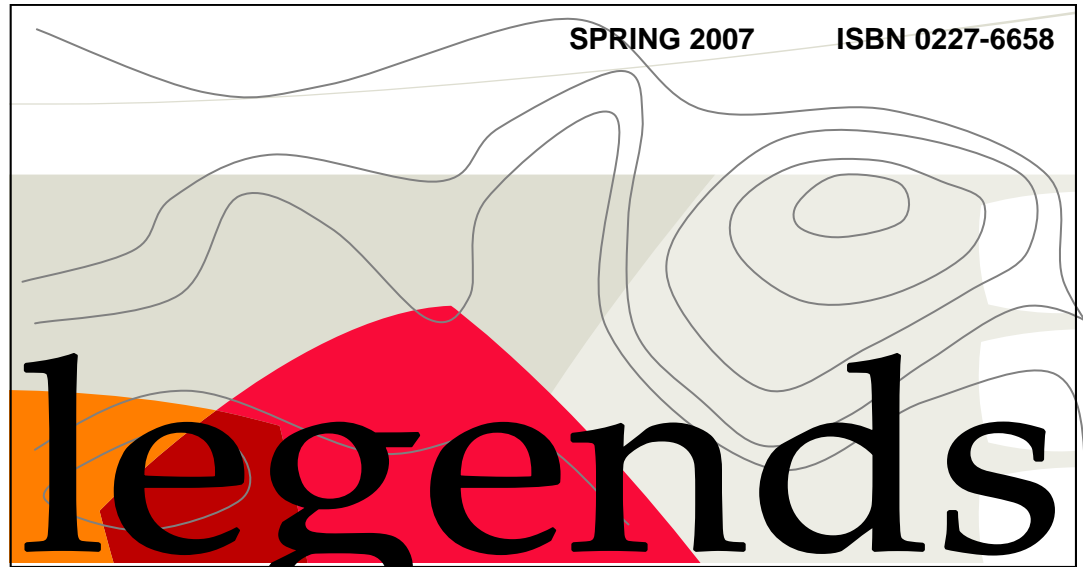


- ▲ *Featuring:*
Magali Robert
Pam James
Benoit Phelan
- ▲ **Cross O-VER**
Snowshoes and the
City Chase Training
- ▲ **CDN O Conference**
- ▲ **Sass Peepre Junior**
Camp 2006
- ▲ **SUDOKU—O**



legends
the official newsletter of the
Canadian Orienteering Federation

2006 Sass Peepre Junior Orienteering Camp
— By Randy Kemp

Twenty-seven enthusiastic juniors attended the 2006 Sass Peepre Junior Orienteering camp held at the Mansfield Outdoor Centre as part of last year's Canadian Orienteering Festival in the rolling hills of the Niagara Escarpment.

The 3-day program included four different orienteering training sessions in the technically difficult woods around the 300 acre outdoor centre. The first session was a control taking exercise with juniors practicing their map folding and reading going into the controls. Another session required the juniors to orienteer with maps printed with contours only, thus rendering the complex trail network useless for navigation through the woods. The line orienteering exercise required juniors to locate controls placed on features along the line and then marking the exact location on their maps. Juniors also participated in the Relay and Model events as part of the Orienteering Festival.

A new feature event at the camp was the Speed-O Challenge staged beside the pool area among the main buildings and sleeping cabins of the centre. Coaches created a

▶ ▶ cont'd page 3



Map: Mansfield — The Toronto Orienteering Club

Editor's Notes:

Welcome! Part of me wonders why on earth I ever volunteered for this job! I have spent the last month chasing people down and stalking people by e-mail. But nonetheless, I have been able to scrape together enough stuff to fill a newsletter. I hope that you all enjoy this, the first edition of the new newsletter of COF. There are new sections to explore and many features to fill in for future additions. There is an elite section where there are profiles of elites from present and past. There will also be a junior section with cool stuff for those up-and-comers. In this edition, we talk with Magali Robert, take you on a snowshoe orienteering adventure, chase down the juniors in their Speed O challenge, entice you to join us at the COF conference in the summer and so much more.

This all can NOT happen without you the readers. Please feel free to send comments and ideas and LOTS of stories to me at: newsletter@orienteering.ca.

Sit back and enjoy. Spring is here and so begins another great orienteering season. Hopefully the stories here will get you in the mood!

See you in the woods! — Nina Wallace



A Message from Charlotte MacNaughton, COF President

Happy spring! Here's a list of a few things that we are up to at the COF.

Newsletter

A big big thanks to Nina Wallace – the new newsletter editor. Please send your feedback on this newsletter and your ideas and submissions for content for the next newsletter which will be compiled in June.

Canadian championships

We are pleased to confirm that New Brunswick will be hosting the Canadian Orienteering Championships in 2008, likely in mid to late August. Mark your calendars and thank you New Brunswick! Saskatchewan in 2007, NB on 2008 and Manitoba in 2009. Who would like to host in 2010?

2007 COF Conference

You'll find information elsewhere in this newsletter about the 2007 COF Conference. Our intent with the conference is to provide an avenue spend a few days prior to the COCs, sharing resources, information, tools and ideas. We hope that you can join us at the conference and we look forward to getting your ideas of what you would like to see at future COF conferences.

Event advisors clinics

In order to host world ranking events in Canada (we have a quota of 3/year), we are required to have an IOF accredited event advisor involved with the event. The list of event advisors in North America is very short. You can visit the IOF web site to read the criteria for becoming an event advisor:

www.orienteeing.org >Document Library >Forms for Download >Event Advisers. One of the criteria of becoming an event advisor is to attend a clinic taught by someone appointed by the IOF. We are considering hosting an event advisors clinic in Canada sometime in the next year. If you are interested in becoming an event advisor, please let me know (info@orienteeing.ca) so that we can gauge interest in hosting a clinic.

Insurance

Andree Powers and I have been talking with the insurance company, AllSport, to better understand our insurance coverage. I have received a number of questions form orienteers about mountain bike O and ski O. The great news is that we are able to organize mountain bike orienteering and cross-country ski orienteering events under our existing policy. Our policy won't cover any "alpine skiing" or "off road downhill mountain biking" activities. Cross-country skiing and cross-country mountain biking are acceptable. Contact the COF if you would like more information.

The look of the COF

We are taking at stab at revamping the graphics/branding of the COF. Stay tuned to see a new COF logo.

The new course guidelines

You can find the new course guidelines for championship events (Eastern, Western, Canadian and North American) on the COF web site. We very much need feedback from those of you hosting A meets this year to help us develop appropriate guidelines for A meets that have smaller numbers.

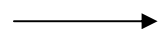
Eastern Canadian Championships

We are pleased that the Ottawa club is hosting the Eastern Canadian Championships in May. We encourage the eastern provinces to create a rotation to host the Eastern Championships on a regular basis.

Rules revision

Mike Smith is working on revising the COF rules. If you have comments for him regarding the rules, please contact him at quenton_cassidy@hotmail.com.

continued



MESSAGE FROM COF PRESIDENT CONT'D

Orienteering in the media

Please send copies of articles or links to articles about orienteering to info@orienteering.ca. We want to develop the media page on the COF web site. There was a good article on orienteering in the March 2007 issue of Women's Health. It is great to see orienteering mentioned in such a large mainstream publication.

Volunteers required

We have lots on the COF to-do list and we very much welcome (need!) more volunteer assistance. There is the whole gamut of jobs.... small to big. A few include:

- sending your feedback to John Rance with your ideas on revamping the officials' certification program (rance1@shaw.ca).
- volunteering to take minutes at the COF board meetings (held by conference call).
- helping to collect content for the COF web site.
- helping to update COF policies / collecting policy information from other organizations
- assist the junior and senior national team with their fundraising initiatives.

Contact me, Charlotte at info@orienteering.ca if you are interested in helping out or would like more information.

SASS PEEPRE CONTINUED

new set of novice, intermediate and advanced courses for each day of the camp and Sportident punching was used at the control sites. The courses became more technically challenging and required intense concentration to avoid a catastrophic miss-punch and thus disqualification. On average, the juniors were able to blaze around the twelve control / one kilometre courses with winning times ranging between 3 and 4 minutes.

Other highlights of the camp included a presentation by Justine Scheck of her maps from JWOC and WOC, the perennial performance of skits by both juniors and coaches, and the great food prepared by the centre staff. The camp wrapped up with a fun Team-Relay Challenge in the woods.

Thanks to all the coaches who volunteered their time to keep our sport growing and a very special thanks to Kitty Jones who organized the logistics of the camp.



Front Row: Aydan Looker, Joshua Bronfman, Jeremy LeBlanc, Danika Ouellette, Victoria Looker, Gavin Tasker, Nicole Jarvis, Molly Jarvis, Alexander Bergstrom, Ian Kemp, Justine Scheck. 2nd Row: David Ross, Lyndsey Innes, Emily Ross, Carol Ross, Fraser Ross, Molly Kemp, Dylan Innes, Serghei Logvin, Lee Hawkings. 3rd Row: Randy Kemp, Ariane Looker, Damian Konotopetz, Jennifer Hamilton, Sarah Brandreth, Andree Powers, Eric Kemp, Rhiannon Jones, Judy Kemp, Emily Kemp, Bill Jarvis. Back Row: Larry Konotopetz, Daniel Lewis, Jon Torrance, John Fredrickson, Robbie Anderson, Natasha Ouellette, Ralph Lindzon, Darius Konotopetz, James Tasker, Paul Looker, Sabine Stoetzel, Jim Hawkings, Ben Phelan, Afan Jones. Missing: Bill Anderson, Jim Blanchard, Lorna and Richard Guttormson, Mike Smith, Anita O'Brien, and Stefan Bergstrom,

CANADIAN JUNIORS ROCK

**YOU KNOW IT'S TRUE!
WE WANT TO SET UP A JUNIOR FORUM
TO HELP IMPROVE THE JUNIOR PROGRAM
IN CANADA. IF YOU WANT TO BE
PART OF THE JUNIOR FORUM, PLEASE
SEND AN E-MAIL TO newsletter@orienteering.ca
WITH "CANADIAN JUNIORS ROCK"
IN THE SUBJECT LINE. TELL ME YOUR
AGE, WHERE YOU ARE FROM AND HOW
LONG YOU HAVE BEEN ORIENTEERING.
ALL CDN JUNIORS ARE INVITED TO JOIN!
SEE YOU ALL ONLINE!**

**JUNIOR TRAINING CAMP
SASKATCHEWAN
JULY 23-26 2007
DON'T MISS IT!!**

Sass Peepre

cross 'O' ver

Featuring Stories About How we are attracting people in different sports to Orienteering Events

ARE ORIENTEERS SNOBS? - By Don Merriam

With the growing popularity of urban adventure sports, such as City Chase and Inner Limits, and given the fact that Orienteers usually perform extremely well in these races, there seems to be few athletes crossing over to these urban activities. — Which begs the question ... are Orienteers snobs? Orienteers skillfully win at the urban races because they are excellent navigators, can think on their feet and are physically fit. Most are familiar with the urban environment and the skills it takes to move through it. Case in point, Inner Limits Canada's largest urban adventure race was originally conceived and run by members of the Alberta Orienteering Association.

City Chase is centrally located in major urban centres, with fewer events but concentrating many activities in a 3-6 hour time span. Orienteers are travelers with no central place. Each event has a different location, typically outside of the cities in the natural terrain. Chasers like Orienteers, interpret the terrain in different ways from the general public. Chasers see the city as a collection of 'Chasepoints', claiming spaces in relation to the unique challenges instead of the buildings and streets. Orienteers see the natural terrain as vegetation and features that must be traversed.

Lack of distinction and too many similarities between the sports, rules out orienteers as snobs. It is problematical to accuse orienteers as being too serious or passionate about their sport, but, as Nicki Rehn states "*Urban scavenger hunting gives normally serious orienteers the chance to let loose and have a ton of fun. A chance to be like kids again.*"

<http://www.bellcitychase.com/> <http://orienteeringalberta.ca/innerlimits/home.html>
Don Merriam is an avid Orienteer and is in no way a snob.

DONTGETLOST—SNOWSHOE STYLE

— by Mike Waddington

Every once in a while a new race comes along that you know is going to have great staying power. This race is one of them. 3 hours of adventure running (score orienteering style) on snowshoes. Wow! This race was awesome.

Why? Totally revised map of the 1994 NAOC terrain by Olles maps. 20cm of fresh powder on a 80cm base. -8C with bright sunshine. A good field of top orienteers and adventure racers from southern Ontario, free gaiters to all participants, awesome post race food and atmosphere, a course designed by Canada's top adventure racer Bob Miller (4th in 2006 Primal Quest), changing navigation strategies, lots of calf burning climbs and over \$2.5K in prizing.

Mark Adams destroyed the field getting all 25 checkpoints in just over 2.5 hours - and in the process won a free weekend for two (accommodation and food) at Horseshoe Resort. Heck, I came third and still went home with a pair of awesome Salomon Gore Tex Trail shoes. Pretty sweet, eh!



COMPARISON	CITY CHASE	ORIENTEERING
Location	Urban, in/outdoors	Nature terrain, outdoors
Competitors	Teams of two All ages	Individual All ages
How to win	Navigate course with shortest elapsed time	Navigate course with shortest elapsed time
Course	ChasePoints	Controls
Challenges	Physical, intellectual and humorous	Mind and body
Activity	Run, Walk, Public transit	Run, Walk
Extras	ChasePoint clue sheet Call family and friends for help accessing the Internet Employing assistance of total strangers	Map Compass
Length	3-6 hours	20-100 minutes
Events	One per city, World championship	Club, Province, Region, Country, International

2007 SASS PEEPRE

NATIONAL JUNIOR TRAINING CAMP

Sass Peepre was a founding Father of orienteering in Canada in the 1960's and 70's and this camp is organized in his honour in conjunction with the Canadian Orienteering Championships on an annual basis by a team of volunteers. The camp is partially subsidized by the Sass Peepre Fund, a fund held in trust by the Canadian Orienteering Federation for the purpose of supporting Leadership of Junior Orienteers.

The camp is suitable for all levels of junior orienteers (age 10-20) who wish to improve their skills. Camp participants generally perform extremely well at the Canadian Championships held 1-2 days after the camp. National Team members and parents form our team of volunteers.

CAMP ORGANIZATION

Ted de St. Croix is Master Coach and Maureen de St. Croix is the Camp Coordinator. Participants should communicate with Ted or Maureen about any problems that come up during camp. If you have questions before the camp starts, please contact Ted before July 20 at (604) 535-2062 or tdsc 'AT' Sotique.com. A final bulletin with camp specific details will be issued to all camp registrants prior to the commencement of the camp (preferably by email).

CAMP PARTICIPANTS

Participants 10 – 20 years of age are invited to attend the camp. Participants will be assigned to a training group based on orienteering skill and age. If you are new to the Sass Peepre National Jr. training camps, please send us a short orienteering biography so we can slot you into a suitable training group.

VOLUNTEERS

Volunteers are needed to help with the camp logistics and coaching. We need people to act as cooks for 2 days (3 people), camp registrar (first day), camp Doctor or Nurse, 2 control hangers and fetchers and up to 5 coaches. Through the use of volunteers we are able to keep camp costs to a minimum.

CAMP ORGANIZERS

Ted de St. Croix (age 49) has been involved with the National Junior Training Camp since it began over 25 years ago. National Champion, 10th at the World Championships (1985) World Masters Gold and bronze medallist he brings a wealth of information and a good sense of humour.

Maureen de St. Croix has been camp cook 5 times as well as coach and camp director. A high school teacher of Phys Ed., Home Economics, English, Math, Geography,

CAMP SCHEDULE

Monday, July 23 (Living Waters Church Camp)

11:00 Coaches meeting
12:30 Camp participants arrival (light Lunch)
14:00 Session 1
17:30 Supper
19:00 Session 2
10:00 Lights out (sleeping bags required)

Tuesday, July 24 (Living Waters Church Camp)

08:00 Breakfast
09:00 Session 3
12:30 Lunch
14:00 Session 4
17:30 Supper
19:00 Session 5
10:00 Lights out (sleeping bags required)

Wednesday, July 25 (Travel Lodge Hotel)

08:00 Breakfast
09:00 Session 6
12:30 Lunch
14:00 Session 7
15:00 Travel to Saskatoon (Travel Lodge Hotel)
18:00 Supper
19:30 Session 8
10:00 Lights out (sleeping bags not required)

Thursday, July 26

08:00 Breakfast; pack lunch & snacks
09:00 Session 9
12:00 Pickup by parents



2007 Sass Peepre National Junior Training Camp
Organized by the Canadian Orienteering Federation
Registration Form (send to tdsc@sotique.com or fax 604 630-3720)

Contact Name: _____

Address: _____ City: _____ Prov. _____

Postal Code: _____ Telephone: _____ E:Mail _____

Campers:

Name	Birthdate yyyy, mm, dd	Course 1-8 (8 is elite)	Special food require- ments or other comments
e.g. Joe Smith	1990.08.30	3	

Volunteers: I wish to volunteer for the following position:

- | | | | |
|----------------------|--------------------------|--|--------------------------|
| Cook | <input type="checkbox"/> | Control pick up | <input type="checkbox"/> |
| Coach | <input type="checkbox"/> | Course drawer | <input type="checkbox"/> |
| Registrar | <input type="checkbox"/> | Organize games | <input type="checkbox"/> |
| Control hanger | <input type="checkbox"/> | Driver (rental van) | <input type="checkbox"/> |
| Other special talent | <input type="checkbox"/> | Driver (own/rented vehicle _____spaces | |

MEALS

If you have any special food requirements please indicate this on the registration form below. Breakfasts and suppers will be prepared by a team of 4 cooks while we are at the Living Waters Church Camp and will hopefully be catered while at the Travel Lodge Hotel.

TRAVEL

We will rent vans to enable participants to get to the maps. Volunteers with cars will receive reimbursement for their car costs if they are able to help with transporting kids at the camp.

WHAT TO BRING (mark your name on everything)

Backpack to carry lunch, dry clothes

Water bottle

Lunch bag (optional, brown paper bags will be provided) to pack your lunch each day

Sleeping bag & Pillow

Toiletries including, Towel & facecloth, Sun screen, Insect repellent and Band-aids, moleskin, personal first aid

Shoes—at least 2 pairs: O shoes, runners, or light hiking boots, Rubber boots (optional), Sandals (optional)

Orienteering clothes: O suit, or T shirt & lightweight long pants

Other clothes: shorts, extra T shirts, Socks: at least 5 or 6 pairs, Underwear and Pyjamas

Rain gear

Cool weather gear (just in case: e.g. wool hat, sweatshirt, sweatpants, fleece)

Sun hat, Sunglasses (optional) & Swim suit

Whistle & Compass

Small entertainment items such as a book, cards

Pens, pencils, some writing paper

Please DO NOT BRING electronic games such as gameboys, Discmen, radios, etc. There will be too much else to do!! Also, DO NOT bring any valuables such as jewellery or money.

FEATURES

Talking With Canada's current and past elite, junior & master orienteers



Cdn Elite Pam James

Cdn Junior: Ben Phelan

Former Elite: Magali Robert

10 QUESTIONS FOR PAM JAMES

1. **WHAT ARE YOU UP TO THESE DAYS?**

I am working as a Massage Therapist in Whitehorse, YT

2. **HOW IS THE TRAINING GOING...WHAT IS YOUR TRAINING REGIME?**

The training is going OK. Had some good training up until the new year. I went to the Anza-Borrego desert race outside of San Diego in Jan. It was good fun, nice to get some O in. Then I had some problems with my knees. I went to the sprint training camp in Vancouver in Feb which was very good. I have to laugh about my knees. One knee hurt when I bent it the other hurt when I straightened it. One really hurt when I ran but not when I skate skied and the other ached when I skate skied but not when I ran. Anyway the really painful one is better the other one I feel sometimes. I took a break during the Canada winter games (it was too cold to do much outside anyway) That seem to help. I am now pretty much back into the swing of things. I am running, skiing and sometimes getting to a pilates class. I am training once, sometimes twice a day. Days are long now so it makes it a bit easier. I find it amazing how you can run on trails pretty much all year round up here. Just now when the temperature gets above freezing the snow is a bit soft and it is pretty tough going. Better to run in the morning when it is still cold. Still too much snow to run in the forests. Hopefully it will thaw soon, looking forward to getting into the woods.

3. **WHAT ARE YOUR GOALS FOR 2007?**

Make the finals in the sprint and middle distances in the world championships in the Ukraine in August and also run on the Relay team for Canada.

4. **WHAT RACE ARE YOU LOOKING FORWARD TO?**

I am looking forward to the Canadian Championships in Saskatchewan. I have never orienteering in Saskatchewan before. My First Canadian championships was in NS in 1977 I think I have only missed a few in between. I have raced in most Provinces.

5. **WHAT IS YOUR BEST ORIENTEERING EXPERIENCE AND WHY?**

I would have to say the short distance qualifying race at the world championships in Scotland in 1999. Everything just flowed. I ended up 2nd in my heat. Which led to the most nerve racking race of my career. Starting near the end of the starters in the finals.

Every issue we will catch up with the country's very best orienteers, past and present.

We will feature three different athletes, elite, junior, and/or masters in each addition.

Do you know someone who should be featured?

Have you recently re-connected with an archived orienteer?

Please let us know...

newsletter
@orienteering.ca

continued —————>

10 QUESTIONS FOR PAM JAMES continued

6. WHAT IS YOUR WORST ORIENTEERING MEMORY AND WHY?

One of the days of the COC's in 2000 in Fundy. They were being used as part of the selections for the world championships the following year. There was something that was annoying me about the process for selections and I could not get it out of my mind. I was having a really hard time trying to focus and so wasn't orienteering well. I remember at one point I was trying to actually distract myself by singing, that didn't last long as I promptly got a stick in the eye. Not serious but enough to stop my singing and totally lost focus again. Not a good race at all.

7. WHAT IS THE BEST ORIENTEERING / TRAINING ADVICE YOU HAVE EVER RECEIVED AND WHAT WAS THE ADVICE?

Not sure, but I think one of the better training exercise is the follow John exercise. Where you have one map for two people the first person memorizes the first leg of the course and the second person then has to memorize the next leg while following the first person and also follow along on the map.

8. WHAT'S YOUR FAVOURITE FLAVOUR OF ICE CREAM?

Mint chip and fudge. (got to have chocolate in it)

9. WHAT IS YOUR FAVOURITE MAP IN CANADA?

Indian harbour, NS it is nice and colorful. Lots of nice dark blue and dark green. Great views if you can get up on top of the open rock. Not a place I actually like to run on though. I think it has to be one of the only maps I have set courses on that I was glad when the ATV ers went in and added new trails. Opened up the area a bit.

10. THUMB OR BASEPLATE?

Thumb, but not the usual model—the one that sits on top of your thumb and straps around the wrist & thumb.

10 QUESTIONS FOR BEN PHELAN

1. TELL US A LITTLE ABOUT YOURSELF.

I'm 18, I live in New Brunswick where I study at the Université de Moncton. I've been orienteering for a few years now, my first big event was the ECOC in 2002 and from that point on I was hooked. And I've attend every COC since and JWOC in 2006.

2. WHAT ARE YOUR GOALS FOR 2007?

For 2007 I have decided to take it easy, since last summer drained all my funds, I'm planning to plant trees all summer to save up for my 2008 Europe o-trip, and of course head over to Saskatoon for the Canadian champs.

3. WHAT WAS YOUR FAVOURITE "O" MEMORY?

I have many many favourite O memories, but the most memorable happened last summer in Europe, we got to run on world class maps with world class courses, and meet world class runners. In between races we hung out with orienteers from all over the world and had the opportunity to learn about different training ideas, and different o-technique. But the one main moment that truly inspired me was seeing Holger Hott-Johansen win the middle distance at WOC. It was hard to believe that a person I knew, a person whose wedding I've attended, a person with who I've played cards, could be the man standing on the podium with a gold medal around his neck. It made me realize anything is possible if your ready to sacrifice a few things to get there.

4. WHAT IS YOUR FAVOURITE TERRAIN AND WHY?

My favourite terrains has to be the maps we ran on in Switzerland, high above the tree line with dozens of snowy peaks surrounding you and nothing but beautiful scenery to look up to when you find yourself on the ground after falling 20 feet down a hill. But in most places we run in the woods, I really enjoy any terrain that offers good visibility and lots and lots of precision orienteering, small knolls, depressions everywhere, it seems to even out the playing field because fast runners(which I'm not) have to slow down and read their map.

continued →

BEN PHELAN...continued

5. WHAT IS YOUR WORST ORIENTEERING EXPERIENCE?

My worst orienteering experience? That's a tough one to answer... I would have to say it was the gruelling long distance at JWOC 06. It was a draining 13km race in 34°C, which was the farthest distance I had ever run at that time. But it ended up being quite a bit longer due to multiple mistakes, making it somewhere around 14-15 km. This race taught me a lot, especially that when your exhausted, dehydrated and ready to collapse, you make lots of mistakes, such as running off the map or up the wrong hill. This race made me realize that I really have to train to compete at a higher level and that water and power gels are your friends.

6. WHAT IS THE BEST ORIENTEERING/TRAINING ADVICE YOU HAVE EVER RECEIVED AND WHAT WAS THE ADVICE?

Keep your map pointing north, yes its very basic, but if you don't keep your map oriented you aren't going to get very far. I have been on long bearings and half way through realize my map was 15 degrees off, or even leave a control 180 degrees in the wrong direction.

7. WHAT'S YOUR FAVOURITE ICE CREAM FLAVOUR.

That one is very tough to answer... I'm the type of person that will eat anything. Over the years of orienteering with the Ross's have eaten lots of ice-cream, if I had to choose I would have to get 3 scoop, one coffee, one chocolate fudge and one chocolate chip cookie dough.

8. WHAT DO YOU THINK CANADA SHOULD DO TO ATTRACT MORE JUNIORS?

This is quite a big dilemma, but I think I have the solution. Every person that I have taken out orienteering has really enjoyed it, but you have to be a little crazy to stick with this sport. If we were to visit different x-country running clubs and got them out running on a map I'm sure we would be able to find a few runners that could really thrive with a map between their hands, the problem is, getting them out there.

9. HOW IS YOUR TRAINING GOING?

My training is starting off quite well, My 5+ weeks in Europe really inspired me to get serious, so the first thing I did to keep myself going through the winter was sign up for a half-marathon. I somehow managed to get enough training in to finish it under 2 hours. The difficult part is balancing university and training which is getting tougher and tougher. Lately it has been over whelming and my running has suffered. The real training will come this summer; I'll be planting trees from 4:30 am! Till 3 every day so that will give me somewhat of a base to work on, and I plan on running on the days that I have the energy and of course compete at local events on the weekends. Hopefully it will be enough.

10. THUMB OR BASEPLATE?

Thumb compass... I tried it once and was hooked for life, it feels so natural, and it makes you look fast (which I need !)

9 QUESTIONS FOR MAGALI ROBERT

1. MAGALI, WHAT ARE YOU UP TO THESE DAYS?


I have not quite fallen off the earth but life gets rather busy. I now have been living in Calgary for the last ten years. I have a rather busy medical practise in chronic pain and urogynecology. Add two daughters (Jasmine 12 and Darya 10), and a husband(like a third child!) and I do not know were the time goes!

2. ARE YOU ORIENTEERING?

I have just restarted orienteering. My youngest daughter started with the junior program in Calgary last year and I spent the time shadowing her. I will probably do much the same this year. This brought back alot of memories and I was itching to go. If she can enjoy it, then perfect. In fact, we plan to go to the COC's this summer.

3. HOW HAS THAT CHANGED...ARE YOU COMPETITIVE?

I think you never quite stop having the drive to perform even if the body may complain louder then before. I do not like the feeling of exhaustion after racing and so have tended to shy away from it. But as Darya becomes more involved,I plan to pursue it more and more. That is actually a very difficult transition to make.

continued 

MAGALI ROBERT...continued

4. **WHAT IS YOUR FAVOURITE ORIENTEERING MEMORY?**

There are so many great memories from orienteering. Some I love are those of Captain Kirk (Colin Kirk to some others) driving a noisy bunch of us teenagers back from orienteering races. He would drive 8 hours straight, the windows usually fogged up from wet orienteering suits and the van smelly of young sweaty teenagers. We would listen to Captain Kirk stories-always the same, always interesting. I think I can still remember them all! Although could not retell them quite like the Captain could.

5. **WHAT IS THE BEST ORIENTEERING / TRAINING ADVICE YOU HAVE RECEIVED AND WHAT WAS THE ADVICE?**

For advice: I do not feel that I would be in a position to give advice but what helped me the most was post race analysis. Not analysing route choice but more analysing the thought process that was going on in your head at the time. It seemed that I always actually knew just before I made a mistake but usually ignored myself. By being aware then I could catch myself before and avoid making an error. In fact I wrote quite the commentaries on the back on my maps. It was a sort of psychoanalysis!

6. **WHAT DO YOU THINK THE BIGGEST CHANGE HAS BEEN IN THE SPORT?**

Electronic punching is the biggest change in the sport. It is great because it really allows for accurate interpretation of route choice and excellent for comparing with others. The down side is that we would all exaggerate how much we lost at a control. This was nice because then you could think " In my ideal race I would have been soooooo fast!" Now we just have to face reality that the 10 minute mistake was really only 30 seconds! It changes the storytelling part of post race gatherings.

7. **WHAT'S YOUR FAVOURITE ICE CREAM FLAVOUR.**

Ice cream is a food group by itself. I strongly believe in fact it is a staple! Age has not taught me self restraint! In fact if you come to Calgary, I know every ice cream shop and creamery in southern Alberta and expanding my horizons!

8. **WHERE IS YOUR FAVOURITE PLACE IN CANADA TO ORIENTEER?**

I still have a soft spot for the Gatineau Parks especially Pink Lake. I always go the run in the Gatineau when I go back to Ottawa. But in Calgary, I love the Bow Valley map. It is open terrain and with beautiful views of Yamnuska. I take my children there often.

9. **WHAT RESULT ARE YOU MOST PROUD OF?**

Probably my most memorable race was the Stockholm International. I had placed tenth in that race. It is a strange race because it is run in downtown Stockholm, from park to park. It was two loops with a map exchange. Therefore there were two starters. you could hear the speakers through out the race. I started with the World Junior Champ at the time (went on to be World Champion). The cameras were all on her at the time. Since the area was quite open, there were spectators a little everywhere. Not exactly the isolated, one with nature feeling. But it was a race where I was in the "zone". Everything was flowing at a higher level. I felt amazing! But be careful, once you experience this.....you need more.

New Club

Welcome the Waterloo Stars Orienteering Club to the COF. The Stars include members from the the cities of Cambridge, Kitchener, and,of course, Waterloo, Ontario. The club was formed in September 2006. Club President is National Team Member Nick Duca. Their debut months included a Winter Orienteering event, and a Beginners and Mapping Clinic. Good Luck Stars! www./stars.kw.net



New-Comers

The Golden Horseshoe Orienteering Club is proud to announce a new member to the Cdn Junior Team to JWOC 2024 (or so!) Proud parents Hans & Adria Fransson along with big brother Isak, welcomed little Lia on Feb,8th 2007. Hans thinks she will be best suited for the sprint as they got to the hospital at 9:30 and was born at 10:30! Congrats!

Do you have any new news?
Send it to newsletter@orienteering.ca

O-Puzzle

By Jean O'Connor

SUDOKU-O

Help the event director set courses for this event. She needs nine courses using the same nine features for each map. The nine maps are outlined in the grid below and some of the controls are already in place. Your task is to map the rest of the controls so that there is only one of each feature in each row, each column, and each map.

THANK YOU to DVOA and Jean O'Connor for kindly allowing us to print this puzzle!

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Catching Features

National email list

The purpose of this email list is to help facilitate better communication between Canadian orienteering clubs, association and orienteers. If you haven't signed up yet, now's the time. Everyone is invited..Please send an email to:

orienteeringcanada-subscribe@yahoogroups.com

Ski-Orienteering

We are looking for a club interested in hosting the 2008 Canadian ski-o champs.

The US ski-orienteering championships are held every second year (2007, 2009, 2011...) in the States. The COF Board is wondering if there is interest in the Canadian orienteering community to hold the Canadian ski-o championships in the alternating years. If you are interested in hosting or helping with the 2008 CDN ski-orienteering championships, please contact Charlotte at info@orienteering.ca.

2007 COF CONFERENCE

July 23 – 26, 2007



The Board of Directors of the Canadian Orienteering Federation is pleased to be organizing a conference in conjunction with the 2007 Canadian Orienteering Championships and Sass Peepre Junior Camp in Saskatoon to promote discussions on current trends in orienteering with a particular focus on the electronic advances. Below is an overview of the topics for this conference.

Please review the sessions and register on the included form. For more information, please email Ian at coconference2007@ca.inter.net. The presenters and facilitators would very much like an idea on the level of participation, interest and experience of the attendees and any other feedback you might have. . Also we would be very interested in potential presenters for this year or for future COF conferences.

SEMINARS

OCAD Mapping Software

Do you want to learn how to make map updates using OCAD? Don Bayly (Alberta) will conduct a course for people interested in mapping with a focus on the OCAD software. Participants are encouraged to bring their own laptop and OCAD software if possible. OCAD 8 or OCAD 9 demo versions of the software will be available for installing for trial purposes. Learn how to create an update maps and learn how OCAD drafting relates to the rest of the map production process.

continued →

COF CONFERENCE CONTINUED..

The new NCCP: Help test drive the new coaching program

Pippa McNeil, Bill Anderson and others have been hard at work developing a new coaching program for orienteering. Bill and Pippa will present the newly developed National Coaching certification Program (NCCP) for Community Coaches.

INFORMATION SESSION—The information seminar will present the progress on this project and a Q&A session.

Date: Tuesday July 24 - 9 to 11 am

Cost: free

PILOT COURSE — The pilot course would be an 8 hour simulation of the new, proposed, Community Coach workshop.

Anyone interested in coaching or orienteering program development is invited to attend. This pilot course will help the presenters confirm the suitability and completeness of this new material and approach.

Instructor: Pippa McNeil and Bill Anderson

Dates: Tuesday, May 24 – 11 am to 5pm and Wednesday May 25 - 9 am to 12 pm.

Cost: free

COF Brainstorming session

This session provides a great opportunity to talk to the COF Board of Directors about your ideas for making orienteering stronger in Canada. Come and learn what the COF Board has been working on and share your thoughts and ideas.

Facilitator: Charlotte MacNaughton

Date: Tuesday, May 24 - 7 to 9 pm.

Cost: free

Orienteering Programs for Juniors

Tim Lee (Manitoba) has given Orienteering Professional Development Sessions for physical educators and geography teachers. He will lead an idea session for those with an interest in providing orienteering programs for juniors. Share information about developing school and junior programs happening across the country. There is preliminary discussion about creating a new teachers guide to orienteering. Should we update the badge program? Do you have some brand new ideas? Come and share your thoughts.

Facilitator: Tim Lee

Date: Wednesday, May 25 – 4:00 to 5:30 pm.

Cost: free

Sport Ident Software for Event Organizers

Barry McCashin will present on the various aspects of the Sport Ident software geared towards running events with SI-6 through SI-8 units. Participants are encouraged to bring laptops with Sport Ident software for hands on experience. Learn the various features of this program from course setting for different events to post race data manipulation to publishing the results in various formats on the web.

Facilitator: Barry McCashin

Date: Thursday, May 26 – 9 am to 4:00 pm.

Cost: \$25

continued →

	Monday July 23				
9:00 am	OCAD Mapping Software	The New NCCP: Information Seminar 11:00 - The New NCCP: Pilot course	The New NCCP: Pilot course ... continued	The New NCCP: Pilot course ... continued	Sport Ident Software
1:00 pm	OCAD Mapping Software ... continued				Sport Ident Software ... continued
4:00 pm				The New NCCP: Pilot course ... continued	Orienteering promo – idea session
7:00 pm			COF Brainstorming session	COF Officials Certification – idea session	COF Annual General Meeting

COF CONFERENCE CONTINUED

COF Officials Certification Program

Please bring your ideas and experience to a freewheeling discussion of the COF Officials Certification Program, hosted by John Rance. Your input will have a direct impact upon the training of the next generation of COF meet officials - the folks who do everything from plan international events with large teams of volunteers, to the person who puts on a local park event on a weekday evening. Everyone interested in this topic is invited to attend, especially current level 1, 2, 3, and 4 officials and course teachers from the recent or distant past.

The purpose of the meeting will be three-fold:

- What works now with our officials certification program.
- What is needed for the future?
- How will we get the needed revisions written, reviewed, approved and implemented?

Attendance at this meeting does not mean that you will be drafted into a committee to do the revision. The sole purpose of the meeting is to gather information from the membership of COF. Additional information about the revision process is available at the COF website or by contacting John Rance at rance1@shaw.ca.

Orienteering promo

Come to this discussion with ideas to improve web pages, brochures and other media for better promotion of the sport of orienteering. Do you have a brand new idea that never been tried before? Do you have ideas to promote with other sports?

Facilitator: to be confirmed

Date: Thursday, May 26 – 4:00 to 5:30 pm.

Cost: free

COF Annual General Meeting

The Canadian Orienteering Federation Annual General Meeting will be held on Thursday May 26 at 7 pm. All are welcome.

COC UPDATE!!

Join the **Saskatchewan Orienteering Association** this summer for the North American Orienteering event of the year! The Canadian Championships July 27, 28 and 29th include for the first time ever 3 World Ranking Events! An unheard of 115 orienteer's have already registered BEFORE the first deadline!!

Volunteers Needed!

The 2007 Canadian Orienteering Championships is looking for volunteers! You do not need to be a strong orienteer; all you need is the desire to help. The more technical positions will be paired with an experienced orienteer. Areas include registration, timing and results, equipment support, setup/takedown, course vettor, security, parking, and other general duties. If you can help, **please complete the volunteer registration form** at http://www.coc2007.ca/coc2007_volunteers.htm and mail or e-mail as required. **COC volunteers will receive an official COC t-shirt, thanks to SaskEnergy, Champion of Volunteers!**

Accommodation

Reserve your accommodation at the Saskatoon Travelodge Hotel and be entered into a draw to receive two nights standard accommodation free! Reservations must be made **before June 22, 2007** and the draw will take place at the COC banquet on Friday, July 27. Room Rates are \$85 single or double, \$95 triple or quad (plus taxes) for standard accommodation **To make your reservations call 306-242-8881, or the North American toll free number 1-888-278-4209 (direct to the hotel) or e-mail reservations@travelodgesaskatoon.com and ask for the Canadian Orienteering Championship group booking or refer to Reservation ID #4329 to receive the above rate.** The Travelodge Hotel features fun for kids both young and old with a thrilling 250' waterslide and other recreation facilities!

If you are looking for non-orienteering events during the championship timeframe check out http://www.fedcan.ca/congress2007/about_uofs/saskatoon.php to plan your vacation.

2007 Canadian Orienteering Federation Conference

Registration Form

Name

Address

City

Prov

Postal code

Telephone

Email

Comments (Please provide feedback and ideas for the presenters)

Please register me for the following sessions:

_____ OCAD Mapping Software
Date: Monday July 23 - 9 am to 4 pm
Cost: \$25

_____ The new NOCP: Help test drive the new
coaching program
INFORMATION SEMINAR
Date: Tuesday July 24 - 9 to 11 am
Cost: free

_____ The new NOCP: Help test drive the new
coaching program
PILOT COURSE
Dates: Tuesday, May 24 - 11 am to 5pm
and Wednesday May 25 - 9 am to 12 pm.
Cost: free

_____ COF Brainstorming session
Date: Tuesday, May 24 - 7 to 9 pm.
Cost: free

_____ Orienteering programs for juniors
Date: Wednesday, May 25 - 4:00 to 5:30
pm.
Cost: free

_____ COF Officials Certification Program
Date: Wednesday, May 25 - 7 to 9 pm.
Cost: free

_____ Sport Ident Software for Event Organizers
Date: Thursday, May 26 - 9 am to 4:00 pm.
Cost: \$25

_____ Orienteering promo
Date: Thursday, May 26 - 4:00 to 5:30 pm.
Cost: free

Submit this form by mail to: 2007 COF conference
c/o Ian Sidders
2315 Bromsgrove Road, Unit #99
Mississauga, ON
L5J 4A6
by fax to: (403) 451-1681
by email to: cocconference2007@ca.inter.net

Cheques to be sent to the address above and payable to the Canadian Orienteering Federation.



CANADIAN ORIENTEERING FEDERATION

COF MEMBER BENEFITS

- ORIENTEERING CANADA - a one year subscription
- Liability insurance coverage
- Eligible to participate in COF programmes - National Coaching Certification Program (NCCP); Officials Certification Program
- Eligible to win awards at Canadian, North American and Asian Pacific Orienteering Championships
- Eligible to compete in orienteering events in other international orienteering federation member nations.
- Eligible to receive lower entry rates where offered to members.
- Junior aged members are eligible to participate in the Junior Participation Program
- Eligible for selection to the High Performance Program (HPP) - Senior and Junior Tiers.
- Eligible for selection to the National Teams to the World Championships and other international events.
- National team members are eligible to receive financial support to the World Orienteering Championships— Senior and Junior
- Existence of a national federation and office is a major factor for Provincial / Territorial Associations to receive funding from provincial governments for: administration, staff, travel grants, athlete grants, programs etc.

COF FEDERATION ADDRESSES BOARD OF DIRECTORS

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SUBSCRIPTION RATES: Non COF members—\$12.00 per yr. Overseas/ USA subscribers send a Postal Money Order or a Bank Draft in Canadian funds payable to the Canadian Orienteering Federation.

ADVERTISING RATES—PER ISSUE: Outside back cover \$150, Inside back cover \$100, Inside full page \$75, One-half page \$50, One-third page \$35, Business card size \$20.

DEADLINE FOR SUBMISSIONS FOR THE NEXT NEWSLETTER — JUNE 26TH