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Orienteering Canada is published four times a year in Ottawa, Canada with the assistance of the National Sports and Recreation Administration Centre.

Circulation : 2,000

Editor : Gord Hunter
Typist : Brenda Russel
Contributors : Marg James, Bruce Brenot, Brian Ellis, Geoff Peck, Susan Hoyle, "Frank, Jack and Ray", Sheila Andrew, Arne Naess, Fred Hutcheson

Cover Photo : Colin Kirk, Meet Controller at the 1977 Canadian Championships (Photo : Bruce Brenot)
By now the Officials' Development Clinics are over (and a success!), snow is melting and thoughts are turning to a new year of orienteering.

The C.O.F. Board had a busy meeting in February with a full agenda and all six members in attendance. John Huff and Paul Dupré, our consultants from Sport and Recreation Canada, also added greatly to our meetings. The status of our grant submissions were discussed. We should be pleased with the many opportunities open to all of us to advance Orienteering. We believe the projects are great—now all we need is everyone's support to carry them out. Some highlights are:

- Support for each Association to carry out mapping projects.
- An advanced International Mapping Clinic.
- Partial support for the National Team.
- A part time coach (possible) for training and junior development.

This coach would travel to all parts of Canada to aid C.O.F. members interested in top competition and to help develop programs.

Pat de St Croix, a C.O.F. vice president, was appointed Chairman of the Planning Committee. This committee will consist of herself, Treasurer Freda de la Fosse and the committee chairmen of C.O.F. Ideally, this committee will provide the overall planning to be approved by the C.O.F. Board and delegates at each A.G.M. It would provide the input for future budgets, etc. This is a further step in what is hoped will be a more efficient operation of C.O.F.

Now, back to the melting snow and thoughts of orienteering! In British Columbia they are well ahead of us in the far east---

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Keywords: Development Clinics, Orienteering, C.O.F. Board, Pat de St Croix, Planning Committee, Support for Associations, Mapping Clinics, National Team, Part-time Coach, Efficiency in Operations.
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NATIONAL OFFICE

HERE & THERE

We have heard, unofficially, that Bob Kaill, Development Co-Ordinator for orienteering and nordic skiing in Nova Scotia, has relinquished his duties with the ski association. This should give Bob more time to devote to orienteering. But what’s this about you owning a race horse Bob? * * *

Following the example of the OANS several associations and clubs have applied for Young Canada Works grants for mapping projects. Newfoundland O.A. and the Ottawa O.C. are two of the groups to apply.

Knowing the work that goes in to producing even a simple orienteering map, it is hard to imagine a better use for a Y.C.W. grant. Besides being fairly demanding physically mapping gives one a very keen appreciation of his surroundings and teaches patience and self discipline.

Good luck to those groups who have applied for grants. We’ll try to have a more complete report in a future issue of Orienteering Canada. * * *

According to Guiness what is the world’s shortest political career? This editor may now have a claim to that record. Some two weeks before the Nomination meeting he decided to try for the federal Liberal nomination in an Ottawa riding. Despite a ‘dramatic come from behind effort’ Hunter was nosed out by a single vote, 138-137. It is reported that Hunter did not say "Now I know how Ted de St Croix felt in 1975 when he lost the Canadian Championships by one second to Ron Lowry." He did say "S--t, it was close" - that being rebroadcast later on the local cable TV channel. * * *

Eastern Canadians, looking for an early start to the Spring meet schedule should consider making a trip to West Point, NY for a two day meet April 29-30.

They are using a four colour, made in Sweden base map - made from excellent U.S. military air photos. And no one has more experience with air photos than the U.S. military - remember the U-2 incident and the Cuban missile crisis?

With that map and the resources of the U.S.M.A. Orienteering Club behind the meet it has to be one worth attending!
SASS PEEPRE MEMORIAL ORIENTEERING AREA - Ted and Shirley Yard, owners of Camp Hollyburn, near Rosseau in the Muskoka district of Ontario, have decided to establish a memorial to the late Sass Peepre, a long time friend of theirs and the acknowledged 'father of Canadian Orienteering.'

With the help of the Guelph Gators O.C. they have had their extensive (400+ acres) camp property mapped and will establish a permanent TRIM COURSE in 1978. Copies of the map and access to the property will be available to members of orienteering clubs free of charge. It is hoped that club groups and orienteers travelling in the Muskoka will take advantage of this unique offer.

The map will be used officially for the first time at an inaugural 'A' meet, September 23/24, 1978, at which two days of competition are planned - individual courses on Saturday followed by a banquet and social evening, with relays on Sunday.

Friends of Sass, as all orienteers are, should make plans to attend this meet and enjoy orienteering in the beautiful Fall colours of Muskoka. All proceeds from the meet will go to the Sass Peepre Memorial Fund.

Full details will be announced later.

NOTES FROM THE EDGE OF THE WORLD - Fred Hutcheson writes that the Newfoundland O.A. held its annual meeting in February, "A large crowd of about 30 people were shoe-horned in to the basement of Scout Headquarters in St John's. Thanks to other events there was even a person from Labrador West. An enjoyable pot-luck supper, a short comedy film and orienteering game preceded the meeting.

Jim Richardson (NOA President) noted that two new 4-colour and 10 to 12 black and white schoolyard maps had been prepared in 1977. Also the preparations for the 1979 national championships are continuing. There was participation in the 1977 championships and contact will be made with the 1978 group in Hamilton.

Cliff Mathews, our Director, has been busy and there is now much more interest in areas outside St. John's.

The NOA will be holding meets this Spring nearly every weekend from late April to mid June."

* * *

B.C. MOUNTAIN MARATHON PLANNED - Afan Jones and Tony Byrne have planned Canada's first two-day marathon orienteering course. To be held on the weekend of July 7-8 participants will cover a

(Cont'd p. 25)
SIX DAY MEET
- A Boost to the Economy

Orienteering will get its chance to aid the Canadian economy this summer when the 6-Day meet is held.

With a multi-million dollar tourist trade deficit being reported and Jean Chretien and Jack Horner urging Canadians to travel in Canada, the 6-Day could prove to be a valuable tourist attraction for our country.

In recent months our dollar has fallen 10% against U.S. currency and up to 25% against some European monies. While this is bad news for importers and those who wish to travel overseas it is very good news for people wanting to visit Canada.

It is expected that the Japanese and Europeans will visit Canada in record numbers this year - and many of these will be coming as part of orienteering groups.

Swedish orienteering tour leaders Nils Goran Albinson, who brought over 700 orienteers in 1976, and Peo Bengston are both planning to bring groups to the 6-Days. Interest has also been shown by groups in Australia, Britain, Japan, several continental European countries and the United States.

At this time it is not known how many from overseas will be coming to the 6-Days from overseas but the organizers are gearing for up to 2,000 entries. They are drawing on experiences gained in 1976 at the 5-Days to make this meet a success.

All meet sites have been chosen so that competitors will have the option of travelling by bus or private car to the daily competitions.

The Lachute Regional School will again be the Quebec centre and ample camping and dormitory facilities will be available. A wide range of hotels, motels, residences and campgrounds have been arranged in the Toronto area for competitor accommodation.

In the 1976 meet there was a large percentage of DNF's in each class. This was often caused by failure of participants to start or finish on a single day. By using a 'Gallopen' scoring system this problem will be eliminated in 1978 and all competitors will always be in the running.

Orienteers will be awarded points each day according to their time behind the winner of their class. Only one's best four days will count so that inability to start, disqualification, etc will not necessarily spell the end of one's chances of winning his/her class or of beating that archrival clubmate.
Mindful that orienteering meets are social as well as sporting occasions the hosts will be providing a full range of social happenings for visiting orienteers.

No matter how much planning goes in to a meet of this nature there is one ingredient that cannot be arranged by the organizers alone. The special ingredient is the interchange between orienteers of different countries and areas, the new and renewed friendships and the promises to meet again, the exchange of maps, T-shirts and addresses. This ingredient can only be provided by you the orienteers. Your help through your participation is needed to make the meet a memorable occasion for our overseas visitors and for yourself.

Plan to join in this summer by participating in the Canadian 6-Days Orienteering Meet. Write your provincial or national office for entry forms.

TRAINING CAMP PLANNED

Lac Phillippe, Gatineau Park - June 23-26

The Ottawa O.C. will be hosting a 3 Day competitive training clinic open to all Junior orienteers.

INSTRUCTION will be on a personal basis. Participants will be divided in groups of different skill levels and assigned an instructor for the weekend.

CAMPING will be at a reserved group campsite at Lac Phillippe. Participants will be responsible for their own camping equipment and meals. The campsite contains a building to accommodate meal preparation, food storage and dishwashing. Tap water is available. Picnic tables and a fire ring are on the site. The camping area has a First Aid station, restaurant, Rest rooms, ice, firewood and a store.

PRE-REGISTRATION by mail is a must (No phoning!) The fee is $5 and the closing date is June 15th. To register write, including your fee and a note about your age, orienteering experience, transportation needs, etc. to the address below.

BRUCE BRENOT
34 c BLACKFOREST LANE
OTTAWA, ONT. K2H-5G8
Orienteering in New Brunswick only started to grow in 1975, when Alex McNaught arranged for Sass Peepre to conduct a clinic on orienteering for the New Brunswick Teachers Association Physical Education Council. Sass' enthusiasm was catching and a Provincial association was formed, with Andy Martin as the first president.

Fredericton was the first area to form its own club and we were soon delighted to have black & white maps of Odell Park and Mactaquac Provincial Park. Now we have become so spoilt by the sophisticated multicoloured projects Dom Coles, Steve Chase, Yoland Roy and Dean Mundee have been producing that we can't imagine how we got around with them.

There is also an active club in Grand Falls now and meets are held in Tracadie, Edmundston, Moncton and Saint John, as well as the three mapped and two almost mapped areas around Fredericton.

The gospel has been spread by Denise Chase, Jill Clogg and Ann Coles amongst others, they have held several clinics around the province. Thanks especially to Denise, ours is a bilingual association; newsletters, clinics and publicity material go out in English and French, and those orienteers still needing a little help at Provincial meets would find it useful to know 'Where am I?' in both languages. Teachers clinics have been most successful; stampedes of high school students are seen rushing through the woods, orienteering is a part of the Junior High School curriculum in some districts and increasing numbers of elementary schools are taking it up. We are lucky to have interesting orienteering country within easy reach, as none of our towns are very large, anyone who has flown into Fredericton would agree that it is practically invisible among the woods. The possibility of getting lost for an hour or two during the school day may be contributing to the sport's growing popularity.

Numbers at meets are increasing steadily. The last provincial championships attracted around 100 entries from all parts of the province as well as some welcome Nova Scotian entries. We were also glad to see so many visitors on their way to the Nationals in August. The torrential downpour the night before probably deterred some of the local competitors that day, but those of us who did not mind a free shower bath from every tree had a good run.

One H35 competitor was so damp that he claims to have saved twenty minutes by swimming across the lake in-
stead of going around.

The terrain can be challenging; none of the areas mapped so far have great variations in elevation, but, as one orienteer from Ontario said maple tree branches start ten feet up, local spruce branches start ten inches up, when maps here say fight they really mean it!

This means it is an extra pleasure for us to run in meets outside the province (you can recognise New Brunswickers, they have a tendency to run with their heads down and a hand over their eyes). Not many of us have been lucky enough to get to bigger meets, but Judy Andrew came second in D 15-16 at the Nationals and third in the North Americans last year and Robin Andrew came third in D 13-14 at the North Americans. We hope to send more representative to out of province meets this year.

There are problems in developing orienteering here; the running season is short and the population is scattered over a wide area, which can lead to a lack of competition for those in elite categories.

There is also a pleasant problem in that the great number of enthusiasts at the school level gives us a very high percentage of young runners and increases the administrative jobs for a comparatively small number of older members.

However we have plans to extend our season with ski orienteering, night orienteering and canoe orienteering and the increasing numbers will produce more elite competitors in time. We particularly appreciate Bob Kaill's Circle Notes as an encouragement to this group. Our younger runners are showing promise and those of us in the older age groups at least know we still have plenty of room for improvement!

New Brunswick clubs have several families who all enjoy orienteering. More students will probably bring their parents out for some exercise and the students themselves are able to take an increasing part in administration, so none of our problems are too serious. We are grateful to Sport New Brunswick and city recreation departments for the help they give us locally.

The sport is becoming increasingly well known. A local gentleman, driving past the woods, saw a lady emerge pursued by two large wild looking men. Being a gallant type he wanted to stop and rescue her but his wife was able to explain that this was orienteering. "Huh," he snorted, "so that's what they call it now." So, as you can see, we still have some publicity work to do but things are moving.

Sheila Andrew
At the C.O.F. Planning Conference last fall, the Mapping Committee agreed unanimously that our main goal was to "Produce More and Better Orienteering Maps In All Areas of Canada". Although this may sound like a lofty dream, this has in fact been the guiding light for all previous mapping chairmen. All the funds which Recreation Canada has provided, have been distributed between the Provinces and Territories on what was and is considered an equitable basis. In lack of a better system, we have used the total membership of the associations, as reflected in the number of voting delegates at the C.O.F. Annual General Meetings as a basis for distributing the funds.

It should be noted that the C.O.F. Mapping Committee itself cannot produce the maps. Our propose is to help the provincial associations and their mapmakers with funds if available and with advice and help as required. We also are working closely with the I.O.F. Mapping Committee to arrive at the best possible standards for maps; the main criteria of which is that they shall be easy to read at competition speed.

We would welcome comments on the above from anyone interested in the betterment of orienteering.

This year the Mapping Committee is starting on developing a comprehensive mapping handbook. The Chapters will be written by various interested mappers. If you wish to take part in this co-op project, please let us know. We are planning on approximately 14 Chapters, all of which are looking for authors or input.

Arne Naess

TECHNICAL

The Technical Committee has several projects on the go at this time. These include:
- The possible introduction of I.O.F. symbolic control descriptions which is being studied by Ken Sidney.
- The 'Critical Path for Organizing a Major Orienteering Championships' started by Ann Budge is being revised by Jack Lee.
- The C.O.F. Competition Rule book is to be updated to include sections on search procedure (Colin Kirk), disqualifications (Colin Kirk) and jury selection (Keith Hansen).
- New materials for stronger control cards are being studied by Keith French.
- Ann Budge is to establish a uniform set of French language control descriptions.
The Technical Committee is also planning to produce a manual for the Officials' Development Clinics.

In other news the Technical Committee has appointed Steve Pearson of Hamilton as Meet Controller for the 1978 Canadian Championships.

EDUCATION

After several false starts the Education Committee is now drafting an official handbook of orienteering.

To be the most complete orienteering guide yet published in Canada the handbook will list contacts at all levels, recommended resource persons, teaching aids, a map index, a guide to basic mapping, course setting, competition rules, club organization, and much more.

Committee chairman Andy Martin has set May 31st as the date to receive first drafts from his various section writers.

The handbook will be printed as an 8½x5 pocket size manual.

The Education Committee has recently had several environmental impact studies translated from Swedish and have printed a new bilingual promotional brochure. The excellent 'Learn Orienteering' booklet has also been reprinted by this committee.

COURSE PRINTING MACHINE

A printing machine is available which will print orienteering courses quickly and accurately. The original machine was first developed for the Niagara Orienteering Club over two years ago and has printed many hundreds of maps.

Course Printing Machine Complete-$70.00

Send the full amount with your order to - Dick deStCroix
Box 316
Vineland, Ontario L0R 2C0
The article on the opposite page first appeared in the British magazine "The Orienteer", and was reprinted last winter in Control Point.

The author, Geoff Peck, has been Britain's top male orienteer for several years. He has also been an outspoken proponent of competitive development.

An R.A.F. pilot, he is presently on a course at Patuxent River in the United States. We hope he will be able to compete in in several Canadian meets this year.

Peck has produced here a very precise definition of what to expect at the World Championships in Norway next September.

This article is reprinted, not to discourage potential World Championships participants, but to show how one leading Briton is approaching the meet.

Canadians, too, will have to be satisfied with finishes out of the medals. We should not be satisfied to be less than first amongst non European countries or less than eighth amongst all countries.
Prospects for WM 78
by Geoff Peck, Interlopers

A good excuse for having a bad race is to declare that there were several Norwegians in your class, and everyone will nod sympathetically — no-one questions their superiority. In their own country, they are indeed unbeatable, so it is worth asking why we are considering sending a team to WM78 — what can we hope to achieve?

Norwegian terrain is unique. Sweden and Finland are similar, but only in Norway will you find consistently rugged country; there is no conformity at all. On the same map, the ground varies from flat to hilly to many small, steep ridges and valleys, from ankle deep marshes to scree slopes and from semi-runnable heather to impenetrable thickets. The only consistent features are the poor visibility in the predominantly natural forest and the wealth of small detail; although large features do exist, it isn't possible to see them far enough through the trees to use them! There are very few man-made handrails like paths and fences so there is no respite from the forest.

Their maps, too, are unique. Almost all of the surveying effort goes into plotting all of the small features (small knobs, every dent in the contours, niches only 1m wide and 1.5m deep, boulders 0.5m high in areas with 2m contours as well, marshes 2m x 2m are all marked) and vegetation is almost ignored (small areas of wall and light are ignored, there is no attempt to differentiate types of forest, flooded areas are often not marked). Perhaps we've got things the wrong way round in Britain! The ground detail is very accurately mapped, sometimes using 2.5m contours, so that the resulting map is extremely complicated, at times clustered, as the example shows. As a result, the courses are very different from ours. Finding the control markers in the small detail is difficult and requires pre-point accuracy; navigation between the controls is no-easier and usually means concentrating for the whole leg since there are no handrails to follow. Pacing is almost impossible due to the rough undergrowth, rocks, marshes and the steepness of the terrain, so that everything relies on compass and map-reading. Once contact with the map is lost, the poor visibility and wealth of small detail make it very hard to relocate yourself. Legs are set to give the maximum priority to map-reading and controls are sited on the smallest features; the markers are fixing low so that the feature has to be found first — it is 99 per cent navigation.

The successful technique used by most Norwegians is to navigate by 'rough compass', checking off the 'major' features (marshes, spurs, re-entrants) and then run as fast as possible in the rough terrain by looking ahead to pick out the more runnable forest; when they see what they think is a unique feature on the ground they will look at the map and attempt to find the feature — if unsuccessful, they simply continue until they do find something that fits; once in the control area this process is fine-tuned until they find themselves on a good feature near the control — then they slow down and take the control. On the 'rough' section, their property is to run fast in the correct general direction and they have an uncanny ability for finding the runnable forest whereas we end up in every thicket and marsh! — but they are only able to do this because they can relocate themselves easily by instantly and accurately relating the ground to the map; this takes years of training. Without this, we cannot afford to lose contact with the map as we must over map-read. However, their 'control work' is also far superior to ours; over the years they have developed a feel for the difficulty of control types and vary their tactics accordingly — they enter the control area with a detailed picture of what they are looking for and rarely miss first time. Without slowing to a walk, we have great difficulty in finding the well hidden markers; if we speed up, we run the risk of missing the location with the map and wasting minutes sorting it out.

The Norwegians live in their country; they train in it, usually daily, and they compete on excellent maps at least once a week in season — the best have been doing so for years with tough competition from literally hundreds of contemporaries. We cannot hope to beat them. The experience of our own top runners shows that we are a long way behind both in speed in the terrain (I am about 30 secs/km slower in pure running speed) and orienteering technique, where we are both slower and also run the risk of losing several minutes at a time from average to finish at least 60 secs/km behind the best Norwegians).

The only way to reach our standard is to live in Scandinavia; the only time I have done well was after living in Norway for 3 months. It is perhaps possible to become physically strong enough by training over very rough ground, but few of us are close enough to do so every day. The right sort of orienteering technique is simply not possible in this country — there are no maps of the same sort of terrain with sufficient detail; in addition, we lack the constant high level of competition which provides the incentive to improve.

Obviously, the ideal solution is to move to Norway! Since we can't, we must focus on lowering our rights to give our team something tangible to aim for — I believe it is only realistic to be the first non-Scandinavian team. Having decided that, we must aim to spend as much time as possible in Norway and to compete there often to master our own technique; this must be done along the lines of keeping contact with the map, between runs, we will also have to significantly improve our running speed in the terrain, which involves a large increase in most training schedules with emphasis on long runs in very rough country — places like Dunkeld, Harrow Tarn, Queens Forest, and North Wales...
SYMBOLIC CONTROL DESCRIPTIONS FOR CANADA?

The use of standard symbols instead of words for control descriptions will soon be introduced in Canada. Made mandatory by the I.O.F. for international events, they will be used at the 6-Day event in August.

First used in Scandanavia in 1976 and internationally last year these symbolic descriptions have rapidly gained acceptance amongst orienteers. They are considered easy to read and very easy to learn. Most symbols are the same as they would appear on a map.

One purpose of the symbols is to avoid misprints and errors in translation that often come up at international events. English speaking orienteers in Austria in 1973 were somewhat dumbfounded to find that they had controls at the 'Corner of Civilization' which was one literal translation for the German equivalent of 'Corner of Thicket'. A typographic error on Finnish descriptions at one Swedish 5-Day put their 'Path End' at the "End of the Urinal". While these errors are more humorous than serious some mistakes can be costly to some orienteers. At our last 5-Day event the Swedish version of one control description list had a mistyped code thus causing some to unfairly lose a lot of time. If all had used the same list this problem would have been avoided.

At first glance the symbolic descriptions might appear to be just another mysterious device to confuse the learning orienteer. However, once used to the symbols, most are finding the symbols as easy, if not easier, to comprehend as the written descriptions.

To help you prepare for the symbols we are printing on the next four pages a handy guide to the new IOF symbols. This guide can be detached from the magazine and used as reference at upcoming meets. (The COF Technical Committee is studying the symbols and a number of clubs will introduce them at meets this Spring.)

At meets where control description symbols are used it would be a good idea for the organizers to print and hand out a Master Symbol Sheet showing only those symbols which will be used in the meet. This will cut down on the learning that has to be done at any one time by the orienteers. At last year's national championships once you'd mastered the symbol for reentrant the system would have been a snap. Over 80% of the controls were in reentrants and there were no fodder racks, field graves or mines.

And it probably is a good idea to continue, at least on the shorter courses, to have written lists also.
SYMBOLIC CONTROL DESCRIPTIONS

HEADING
I : CLASS
II : COURSE LENGTH, BEE-LINE, IN KM.
III : CLIMBING, ON BEST ROUTE, IN METRES

DESCRIPTION OF CONTROLS

A: CONTROL NUMBER
B: CONTROL CODE
C: WHICH (OF ANY SIMILAR) FEATURE
D: THE CONTROL FEATURE
E: DETAILS OF THE APPEARANCE
F: DIMENSIONS OF THE FEATURE
G: LOCATION OF THE MARKER
H: OTHER IMPORTANT INFORMATION

e.g. "3 (54) Eastern Meadow, overgrown, 8x6m, Northwest corner, refreshments"

MARKED ROUTE TO THE FINISH

The thicker lines stand to the left of the most important informations.
KOMBINATIONEN

BESONDERE OBJEKTE

Bei der Benutzung von "Besondere Objekte" als Posten, müssen sie im Voraus (im PM) gut erklärt werden. Als Objekt-Symbol sollte ein von diesen Figuren benutzt werden.

SPECIAL FEATURES

When used as Controls, "Special Features" should be very clearly described beforehand (in the PM). For the Feature-Symbol you should use one of the following signs.

WELCHES OBJEKT

WHICH FEATURE

WHICH FEATURE

STANDORT/MARKIERUNG

LOCATION/MARKER

WESTLICHER TEIL

The western Part

OBERER TEIL

Upper Part ("Head"

UNTERER TEIL

Lower Part ("Foot"

OBEN, AUF

On the top of...

SÜDLICHER FUSS

The southern foot

AM FUSS (OHNE

At the foot (direction

RICHTUNGSANGABE)

not specified)
I. OTHER RELEVANT INFORMATION

Refreshments

Radio Control (when it is more fair to tell all runners about it)

Official Controller checking cards

IV. MARKED ROUTES

All the route marked from the control

'Forked Markings'

No markings

EXAMPLES

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INFORMATION

When the symbol system is to be used at an event it must be mentioned in the Pre-meet information. The competitors should also be informed of what symbols and (if any) Special Features are being used.

NB

To make the drawing and paste up of the description lists easier, two forms, SYMBOL 2 and 3, have been printed by the I.O.F. Samples which may be copied are available from the C.O.F. office.
THE NATIONAL TEAM NEEDS YOUR SUPPORT

Canada expects to send a full team to the World Orienteering Championships in Norway next September. Some government support is expected but further financial assistance is necessary to cover the costs of transportation, accommodation and fees. The C.O.F. would like to give orienteers the opportunity to support our national team to the 1978 World Championships.

For contributions of $6.00 donors will receive a folder containing copies of the individual courses plus results, or, if desired, Men's and Women's Relay courses plus results. For contributions of $12.00 donors will receive a WOC-78 T-shirt (long or short sleeved, as available). To receive both sets of maps and the T-shirt the team is asking for a contribution of $24.00.

The Canadian WOC team will be announced after the final selection competitions in July.

Please send to:
Brian Ellis, Manager
National Orienteering Team
42 Kenwood Crescent,
GUELPH, Ontario, N1H-6E5

I am enclosing a donation of $________ for which I wish to receive:

1. WOC-78 maps (Individual) $6.00
2. WOC-78 maps (Relays) $6.00
3. WOC-78 maps (Ind. & Relay) $12.00
4. WOC-78 T-shirt $12.00

T-shirt size: Small Medium Large X-Large
Preference: Long-sleeved? Short-sleeved? 

NAME (Please Print):

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FIRST CHAMPIONSHIPS TO BE RE-RUN

Where were you on August 18, 1968? Had you ever heard of orienteering then? On that date some 118 orienteers were in the Gatineau Park, north of Ottawa, participating in the first Canadian Orienteering Championships.

That meet was well organized and advanced for the state of orienteering in Canada at that time. The C.O.F. had been formed only months before. Those Championships were very well reported in the press and on radio. One Ottawa paper did a full page 'spread' on a pre-meet clinic at Carleton University. CBC Radio and Weekend Magazine both devoted considerable attention to the event. The meet set a very high standard for later championships.

The Result list contains the names of many persons still active in orienteering. Bob Kail of Nova Scotia was there, as were many of the persons now running in Veterans classes in Quebec. And near the bottom of the Results page appears the name of Colin Kirk, the C.O.F. Executive Director. Colin entered with Allan Gravelle and his son Shawn in the Junior Men's Wayfarer Class. Colin has always maintained that his involvement in orienteering has aged him considerably but to go from Junior Men's to H 43 in just ten years is stretching things a bit.

The mention of ten years brings me to the point of this article. To celebrate the Tenth Anniversary of the First Canadian Orienteering Championships the Ottawa O.C., which owes its existence to the participation of Al and Colin in the event, is planning to re-run the Meet complete with original map and Blue and Red courses.

The Anniversary Meet will take place on August 18th. If you missed the first meet or were among the millions of Canadians who had never heard of this sport in 1968 now is your chance to re-live that historic occasion. The clock will be turned back ten years and you'll have a chance to beat the times of John Disley, Ragnar Axelson, Patricia Skene and other 'greats of that era'.

For persons not so inclined to challenge legends these courses will be accompanied by the shorter conventional courses on a more recent map.

The Ottawa O.C. is sending out an invitation to all orienteers to come and enjoy this important anniversary.
PROFILE: Susan Hoyle

AGE: 17
HOMETOWN: Dartmouth, N.S.
CLUB: Tracker O.C.
OCCUPATION: Student, Dalhousie U.
STARTED ORIENTEERING: 1973


Susan Hoyle was undoubtedly Canada's 'Rookie of the Year' in elite competition in 1977. She impressed many with her quick adaptation to the Red course after running Yellow in 1976. Her strong running and steady orienteering placed her second behind Susan Budge in national team standings for 1977. She is a strong contender for a place on the 1978 World Meet Team.

In the following interview she mentions receiving help from Kristina Kaill and Sheila Mitham. Finishing ahead of both at the N.A.C. Susan showed that she learned her lessons well.

OC: How did you get started orienteering?
SUSAN: The first meet that I remember was one put on by the CYHA when I was about seven. My brother and I went with our parents. My father did most of the work and I don't remember what the map was like because I didn't want to look at it. It was really hot and my brother and I hated it. Then I started going to meets with school when I was about 12. After the school lost interest our family kept going because we liked it.

OC: At 16, why did you decide to enter the D 20 class?
SUSAN: When I outgrew the Yellow course I moved up to the Orange one for a while but I was one of the only ones who showed up regularly in
my category so I moved up to the Red for competition.

OC: How do you train for orienteering competition?

SUSAN: I run 5-6 days a week and try to incorporate an extra long run, intervals, and hills into this with different lengths on different days (generally about 6 miles). I've just started up a more planned program with Bob Kaill in which I do some theoretical training - choosing routes and also marking in legs with different route choices.

OC: Have any other factors helped improve your orienteering?

SUSAN: I believe having Sheila and the Kaills has helped me and other orienteers in Nova Scotia a lot. They've improved the quantity and quality of competition, helped produce new maps and taught us better orienteering techniques in clinics.

OC: Apart from orienteering do you participate in any other sports?

SUSAN: I like to ski - downhill and cross country in which I started racing last year. To make training a little more interesting I started going in cross country and road running races this year. I just took up Fencing this year and I enjoy playing the piano.

OC: What are your goals for the future in orienteering?

SUSAN: I'd just like to do as well as I can in orienteering while still enjoying myself. If I get to the World Meet so much the better. If I don't this year - there's always next year.

OC: Thank-you Susan.
SUPPORT YOUR LOCAL

A recent article in the Orienteering Ontario newsletter raised the question of whether or not orienteers should be 'penalized' for not joining a club when they join the provincial association. Apparently the issue there was over a proposed surcharge of some type to be levied on non-club members' fees. The writer pointed to some useful contributions being made by 'unattached' orienteers in Ontario.

It is not my place to take sides on an internal provincial question. However, I would like to point out some of the benefits to individuals and to orienteering of having active local clubs.

Firstly and most obviously, if there were not a local organization of some kind there would be no orienteering. There has to be someone to set the courses, hang the flags, do the timing, the registration, and look for lost souls who failed to report to the finish. Too many people take for granted the responsibility of the clubs in this area.

A second reason is economic. It is getting more and more expensive to travel long distances to orienteer. Gasoline is now reaching and passing the dollar per gallon mark. People will think twice before travelling two or three hundred miles for a ninety minute jog in the woods.

They should be able to get that form of recreation locally and often at a fraction of the cost. (And when one does travel to major meets he'll probably have others in his class at school. Everybody ran for Randesund Idrettslag and that inspired mutual competition in the training courses. . . . I've had good help all the way to the top.

By putting on more local meets clubs have found that they can increase their membership numbers and keep their members involved. If they are able to spread the workload amongst many members no one will feel too 'put out' or imposed upon.

A further advantage of a strong local club is that the organization of social activities ie club parties, orienteering picnics, dinners, etc, all lead to a more harmonious group. It can also involve members' friends and family not otherwise interested in orienteering.

Competitively, it has been demonstrated that a club can improve the performance of its members. Seniors help coach Juniors and beginners. Members encourage each other to train and get to important meets.

Egil Johanson of Norway, the 1976 World Champion, credits his development to his club experiences, "we were five orienteers in the same class at school. Everybody ran for Randesund Idrettslag and that inspired mutual competition in the training courses . . . I've had good help all the way to the top.
ORIENTEERING CLUB

from my brothers and my club." He went on to say, "its not cheap to run for a small club but good club leaders and companions are more important than money in such a healthy sport as orienteering."

A study of the 1977 Swedish A and B team lists shows several interesting groupings of members. Five are from Avesta O.K. and eight, including three H 19-20's are from O.K. Ravinen. Considering that these are not large clubs and there are some 1,000 clubs in Sweden placing so many on the national teams at one time is a tremendous accomplishment. Both these clubs have active programs for junior development. Training with others helps advance orienteers to a level they could not otherwise reach.

In Canada, orienteering clubs have generally been slow to develop. Partly because the Provincial Associations have controlled the development funds it has been left to them to sponsor maps, host clinics, and recruit new orienteers.

The emphasis must shift to the local level. John C Nooney, Director of Sport Ontario, wrote recently in their newsletter, "The local club... is the sine qua non of the whole equation. It is the club that plants the seed and provides the sunshine and water of hard work..."

Orienteers who profess the 'right' of independence would do well to consider whether they could not give a little more time to their local club and in return reap benefits for themselves and for orienteering.

HERE & THERE

(From p. 5)

distance of 25-50 km. They will have to carry a pack with tent, sleeping bag, and food for the journey. The course will take them through mountainous terrain and they will have to visit control points as in a normal orienteering event. The OABC hopes that this meet will appeal to a wider range of hikers and mountain users than go to their regular events.

These type of orienteering events are held every year in Britain and Scandanavia and despite the difficult conditions they are quite popular with the harder types. Entrants are required to travel in pairs.

Further details on the B.C. Mountain Marathon are available from O.A.B.C.
La CRYOTHERAPIE (nom scientifique de la thérapie par le froid) existe depuis très longtemps. Malheureusement, elle a, dans le passé, généralement été déplacée par la thérapie par la chaleur. Toutefois, au cours des 10 dernières années, elle s'est incontestablement affirmée et, FINALEMENT, elle reprend la première place, aux dépens de la thérapie par la chaleur pour le traitement des traumatismes subis dans la pratique du sport. Dans un grand nombre de salles de thérapie des stades du Canada, on emploie uniquement la "glace" pour soigner les blessures des tissus délicats. Ce sont les blessures qui causent des tuméfactions, de la radicure ou l'accumulation de liquide, ou QUELQUES CONSEILS AU SUJET DE L'UTILISATION DE LA GLACE

Il y a plusieurs règles fondamentales qu'il faut respecter en cryothérapie:

1. Appliquez la glace le plus rapidement possible sur toute blessure qui peut entraîner une tuméfaction.

2. Si possible, élevez la partie blessée pour mieux empêcher la tuméfaction.

3. Appliquez une légère pression sur la région atteinte (bandage élastique).

4. Une fois que le froid a pénétré la région atteinte (qu'elle est engourdie), il est recommandé d'étirer le muscle en question, lentement et progressivement, jusqu'à ce que la douleur se fasse sentir.

5. Au début, maintenez la glace sur la blessure pendant un minimum de 20 minutes par heure pendant les 4 premières heures, en suivant les points 1, 2, 3, et 4 lorsque cela est possible.

6. Répétez au moins 3 ou 4 fois par jour jusqu'à ce que la blessure soit tout à fait cicatrisée. N'employez pas la chaleur.

QUELQUES CONSEILS AU SUJET DE L'UTILISATION DE LA GLACE

1. Si vous devez employer des cubes de glace, placez-les dans un sac en plastique sous le bandage élastique.

2. La meilleure méthode consiste à remplir d'eau des gobelets en styromousse et à les congeler. Le gobelet empêchera votre main de geler pendant que vous appliquez celui-ci sur la blessure. Si vous employez des moules à glace, laissez fondre légèrement la surface de la glace avant de l'appliquer sur la blessure.
Vous pouvez causer des brûlures par le froid si vous n'attendez pas quelques minutes.

3. Chez certaines personnes, il se produit des éruptions sur le peau ou une irritation des follicules pileux, causées par la cryothérapie. Faites attention a) au degré de froid de la glace et b) à la force avec laquelle vous massez la partie atteinte.

POURQUOI LA CRYOTHERAPIE FONCTIONNE-T-ELLE?

Lorsqu'il se produit une blessure dans un tissu délicat, l'intégrité des capillaires de la région atteinte est perturbée et le plasma et les cellules de globules rouges se dégagent du système vasculaire. Ceci cause la tuméfaction. Grâce à la cryothérapie, les récepteurs qui contrôlent la température centrale arrêtent le flux sanguin vers la région affectée. Ce mécanisme n'entre pas en action pour protéger la région atteinte mais pour maintenir la température centrale du corps à 37°C. Cependant, la réaction des récepteurs locaux fait ce que nous voulons qu'elle fasse en ce qui concerne la blessure. La deuxième phase se rapporte à la belle couleur rose qui apparaît si la glace est laissée sur la région. Après plusieurs minutes de massage, les récepteurs locaux décident finalement que la région locale devient trop froide et certaines capillaires périphériques s'ouvrent à nouveau (de façon limitée). Ce procédé permet de réduire quelque peu l'oedème fluide qui s'est formé. La troisième phase (engourdissement) par laquelle passe la région permet à l'athlète de faire agir le tissu blessé. Le procédé d'extension permet aux grosses molécules de protéines et aux cellules encore plus grosses de globules rouges de se frayer un chemin dans le système lymphatique pour retourner dans le système vasculaire. C'est la seule façon dont ces grosses molécules et ces cellules peuvent sortir de la région atteinte.

Cette phase de la thérapie est particulièrement importante s'il faut que l'athlète retourne rapidement au jeu. Une quatrième phase se rapporte à la psychologie de la cryothérapie. Elle fait mal. La thérapie par la chaleur est extrêmement agréable; en fait, pour certains athlètes, elle l'est beaucoup plus que les exercices d'entraînement1L! La cryothérapie est toujours pire que ces derniers et, chose curieuse, les athlète récupèrent beaucoup plus vite.

( CAHPER NEWS, 1977 AVRIL)
In the spring of 1977, three young men were introduced to the sport of orienteering: Frank Button, Jack Carswell, and Ray Kivimaki. As rookies to the sport, we discovered many new aspects of the sport, made many new friends, and had a most involved and eventful summer. At this time we would just like to briefly recall some of the highlights as seen by three newcomers and definite converts to orienteering.

As our first exposure to the sport came from the Budge family, we soon discovered the difference between thinking that we were in shape and really being in shape. Running five to eight miles a day, up and down the hills in the Laurentians, was not exactly what we were prepared for. However, after many aches and pains, we found ourselves coming around to a reasonable state of fitness. We certainly owe a great deal of thanks to all the super encouragement that we received from the entire Budge family in this respect. Not only did this improve our orienteering, but we all lost a few extra pounds in the process. Hopefully, we won't gain them again over the winter.

The first time out on an unmarked white course is a most unforgettable experience. When it takes an hour to cover 1.5 kilometers you really begin to wonder if you belong here at all. Early in the year there were many occasions when each of us were hopelessly lost at one time or another and often wondered "where the h... am I?" But the ever present help from everyone else around kept us going on the road of shakey improvement. In the many places we travelled throughout Quebec, Ontario, the Maritimes, and the U.S., there was always a most impressive willingness from everyone we met to offer any assistance they could. We remember this particular aspect very well.

No matter what level we competed in, we always had a desire to move up to another level. Although, we were rarely ever competitive with the winners in our categories, Frank and Ray managed to instill an extra incentive for each other. As most meets we attended were two day events, a small friendly wager developed. Frank and Ray bet $2 on each day and $2 profit or a $6 profit. We may not have been much competition for the best in our categories, but $2 was just the right incentive to spark a fierce but friendly rivalry. In fact, at one meet, even though Frank and Ray fin-
ished in the last two places, most people were more interested in the outcome of this personal competition than in the winners of the category. In the entire summer each weekend was within 5 minutes on the total time, but always with Frank taking home a profit of $2. The only exception being the U.S. championships, which Ray would like to forget as far as the bet was concerned.

One of the best things we did to improve our orienteering was in getting involved with helping to run some meets. We may have thought that finding controls while competing was difficult - hanging them prior to a meet proved almost impossible, as Jack can well attest to from his experiences working at the North American Championships. Because M.O.C. hosted the North American Championships we did not compete but helped out with the running of the meet. This in itself was a great education in orienteering and just as rewarding as competing. It's incredible some of the good things that can happen when you get lost hanging controls. For instance, at Brownsburg, we discovered a farmhouse with four beautiful young schoolteachers. For once, being lost wasn't so bad after all!

One of the most memorable weekends was due to the late evening activities at the Ontario Championships. We didn't fare too well in individual competition on Saturday and with the three of us forming a dynamite relay team ran into some bad luck on Sunday, but still managed to finish in 17th place. Those of you who spent the evening at the Bavarian beer hall will certainly recall, three young men well involved in a sing song and drinking rather large boots of beer. That evening Frank made a very generous contribution. Unwittingly, he rang a bell hanging over the table and was quickly informed that tradition demanded that he buy a round for the house. Fifty dollars later the party and partiers were in full swing. Amazingly enough we all orienteered well the following day.

We had a very successful trip to the New England Open Championships held on the outskirts of Boston. About 10 M.O.C.'ers made the trip and all did very well. It was a 2 day total time event, the weather was cold and miserable and we had a thirty minute walk to the start. Egon Goldschmidt and Jack both finished first in their categories and Susan Budge placed second in the Elite womens category. Betty Anderson of N.E.O.C. did a fantastic job in finding us accommodations - we stayed in a reconverted barracks right on the map.

Snakes - rattlers, copperheads, and watermocassins! That was more than enough to shake up the three of us. This was the fear instilled to our hearts about the New England and U.S. Championships. All through the long drive to these meets, and right up to the start time, none of us were really convinced that there
was no danger. After the start all our fears disappeared until our route choice took us through a marsh, which we always seemed to cross with great speed. However, we all survived our fears and enjoyed two super weekends in New England and in Virginia. All the other orienteers had some good laughs with our unfounded fears.

It was a great thrill for us to compete in our first Canadian Championships. We made this trip to Nova Scotia a vacation and spent the whole week camping in N.S. and P.E.I. This was our first major event and we were amazed at the number of entrants and the distances some of them travelled to compete.

There was only one score meet that we participated in this year. It was held at Oka on one of the hottest days of the summer. Aside from the heat and Jack not being able to tell the time and returning 40 minutes early it had to be a most enjoyable meet. We should have more score meets.

It was such a fascinating year that we could go on and on recalling various times. Orienteering has certainly gained three very avid followers and this is mainly due to all people involved with the sport. Organizers, competitors, Canadians, Americans, Europeans; their personalities and their incredible friendliness and willingness to help are all tremendous ambassadors for the sport. See you all next year. Ted and Ron watch out.

The cartoon above appeared in a recent edition of the Japanese Orienteering magazine. Despite our best efforts we have been unable to decipher the captions.

And so we would like to invite you to send us your version of what the two orienteers might be saying to each other.

Send your captions to:
Gord Hunter
8 Foxmeadow Lane,
Ottawa, Ont., K2G-3W2

The best lines and (hopefully) a translation of the original will appear in a future issue of this magazine.
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We can arrange special interest sports tours based on regularly scheduled or charter departures. As well as special group fares. All this and CPAir service too.
<table>
<thead>
<tr>
<th>DATE</th>
<th>PROV</th>
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**CODE**

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<th>Ch - Championships</th>
<th>Beg - Beginners' Meet</th>
<th>R - Relay Meet</th>
<th>Mar - Marathon O</th>
<th>S - Score Meet</th>
<th>Slc - School Meet</th>
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MAPMAKERS
DISCUSS YOUR MAPPING PLANS WITH US

WE CAN HELP YOU;

- SELECT THE BEST AVAILABLE PHOTOS OF THE AREA YOU PLAN TO USE,

- PRODUCE BASEMAPS ON ONE MYLAR FILM DIRECTLY IN COLOURS, OR

- PRODUCE BASEMAPS ON FOUR OR FIVE MYLAR FILMS READY FOR PRINTING,

- REDRAW YOUR FINAL MAPS READY TO BE PRINTED,

- ARRANGE TO HAVE YOUR MAP PRINTED IN COLOURS.

PLAN YOUR MAPPING PROJECTS OVER A LONG RANGE, AND LET US BE A PART OF YOUR PLANNING.

O-MAP SERVICE LIMITED
NAESS & GLESAAEN
93 POPLAR DR, DARTMOUTH, N.S.
B2W 2K7
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<td>Cunning Running Tote bags</td>
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