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the official newsletter of the
Canadian Orienteering Federation

Sass PeePre

This year's Sass Peepre Junior Camp, held in conjunction with the COC's in Saskatchewan, was the largest camp in several years. Over 40 Junior Orienteers from across Canada and the USA spent 3 days training with Canadian national team coach Ted de St Croix, Canadian team members Mike Smith, Jon Torrance, and Brent Langbaak, American team member John Fredrickson and other volunteer coaches from across the country. Ted's wife, Maureen de St Croix, headed up a group of wonderful kitchen volunteers that made the effort to turn out tasty but healthy camp food. Most of the training sessions were held on the Ebb's Trails model event map. The subtle terrain was initially challenging for many of the participants but became more familiar as the camp went on. Trainings, including control picking, line-o, and relocation, re-enforced Ted's 3 steps to orienteering: Fold your map, orient your map, choose your route. The evenings consisted of stretching sessions, orienteering talks, and map games. There were plenty of activities to keep the camp members occupied during free time including swimming, frisbee, basketball, cards, Harry Potter, and even some mud wrestling. The yearly talent show featured singing, acting, and contact juggling, as well as, the Miss Sass Peepre cross-dressing competition won by Eric Kemp. The camp moved to the Travelodge in Saskatoon for the final night where the waterslide became a major attraction. After training on the Sprint model map in the morning the camp disbanded. The Sass Peepre Camp is a wonderful opportunity for young orienteers to meet and form friendships with orienteers from across the country.

TrainingG Camp

Editor's Notes:

As my first year as the editor comes to a close, I hope that you have all enjoyed reading about Canadian Orienteering. As 2008 approaches, I know that my schedule will be very busy in the late part of next year, so if anyone would like to take this template and run...let me know!!

Not that you need an excuse to visit the Canadian Orienteering Federation website, but I will give you one nonetheless!! Check out our new colour newsletter there. If you haven't visited the website lately, it is full of information about what is going on in the orienteering scene in Canada.

www.orienteering.ca

The next newsletter will have information on World Ranking Event Advisor Clinics and COF certification updates. I have a photo orienteering challenge for you too. Got any other ideas? I would love to include them.

I am currently looking for regional representatives that can be my eyes and ears; keeping me in the loop. I can only report on what I know, so fill me in on all the great things that are going on in your club so we can all enjoy our successes.

Winter is coming. Pull out the skis and the snowshoes, the hats and the mitts.

Snow just makes orienteering more fun!
See you in the woods!

Nina Wallace

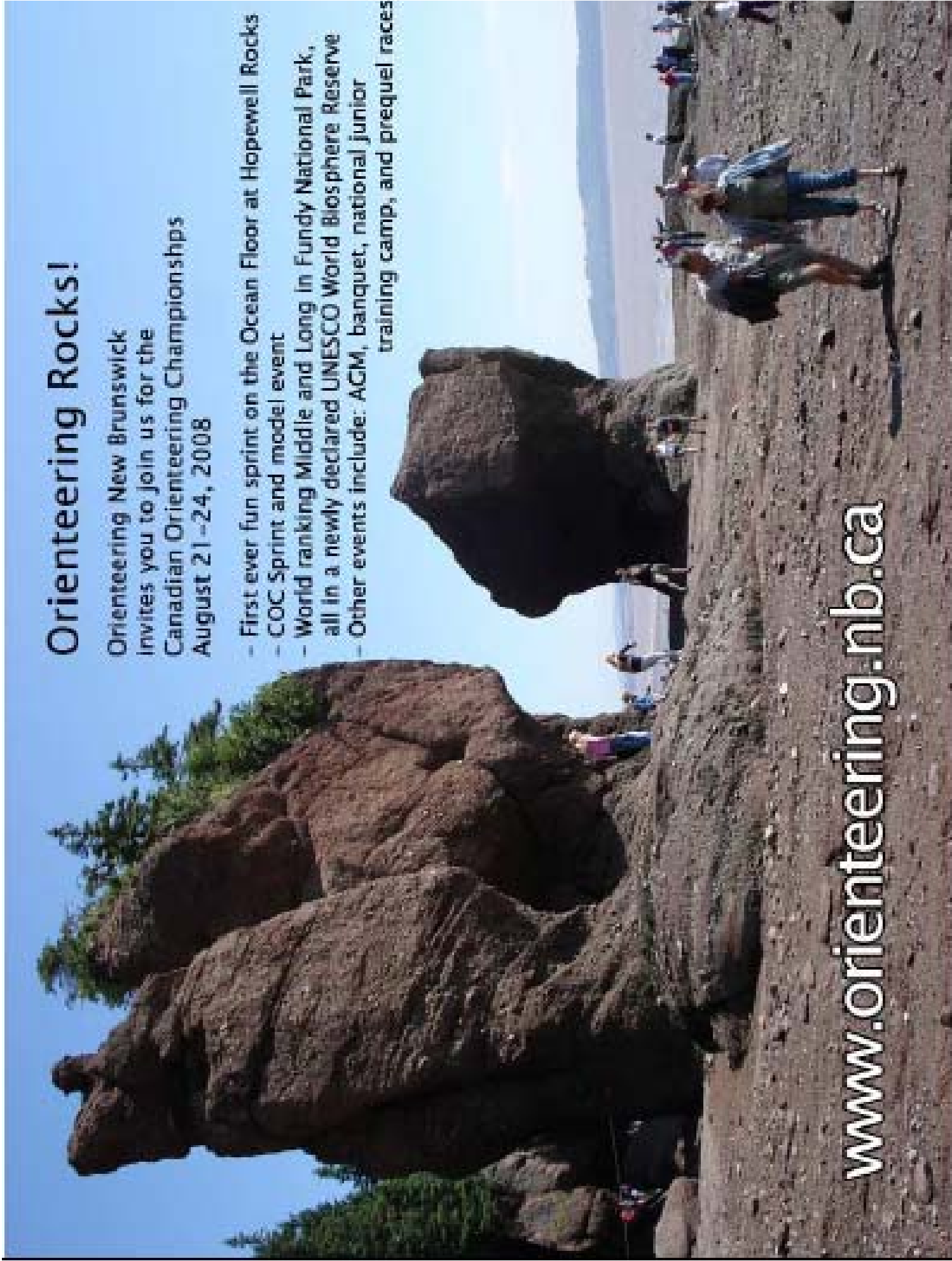


Orienteering Rocks!

Orienteering New Brunswick
Invites you to join us for the
Canadian Orienteering Championships
August 21-24, 2008

- First ever fun sprint on the Ocean Floor at Hopewell Rocks
- COC Sprint and model event
- World ranking Middle and Long in Fundy National Park,
all in a newly declared UNESCO World Biosphere Reserve
- Other events include: AGM, banquet, national junior
training camp, and prequel races

www.orienteeering.nb.ca



Canadian Clubs and Associations

Alberta Orienteering Association
<http://www.orienteeingalberta.ca>

Edmonton Overlanders Orienteering Club
www.orienteer.ab.ca

Foothills Wanderers Orienteering Club
www.orienteeingcalgary.ca/

Orienteering Association of British Columbia
www.orienteeingbc.ca/

Greater Vancouver Orienteering
www.orienteeingbc.ca/gvoc/

Sage Orienteering Club
www.orienteeingbc.ca/sage/

Victorienteers
www.orienteeingbc.ca/vico/

Ottawa Orienteering Club
<http://ottawaoc.ca/>

Orienteering New Brunswick
www.orienteeing.nb.ca

Fredericton Foxes Orienteering Club
www.orienteeing.nb.ca/foxes/

St. John's Orienteering Club
www.cs.mun.ca/~sjoc/

Orienteering Association of Nova Scotia
www.orienteeingns.ca

Orienteering Clubs of Ontario
www.orienteeing.on.ca

Golden Horseshoe Orienteering Club
www.dontgetlost.ca

Guelph Gators Orienteering Club
www.gators-orienteeing.ca

Stars Orienteering
<http://stars.kw.net/>

Toronto Orienteering Club
www.toronto-orienteeing.com

Orienteering Quebec
www.orienteeingquebec.ca

Yukon Orienteering Association
www.yukonorienteering.ca

So, you think you're a member of COF?

Well, until about a year ago, I did. After all, I paid the extra membership fee to be a "Full" member of OABC, I checked the appropriate box on US entry forms, I received the COF newsletter and nobody complained when I ran in a Championship class at the COC. And then I discovered that, under the COF Constitution, the only COF members are the Provincial/Territorial Associations! So neither I, nor any other individual, is a COF member.

This all came up when I became part of a group given the task of trying to standardize the membership structure across all Provincial Associations. Since the early 90's, COF has collected affiliation fees from each Association based on the number of "Full" members in the Association. Unfortunately, Associations define "Full" in different ways, which could lead to the possibility of each Association paying their fees based on different membership calculations. It was hoped that standardizing the membership structure would fix this problem. We decided that forcing Associations into a common structure would limit local flexibility and, instead, defined two types of Association membership which would be recognized by COF.

"Annual" members would be any Association members who pay an annual fee or who have been awarded a life membership by their Association. If they wish, Associations could choose to have more than one type of Annual member and call them whatever they like. For example, OABC has "National" and "Club" members; both types would be treated as Annual members by COF since they each pay an annual (but different) fee. In the past, Club members were not treated as COF "Full" members. "Casual" members would be Association members who do not pay an annual fee eg: members-for-a-day

The intent is that Annual members should be treated in the same way as the current "Full" members ie:

1. would be eligible to compete in the championship classes of COC, NAOC and APOC
2. would be eligible to claim membership in COF on international entry forms

These recommendations were approved at the last COF AGM.

A related decision was also made at the AGM, dealing with the way in which COF assesses Associations for affiliation fees. For the past couple of years fees have been based partly on "Full" membership numbers and partly on participation. In the future fees will be based solely on participation. We felt that this approach spreads the cost of running COF across everybody who takes part in the sport rather than putting the financial load on "Full" members – who probably do most of the work in organizing events. This decision does not affect other items charged to the Associations by COF. These are insurance (based on Annual and Casual membership counts) and newsletter distribution (based on the number of mailings for each Association)

WOC 2007 REPORT

the sprint



VICTORIA SMITH

My first WOC race! Naturally, I was really nervous at the start. Made a few silly errors throughout the race and a couple of poor route choices, but overall I had fun, and that was my main goal.

HEATHER SMITH

I guess I felt a little nervous before this race, since I don't have too much WOC experience under my belt (one race – middle qualifier from WOC 2006 in Denmark). Fortunately, I wasn't put under extra pressure by the delay in the bus schedule like most of the men were. I still had plenty of time before my start. The race itself was quite fun, but I must apologize to the "control watchers" around my #9 for the profanities that came out of my mouth. Other than missing big-time on that control, I had a *fairly* clean race, just really slow compared to the others!

PAM JAMES

The sprint started off slow and not so interesting. But got better quickly as really there isn't much time to run a sprint. A couple not so good route choices but other than that a good run.

JON TORRANCE

The sprint qualification was held in an urban park with lots of trails mostly simple but occasionally detailed spur and re-entrant terrain and extremely fast, runnable words – there was just about nothing to prevent one running as fast as one's physical capacity allowed other than the need to keep up on the navigational side of things. I'm fairly satisfied with how that went although there's no question I was on the edge of making serious errors, missing and then overrunning controls. I started with John Frederickson and an Irish man and saw John on and off through the first part of the course, including near my first control, which he fortunately didn't distract me enough to cause me to miss it (I was in the Bleat??). From there, there was a long road run to a stream crossing then a climb up a steep slope to a thicket on the spur above. I may have missed an easier stream crossing just after clearing the road and I ended up having to jump the stream at a wider point than I would have liked and scrambling up a steeper part of the slope than I would have liked to avoid overrunning south of the thicket. After that, I got into more of a

rhythm, although I swung further left of the direct line on the contouring leg from 3 to 4 than I'm quite happy with in retrospect and I now see arguably better routes I could have followed from 7 to 8, 8 to 9, and 10 to 11. Also, I felt a bit shaky on keeping up with my map reading through legs 8, 9, and 10. Nevertheless, in contrast to my last WOC sprint in Japan, I managed not to make any big mistakes in executing my route choices so I'm happy with that. Working on making better route choices under pressure can be a project for the future.

BRENT LANGBAKK

I got up early and went for a jog for 20 mins or so. I came back and ate breakfast and hung out in my room for a little bit. Then I went and got something to eat in the restaurant on the main floor of our hotel at around 11:15 with Mike. Then I came back up to the room and collected our stuff and then headed out for the race.

Our transportation has been a bit interesting this year. We have had to take the metro first and then hop onto buses. The transport for the sprint qualifier was similar only instead of getting out of the metro and hopping on the bus there wasn't a bus there to meet us. We had to wait and wait and...

Eventually we got to the start of our race. I actually only had about 20 minutes before my call up time. When you factor in waiting for the washroom and getting my stuff and signing in and everything I only got about 10 minutes of warm-up time. I don't want to make excuses but I wasn't able to follow my routine. I normally review my goals before I get to the call up but I didn't get a chance.

The end result was I didn't run my own race. I was concerned about first what Boris was doing (we started together) and then got caught following a faster runner, who was in a different heat, to the wrong control and finally I made a couple of parallel errors at the end where I didn't have my route fully planned before leaving the control.

What you hope for is to run YOUR best race but I didn't run my own race at all and that is the truly disappointing thing.



WOC 2007 REPORT



the long

PAM JAMES

My least favourite race was the long Qualifier. For some reason I could not get into the race. It seemed to have a lot of very leg lifting high grasses that frustrated me. I made a number of mistakes.

HEATHER SMITH

I had a fitful sleep the night before this race because I was afraid of sleeping through my alarm. Having "slept in" each previous morning since my arrival, it was a miracle I stayed awake all day, sans caffeine! I donned my long socks AND gaitors (I dislike very much the raspberry bushes and stinging nettles, plus the organizers strongly recommended wearing full leg covering) and felt invincible! I knew this race was going to be a hilly one from the training maps we had been on, but WOW were some areas steep! In one part of my race, right after the 3rd water control, runners ahead of me were reduced to walking up the hill out of the control.... which made me feel better about not being able to keep up a run at that point either! Finding the controls themselves was fine for me, but I made 2 atrocious route choices that cost me a LOT of time. The finish chute was also the toughest I have ever run in – 320 m, mostly uphill, mostly hidden from the finish control (so you had no idea what you were up against), and subsequent to a crazy-steep climb to the last control itself!

NICK DUCA

This was probably the worst race I have ever had at WOC. After the start I went 90 degrees in the wrong direction, I don't know why. I ended up running over 1 km extra and maybe 80m climb, about 10 min slower than I should have been. Felt very disappointed, however didn't give up, it's still a WOC. From there I added minor mistakes - not many - however, lots of steep ugly gullies and earth banks, some garbage. I liked very little about today. The worst thing is that this is the only race I have at WOC this year. Starting tomorrow I will run the WOC tour and watch and cheer for the others.

BRENT LANGBAKK

This was a morning race with my start at 10:17. I was determined not to have a similar experience as the WOC Sprint the day before so I went with the first group at 6:40. We still had to wait in our bus for quite a while and

in the end the 7 o'clock group got to the buses before we had even left. This time I was at the start with plenty of time to spare.

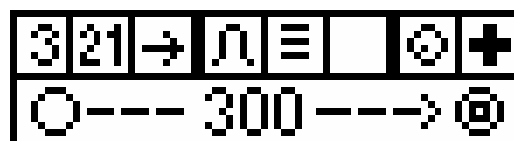
My goals for today were to just run my own race and plan every route before leaving the control. I got to the start line, relaxed and ready to do MY best race.

I think I was mostly able to achieve my goal. I had one 3 min mistake and a couple of other smaller mistakes but mostly it went alright. If I hadn't made that mistake on 13 I would have made the final, which is both good and bad. Good in that it is nice that I have the capacity to do it but bad in that now I get to say, "What if..." In the end I am pretty satisfied with my performance.

WIL SMITH

Was happy to be starting in the third block - these woods tracked up a LOT, and to be in the first few starters was a significant penalty. Even just 5 or 6 runners could make a nice path, but if you had nobody in front of you, that was bad - very bad. Fortunately, the weather was nice and the heat held off too.

I made a couple of smaller mistakes on the first controls, and then settled down. Was surprised at the relative lack of route choice; they didn't use the detailed areas as challengingly as they might have. A large pack of runners ran through me in the middle of the race. We all actually took different routes, but the course setting was such that we could often all see each other on approach into the circle, so the group would tend to break up in between and then re-form around the controls. A long boring (just running) leg late in the race saw them crank up the tempo too high for me and I blew up. At that point I was only about 1.5 km from the finish, and 2 minutes faster than the eventual 14th-place runner in my heat. However, my stomach cramps got the better of me and I was so distracted and exhausted by this that I promptly made a further 4 minutes of mistakes - too bad – I missed qualifying by only 2 minutes! Not too bad for someone who actually dislikes long distance races....





WOC 2007 REPORT

the middle

SARAH BRANDRETH

This race went well for about the first minute... Halfway to the first control we came to a dirt track filled with green swamp goop which wasn't shown on the map. The other two competitors with whom I started were equally as confused and took a bit longer to decide they didn't want to go through it than I, and followed me as I took a route around. Yes they actually followed me!... or they were letting me clear the forest of giant spider webs, one or the other but let's just pretend it was the first. It was after that that it began to take a downwards spiral, I ended up in one small depression over at the 1st control. Number 2 was my big mistake I changed my route plan halfway through and ended up having to bail onto a trail, but I make a 90 degree error while bailing and ended up on a different trail. Once I had found I realized I had been within 10 m of it at the beginning but I just didn't see it because it was so thick out there today. The rest of the race went well and I had a lot of fun out there in the tricky terrain.

PAM JAMES

The middle qualifier was an interesting race. The visibility was low and the vegetation was thick in places, lots of green on the map. I made a couple mistakes, not too big, but as I was nearing the finish I figured I still had a chance because there seemed to be quite a few people looking lost out in the forest. So it wasn't a great race but it was definitely good enough. I was tingling with excitement for hours afterwards, as well as from the stinging nettles.

VICTORIA SMITH

To borrow a description from a NZ'er, my race today was "black and white"; some controls I orienteered to well and found easily, others I really struggled with. I messed up on the first control, which kind of set the pace for the rest of the race. However, I still had fun and although the vegetation was nothing like that of the model event (i.e. much thicker!!), I enjoyed the challenge of this middle course.

HANS FRANSSON

In short: my race was a...not so good one. Some minor mistakes in the beginning were followed by a major one on the third control. I did try to take more safe route

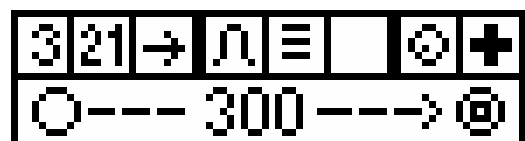
choices after that but I never got any flow in my orienteering. The terrain was a bit like Hilton Falls in the summer time but remove all rocks and replace the ground with sand instead. Most of the area could be described as light green with saplings constantly in your face. In other words: poor visibility. You had to keep an eye on your compass at all times and at the same time do fine navigation - not my favourite combination but it was definitely a worthy WOC qualifier course. The best orienteers made it to the final. And...Pam James is one of them. That's AWESOME!

WIL SMITH

This was a TOUGH race - diffuse and subtle contours that would have been difficult even with good visibility, and with today's jungle-like conditions covering large areas, it was punishing. I again missed the first control - I promptly found another control, knew exactly where it was, and headed off hastily to my own. However, I missed mine again - only by 5 meters - and had to bail out to a trail; 3 minutes gone in an instant! Tough to recover after that.... I managed to settle things down and "cruise" smoothly through most of the rest of the course, losing maybe another 2-3 minutes in total elsewhere (not bad considering what some of the unlucky "big guns" were doing today). I was 6 minutes out of qualification, and it would have been difficult to manage it today; my legs were noticeably quite tired from the long qualification race yesterday.

Pam's Comments on the Middle Final:

The race I was most excited to run was the middle final. A little bit nervous I would have to say. Eating breakfast was a bit hard. Other than that I wasn't too bad. My run wasn't particularly great. I managed to just luck onto the first control so probably lost a bit of confidence there. Saw a whole bunch of runners at the 4th control so I wasn't the only one having problems. I am pleased to have made the final and then to place 41st in the world.



WOC 2007 REPORT



the relay

WOMEN

LEG ONE: PAM JAMES

My favourite race was probably the relay, orienteering wise. It was in pretty fast terrain, just wish I was a little faster and could hang on to the lead group a little longer. I had a pretty clean run.

LEG TWO: HEATHER SMITH

I was honoured to be selected to run the relay this year; my first WOC relay! The first few controls went smoothly, but as I got into the steep ravines I lost track of my exact location on the map and spent some time guessing and re-locating. It was discouraging to see no one else in the woods. The second half of the race was in fast terrain, but I couldn't make up for time lost in the first half. I ended on a high note by out-sprinting Anne Margarethe Hausken in the finish chute... only she was finishing the anchor leg for Norway.

LEG THREE: VICTORIA SMITH

As this was my first WOC relay, my goals for our women's relay team this year were to make top 20, and, as always, to beat the USA. When I tagged off with Heather, we were in 20th position, and about 17 minutes behind the Americans. I had also just watched the Finns and Swedes cross the line in Gold and Silver positions, with the Norwegians finishing just behind Heather. At that point I was just concerned about not dropping any more positions to the teams behind us, and having fun at the same time. The first few controls went smoothly with no problems navigationally. My first troubles began when I entered the deep ravines, which saw me stupidly climbing the wrong (and very steep!!) spur. I finally figured out my mistake and corrected myself, but not before wasting a few precious minutes in the process. My next mistake came with my sixth control, which was located at the corner of a clearing in a relatively subtle area of terrain; I lost a couple more minutes there too. In all, I was relatively happy with my race, other than a few corrections that I had to make within the control circles and a couple of not-so-perfect route choices. I literally saw no other women during my race, and so I was alone the entire time; it was actually really nice to be able to run without the pressure of having other runners around to distract me. We ended up finishing in 20th position, only 7 minutes behind the USA – apparently their anchor runner, Pavlina, had made a large error in the ravines as well! I only wonder what might have happened had I not made those mistakes... This course was well set, and a great introduction the WOC relay.

MEN

LEG THREE: BRENT LANGBAKK

I was lucky enough to run in the WOC Relay for Canada. I ran the last leg with Wil Smith starting off and Mike Smith running second. Mike was kind of joking that the relay is a North American showdown and that we just let the other nations participate. It is kind of amusing all the hype about the US/Canada battle but it does add a little bit of pressure.

Anyway, I kind of tried to just focus on my orienteering technique and run it like I would run any other race back home. Mike came in to the exchange with a couple of minute lead on Boris so that made my job a little easier. Sandra Zurcher just wrote something really good about her Sprint Qualification race where she qualified for the final. She talked about just focussing on the process. I think that was very good observation. I mostly succeeded at doing that today. I felt pretty heavy and tired even at the beginning and then I made a mistake on the way to 4 and for a short moment started worrying about Eddie catching me. I was pretty pleased I was able to go back to focusing on my own orienteering pretty quickly. Other than that I had some smaller mistakes but nothing major. Slowed down and made sure several times (and had a moment of confusion reading the code for 11 when I was at number 10) but that was part of my strategy and a good thing, I think.

In the end, we managed to win the Battle of North America in the relay. The US won the women's battle. However, I think it can safely be said that the US won the war with a far greater number of higher placings in the individual races through the WOC week. So congrats to them and Canada has some work to do to catch up for the next WOC. Maybe the friendly rivalry can be something to motivate and push the team in the months ahead.

WOC 2007 REPORT

ORIENTEERING IN THE UKRAINE BY JON TORRANCE:

Some of the sandy glacial moraine we saw here in training and in the middle distance races was very challenging in quite a similar way to the Eb's Trails maps used in this year's COCs but the orienteering memory that's really going to stay with me most is of running in terrain relevant to the long distances, particularly the long qualification. This was spur and re-entrant terrain with clayey soils, the most extreme, steep-sided re-entrants and spurs and isolated hill remnants of old spurs I've ever seen. At 1:15, 000, it was hard to read all the contour detail and the penalties for going up or down the wrong spur or re-entrant were potentially very high. Also, it was simply fun running through and particularly along the tops of the spurs in these miniature canyon systems – many of the spurs were knife-edge things barely wide enough for a runner to move along the top and dropping off steeply to either side to give a great view of the chasms to either side. I can't help thinking course setters must put a lot of thought into avoiding situations in which runners are likely to meet each other coming in opposite directions along the same spur – it could be complicated deciding who ought to back up. Or embracing and turning as a unit before disengaging.

OBSERVATIONS OF KIEV BY BRENT:

I have mostly written about my races and the actual competitions and things surrounding WOC so I thought it would be good to jot down a few general impressions of Kiev. It has been said before but orienteering really does take you to some pretty interesting locales. It kind of struck me as a place of striking contrasts. Not sure if that is because they are still crawling out from years of Soviet rule or what.

1. Soviet concrete and ramshackle apartment blocks vs. beautiful Orthodox Cathedrals. 2. Densely populated but travel to the forest maps was close enough to go by metro and bus. 3. Metro that had trains AT LEAST every 3 minutes vs. WOC buses/transportation that was always delayed. 4. Most women made up and wearing (often 6") heels everywhere vs. most men wearing mullets and stained wifebeater tanks. 5. Borscht and dumplings but also sushi bars and the ubiquitous Mickey D's. 6. Nice sand beaches but disgusting water. 7. Within a couple of minutes of our hotel there were people selling nuts, bolts and washers on the sidewalk for a few kopeks to open air fruit and vegetable market to air-conditioned mall with \$200 designer jeans, \$5 coffee and free wi-fi. 8. 70's vintage Lada with no working gauges vs. new BMW. 9. Centuries of tradition but only a decade and a half of independence.

Some more word association... bottled water, garbage everywhere, wild dogs, 3 minute metro escalators, techno music, Cyrillic alphabet, smokers, sidewalk kiosks, beer on the street, crazy drivers and traffic, no seatbelts (at least that work or won't offend the driver if you put it on), menus with pictures and cafeteria style buffet where you could point to order.

TIDBITS FROM VIC:

The mullet is the Ukrainian passport... Public nose picking is acceptable... Garbage everywhere... Driving 100+ in a 40 km/h zone is totally legit... Stray dogs everywhere, and they fight between 3-4am every night... Assume all streams contain raw sewage... McDonald's bathrooms have numbered keypad locks... 2-ply toilet paper and public washrooms are virtually non-existent – and if they do exist, they don't have toilet seats... Hostels have squeaky, uncomfortable beds... All Ukrainians smoke... All women wear 6-inch stilettos... You can park your car anywhere there's room...

A SPECIAL MESSAGE FROM HANS:

Thank you all for a great week. I had a great time despite a bad race but being a member of the Canadian team is something I truly honour. And on the side, I talked to a Swede, who is coaching another team, and he had noticed how "tight" our group is and how we seemed to have a good time together.

barebones

An orienteering weekend is always enjoyable but it's even more fun when you can just relax and let someone else do the hard work of preparing meals and looking after the kids while you run on great maps in fabulous terrain. Barebones 2007 was based at YMCA Camp Chief Hector near several excellent maps, some new: Camp Chief Hector and Canmore Nordic Centre and some old favourites: Barrier Lake and Mount Laurie.

Barebones 2007 included many different events spread over the 4 days of the Labour Day weekend and began Friday evening at the ever-challenging Mount Laurie. The depression complexes of the southern area provided great contrast to the technically easier terrain to the north. Running there brought back memories to many of the COC held there more than 20 years ago.

After downloading we rushed to Camp Chief Hector to claim a bunk, shower and eat dinner. This was the first time that all 160 + folks were together and many were surprised by the group. There were lots of kids, lots of parents, lots of oldsters—a real mixture. The successful Foothills Wanderers junior programme was represented in good numbers. The juniors had a very well prepared training camp to keep them engaged and late in the evening the YMCA staff provided campfire skits and songs as well as childminding so parents could spend time chatting with old friends and making new ones.

The weekend rushed by with well designed events following one another in rapid succession but there were also breaks in the action so one could tackle the camp's high ropes course, ride horses on Foothills trails or slip into Canmore for a beer on the patio. Events included a quirky 3 legged race, more usual orienteering events, coaching sessions for juniors and adults, night orienteering and a sprint event followed by a chase start based on order of finish. The chase start jammed runners into packs moving at high speed—an unfamiliar experience for many and the lead changed hands many times in route choice legs. These events were all great fun but most striking of all was the relay which required each team to include a junior (some were younger than 10). It was a true joy to see future stars high-fiving their septuagenarian team-mates after a successful run.

So many events packed into 4 days could be overwhelming but distances were shortened and the number of courses reduced to ease the strain on planners. The fact that some events had only 3 courses worked well. It allowed for much course discussion across ages and classes that sometimes do not share courses. No one missed the 10 courses of a full on A-meet. Also, the professional YMCA staff cooking, cleaning, entertaining and leading activities allowed participants to a thoroughly relax and enjoy the weekend.

Barebones has always been popular but the 2007 set a new standard. The use of the YMCA camp simplified things for participants and organizers. This was especially true for parents whose children were well occupied with orienteering, camp activities and making new friends.

I hope others will adopt the Barebones 2007 model with its emphasis on simplicity, fun, participation and great orienteering.

John Rance



JWOC 2007 REPORT

ROBBIE ANDERSON— Australia 2007 was an amazing trip and adventure for me. Being able to orienteer on the other side of the world in totally different terrain, and amongst the Australian wildlife was a great experience, and I feel very lucky to have been able to do so. Apart from the competitions, the people I met from Oz and from around the world, the friendships I made, and the fun times I had with the team will be what I remember the most from the trip. I would like to thank Sue Kuestner and Tom Strat for driving us noisy teenagers around, and Ross and Samantha for helping in coaching us throughout the training and competitions. Finally I'd like to thank my parents for helping to make this trip possible!

FRASER ROSS—It's difficult to add much more to Scott's Australian review if you will. But I will add that if anyone is thinking of going to travel or orienteering in Australia for what ever the reason I would highly recommend it. As I'm almost positive that I had no days where there was zero fun. And it is truly a unique orienteering location. Also if anyone would like to get in touch with some of the local clubs around there I'm sure between us 5 juniors we have wonderful contacts all over Australia now. And I would also like to add a big thanks to Sue who without we would of definitely been doing a lot of hitchhiking.

SCOTT FOUBISTER—In addition to what I've already written I'd just like to write about one of my funniest memories from this trip, my last JWOC. This would have to be the time Matt and I saw our first kangaroo out in the wilderness. We were standing on a huge patch of bare rock right before the start of our second race at the first training camp. A kangaroo burst through the underbrush onto the bare rock and gracefully hopped towards the other side. Matt pointed and we both watched, mesmerized as the locals went on without even noticing another kangaroo. When the kangaroo got near the forest on the far side of the bare rock, it slipped on some loose rock, tumbled, and fell flat on its face. As it got up and continued to gracefully hop away, we laughed so hard because the terrain was so rough that even the animals had trouble running in it! The orienteering in Australia was challenging, completely different to what we were used to, and a lot of fun. But the one thing that most contributed to this trip being so amazing was the people we met along the way and the memories we made. Everyone from Australia was really welcoming to us and it made our trip awesome. This is just one more reason why I feel so lucky to have been able to attend JWOC three times in my life.

CAROL ROSS—Without a doubt the most memorable aspect of my Australian orienteering experience so far has been the wonderful people I've had the opportunity to

meet. I was fortunate enough to attend two additional training camps prior to JWOC, one in Tasmania and one in Queensland. In both states, the juniors and coaches were incredibly welcoming. Although these camps were extremely valuable for the experience they provided to practice orienteering through granite, they were all the more wonderful for the many new friendships that were formed there. Not to mention how incredibly encouraging it was to have such a large and vocal crowd of supporters during the JWOC races. The friendliness of Australians was continually demonstrated through JWOC itself, with many spectators happily offering drives to all the international competitors. Thank you to everyone I met in Australia for making JWOC such a great experience. The junior training camps also provided a great view of the state of junior orienteering in Australia. I was pleased to see how active and enthusiastic juniors and their coaches are here. If my experiences with the juniors here were at all typical, Australia's recent success on the international stage should not be isolated incidents. Of course, the race venues in Dubbo were spectacular. Sprinting around the Western Plains Zoo was a unique experience I don't think any of us will forget any time soon! And I don't think I've ever encountered control descriptions for ten metre boulders before. Granite orienteering is unlike anything I've experienced before and the maps we were on were very challenging both physically and technically. JWOC in Dubbo was an amazing experience that really brought to life Australia's reputation for friendly people and stunning terrain.

MATT HRYCIUK

My trip to Australia for JWOC was an extremely valuable experience and I am really glad I decided to go. Although it was a long way to travel, when we arrived at the training camp in Queensland the Australian orienteers made us feel right at home. The first week was great because it gave us the chance to meet lots of orienteers from Australia and make some friends while getting in a number of quality training exercises to get used to the granite terrain, which was unlike anything we had ever done before. It reminded me of some of the great times I had at Sass Peepre camps in Canada. With the confidence of the first week under my belt, I felt I was able to fine tune during the second training camp rather than completely adapt to a new type of terrain. The actual week of competition was great as I met and was able to compete against the top orienteers from all parts of the world, and it made me see just how good one has to be to compete at the highest level. With the exception of the sprint, I was able to reduce my errors compared to what I did last year in Lithuania, and had a few decent runs. A highlight was being able to run through what looks like endless rock and being able to pick out on which side of which boulder the control is actually on.



By Marie Catherine Bruno

You're going to Saskatchewan to orienteer? Are there even any trees there? If I received a dime for every time someone asked me that question when I said where I was going to Saskatoon for my orienteering holiday, I'd be able to buy, hum, at least a few beers.

The Saskatchewan Orienteering Association is a very young association. Barely a year old, and already they have the Canadian Orienteering Championships (COC's) under their belt. It appears as if it didn't even take too much arm-twisting to convince them to hold the championships. A moment of weakness? Mark Rosin (event director) would say so.

It all started a little over a year ago when Andree Powers (Calgary) gave Mark a call. She suggested they organized the COC's and he foolishly agreed. After all, they already had 2 people interested in orienteering, no provincial association, and 0 maps; what more could they need?

Although it does sound like a recipe for disaster, they pulled it off, and with brio I might add. I have rarely seen an organisation so, organized. We were more than 2 weeks before the event and already the Competitors Handbook was available online – never been done before. Maps to get to the events, actual size of the control description sheets, information on local banks, grocery stores, accommodation... anything a tourist might need was included. Mind blowing. Media event at the sprint location, local TV, prize and awards sponsors, spectator controls, commentator, music and food on site, road crossing marshals... nothing was left hanging. It seemed like anything you could think of, they had already thought of it.

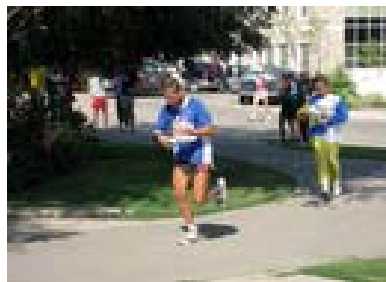
And to top it off, extremely friendly and relaxed meet directors and officials. Certainly an example to follow.

THINGS GET UGLY!

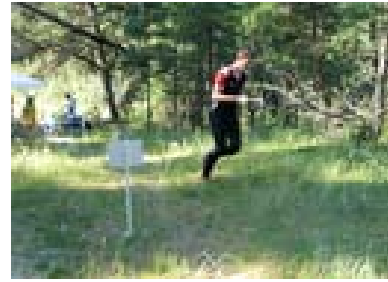
As if organizing the COC's and a World Ranking Event does not provide enough stress, the course planners had to face a huge problem just a few days before the events. They went to run the courses one more time to make sure the control location were still in good shape and the TPK still as predicted. A scary surprise was awaiting: a wind storm had blown through the area 10 days before and hundreds of huge trees were down. So bad that with the fresh blow down it was impossible to see the trails, let alone run on them. Most control sites for the long distance were merely impossible to get to – unless you were looking for a very masochistic experience. Organisers figured the speed of travel in the worst areas was reaching a furious 200m/hour. Not exactly the type of TPK's they were hoping for (although I can't help but think of the potential for the World String-o Championships for the Masochistic). Armed with chainsaws and machetes, the organizers cleared as many trails as possible and even some control locations. But there was no way they would ever be ready on time... courses had to be changed. With only a few days to spare and 3 WRE's on their hands, new courses had to be planned and approved, control locations vetted, and new maps printed. The middle distance event did not suffer as much since the terrain was less affected, but the long courses had to be hacked significantly. Nevertheless, with awesome course setters, officials and volunteers, they came up with very good courses, even if not up to the standards they were originally striving for.

THE RACES

The COC's kicked off with the sprint event at the University of Saskatchewan on Friday evening. A very intricate campus with a ton of flowerbeds, stone walls, courtyards, dead-ends, stairs... so detailed that even at 1:5000 a magnifier was not a fashion accessory. The courses designed by John Rance (Vancouver) were fast and furious, and bloody tricky! How hard can an urban sprint be? Well, hard enough that not too many participants bragged about a perfect race. The elite categories even saw many upsets with sprint favourites like Mike Smith, John Frederickson, Emily Kemp... not medalling. A very fun and challenging sprint with certainly lots of turns. (I would like you to put a copy of the map or at least a section of it).



On Saturday morning the middle distance was held. We were promised very technical terrain and very difficult courses. They didn't lie. Adrian Zissos (Calgary) had some pretty challenging courses up his sleeve. So challenging that almost nobody had a clean race. There was not a single easy leg. You had to focus so much that any tiny little wander of your brain could cost you many precious minutes. 15 to 20-minute splits were not rare when they should all have been less than 5 minutes! After the event, people were comparing war stories. Some were just happy to have beaten long-time stars like Ted de St-Croix and Pam James on a few legs. Micro-victories.



The classic distance was held on Sunday in the same area as the middle distance, using the same assembly area. This time we had a very nice long spectator corridor crossing the entire assembly area. People were able to cheer for runners as they went by. We even saw some crowd favourites like Ross Burnett get cooled off with splashing water – courtesy of the spectators. It almost felt like a major European race.



Lucky for us, the map at 1:15 000 was nearly impossible to read so we were treated to a 1:10 000 classic map. Jim Baker (Calgary – currently living in the UK) had some punishing courses for us. Same amazingly technical terrain as the middle distance, more windfall (if you can imagine) and longer (and harder!) legs; a very tough combination. Add scorching heat to the mixture and quite a few competitors were forced to abandon. Those who survived have something to be proud of!



The Curse of the Number Seven....

Memories of the 2007 COC's



By: Marie Catherine Bruno

Since there is never a dull moment in my life, I thought I would entertain you with my latest...

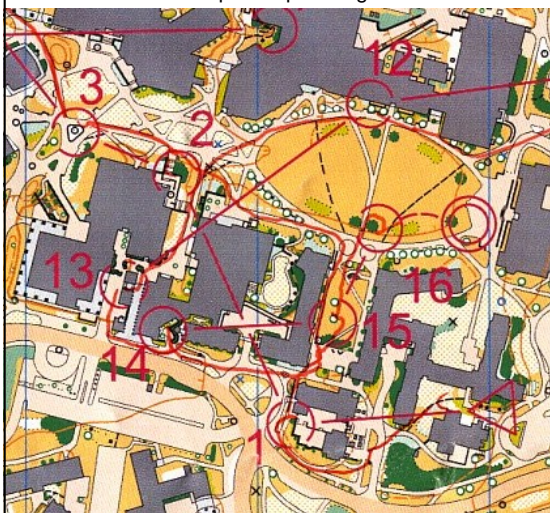
It all started with the sprint event: everything was going well, but I was starting to run out of gas. I got to the long leg in the race (7 to 8) and it was a matter of left or right. Left was technically easier, but a bit longer. Right was straighter but was going to require some careful navigation. Usually in a sprint I go for faster and easier, but I was totally dead - we'd just had a pretty tough climb and the heat was getting to me. So I figured I would slow down to recover a bit while taking the technically harder but shorter option. If you took the right option, you'd run along a parking lot. If you took the left, you'd run along a building. They both had a passable wall and a hedge along them. I started running and saw a roof. Dang! What have I done? The only thing I could see was that I was running along the building, which meant I had taken the left option by mistake. Okay, no need to backtrack, the left option was okay, and maybe if I took it by mistake that's because it was a better option - thinking to myself anyway. I run to the end of the building and what do I see? Instead of a giant parking lot, I see a construction zone and buildings. What on earth? Where am I??? That's not supposed to be there! I knew they had written in the course notes that there was construction on the map, shown by purple stripes. They had also mentioned at the start that there was a construction area that had a fence around it and that the fence wasn't mapped. Anyway, I am looking at all these buildings and construction and I don't have the slightest clue where I am. A woman that works on the campus sees the look of terror and panic on my face, walks over to me and asks: "can I help you?". I say: "no you can't". The woman: "oh sure I can, this is the medical building right there, this is ...". Marie-Cat: "no no no, you can't help me". The woman: "yes yes I can", trying to point on my map. This useless exchange goes on for a little while until it finally registers: she thinks I mean she cannot help me find my way, but I mean that she is not allowed to help me. So I finally tell her she's not allowed and she gets it! Meanwhile Alan Vyse (Kamloops) is observing the scene from a distance, thinking to himself: "wow, I've never seen anyone ask for directions in a sprint". Yeah, as if!!! Anyway, what seems to be an eternity later, Sarah Brandreth (Calgary) catches up to me - she's started a minute behind. Sweet, there goes my sprint. Anyway, I figure what the heck, I will follow her. But darn she's going too slow for my taste and I can't stand it, so I do more running around and finally realise where I am. I have absolutely no idea how I ended up there, but I now know for sure where I am. I carry on but I am totally disgusted with that huge mistake. I stare at my map for hours, I cannot understand for the life of me what and how I ended up where I did. Later in the evening at the banquet I happen to talk to the course setter and controller. I tell them that I still don't understand what happened, that it should have been very simple but that I cannot retrace my steps, it's like I was on a different map for a few minutes. The course setter asks me where it was. I tell him where. He asks: "was it near a big parking lot?". I go "yeah, except that I never saw it". Him and the controller look at each other and make a face - they know something I don't know. Turns out the big parking lot I was looking for was actually a multilevel parkade with a roof. From my angle all I saw was a roof and the only roof that there could have been on the map (in my opinion, out of breath and out of logic at the time) was the building that was in the left option. Turns out they hummed and hawed about that one when they field-checked but figured the mapper knew better than them so they left it like that. What didn't help me was that where I emerged, it happened to be in the unmarked construction site - didn't help the relocating.

Disappointing, but sure makes for a great tale. Especially for the asking for directions part :)

Strange things continued to happen during the middle distance. The map was extremely tricky, but for some reason I was just on. I was hitting everything bang on. By the time I got to number 2, Victoria Smith was leaving it. I knew with a 2-minute interval she had to have started before me because there was no way I had already lost 2 minutes. Good I thought, people are making mistakes. We ran to number 3 where we saw Pam James and Abbi May coming to the same control. At that point I had no idea when those girls had started but I was pretty sure Pam had started after me and was catching up. Little did I know... We move on to number 4, each minding our own business but traveling fairly close to each other. We ended up slightly to the right of the control, only about 20 meters. I realise



2007 Canadian Championships Long— W 20-34



2007 Canadian Championships Sprint — W 20-34



2007 Canadian Championships — Medium W 20-34

quickly where we are and get number 4 first. I am thinking "nice work Bruno!". Now there are still 4 of us and it's distracting, so I slow down a bit and concentrate better. Victoria and Abbi are going way more to the right and Pam is going to the left. I am going straight. Pam and I get there almost at the same time, the other 2 slightly behind. Moving to number 6 I am now behind Pam, but getting close to the control she starts hesitating. I am feeling ridiculously confident and not only do I speed up, but I feel confident enough that at the end of the reentrant and on the other side of the rise I will find my control, so I fold my map for number 7. I never do that, I always fold AFTER I punch the control. NEVER EVER change your control taking routine. I punch 6 ahead of Pam, overly excited that I am not only keeping up to her but beating her to controls. At this point I have a lead of over 4 minutes on her and I have no idea - but she knows. I punch the control and fold my map - AGAIN. We leave the control and it's now Pam, Victoria, myself and 2 junior guys. There is a huge patch of green that splits the group. I go with the guys as they are making a nice path through it. I don't quite understand why it's not mapped because it sure is very green. Then I see a huge hill. Wow, they sure have undermapped that one. Bizarre, very bizarre. I start hesitating. Victoria notices my hesitation, but we are so close to 7 that she thinks I'm just slowing down in the circle. Me, I don't understand where they're all going... in my head, I've punched 7 and am going to 8. Nothing matches anymore. I turn around and turn around and finally relocate. Don't understand how I ended up where I am, but darn I carry on. I find 8 and the rest of the race continues to go very well. I finish my race and am told I have a misspunch. What? Yes, you've missed 7. I ask permission to see my map, and geezers, they are right. I never went to 7. Explains the weirdness and why nothing worked for a while. I walk over to Pam and she says "congrats, I think you beat me". What???? yeah, you had a 4 minute lead on me but with the mistake you made I might have beaten you now. We look at the splits, and indeed, I was on my way to win the Canadian Championship Slight disappointment. Okay, major disappointment.

The long distance: well, everybody knows it's not my favourite discipline, but maybe if I have the Force like I did yesterday I have a slight chance of placing. I am supposed to start at 9:45. I show up there early but I have no desire to warm up - it's already too hot. Plus I'm going to take it so slow today that I don't really need to do any speed work before the race. So I sit around and stretch. They call 9:44 so I move closer to the line. They call 9:45, I show up but I'm not on the list. You were at 9:42. What???? So they move me through the lines real fast and let me go. I don't know how much time I've lost, but it's like starting your race with a mistake to number 1 - not good for the concentration. I am trying to do a calculation in my head to see if I've lost more than 2 minutes but I force myself to focus on the map instead! I get the first 3 controls okay until I get totally lost in the green. Things keep getting worse and worse, I get lost some more - let's face it: I definitely don't have the Force today. At number 7 I'm not even half way around the course yet and I am over an hour. I decide to pack it in because I am really overheating, I've had it with the green, and I'm tired. And I am not emotionally over my 2 disappointments from the sprint and middle. I jog back to the finish. Oh well, it just wasn't my weekend.

Now what's bizarre is that in 3 races, 3 freakish incidents have happened, incidents that have never ever happened to me before. What's even more freakish is that in all 3 races, it was number 7 that killed the race for me. 777, the number of the orienteering beast...

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