** — keep accounts on all club activities accurate and up to date — money for club operation may come from a grant or through fund raising projects operated by the club — responsible for membership fees, entry fees, transportation costs.
Publicity Chairman — must keep club members informed of upcoming activities — responsible for publicizing club activities and results — responsible for membership campaigns.

This person must be a good public relations man and a good organizer. He must be able to communicate with the school body or other groups through posters, signs, announcements, assemblies, etc.

Orienteering Skills
Although Orienteering requires a great many skills and strategies for proficiency, a person can still enjoy the sport with a few rudimentary skills. Throughout the club program enjoyable involvement should be stressed. Introduction of too many skills at one time creates confusion and takes some of the enjoyment in participation away from the individual. A well-planned program will introduce the skills of map reading, distance judgment, and compass one by one as the need arises. In this way a skilled Orienteer can be developed and not discouraged.

Orienteering Etiquette
In the recreational stages of Orienteering competition rules should be developed in the form of etiquette. As with the skills, points of etiquette should be introduced as participants are likely to encounter them.

1. Always report to the finish line before leaving.
2. Information regarding control locations should neither be asked nor given.
3. Leave the area free of litter.
4. In cross-country Orienteering controls must be taken in numerical order.
5. Avoid crossing ploughed or seeded fields.
6. Climb fences at sturdy posts.
7. Report any possible damages at the finish line.
8. Enjoy Orienteering and pass it along to others.

Summary
The above have merely been suggestions for initiating a club activity and were not intended to be comprehensive in nature. Once the initial organization is over and the club established each club will develop its own idiosyncrasies, its own pace, its own rules and by-laws. The main objective is to get youth involved in a lifetime sport at whatever level they choose to participate.
animal, vegetable, or mineral?

A note for mappers, by Sue Bone. (an excerpt from 'The Orienteer')

There seems to be widespread confusion concerning the correct use of the IOF symbol "a black cross or circle", officially designated as "any other object".

The idea behind this symbol is to provide a spare sign which can be used to represent a particular item for which there is no other suitable symbol. There are, however, two conditions governing its use, and they are being consistently ignored in Britain at present.

1. On any particular map the symbol must be used to represent the same thing all over the map.
2. It must always be stated in the legend what the symbol represents on that particular map. It is never permissible to put in the legend: \textit{X .... any other object}. One must be specific. The map should provide the navigator with usable information about the terrain, not a guessing game.

Those crazy Norwegians!
A Good Orienteering Course ....

Bob Kaill

During the last year or two in Sweden and Norway, a very important discussion has been permeating orienteering. It involves the number of controls, length of legs, etc., that should be on a good orienteering course.

Much of the present debate depends on the definition of what orienteering is and should be. In our book, Competitive Orienteering, 1971, we maintain that orienteering includes many different techniques (up to at least 12 techniques) plus physical condition. I believe that a good elite orienteering course should include and test all of these elements. Really long legs such as occur on night and ski-orienteering courses are needed. It's on such legs that one has to make real route choices, run rough compass and rough map-read. It is also these legs which test physical condition. These legs can also (if they are well set) give rise to precision compass and precision map-reading.

The ability to change and know when to change from one combination of techniques to another is the mark of the top all-round orienteer. He knows when to run at top speed with slightly relaxed concentration and when to slow down and intensify his concentration. To give the all-round orienteer an opportunity to really show his colours, the course-setter must set a course that demands many changes in technique and concentration. In many areas this can be done by using only long legs, in other areas a combination of long and short legs may be needed.

Naturally, very much depends on the terrain and map when it comes to deciding how to set good legs and what combination of legs is needed. However, I would suggest the following 'ideal leg' as a model. This leg (i) is about 1-2 km long, and (ii) gives 2 main route choices, each of which has a possible branch partway along, plus a couple of poorer route alternatives. The first 50-75% of the leg should require (iii) good rough map-reading at or near top speed, (iv) rough compass, (v) distance judgement (vi) good running technique in the terrain and (vii) on trails. The next section should involve more careful map-reading and compass work, leading to the last 100-400 m where (viii) precision map-reading, (ix) precision compass and (x) accurate pace-counting are all needed.

The legs on a course might roughly be divided into two main groups: major legs such as the 'ideal leg' where as many orienteering techniques as possible are tested, and
minor legs which are basically for moving the orienteer to the starting place for the next major leg, or in some cases for testing one or two techniques which are not needed on other parts of the course because of the structure of the terrain. Of course, the number of minor legs should be kept at a minimum, as short as possible, and incorporate as much orienteering technique as possible.

I suggest that a good rule of thumb is that the number of controls be equal to the number of kilometres plus one 2 or 3. Orienteering is not searching for markers but navigating through unknown terrain.

(from an article by Bob Kaill in SKOGSSPORT)
**this and that ...**

**IMPORTANT**
If you wish to remain on the C.O.F. mailing list, be sure to apply for membership in your provincial association. The next newsletter will not be distributed to non-members. However, for those unfortunate individuals who do not intend to become active members, but desire to remain on the mailing list, a $1.00 cheque sent to the Canadian Orienteering Federation, Box 6206, Terminal A, Toronto 1, will ensure receipt of this newsletter. Remember to include your name and address!

**CONTEST**
We need a permanent title and cover for this newsletter. If you have any ideas please submit them to the editor as soon as possible. A prize in form of a compass will be awarded for the best entry.

Also, if you have any good orienteering photos hidden away in the dusty old album, send them in! Photos will, of course, be returned intact. And we will give full photo credits. So... if you think you're ready for national fame, commence the camera clicking.

And, if there are any cartoonists out there in the woods waiting to demonstrate that immense talent, we welcome your humour. Who can deny that the bungling Orienteer is a comic figure?
Sir:
Under COF conclusions mentioned in the May newsletter, it is recommend-
ed that participants carry a whistle at all meets. I must state that I am opposed to this suggestion for two main reasons. Firstly, if this is designed as an emergency signaling device, the federation is suggest-
ging serious emergencies have and will happen, and therefore frighten away competitors. My per-
sonal opinion is that the woods are one hundred times safer than our city streets with its tons of auto-
motive steel hurtling by every minute. But because the average person is unfamiliar with the bush, we have to over come a natural fear of the unknown in most first time partici-
pants, and such a rule will just reinforce their fears.

Losing a participant or having one seriously injured in a remote part of the woods will continue to be the extreme fear of all organizors, but the possibility of this happen-
ing as much as is humanly possible by the proper application of our present protective procedures if these are communicated clearly to participants. e.g. safety bearings, time limits restricting inexperienc-
ed persons to the white course, keep-travine our basic aim of leaving white courses as simple as poss-
ible and within easy reach of the start and finish areas, and encour-
aging first timers to accompany a friend in the wayfarers class. Also I would recommend that the St. John's Ambulance people be invited to all open meets. This excellent organization can be of invaluable help with our average scratches and bruises, and give proper assist-
tance in the event that something more serious should happen. Finally a group of elite orienteers should be organized as a control marker collecting team, and should some-
one be missing, they could immedi-
ately become a search party. As you know, search parties are almost always unnecessary as the missing party either walks in alone late, or has gone home without informing the officials.

One of the reasons Orienteering appeals to me is that I enjoy the quiet natural woods, a pleasure that has on one or two occasions been disturbed by youngsters shout-
ing to one another that they had found a control. I shudder to think what would happen if supplied these fun-loving devil-may-care-types with whistles. I doubt if the sound would carry much further than the human voice, but it would con-
polluted as we found it, this should include noise pollution.

Jack Geddes
If undelivered return to:

Canadian Orienteering Federation,
P.O. Box 6206, Terminal A,
TORONTO 1, Ontario.