

NAOC2014 Take Control Weekend

Races and Training

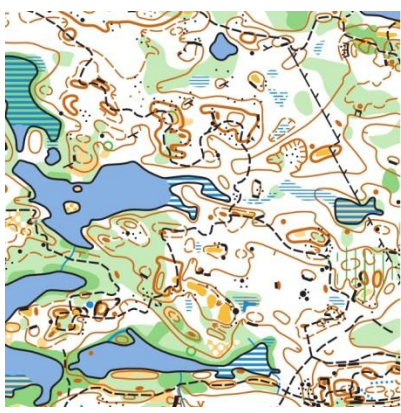
Training and racing on the terrain you will meet up with at the 2014 North American Orienteering Championships in Arnprior, Canada in October
Orienteering Ottawa is hosting 3 low-key races and 2 training sessions on the Carp Ridge (The Barrens map) and March Highlands

Friday to Sunday, April 25 - 27, 2014
3 SI races, 2 training sessions

<i>Day/Time</i>	<i>Event</i>	<i>Map</i>
Friday evening	Sprint Race	Kanata City Walk
Saturday morning	Middle Race	March Highlands
Saturday afternoon	Training Session	March Highlands
Sunday Morning	Long Race	The Barrens
Sunday afternoon	Training Session	The Barrens

Registration online at Zone4.ca (<https://zone4.ca/reg.asp?id=6468>)
\$ 11 per race, \$ 8 per training session
Registration deadline Friday, April 11, 2014

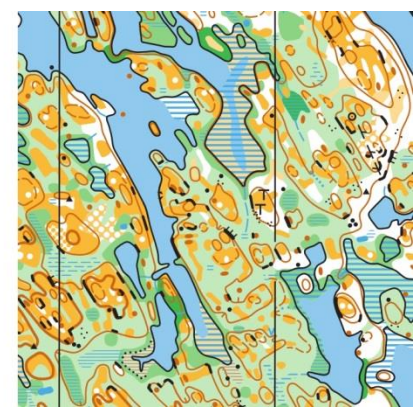
Information: Anne Teutsch at anne@naoc2014.ca or 613-226-4677.



March Highlands



Kanata City Walk



The Barrens



NAOC2014 Take Control Weekend

IOF Event Adviser Clinic



IOF Event Adviser Clinic with David Rosen
Learn about being an IOF Event Adviser for World Ranking Events

Saturday, April 26, 2014, 12:00 to 8:00 p.m.

Richcraft Recreation Complex, Kanata, ON, 4101 Innovation Drive

Course Leader: David Rosen,
Senior Event Adviser,
Chair, IOF Rules Commission,
NAOC2014 Event Adviser



Course Objectives:

- Preparation of participants towards being licensed as IOF Foot-O Event Advisers
- Understanding the task of an IOF Event Adviser;
- Deeper understanding of the nature of orienteering and each format of foot-O (long, middle, sprint, relay);
- Understanding of the IOF rules and requirements for international competition; -

Course Materials (should be accessed on IOF website, orienteering.org, and read beforehand):

- IOF Foot-O Competition Rules
- International Specification for Orienteering Maps (ISOM)
- International Specification for Sprint Orienteering Maps (ISSOM)
- IOF Control Descriptions
- IOF guidelines for World Ranking Events

Registration online at Zone4.ca (<https://zone4.ca/reg.asp?id=6468>)

\$ 60; includes lunch and dinner

Registration deadline Friday, April 11, 2014

If you attend the Event Adviser Clinic, we invite you also to participate in the Sprint, Middle and Long races over the weekend.

Information: Anne Teutsch at anne@naoc2014.ca or 613-226-4677.

NAOC2014 Take Control Weekend *Press Conference*

Friday April 25, 1:00 p.m.
Richcraft Recreation Complex, Kanata, ON, 4101 Innovation Drive

Join David Rosen - IOF Senior Event Adviser, Arnprior representatives
and the NAOC2014 team as we meet the press.

This official public launch of NAOC2014 will showcase:

- the rising strength of orienteering in North America and Ottawa
- the significance of this event happening in the National Capital area
- the IOF desire to develop orienteering and take it to the next level in North America, and the importance of David Rosen as part of the team
- the host town concept: Arnprior *Takes Control!*
- exciting new elements NAOC2014 is introducing to North American orienteering



To show the media that the sport is strong we need lots of orienteers to attend this event.
Please RSVP to James Richardson at pr@naoc2014.ca if you can attend.