



DUE WEST

The Newsletter of the Orienteering Association of British Columbia

Sage Stomp XVII including Canadian O Champs

Aug 13-16 Sass Peepre National Junior Training Camp
 Aug 16-17 Western Canadian Championships
 Aug 18 High Performance Program Fundraiser
 Aug 20 Sage Stomp Relay
 Aug 21 COC Model Event
 Aug 22 COC Short Distance Event
 Aug 23-24 COC Classic Event

Register by July 25, <http://www.orienteingbc.ca/COC2003/SSXVIIIInvitation.htm>

BCOC's: A Team Effort

This year the BCOCs were co-organized by the GVOC and Sage clubs. This cooperative venture was especially valuable when setting up the infamous GVOC tent for registration on Day 1. Pictured at the right are three GVOC'ers and five Sage'ers. It took all of us to get it right. How many orienteers does it take to change a lightbulb, er, put up the GVOC tent? Margo Mactaggart, BCOCs registrar (right front), thanks all the team for their help. If you need a good team building exercise, we've got it!



Marg Ellis

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PRESIDENT'S MESSAGE

As we approach the height of the season, we get very focused on courses, equipment, schedules, maps, and rosters of duties we have given ourselves to complete. It is easy to become very task oriented. As volunteers, we cannot continue to keep up to one event after another. Burn-out is always around the corner and we have to be mindful to pace ourselves.

We also have to remember to make some **investments** too. Each time we recruit a volunteer to help out, we have to remember to provide some support to that volunteer. By providing orientation, training, support, and recognition, we nurture someone who may be able to take on a leadership role in the future.

Research tells us that people volunteer for a number of reasons, but the reason that ranks highest is social – to meet people. Our role is to ensure that the volunteers we recruit are given opportunities to be introduced to other volunteers, competitors, and spectators. Take the time to bring a volunteer a cold drink, to spell them off, to ask them if they need help, and to debrief with them. Send them thank-you cards. Open the door to training opportunities. In short, by paying attention to our volunteers, we are investing in the future of our sport. Add volunteer care and comforts to your checklists.

Doug Smith

VICO NEWS

The VictOrienteers recently hosted a high profile event at Royal Roads University grounds for the Canadian Association of Geographers and the Canadian Cartographic Association who were meeting at UVic.

Alan Philip updated the map and set a 30 control score O. We had 35 conference delegates taking part, most of whom ori-



*Chris Piller at Royal
Roads event*

enteer once a year at the CCA AGM, Ten or so club members came too, helping out and showing what could be done. Another 20 delegates were given a tour of the gardens (thanks to Debra Barr), and we all finished up at the Royal Roads pub.

It was a glorious evening, and we received many rave reviews: "the highlight of the conference", we were told more than once!

We gave out information on clubs across Canada, and even in England, so we reckon it gave a lot of good publicity for the sport!

Diana Hocking

SPLITS & SPIKES

Pre Canadian Orienteering Champs Training, Logan Lake, July 5/6

Don't miss this chance to prepare for the COCs by taking part in a training camp during which you'll run on terrain similar that of the Sage Stomp events. See www.orienteeingbc.ca for details.

Tasty dinners at Sage Stomp

Kathy Desmond, a local Kamloops-area caterer with an excellent reputation, has been hired to plan the two dinners at Sage Stomp. At each dinner there will be two meat dishes, a vegetarian dish, three different salads, vegetables and a selection of three deserts with a different menu for each dinner. Sign up early as there are only 120 places.

Maureen de St. Croix sets masters mile world record

At the Kajaks International Track Classic on June 4, at Clement Track in Richmond, Kajaks middle distance runner, Maureen de St. Croix (W50) shattered the W50-54 existing world record in the mile with an outstanding time of 5:02.80. The former world record of 5:24.6 had been held since 1994 by Elaine Statham of GBR.

Discussion group for women orienteers

In Calgary, Kitty Jones has started a discussion group of women orienteers. They are investigating what different approaches and restraints women have as

compared to men in orienteering. I'd love to talk to anyone who is interested in following this up in BC. Diana Hocking, dhocking@uvic.ca

Orienteering is alive and well in Cranbrook

Kudos to Joseph and Sharon Cross of Cranbrook who conducted an introduction to orienteering clinic for the College of the Rockies on June 5th. This event, part of the College's Wellness Program, attracted ten participants. Sharon reports that everyone had a lot of fun and that some of the newcomers didn't mind bushwhacking one bit!

Barebones Weekend 2003

Canmore, Alberta Sept 19 - 21.

This autumn be part of the seventh annual Barebones weekend and enjoy: five races in two and a half days, glorious fall colours, abundant ambience, a laid-back atmosphere, world-famous potluck dining, and (need we mention?) fabulous orienteering courses. For a detailed schedule go to www.barebones.ca.



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.

CLUB CORNER ~ Accent on Juniors

Due West interviews Louise Oram of GVOC

DW: How and when did you start orienteering?

LO: I started orienteering when I was 12, at park events in Vancouver. Although my mum informs me I once went in some orienteering meet when we lived in France, when I was very young... about 7.

DW: When did you get serious about orienteering and why?

LO: Depends how serious you are talking. I would probably say I became interested in training for orienteering (other than just going to meets), and doing more orienteering in general when I was 17. However I have become even more serious since autumn last year, as the WETs started, also the junior training camp held in the city made me want to train more.

DW: What kind of physical training do you do? Alone or with someone else/group?

LO: I have a training plan, which I attempt to at least loosely follow. I do intervals, sometimes by myself, sometimes at WIT. I find the company of others (especially those faster than me) makes me push harder. I also go on medium runs (20-70mins), and try to get to as many orienteering events and trainings as possible.

DW: What kind of technical training do you do, if any?

LO: Mmmmm, well... my training plan

says I am supposed to study maps and do armchair orienteering exercises and such... However I cannot remember the last time I actually did that. I guess my technical training is going over events after I have raced them, and comparing and discussing with other people. I might also include all the time in a day I spend thinking about orienteering... that's got to have some effect.

DW: What is your favourite kind of terrain? Why?

LO: Downhill ;) I don't really have a favourite type of terrain. I like a reasonable map, and hopefully not too many hills, but some is good.

DW: What do you like about orienteering?

LO: I find that the combination of having to make decisions and run is much greater than the sum of its parts. The



Ove Albinsson, Louise Oram and Marg Ellis at the recent Cle Elum meet

route choices and map reading needed to orienteer distract me from my actual running (except when I get tired, then it is vice-versa). I just really enjoy it!

DW: Why do you think that you are successful in orienteering?

LO: I am not really sure if you would define me as successful. I have fun; that is success.

DW: What are your summer and fall 2003 plans?

LO: Meghan, Ted (and also Robin part of the time) and I have plans to travel to Sweden and Norway to participate in Sorlandsgalopen, the spectator events at the WMOC, and O-Ringen. I also am planning on attending the Sass Peepre junior training camp, and Sage Stomp following that.

DW: What program are you in at UBC and what do you hope to gain from it?

LO: I have just completed first year Human Kinetics, and I often found I could relate some of the knowledge acquired during class to orienteering, both the technical and training aspects. I took a course called "Dynamics of skill acquisition" which I found related to learning the skill of orienteering, specifically to how you can learn and perform two skills at once (the mental and physical aspects of orienteering). (see articles at www.interchg.ubc.ca/lcoram/)

DW: What are your future educational/professional plans?

LO: I am not really certain... Perhaps physiotherapy, but it could be anything. I don't think you can assume you are heading anywhere specific, you just go where life takes you.

COOL O GAME

A Great New Computer Game For Orienteers

Want to do some O training but don't have time to get onto a good map? Want to see the terrain while you study a map? Then point your browser to catchingfeatures.com/.

There you will discover an amazingly realistic orienteering simulation. You don't even have to be a computer game whiz to play. However, kids will probably pick it up quicker than us oldsters. The game provides many maps and courses. As you move through the course the terrain shifts and matches the map features. It's easy to get lost if you run too fast or are not careful with your bearing but you can always go to "show route" to figure out where you went wrong.

The game also includes night O, O in the rain, on-line competitions, and much more. It's a lot of fun and a great training aid. If you enjoy the demo game you can download the whole game for \$42 CAD.

John Rance

COURSE PLANNING—Part IV

Before, during, and after the event

Before ~

Well, you've done the planning, checking, re-planning.... The one or two days immediately before the event, you have to organize the team, check the equipment, and stock up on your favorite tranquilizer. Flags have to be placed in the forest, and checked. DON'T succumb to the temptation to hang the flags one day, then have the same persons check them the next day. ALL SITES SHOULD BE CHECKED BY A DIFFERENT PERSON THAN THE ORIGINAL HANGER!!!! (and for additional emphasis) !!!! Always hang and check flags as an individual, NEVER as a pair! As a pair, you tend to socialize, and errors happen.

Getting the stuff into the forest, and re-checked will require, at the very least, 2 days for a 6- or 8- course event, with you and two or three other persons checking sites.

During ~

If at ALL possible, before the first start, have all the sites rechecked for the presence of a flag, ID code, and punch. Allow sufficient time to repair or replace damaged or missing equipment. To make this easier, give each person checking the sites a flag, with a punch and a blank waterproof card attached (and several loose ones, too), and a felt pen, so missing flags and equipment can be replaced in the field. If a flag or code has to be re-

placed, the site should be rechecked by another person. At major events, ensure each site checker has a radio. Make sure that everyone has a copy of the controls and descriptions.

DO NOT USE COMPETITIVE PRE-RUNNERS TO CHECK THE SITES! Block check areas. Block checking is faster than pre-running courses, and much less prone to errors

Place the water on the course. The course team and the other event staff must have a common understanding of who (competitors, first aid, spectators, photographers, etc.) may be in the forest during the event. Your overwhelming responsibility is to always ensure that the competitors have a "fair" environment in which to compete.

After ~

Try to get competitor comments after the event. There will be a difference between your and their opinions. This can be dramatic, sometimes, but you have to know what they DIDN'T like before you can make a judgment about what to watch out for the next time. A comment sheet in the competitor's packages or prominently available at the event site to be sent in after the event, is a good start. Don't ask for a name on the feedback sheet, just age class and course Don't want to talk? Then circulate and listen. If

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you are worried about the depressing effect critical comments will have on you, announce in your meet flyer my name and address (s._donald@telus.net Scott Donald Box 481 Rossland, BC V0G 1Y0), and I will distill feedback (without commentary by me) into a constructive form.

All the equipment in the forest has to be removed—and that includes those ribbons you so carefully hung, lo those many days ago. Set up a common person/area for stuff to be dropped off at. Check it all before you pack it..

Thank everyone for their help and assistance. And this particularly means the other organizers.

Don't get sloppy designing B and C level events. These smaller events are your teaching ground, and if you shortcut things there, you will usually shortcut at more major events, as it's what you are used to. Always remember to fit the courses to the standards and to the purpose of the event. I recommend that the "top" course begin to push the capabilities of the expected group.

Good luck, and work toward the perfect event!

Scott Donald

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



SOAP BOX

What can you do to help attract younger people to orienteering?

Throw away your nylon orienteering suits!

Orienteering suits are so incredibly uncool that no self-respecting youngster would voluntarily wear one (or be associated with people wearing them :-). These suits create an awful image for the sport. The material is outdated, the colors are ugly, the designs are hopeless, and the style is non-existent. Hey, I'm no fashion expert but even I can recognize the completely uncool when I see it.

You can do your bit to "cool" the sport by getting yourself a modern technical shirt - something like a dry-fit top from Nike. These shirts can survive orienteering through tough bush, they wick away sweat, they're comfortable, they're readily available (in a variety of styles and at reasonable prices). And most of all, they look cool. Unfortunately you'll still need a pair of nylon pants (plain colors please, black preferable).

So do yourself - and the sport - a favor: burn those nylon pyjamas. It'll be just one small step for an orienteer, but a giant leap for orienteering.

Adrian Zissos

Send your opinion on cool O clothes to adrian@barebones.ca

MAPPING NEWS

OABC is currently funding two major maps.

Gardens Creek Ranch, Savona

The mapping for the Canadian Championships this August near Savona was completed last fall, with some minor additions earlier this spring. Gardens Creek Ranch was originally proposed by Murray Foubister of SAGE and has been mapped by Bryan Chubb. Though the map is quite open over much of the area, it provides a surprising variety of terrain: technical and less technical, rocky and not so rocky, flat and hilly, forested and open. Described by one of the course planners (who should know) as "... an awesome map" this area should provide great orienteering for years to come. There is even room for some expansion for future events.

Knife Creek, Williams Lake

This map is being developed to support a bid by GVOC to host the 2005 Canadian Championships in the Cariboo. The newer Williams Lake club is attracting lots of local interest and will benefit from both the event and the production of a major map. This map will augment the several local maps currently being produced by the Club to support orienteering development in the central Cariboo.

So you want to make a map...

A budget of at least \$12000 is required to make a major competition map. Because OABC has limited funds, most OABC funding and production of major maps are in support of the organisation of a major competition such as the COCs. As well, because of the investment, it helps if orienteering is being organised locally on an ongoing basis, or at least there is a commitment from an outside club to organise future events after the "major" event for which a map is made. Such a commitment ensures that the map will receive ongoing use and that funds are well spent.

Local community maps, on the other hand, can be made with very little financial outlay. The OABC mapping committee can advise or provide resources and some limited funding to clubs interested in developing orienteering in their area.

Steps in making a map

1. Select an area

Most really good competition areas provide a wide variety of features and include a balance between technical and less technical terrain. A major map still requires terrain suitable for children and novices to ensure the future of our sport. Safety, ongoing accessibility and ownership are also considerations. Experienced orienteers can help determine the suit-

ability of an area. If a map is to be used primarily for schools and local development, technical terrain is less important. Availability of basemaps, digital data, and photos/orthophotos are the determining factors in the selection of such areas.

2. Prepare a basemap

Contours and other detail on a 1:20000 map aren't really good enough for an orienteering map (other than for Rogaine). Although major maps in many countries (especially in Eastern Europe) were made starting only with a "white sheet" of paper (no basemap at all), it's not recommended.

For a competition map, air photos are sent to a photogrammetrist who specializes in making orienteering basemaps. However, for local maps, other basemap material is often available. This might include paper maps and air photos, but nowadays, large scale orthophotos and digital map data are readily available, especially within municipalities.

3. Do fieldwork.

Lots of time is spent here. Experienced mappers may spend 30hrs + per sq km on major maps using a good basemap. On the other hand, school and park maps can be produced in just a few hours. Many good maps for local use have and are been made by relatively inexperienced mappers with the help of mapping manuals and/or guidance and instruction from other mappers.

4. Digitise the map

Nowadays maps are usually drawn on a

computer. The most common program for orienteering maps is OCAD, www.ocad.com. Free and demo versions can be downloaded and are quite suitable for experimenting with and making smaller maps. To draw a major map, you will need access to the commercial or an earlier free version of OCAD which supports drawing a larger map. Maps can be drawn by the person doing the fieldwork or by another person more adept at computer drawing.

5. Print the map

Many maps are now desktop or laser printed or photocopied on an as-needed basis. Otherwise, to obtain the best quality, they are commercially offset printed.

Other resources:

IOF specifications for orienteering maps from the IOF Website
<http://lazarus.elte.hu/tajfutas/isom2000/index.html>

Handbook for instructing mapping clinics—highly recommended
<http://lazarus.elte.hu/mc/ik/ik-start.htm>

There is also a new version of a handbook written by Malcolm Adams available from the COF

For more information:

Contact the Mapping Committee chair, Bryan Chubb, bchubb@laketown.net or your local Club representative for more information.

Bryan Chubb

NATIONAL TEAM SELECTION RACES

Reflections from the controller

The National Team Selection Races were held as part of the B.C. Championships hosted jointly by GVOC and Sage O Clubs May 17/18. This event was the culmination of some heated debates about the controversial selection race criteria, namely, that athletes must meet a certain time per kilometer (tpk) in order to be declared eligible for the World Orienteering Championships (WOC) in August.

Apparently tpk criteria were used for the WOC selection races held in Ottawa in 2001. According to what I read in the discussions (I was out of the country at that time), the tpk was too easy and resulted in a full relay team for Canada (three cheers). In the 2001 WOC most of the Canadian athletes failed to meet the goal of the COF to place in the top 50% so the criteria for this year were made tougher, i.e., faster tpk.

When I read the new criteria when they were first published on the COF web site in December 2002, I took exception and started writing to the COF. This led to a flurry of emails from past and present members of Canada's elite orienteering ranks which was ultimately met by the COF president with the comments: "I am happy to see the numerous suggestions for selection criteria. Feel free to send more. We will file them away as they arrive so the HPP (High Performance Program) committee can review them when assessing criteria for 2004.

You may want to send more when the committee is actively working on that topic, i.e. next autumn." In other words, there would be no changes to the 2003 selection criteria.

Well, as the person asked to be responsible for the selection races I had quite a quandary on my hands. I was supposed to ensure courses that were tough, physical, challenging, fair and would elicit the "ideal tpk". How the heck do you find the ideal tpk terrain in Canada? My tpk's last year ranged from 6 to 12 minutes per kilometer depending on the terrain.

During site checking several weeks before the meet, I discovered some ugly deadfall areas and some equally ugly map quality. In addition, new fences had been strung seemingly at random throughout the terrain and some new logging roads had been added. Despite assurances that these new features would be mapped, it wasn't until the day before the event (after the maps had been printed) that I found out that no mapping had been done but the fences and new logging roads were all plotted on the map... "Do you have any white-out I asked?". Some brave and hard working volunteers (thanks Marg, Brian, and Allan) removed some of the worst errors we knew of. We hoped for the best. Our efforts didn't help some poor people who didn't get the message that the fence (shown in purple) was in fact not accurately mapped and subsequently ran off

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the map. Luckily, none of the national team contenders seemed to be affected.

However, after the first day of the BCOCs (medium distance race) only 1 female and 1 male had met the COF's tpk criteria. I was suddenly in the dog house. On to Day 2.

Knowing that the first day would be slow, we set Day 2 courses through the wide open grasslands. A couple of long legs through the grass should bring the tpk's down. The men's course was still over 12 kms in length with some hilly going and some very technical orienteering but enough runners made the tpk for a "full" team and I was able to drive home with peace of mind. For the COF a full team is the bare minimum of 3 runners for the relay. The athletes have to run a qualification race for each of the short, medium and long courses and then the relay all in a week's time. We are talking about some really exhausted folks. The top teams take 14 runners. Canada has 6.

So what will next year bring? How about even tougher tpk's and holding the selection races in the APOC terrain from last year (6mins per k)? Or make the tpk's easier and hold the selection races on Newcastle island (12 mins per k)? Why bother with the tpk at all?

An interesting aside. We almost didn't have a women's relay team. Katherine Scheck from the Yukon - running in her first women's elite race - was just 16 or so seconds outside the tpk limit. This is a very good result for her. (Louise Oram from Vancouver also running in her first big elite race was not far behind. Well

done girls!) I was waiting for this eventuality. You've heard of Murphy's Law right? Well I started hearing comments like "well you know, this tpk criteria is putting too much anxiety on the athletes". Not three months previously this same person was waxing philosophical about how wonderful it was to have a standard to live up to.

So to clear things up I said to the selectors, "did you guys add in the distance from the start line to the start triangle to the course distance? It's currently not in the official distance we gave you..." Well what a sigh of relief. Katherine was under the time limit, we have a relay team and everyone can go home happy.

I will not rest until we get rid of that tpk criteria.

Congratulations to Team Members Sandy Smith, Pippa McNeil, Katherine Scheck Mike Smith, Nick Duca, Wil Smith, Brent Langbakk (1st alternate)

Ted de St. Croix



Marg Ellis and Magnus Johansson study SI results at BCOCs

OABC Events, July to December 2003

July						
1 to 6	A	Colorado 5 Day	Woodland	RMOC	Bob McBride	McBride_rb@msn.com
5,6	T	Pre COC Training	Chartrand	GVOC	Marta Green	martaski@hotmail.com
13	C	Top Bridge	Parksville	VICO	Daphne Tomblin	petlodge@bcsupemet.com
August						
16 to 24		Sage Stomp XVIII	Kamloops			
16,17	A	Western Canadians	Six Mile Lake	SAGE	Doug Smith	dsmithqqq@shaw.ca
18	R	HPP Fundraiser	Dewdrop	HPP	Marie Cat Bruno	mckiller@hotmail.com
20	B	Sage Stomp Relay	Six Mile Lake	VICO	Carl Coger	ccoger@islandnet.com
21		Model Canadian Champs Model	Savona	WLOC	Bryan Chubb	bchubb@laketown.net
22	A	Canadian Short	Savona	GVOC	George Pugh	gpugh@telus.net
23,24	A	Canadian Champs	Savona	GVOC	George Pugh	qpugh@telus.net
September						
7	Ca-	Thetis Lake Park	Victoria	VICO	Dave Mackas	mackasd@dfo-mpo.gc.ca
13,14	A	US Championships	Lake Tahoe,	BAOC	Evan Custer	evancuster@attbi.com
14	C	Edith Hill	Kamloops	SAGE	Robin Foubister	rfoubi@hotmail.com
14	C	University of Victoria	Victoria	VICO	Diana Hocking	dhocking@uvic.ca
14	R	Mountain O Challenge	North Van-	GVOC	Marta Green	martaski@hotmail.com
21	B	Bull Mountain	Williams Lake	WLOC	Bryan Chubb	bchubb@laketown.net
28	C	Valleyview	Kamloops	SAGE	Brendan Matthews	matthews-cah@telus.net
28	C	Royal Roads University	Victoria	VICO	Richard Lay	context@islandnet.com
October						
11,12	Bike-	Canadian MTB Chal-		Cycl BC	Jackie Slavenova	jslavenova@telus.net
12	C	Mount Dufferin	Kamloops	SAGE	Doug Smith	dsmithqqq@shaw.ca
19	C	DET #1, Pacific Spirit Pk	Vancouver	GVOC	Marg Ellis	margellis@shaw.ca
19	C	Mt. Douglas Park	Victoria	VICO	Ian Barclay	coger@highspeedplus.com
24	A	BC Elementary Schools	Jericho	GVOC	Jackie Slavenova	jslavenova@telus.net
November						
2	C	Mt. Tolmie Park	Victoria	VICO	Carl Coger	coger@highspeedplus.com
16	C	DET #2, Mundy Park	Coquitlam	GVOC	Mike Muttersbach	memuttersbach@hotmail.com
December						
7	C	DET #3, QE Park	Vancouver	GVOC	David Scott	das@cardew.ca

OABC EXECUTIVE and COMMITTEE CHAIRS

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