



ORIENTEERING
C A N A D A

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FOR IMMEDIATE RELEASE

2008 NATIONAL ORIENTEERING WEEK MAY 3 - 11 Canadians encouraged to try 'the thinking sport'

The Canadian Orienteering Federation (COF) is pleased to announce the 2008 National Orienteering Week from May 3 to 11. "National Orienteering Week is a perfect opportunity for people to try the sport of orienteering," explains COF President Charlotte MacNaughton. Clubs across the country will be holding clinics and races to introduce the sport to novices.

"The sport has lots to offer for all ages, all fitness levels, and all levels of experience", explains MacNaughton. "Whether it's people wanting to be more active in the outdoors, runners seeking a sport involving more brain-work, adventure racers wanting to improve their navigational skills or families looking for a fun sport they can do together, orienteering can fit the bill."

Orienteering is a cross-country sport that involves route-finding by navigation. Participants navigate between checkpoints, using a detailed map and a compass. Orienteers enjoy the physical and mental challenges that the sport provides, which is why the sport is often referred to as 'the thinking sport'. Events vary in length from 15 minutes to 2 or more hours depending on the type of event and the suitability of the terrain. Some events are held in city parks, while others are held in forested wilderness areas.

All events have a variety of race courses appropriate for the various ages, skill and fitness levels. Young participants race primarily on trails with simpler navigation, while elite athletes will race primarily off-trail with difficult navigational challenges and complex route choices.

Information about National Orienteering Week, including an event listing, is at www.orienteering.ca.

The Canadian Orienteering Federation (COF) is the national governing body for the sport of orienteering. It is responsible for the development of orienteering in Canada, including Canada's participation at the World and World Junior Orienteering Championships. There are four disciplines in orienteering: orienteering on foot, orienteering on nordic skis, orienteering by mountain bike, and trail orienteering which is designed for athletes with a mobility impairment. For more information, visit the COF website at www.orienteering.ca.

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