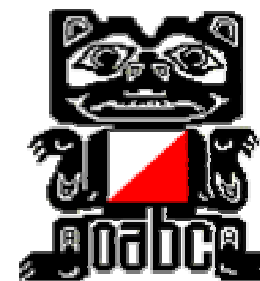


OABC 2002 SCHEDULE - February to June

See www.oabc.ca for complete schedule.

DATE	TYPE	EVENT	LOCATION	CLUB	CONTACT	PHONE
February						
17	C	DT5, Pacific Spirit Pk.	Vancouver	GVOC	Louise Oram	(604) 264-4640
17	C	Uplands Park	Victoria	VICO	Carl Coger	(250) 592-4944
17	Ski-O	Silver Star	Silver Star	SAGE	Randy Benz	(250) 545-4991
March						
3	Ski-O	Stake Lake	Lac Le Jeune	SAGE	Doug Smith	(250) 372-3401
3	C	Royal Roads	Victoria	VICO	Leigh Bailey	(250) 477-4469
17	C	Thetis Lake	Victoria	VICO	Steve Chatwin	(250) 598-6420
23	C	DT6, Mundy Park	Coquitlam	GVOC	Bruce Inglis	(604) 222-0164
24	C	Dew Drop	UCC	SAGE	Andrew Tucker	(250) 828-7194
31	C	Mount Douglas	Victoria	VICO	Debra Barr	(250) 360-0819
April						
7	C	DT Final, SFU	Vancouver	GVOC	John Chatwin	(604) 430-0176
7	C	Grasslands	Kamloops	SAGE	Al Stradeski	(250) 374-7018
13	C	Spring Ramble	Vancouver	GVOC	George Pugh	(604) 261-1075
14	C	Camp Thunderbird	Victoria	VICO	Alan Philip	(250) 478-3659
26	B	BC Elem. Schools	Ambleside Park	GVOC	Jackie Slavenova	(604) 454-1414
May						
4	Training	Chartrand Creek	Logan Lake	GVOC	Marta Green	(604) 734-1819
5	C	Hamilton Corrals	Kamloops	SAGE	Frances Vyse	(250) 372-8607
12	C	Central Park	Burnaby	GVOC	Cris Ivanciuc	(604) 708-8387
15	LearnO	Kamloops	Kamloops	SAGE	Bryan Chubb	(250) 989-4350
18	A	Sage Stomp	Kamloops	GVOC	Marta Green	(604) 734-1819
19	Rogaine	Sage Stomp, 6 hr.	Stake Lake	SAGE	Doug Smith	(250) 372-3401
20	B	Sage Stomp	Meadow Creek	WLOC	Bryan Chubb	(250) 989-4350
22	LearnO	Kamloops	Kamloops	SAGE	Bryan Chubb	(250) 989-4350
25,26	B	Newcastle Island	Nanaimo	VICO	Steve Chatwin	(250) 598-6420
June						
2	C	Dufferin	Kamloops	SAGE	Robin Foubister	(250) 374-6497
2	Canoe O	Thetis Lake	Victoria	VICO	Steve Chatwin	(250) 598-6420
8,9	B	Brandywine Festival	Brandywine Falls	GVOC	Jackie Slavenova	(604) 454-1414
16	C	Red Plateau	Kamloops	SAGE	Tim Cole	(250) 851-7977
16	C	E.Sooke/Aylard	Victoria	VICO	Karen Burns	(250) 652-8292
23	C	Campbell Valley	Langley	GVOC	Bruce Inglis	(604) 222-0164
26	A	Yukon O. Champs.	Whitehorse	YOA	Ross Burnett	(867) 633-3154
27	B	Midnight Sun	Whitehorse	YOA	Ross Burnett	(867) 633-3154
28	Training	Long Lake	Whitehorse	YOA	Ross Burnett	(867) 633-3154
29-30	A	WCOC	Whitehorse	YOA	Ross Burnett	(867) 633-3154



DUE WEST

The Newsletter of the Orienteering Association of British Columbia

BC to host 2003 Canadian Orienteering Championships

OABC has agreed to host the 2003 COC's next August, which will be held on a new map near Savona in the Interior. In addition, we are going to hold the 2003 Western Canadian Orienteering Championships the previous weekend at Six Mile Lake, also close to Savona. There will be some midweek events and we hope that all BC orienteers will take this week off to come and compete and help us make this a first-class event. More details on page 8.

We need lots of help to organize the events. If you are interested in volunteering, please contact Alex Kerr at zanderkerr@telus.net or 604-938-9194.

Editor's Message

The crocuses are blooming in our garden so it's time to get ready for spring O. To get you in the mood, we've got memories of meets past and dreaming material for upcoming multi-day events in the Yukon and Alberta. Thanks to all who wrote articles and submitted information for our first issue of 2002. Thanks, also, to my co-editor (and daughter), Jessica Ellis. We're planning three issues per year, February, April/May, and October, so if you'd like to be published in Due West, send me articles, photos, or news of all things O.

Margaret Ellis (margellis@shaw.ca)

In this issue:

Page 2	President's Message	Page 8	2003 COC and WCOC Info
Page 3	OABC and Club Contacts	Page 9	APOC 2002
Page 4/5	Course Planning	Page 9	Sport BC Update
Page 5	BC's 2001 COC Champions	Page 10	Club Corner
Page 5	Membership Renewals	Page 11	Midnight Sun O Festival
Page 6/7	The Travelling Orienteer	Page 12	Schedule of events

Mailing address: OABC 1367 West Broadway Vancouver BC V6H 4A9
p (604) 519-4862 f (604) 737-6043 www.oabc.ca

PRESIDENT'S MESSAGE

Orienteering is a small sport in North America and this is both an advantage and a disadvantage.

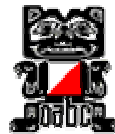
We all are aware of the disadvantages of trying to promote a small sport. We have a hard time getting the attention of the media, we struggle with promoting and advertising our events, we often have too few people to run our events, the same people run the events and administer the clubs year after year, money is in short supply, membership numbers are marginal, threatening our status as a recognized sport, we can't get into multi-sport events, our programs lack the resources to foster athlete development, and so on.

We have to recognize that the size of our sport does not allow us to do all that we would like to do (especially if we try to compare ourselves to other sports), but then we have to embrace the converse - that because of our small numbers, each individual can make a difference. When an individual steps forward to play some part in supporting an orienteering club, that effort is meaningful, enriching the orienteering community, but the commitment in itself is also rewarding. Volunteering and making a difference to the community is an opportunity for personal development. If a member wishes to take on a role in organizing a meet, doing a newsletter, officiating, caring for new members, organizing equipment, or handling registration,

it makes a significant difference to our sport. Each member also brings his/her own individual "flare" or style to the sport. Our sport will only grow according to the number of individuals who take on such leadership roles. As we look ahead to 2002 and 2003, we ask for your personal support in fostering the growth of orienteering in B.C.

As an organization of member clubs, it is OABC's responsibility to support the individuals who are making a difference in BC. *Our thanks* to some of these: to Leigh Bailey and Carl Coger in Victoria, to Bryan Chubb in Williams Lake, to Jennifer Fenton, Mark McMillan, Alex Kerr, Ted de St. Croix, Jackie Slavenova, Marta Green, and Margaret Ellis in Greater Vancouver, to Martin Pardoe in Whistler, to Darcy Lawhead, Murray Foubister, and Allan Stradeski in Kamloops, and to the "fledgling" clubs: to Larry Rozak (Rocky Mtn. Heckawees as in "where the heck are we" - Cranbrook), Grant Spelsberg (Sub Zero, Fort St. John), Daphne Tomblin (mid-Island), and Dave Tilley (Kelowna).

Doug Smith, OABC President



Note: next OABC Planning Meeting will take place March 16th, 2002 at Sport BC at 1367 W. Broadway, Vanc.

OABC's mandate is to promote and support the sport of orienteering through the development of athletes, coaches and officials and by supporting the organizations associated with the promotion of orienteering. The elected Board of Directors of the OABC consists of volunteers who are members of orienteering clubs within BC.

Dear Members,

This is Alison, one of the members of the Orienteering Club in Williams Lake. I am in Grade Six. When I entered the club it was early September and I wasn't quite sure if I would like it or not. I started my first orienteering lesson in Boitano Park and then moved on to events with more people, and competitiveness in Kamloops.

I am here to write about the ups and downs that I learned so far in orienteering. Well some of the downs that I know of from experience are:

- ⇒ Not taking the time for a bathroom break before you start your course and then having to while the clock is ticking. It adds to your time.
- ⇒ Getting too hot and having to remove an article of clothing
- ⇒ Stepping in cow poop (happens often)
- ⇒ Getting clothes ripped by barbed wire fences (hint, don't wear good clothes!!)

Well, enough of the down side and warning, here are some of the ups:

- ⇒ Sometimes getting free food (yumm!)
- ⇒ Meeting really kind people
- ⇒ Being in beautiful scenery
- ⇒ Good form of exercise and fun.

I hope you have as much fun as I did starting orienteering. I will be back this year. Hope to see you there.

Alison Pickford



Midnight Sun O Festival

Whitehorse, Yukon
June 26 – 30, 2002

Orienteering North of 60

Yukon Orienteering Association is hosting the Western Canadian championships in Whitehorse on the northernmost O maps in Canada. The Festival will kick off with the Yukon Championships on Wednesday evening, followed by a fun event starting at Midnight on Thursday on the Hot Springs Map. (There may be an opportunity to swim or relax in the pool after the run.) The two day Western Championships will be on Saturday and Sunday. This allows ample time to fly or drive to Calgary for APOC.

The Westerns will be held on complex glacial terrain of kettles (big depressions) and ridges of varying levels of detail. There are also many areas of very fine detail as well as some pockets of rock and cliff detail. The forests are a very enjoyable mixture of open pine, aspen and natural meadows, with thicker areas of spruce. Some areas with a fairly dense trail network, although the longer courses will go through some real "wilderness". Lots of good views of the surrounding mountains and the Yukon River valley.

Information:

www.icefield.yk.ca/www/yoa

CLUB CORNER

In this section we hope to shine the spotlight on a different orienteering club in BC each issue. We're all one big happy "O" family! This issue features excerpts from the recently-formed Williams Lake Orienteering Club's newsletter.



teachers, some of whom have orienteering experience already. The Esler area, and the W.L. river valley were also discussed as having potential for mapping and future use. This would require some time to put into place and some people present at the meeting expressed interest in assisting with this process with Bryan using his mapping skills.

LOST! in the Cariboo

A summary of the first meeting of the Williams Lake Orienteering Club, November 21, 2001

The most remarkable aspect of the meeting for me was seeing the numbers of people who are interested in orienteering. With a good turn out, the agenda of the meeting covered a talk by Angela Forseille about what orienteering is and describing how it's done, and equipment and clothing that are useful.

Bryan Chubb gave an overview of potential locations in Williams Lake that would be suitable for mapping for orienteering. Boitanio Park is already done with ideas for durable, reusable maps that could be loaned out to groups. Some school grounds have had maps done already and it would be viable to do some updating and assist with orienteering in the schools with interested

Bryan gave an overview of the structure of Orienteering Canada, their newsletter and how membership with W.L. Club entitles members and families to participate provincially.

The Officers of the W.L. Club stepped forward and a bank account will be established at the Williams Lake and District Credit Union.

Many present at the meeting expressed interest at learning more about orienteering and trying it this winter either indoors or at Boitanio Park. This will be done with Bryan's help when his work is completed. Date and Place to follow.

I'll keep notes next meeting and won't have to rely on my hazy memory for the club newsletter.

*See you in the New Year.
-Lynn McLeod*

OABC EXECUTIVE and COMMITTEE CHAIRS

Position	Name (Club)	Email
President	Doug Smith (Sage)	dsmithqqq@shaw.ca
VP/Secretary	Alex Kerr (GVOC)	zanderkerr@telus.net
Treasurer/Membership	Leigh Bailey (VicO)	leighb@islandnet.com
COF Liaison	Alex Kerr (GVOC)	zanderkerr@telus.net
Sport BC Liaison	Jennifer Fenton (GVOC)	jwspporta@istar.ca
Mapping	Bryan Chubb (Williams Lake)	bchubb@laketown.net
Website	Ted de St. Croix (GVOC)	tdestcroix@telus.net
Newsletter	Margaret Ellis (GVOC)	margellis@shaw.ca
Junior Development	Jackie Slavenova (GVOC)	jslavenova@telus.net
Coaching/Officials	Vacant	

CLUB MEMBERSHIP CONTACTS

Greater Vancouver Orienteering Club (GVOC)
Bruce Inglis
4009 West 18th Avenue,
Vancouver, BC V6S 1B9.
b_inglis@telus.net p (604) 519-4862
www.oabc.ca/gvoc

Kelowna Orienteering Club (KO)
Dave Tilley
#215 – 1421 Sutherland
Kelowna, BC V1Y 8G1 p (250) 763-8559
dtilley@direct.ca

Rocky Mountain Heckawees
Larry Rozak
519 16th Avenue p (250) 426-7785
Cranbrook BC V1C 5V4 lrozak@telus.net

Sage Orienteering Club (SAGE)
Doug Smith
941 Gleneagles Drive,
Kamloops, BC V2E 4E5 p (250) 372-3401
dsmithqqq@shaw.ca www.oabc.ca/sage

Subzero Orienteering Club (SUB)
Grant Spelsberg
SS2 S-3, C-1
Fort St John, BC V1J 4M7
p (250) 785-5733 (h)
p (250) 785-8580 (w)
gspelsbe@solarwinds.com

VictOrienteers (VICO)
Kris Dartnell
1667 Yale Street,
Victoria, BC V8R 5N5 p (250) 598-6420
kris.dartnell@salasan.com
www.oabc.ca/vico

Williams Lake O.C. (WLOC)
Bryan Chubb
R.R.2, S-11, C-24,
Williams Lake, BC
V2G 2P2 p (250) 989-4350
bchubb@laketown.net

COURSE PLANNING

Part 1: Getting Ready to Plan

Welcome to a four-part series about course planning. The parts are:

1. General over view and getting the planning started.
2. Course requirements and skills to be tested.
3. Starts, finishes, and leg planning.
4. Competition day, and after the event.

In a burst of enthusiasm, your club decides to put on an event. After discussion within the club, you select the level of the event (Elite (E), A, B, or C) and the map to be used. You are picked as the planner!

Many things in the organization of an event can be minimized at the A, B, and C levels, but course planning and realization shouldn't be one of them. Too many of our E- and A-level events have poor courses, incorrect descriptions, and controls in the wrong place. The fact that most course setters use lower standards when planning for B and C level events is part of the reason for this. Established habits are difficult to change.

If you need to create a new map, count on a minimum of 12 months from the time of that decision to the point when course planning can begin. You can start course planning using a base map. Final map preparation can be completed after the course planning is underway.

For an E or A event, course planning should start at least 24 months before the event, and 36 months is more practical. B events need 18 months lead time, and C events, 6. The shorter times are needed for B and C events, not because of the lower level, but because there will be fewer control sites.

As the map is updated, the new edition should be forwarded to the course planner(s). Make sure that each new version has a unique filename. In communications, use the complete filename. This is harder to do, but it greatly reduces the opportunity for error.

First select the start, finish, parking, and assembly areas. These are limited on most maps, and everything else depends upon them. Multiple start locations are OK, but there should be only one finish.

Review course design specifications, and rough out the general flows of the courses. Look out for areas of the forest where competitors will be running in opposite directions (counter flows), dog legs, and controls common to two or more courses. These may generate difficulties.

Now start to select the sites. I strongly recommend that at least two persons, operating separately, check the sites, descriptions, map, and courses, to ensure that no differences exist between the site, course, and descriptions. A complete check should be done several times, particularly whenever anything about the course changes. It is surprising how often an early mistake gets overlooked,



APOC 2002 Canada **An International 6 Day** **Competition** **The 12th Asia-Pacific** **Orienteering Championships** **July 4 – 14, 2002** **Alberta, Canada**

This six-day international competition also includes the North American and the Canadian Championships. Entries received by Feb 28 2002 will be included in a draw for 1 FREE RACE ENTRY for every 100 entries received to date.

For more information visit our website at www.apoc2002.com, or call 403-262-4457.

SPORT BC UPDATE Sport BC is a non-profit society whose members include 82 provincial sport and related organizations (PSO's) including OABC. Sport BC is responsible for allocating the provincial funds of the Sport and Physical Activity Branch to the PSO's. The Branch is now housed in the Ministry of Community, Aboriginal and Women's Services.

The Provincial Sport Organizations 36th Annual Athlete of the Year Awards will be taking place on March 13, 2002. Congratulations to finalist Maureen de St.Croix, nominated in Athletics! OABC will also be presenting a President's Award at this event.

Provincial Sport Organizations will receive notice after Feb 19 regarding funding cuts for 2002-03. Because of the 2010 Olympic Bid, the cuts are expected to be modest this year and larger in subsequent years. If the Olympic bid fails, sport organizations may be in serious danger of losing all funding.

Jennifer Fenton, Sport BC Liaison



Ministry of
**Community, Aboriginal
and Women's Services**

2003 CANADIAN O CHAMPIONSHIPS (continued from front page)

The tentative schedule is as follows:

Date	Event	Location	Host Club
Sat./Sun. Aug. 17/18	WCOC	Six Mile Lake	Sage
Mon. Aug. 19	Relay	TBA	VicO
Wed. Aug. 21	High Performance Fundraiser	TBA	TBA
Thurs. Aug. 22	Model Event, COC	TBA	Williams Lake OC
Fri. Aug. 23	COC Short Course	Savona	GVOC
Sat./Sun. Aug. 24/25	COC	Savona	GVOC

An event of this magnitude could not succeed without the dedication and expertise of a great number of people. Some of the key personnel are:

Event Coordinator: Alex Kerr
Registrar: Margo Mactaggart
Mapping Coordinator: Bryan Chubb

Canadian Championships
Meet Director: Charlie Fox
Planner: Ted de St. Croix
Controller: Scott Donald
Model Event: Bryan Chubb

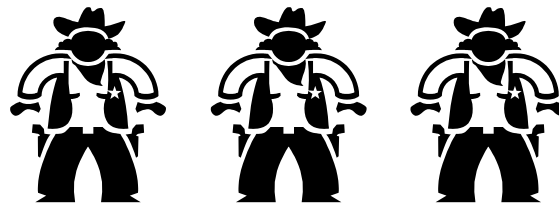
Canadian Short Course Championships
Meet Director: Charlie Fox
Planner: Alex Kerr
Controller: Adrian Zissos

Western Canadian Championships
Planner: Alan Vyse
Controller: Leigh Bailey
Relay Planner: Leigh Bailey

Several positions are left to be filled. To volunteer, please contact Alex Kerr at zanderkerr@telus.net or 604-938-9194.

WANTED:

WCOC Meet Director
Relay Meet Director
Relay Controller
High Performance Fundraiser
Meet Director
High Performance Fundraiser Planner
High Performance Fundraiser Controller
Publicity Coordinator



because everyone presumes it has been checked and is OK.

When field checking, avoid the temptation to socialize while out on the map. Drive to the site together, start together, or finish at the same time, but move through the forest as individuals. Many errors occur when you are socializing in the field. Do not meet at each control! Review things after your checking is finished for the day.

In the next of the series, I will cover the general skill levels expected in each course, and how to test these skills.

Scott Donald



COC CHAMPIONS

Congratulations to BC's 2001 Canadian Champions!

Shirley Donald, F65 Short Course
Brian Ellis, M55 Classic
Alex Kerr, M65 Short Course
Megan Rance, F15 Classic and Short Course

Full results are available online in the Fall 2001 newsletter of the COF at www.orienteering.ca



MEMBERSHIP RENEWALS

It's that time of year again, time to fill in the forms and get out the cheque-books.

Each year we have to report our membership numbers to Sport BC in support of our provincial sport funding so it's important to keep our numbers up and, ideally, growing. So, don't delay, sign up! (If you've already renewed, ignore the request!)

You may wonder what happens to your membership fees. Each club sets its own fees but is required to pay a set amount to OABC (Juniors \$15, Seniors \$30 and Families \$39). In turn, OABC pays COF about \$20 per member. Note that this is a per member figure, which includes each and every member of a family. So, for a couple with two children, OABC would collect a family fee of \$39 but would pay COF \$80. Ouch! To make up this shortfall, clubs have contributing a 'membership levy' to OABC each year.

You may have noticed a proposal in O Canada that deals with a new way of funding COF. This will start in 2003 and will require Provincial Associations to pay a levy based partly on membership and partly on meet attendance. The new approach is probably a more equitable basis for funding but will require a lot of thought as to how we structure our future membership and meet fees.

Leigh Bailey, VICO

The TRAVELLING ORIENTEER

In this section we invite OABC'ers to write about your orienteering travels, whether it's to a local meet or somewhere farther away.

O in the Oaks

Friends often ask me why I like orienteering. Besides the usual macho masculine reasons, "I like a sport where you are never expected to ask a woman for directions ... indeed you are actively discouraged from doing so" ... I'll sometimes tell the truth. The real reason is I that enjoy the pleasures of the "place". And orienteering takes one to some pretty weird places: from Hartney, Manitoba and the Harvest Festival parade to the horrors of salal at Camp Thunderbird. So of course a chance to go to California for O in the Oaks was a natural. We could visit the Livermore Valley and see where the hydrogen bomb was invented and then get really bombed on the local wines, if the orienteering didn't go well ... or maybe we wouldn't care how well it went. The oaks were an attraction too. The last two occasions we were in California for orienteering, we went for the trees. O in the Redwoods was great fun, clambering over fallen redwood giants that were so big their full length was marked on the map, and visiting controls in the midst of groves of magnificent trees. And then we went to Lake Tahoe to run in the Ponderosas which turned out not to be ponderosas at all, but Jeffery pines (but then only a for-



ester like me would care).

Did you know that California is home to at least 20 different kinds of oaks and some botanists say there are 30? Did you ever wonder why Oakland was so named? No they didn't have a mayor named Oke and then spell it wrong, although anything is possible in California. East of the Bay Area there is a huge area of grassland, punctuated by groves of oaks, with displays of astonishing wildflowers. This ecological type arose because the land is sheltered by the coast ranges from the rain and fogs of the California coast. The garry oak meadows of Oak Bay, Ruckle Park on Saltspring Island, and Hornby Island are the northern-most extensions of this unique landscape. However, modern man has been busy, having taken a liking to the Mediterranean climate, and now there are few, if any, of the oak savannahs that haven't been altered in some major way, either in California or B.C. Fortunately, Californians have had the good sense to preserve some small portions as state or regional parks, and O in the Oaks was held in one of those outposts of a former world.

Our trip to California was uneventful despite the security precautions, and despite the fact that my dear partner in life had been wise enough to find a cheap flight on Philippine Airways, which has a

small but active terrorist organisation linked to that in Afghanistan. She wondered why there weren't many people on our flight. Once in San Francisco, we made our way to Livermore and met up with a sizeable B.C. contingent Marg and Brian Ellis, Leigh and Gill Bailey, John Rance and Karen Lachance, and, of course, our peripatetic O ambassador, Alex Kerr, who arrived in what looked like a land yacht.

The meet didn't disappoint. It was held in the grasslands and oak woodlands about 100 km south east of Oakland by the Bay Area OC. These folks know how to run a meet so the technical details were flawless. We used Sport Ident to general satisfaction. However, the courses on the first day were tough on all of us. The climb was horrendous! Indeed we thought the course setter had been to a meet in Kamloops and was taking revenge. Much to my secret pleasure, Brian Ellis decided (quite without prompting from me other than the odd pin or two in my voodoo dolls) to add to the climb. Frances, too, went on walkabout for some eminently logical reason, which she couldn't quite recall in the post mortem. Since the rest of us had followed this Australian custom at other meets, we gave them the full benefit of our smug and dubious sympathy.

Next day the courses were a delight. The running was easy, the map accurate, the oaks gave shade but didn't obscure the

features, and the landscape was golden in the late October sunshine. In fact the beauty was so blinding that it entirely obscured control number 5 on my course. Brian took full advantage and my only consolation was the fact that we walked the Americans once again. The B.C. contingent brought home 8 medals (Marg, Frances, Karen, Gill, Brian, Alex Leigh and Alan) and gigantic ones they are. The only thing bigger in the event were the 26 oz steaks they served at the banquet. We gave the steak a miss, except Alex, who later informed us in his inimitable Scottish burr that we had chosen wisely since those

The running was easy, the map accurate, the oaks gave shade but didn't obscure the features, and the landscape was golden in the late October sunshine.

attending had had to pay extra for desert.

Would we do it again ... you bet! Quite apart from the running and the scenery, we were given the opportunity to watch a normally sane John Rance try to chug-a-lug some ghastly quasi chocolate drink that was made from entirely genetically modified soy beans and I'm convinced that's why he didn't get a medal. And then we all drove through the maze of Californian freeways and survived. We even took advantage of free trade and added to the nation's metal stocks. But to top it all, we ate good food, drank good wine, and cemented old friendships. Isn't that what O is all about?

Alan Vyse, Sage OC

