



**ORIENTEERING**  
C A N A D A

FOR IMMEDIATE RELEASE

## **ORIENTEERING REALLY IS the SPORT FOR LIFE!** **Orienteering Canada announces the addition of an 85+ age category**

**JUNE 12, 2013 (CALGARY):** The board of directors of Orienteering Canada is proud to announce that it has approved an 85+ age category for both men and women. This new category will be in use for all its officially sanctioned events.

"This really came about because of popular demand" says Orienteering Canada Assistant Executive Director James Richardson, "the decision was only made because it was wanted." The board's decision is very important because it further entrenches important elements of Orienteering Canada's recent strategic and Long Term Athlete Development plans that encourages lifelong participation in the sport.

One of the key figures in the implementation of this is, one of many octogenarian orienteers, Don Scott. "We all know that keeping physically active as you grow older is important for your health.", says Mr. Scott from Edmonton Alberta "Orienteering caters to older persons, you can exercise at the level that is comfortable. Of equal if not more importance is that in orienteering your brain must work as hard as your body. It is a complete activity and truly a sport for life."

Orienteering can be enjoyed by all levels of fitness from those that like a good walk to elite athletes and from the young to now those 85 and older. To celebrate Orienteering Canada will implement the new category at the next Canadian Orienteering Championships hosted in Hamilton by the Golden Horseshoe Orienteering Club in October. Orienteering Canada looks forward to crowning the new 85+ Canadian male and female champions.

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

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