

DUE WEST

The Newsletter of the Orienteering Association of British Columbia

BC Orienteers bring home WMG medals

Congratulations to Alex Kerr (M65, bronze) and Ted de St. Croix (M45, bronze) who had the top performances among the 14-person Canadian contingent attending the recent World Masters Orienteering Championships (WMOC) in Australia.

Editor's Message

I had the pleasure of orienteering in Australia for the first time this fall (spring in Oz), attending the WMOC in Victoria, the pre-meets in South Australia (including the famed Australian Outback), and the post-meets in Tasmania. The orienteering was marvelous and so was the team spirit we had. For the first time at a WMOC, the Canucks, thanks to Alex Kerr, wore a snazzy team jacket and Canadian Masters' O suits. We were the envy of the other countries and wherever we went in our jackets, total strangers would strike up a conversation. I was even approached in the Melbourne airport by a member of the Toronto band, The Tea Party!

We all owe a huge THANK YOU to OABC prez, Doug Smith, for steering the ship this past year. Good on ya, mate.

Thanks also to Scott Donald, John Rance, Doug, Ted, and Alex for their contributions to the newsletter and to our sport.

Next Due West: February 2003.

Please send articles and photos to Margaret Ellis, margellis@shaw.ca

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PRESIDENT'S MESSAGE

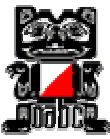
By all accounts, 2002 will be acknowledged as a successful year for Orienteering in B.C. The effectiveness of a sport organization is measured by examining the sum of all of its activities – meets, officials development, coaches development, organizational development, liaison, planning, budgeting, fund-raising, projects, and athlete development. Each of these areas saw growth this year due to the leadership of a number of committed volunteers. All orienteers in the province thank the following people for their efforts:

- Ted de St. Croix for the revival and maintenance of our web site (orienteeringbc.ca), e-mail list, and links to club websites.
- Leigh Bailey for his careful and thoughtful management of our budgets, accounts, and planning related to expenses. Leigh also drafted two maps in OCAD, saving the organization a great deal of money.
- Jackie Slavenova for her continued work in encouraging young orienteers and orienteering grassroots development in Greater Vancouver.
- Ted de St. Croix for spearheading officials development to develop a new cadre of officials for the future. Ted also has started to work with high performance athletes on training for the future.
- Margaret Ellis for the revival and excellence that we see in Due West. Margaret also has led the charge to develop an officials' data base in B.C.
- Alex Kerr for guiding us in liaising with COF, in planning for Sage Stomp 2003, in developing a grant application for Sport Ident, and for being a strong influence in moving the organization to a higher profile in Canadian orienteering.
- The leaders of Victorienteers who took the challenge of organizing a BC Championships far from home. Special thanks to Carl Coger, Steve Chatwin, and a dedicated core of officials from Victoria.
- The leaders of Sage who undertook a number of large meets this year in their backyard. Leaders like Murray Foubister, Allan Stradeski, Darcy and Steve Lawhead, and a dozen others keep the hosting of orienteering meets in B.C. at a consistent level.
- The leaders of the Greater Vancouver Orienteering Club who have continued to show excellence at the technical front of setting courses and planning meets to challenge our area's orienteers. Special thanks to Marta Green, John Rance, George Pugh, John Chatwin, and many others.
- Bryan Chubb for starting a new club in Williams Lake, developing a mapping plan for B.C. for the future, and agreeing to produce the new maps for the 2003 events.
- Scott Donald for his expertise in Controlling meets wherever Meet Directors need the support.

- Jennifer Fenton for “stickhandling” our mail, contacts, and liaison with Sport BC and the sport infrastructure in B.C.
- Individuals in Cranbrook, Rossland , Fort St. John, Summerland, Salmon Arm, Vernon, Kelowna, Courtney, Prince George, and other towns/cities who are keeping orienteering alive in their communities.

Dedicated volunteers make an organization successful. All orienteers in the province are encouraged to think of ways they can contribute to our sport in the next year.

Doug Smith



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.

MINUTES OF OABC AGM

Minutes of the Orienteering Association of BC Annual General Meeting held at the Nicola Inn, Merritt, August 31st, 2002 at 4:30pm.

Present: Doug Smith, Leigh Bailey, Marg Ellis, Ted de St Croix, Alex Kerr, Marta Green, Meghan Rance, George Pugh, Margo Mactaggart, Louise Oram.

1. Previous Minutes: The 2001 minutes were accepted as a true and accurate record.
2. Matters Arising: Orienteering will not be part of the 2004 BC Summer Games for reasons outlined below. The Casino Grant was submitted late in May, but no word yet on whether the funds will be approved. Doug Smith will check the status with Victoria. Our thanks to Leigh Bailey and Alex Kerr for the work that went into the preparation of this submission.
3. President's Report: Doug Smith discussed his philosophy of the sport, which is based on three things, the members' love of the sport, their support for the clubs, and the provincial association, which provides a collective effort to communicate with the Canadian Orienteering Association, other provincial associations and the

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Provincial Government. OABC has had a successful year with a strong executive, and all three clubs are doing well. Communication is still a problem, especially with clubs in the outlying regions. There are 78 accredited clubs/associations in Sports BC, and they are measured in three different areas, senior and junior athlete development, officials and coaching. Orienteering is weak in demonstrating to the government our progress in officials certification, and we do not carry out much coaching at all. This was the main reason we were left out of the 2004 Summer Games. We must be seen to be making progress in all three areas otherwise we will be moved down to third class status with the consequent affect on funding. We must develop an officials and coaching plan each year, and ideally, should have a director with responsibility for each area. We also should publish a list of officials and coaches in Due West. To finish, Doug thanked his fellow board members, Leigh Bailey, Alex Kerr, Jackie Slavenova, Ted de St Croix, Bryan Chubb and Marg Ellis for their help and support in the past year.

4. Secretary's Report: Alex Kerr provided a report on the COF AGM, a copy of which is appended to the minutes. He also gave a rundown of the plans for Sage Stomp XVIII next year, and pointed out the need to find someone from GVOC to act as the Meet Director for the Canadian Orienteering Championships, as Charlie Fox was unable to fill the role. (Subsequent to the meeting George Pugh agreed to take on the job).
5. Treasurer's Report: Leigh Bailey presented the Statement of Income and Expenses and the Balance Sheet for the year ending March 31st, 2002. The Corporate Donations item on the Income Statement were raised by Jackie Slavenova for the After Schools Program, and the funds were run through the OABC accounts, and then back to her company. Last year there was a significant gap between dues paid to COF and membership revenues from the clubs. The balance was made up from the OABC levy on the clubs' events. It was felt that this was not a healthy situation and that the executive should consider raising memberships fees, and a recommendation be made to the next AGM or to an extraordinary meeting called to address the subject. A motion to move \$560 in the Junior Team Funds in Trust to the BC Junior Development Fund was proposed by Marg Ellis and seconded by Marta Green, and passed.
6. Due West: Marg Ellis's deadline for the next issue is October 15th. She was asked about e-mail delivery, but it was felt the mailing list got too complicated to warrant doing this. Due West will continue to be available on the website to those that want an electronic copy.

7. Webmaster: Ted de St Croix's plan is not to originate any material but to publish any information sent to him by members. The website is a very important resource and members are encouraged to use it as much as possible.
8. Junior Development: Jackie Slavenova submitted a report that is appended to the minutes. There was some discussion about older juniors in the M/W 15 and M/W17 age groups being neglected, particularly the elite juniors as Jackie's program is more oriented towards younger competitors and beginners. Doug Smith proposed a motion to appoint a committee to establish a BC Junior Team, the committee consisting of Ted de St Croix, Marg Ellis, Jackie Slavenova and Meghan Rance. Seconded by Alex Kerr and passed.
9. Mapping: A report prepared by Bryan Chubb is included with these minutes.
10. New Business: SportIdent Punching System. The Casino Grant application is still under review, but it was felt that we should have a fall back position in the event that we do not receive the funds. In that case it was suggested that the costs of approximately \$20,000 be split equally between OABC, GVOC, SAGE and VICO. A motion that OABC invest \$5,000 in the SportIdent system, pending a similar investment by the above mentioned clubs, was proposed by Marg Ellis, seconded by George Pugh and passed. Club approval for the investment will be requested.
11. Elections of Officers: As all the current members of the board were prepared to stand once again, and their being no other candidates, Doug Smith proposed that the existing slate be re-elected, seconded by Marg Ellis and passed unanimously. It was also suggested that we need to have someone to look after Officials Certification and also a High Performance provincial coach for the BC Juniors. Marg Ellis agrees to take on the former duties and Ted de St Croix the latter. George Pugh was also elected as Member at Large.

Meeting adjourned at 6:00pm.



Ed. note: where other reports are mentioned as being attached to these minutes, please refer to the minutes on the OABC website at www.orienteeingbc.ca and follow the links.

COURSE PLANNING

Part 3: Parking, start, finish, and leg design

The start and finish areas are selected with three criteria in mind: parking, space sufficient to hold the competitors and officials in reasonable comfort at the start and finish, and access to the courses. Choose these "features" of the event first, and in the order given.

Parking - Most persons prefer to park at the finish. Ideally, the parking areas should be specified, and marked. Make every effort to keep the walking distances between the start, finish, and parking, as short as possible, particularly for Course 1 (White, in the USA).

Start - There are three main types of starts: "normal", "remote", and "mass". A "normal" start has the start triangle at the line where the time starts, and no two competitors, in the same class, start at the same time. A "remote" start differs from the "normal" start in the fact that the start triangle is not at the line where the timing begins. In addition, the map pickup may not be at the line where the timing begins. A "mass" start is where every competitor (or a specified selection of competitors) starts at the same time.

For both normal and remote starts, when the competitor leaves the start location, the direction in which they go should not be seen by persons who haven't started. That is the main reason for having the start triangle "remote" from where the time starts; to hide the routes taken by the competitors.

The start method deployed will depend on the area to be used, the course flow, and the intent of the course.

More than one start area may be selected. It will depend on the areas to be used for the different courses, the age and fitness of the competitors going to a start, and the numbers of officials the event has available.

Finish - 99.9% of the time, only one finish is used. Exceptions are rare.

The route from the last control to the finish line should be clean, level or slightly uphill for the competitors' safety. If you aren't using electronic punching, have sufficient distance past the finish line to allow the competitor to easily slow down to a walk.

The finish, in particular, should be close to the parking.

Leg design - An orienteering course is not the control sites, it is the space between them! Select the space you want the competitors on each course to pass through (design the course flow first), then place each control site to give the competitors a finish point of one leg, and the start point of the next leg. This always requires some tinkering, caused by the actual match of the terrain to the map, minimizing the numbers of control sites, the ability to describe the site, and lots of small happenstances which will force you to alter your design ideas.

The first leg should be as challenging as any other.

Each leg should enable the competitor to exercise one or more (preferably) specific skills, and preferably different skills along the leg. Each leg should offer a major change in direction from the last leg (in particular, a change from the direction from which they approached the last control), and within the current leg.

Each leg should present navigational choices quite apart from the "shall I go left or right around this large hill, lake, marsh, ...".

The physical and navigational skills required on every leg in a course should match the abilities of the "best" orienteer on the course. This is most important for courses 1 and 2 (White and Yellow, in the USA).

The next installment will cover things the course planner will often be expected to do during, and after the event.

Scott Donald

OABC is grateful to the following organizations for their support of the sport of orienteering:



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

The TRAVELLING ORIENTEER

In this section we invite OABC'ers to write about their orienteering travels, whether it's to a local meet or somewhere farther away. If you'd like to share your "O" travels, contact Margaret Ellis (margellis@shaw.ca).

Orienteering in Wyoming

Wyoming gets a bum rap. Many people will tell you that Wyoming Orienteering is just a lot of long, dead legs across open, featureless plains to flags visible from hundreds of meters away.

After APOC and the Rogaine we headed to Wyoming for the Rocky Mountain 1000 Day near Laramie. Having heard the knocks on Wyoming Orienteering, we were a bit nervous about the event. In the end, we were very pleased with our experience there.

The maps are all between 8,000 and 9,000 feet above sea level. There is plenty of featureless, open country on each course but also lots of intricate rock detail in open forest. The elevation causes a huge challenge, especially in the first few days. We made plenty of mistakes which seemed to be caused by the lack of oxygen getting to the brain.

The series of events included night O, long-O, relay, and 4 A-meets culminating in a final day chase start. I only entered the A-meets. The idea of long-O at that elevation was too much to contemplate.

Day 1 was at Bisbee Hill. A quick glance of the map reveals 75% open country and the remainder white forest with lots of rock detail. The green course had 11 controls in 5400 meters. Up to number 8 everything was in detailed terrain. A gamble on a rocky hill was my downfall. The long open run from 8 to 11 had nothing do with my less than stellar result.

Day 2 was at Twin Boulders, another 75% open, 25% detailed area. Again most of the legs were in good O country but this time there were open legs in the middle as well as at the end. Here I went too fast and made a gross error in the open country. Here my oxygen depleted brain did not detect that I had set my compass from control 5 to 4 instead of from control 3 to 4. Off I went on one of the hardest mistakes to undo—the 90 degree error. After I deciphered that adventure, I had a very good run.

Day 3 at Plutonic Pleasures had even more than the usual amount of open country and much less detail. Because the map features a number of long parallel re-entrants, with roads and paths in the bottoms or on the ridges, there was more trail running than on other days. Still, there was lots of chance to make error. Again I tried to look too far ahead and ended up not recognizing intermediate features on a couple early legs. And again, after putting away a couple of bad legs, I had a good, fun run.

Day 4 was the chase start at Superfly Marsh. The map is just like the others except this time it is 85% open. And that Marsh? It's just a skinny little creek with a few small beaver dams. If it was near Edmonton, it would look anorexic beside those industrial grade Alberta swamps. This was the only day where I felt the "open running" knock was even partly true. There was lots of open and several legs did reveal the flag from 200 or 300 meters. But even here, precious seconds disappear in a careless moment. In the heat of the chase, many runners (me too) ran to wrong flags when the right one was in plain view.



In the end, I think that Wyoming Orienteering rewards good map reading and decision making—just as it should do.

That day ended with typical Wyoming thunder, lightning, and hail weather—and then the sky cleared in time for a great end-of-event pot-luck back at the campsite.

In addition to the camaraderie of competing and camping with folks from many parts of North America, we loved the closeness of the maps to the campsite and to the city of Laramie. The maximum drive was about 15-20 minutes. Another enjoyable thing was the friendliness of the locals. And the FREE showers at the University of Wyoming.

If you get a chance, go to a Rocky Mountain 1000 Day. All that negative stuff you have heard is true but it's still wonderful, challenging orienteering and the whole experience is great fun.

John Rance, GVOC

Ed. note: if you're interested in the meaning of the Rocky Mountain 1000 Days meet title, go to <http://www.geocities.com/Colosseum/Stadium/7418/history.htm>

BC High Performance Program (BCHPP)

At the recent OABC AGM in Merritt, Ted de St. Croix offered to set up and lead a program for Juniors (age 15+) and young “seniors” who have shown their potential as competitive orienteers and want to improve their orienteering performances. The first training camp was held on the weekend of November 23/24 in Vancouver. Enthusiastic attendees were Meghan Rance, Louise and John Oram, Erica Lay, Thomas Nipen, Robin Foubister, Angela Forseille, Marta Green, Katherine Scheck (special guest from the Yukon), and Kate. The program included:

Saturday

- ⇒ discussions and exercises centered around maps and map reading/interpretation
- ⇒ physical and technical training at Stanley Park including “O” course and mapping practice
- ⇒ 2003 season planning (training camps, WCOC, COC, JWOC, ORingen, Scottish 6-day)

Sunday

- ⇒ OCAD session led by Thomas; review of athlete’s best and worst races; technical training

Thanks to Ted for spearheading the BCHPP and leading the camp, to George Pugh, Marg Ellis, and Maureen de St. Croix for conducting sessions, the MacOram’s for hosting the camp at their home, and to Margo Mac-taggart for her excellent cooking!

Future camps will be held in conjunction with the BC Championships at McQueen Lake, May 17-19, and the Canadian Championships at Savona, August 13 -16. The winter camp is tentatively scheduled for February 29 – March 2, in Kamloops.

Notice of the program and the Fall Camp was sent via email to representatives of all of the BC Clubs. If you didn’t receive a notice and would like to be considered for the program, please contact Ted at

2445 124 B St.

Surrey BC, V4A 3N5

604 535-2062; tdestcroix@telus.net



Ted at South Australian Champs

CLUB MEMBERSHIP CONTACTS

Greater Vancouver Orienteering Club (GVOC)
Bruce Inglis
4009 West 18th Avenue,
Vancouver, BC V6S 1B9 p (604) 222-0164
b_inglis@telus.net
www.orienteingbc.ca/gvoc

Kelowna Orienteering Club (KO)
Dave Tilley
#215 – 1421 Sutherland
Kelowna, BC V1Y 8G1 p (250) 763-8559
dtalley@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 p (250) 372-3401
941 Gleneagles Drive, dsmithqqq@shaw.ca
Kamloops, BC V2E 4E5
www.orienteingbc.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

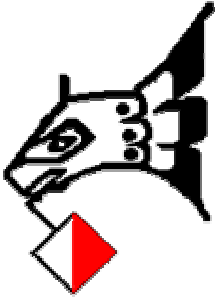
VictOrienteers (VICO)
Leigh Bailey
4337 San Cristo Place,
Victoria, BC V8N 5G5 p (250) 277-4469
leighb@island.net
www.orienteingbc.ca/vico

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

OABC EXECUTIVE and COMMITTEE CHAIRS

Position	Name (Club)	Email
President	Doug Smith (Sage)	dsmithqqq@shaw.ca
Director at Large	George Pugh (GVOC)	gpugh@telus.net
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)	psap@jwspporta.ca
Mapping	Bryan Chubb (Williams Lake)	bchubb@laketown.net
Website and HPP	Ted de St. Croix (GVOC)	tdestcroix@telus.net
Newsletter	Marg and Jessica Ellis (GVOC)	margellis@shaw.ca
Junior Development	Jackie Slavenova (GVOC)	jslavenova@telus.net

CLUB CORNER



GVOC's 2002/2003 WET Series

Night Running! Navigation!

GVOC is proud to introduce Weekly Evening Training (WET) every Monday night at 6:30pm.

Bring a headlamp and come prepared to get WET!

Cost: \$4 per event or \$50 for the entire winter season (24 events).

This was the promo sent out by GVOC President Marta Green in her September 22 email to the club. Since then, between 20 and 30 orienteers have been showing up at various locations in the west end of the city to run what is essentially a "street O" event of approximately 5 kilometers. Club members agree to host an event starting at their home or at a local community centre or other well known point.

One of the most entertaining WET events so far was held the Monday before Hallowe'en. We were asked to wear costumes and many of us rose to the challenge. Picture Ted de St. Croix running through the streets of Vancouver wrapped in bandages from head to toe and you'll get the idea. One oversight on the part of the organizers (who shall remain unnamed) was that we weren't warned that there might be goblins at the controls and two of our over-50 ladies got quite a surprise when a monster jumped out of the dark at them at control 5. Good thing we're fit or our hearts might not have stood up to the shock!

2003 ORIENTEERING EVENTS - highlights

See <http://www.orienteeringbc.ca/schedule2003.htm> for the full fixture list

March 2	Ski-O	Stake Lake, near Kamloops
March 8	Ski-O	Cypress Mountain, West Vancouver
March 16	Ski-O	Sovereign Lake, near Vernon
April 26, 27	Aspen Grove Express	Merritt
May 17-19	BC Orienteering Championships and Selection races for 2003WOC team	McQueen Lake, Kamloops
May 24, 25	Newcastle Island	near Nanaimo
August 16, 17	Western Canadian O Champs	Six Mile Lake, Savona
August 18	Sage Stomp Relay	Six Mile Lake, Savona
August 20	High Performance Program fund raiser	Dewdrop
August 21	Model event for COC's	Savona
August 22	COC Short	Savona
August 23, 24	COC Classic	Savona