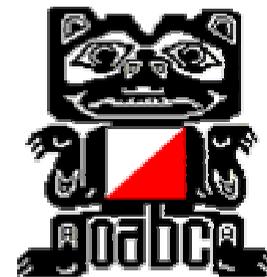


OABC 2002 SCHEDULE - June to December 2002

See www.oabc.ca for complete schedule.

DATE	TYPE	EVENT	LOCATION	CLUB	CONTACT	PHONE
June						
8,9	B	Brandywine Festival	Brandywine Falls	GVOG	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	GVOG	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	WCOG	Whitehorse	YOA	Ross Burnett	(867) 633-3154
July						
1	Training	Junior Camp	Kamp Kiwanis, AB	FWOC	Kitty Jones	(403) 282-5235
4	A	COC Model Event	Fallen Timber, AB	FWOC	C. MacNaughton	(403) 262-4457
5	P	Park O	U of Calgary	FWOC	C. MacNaughton	(403) 262-4457
6,7	A	COC	Mount Laurie	FWOC	C. MacNaughton	(403) 262-4457
8,	R	APOC Relays	Mount Laurie	FWOC	C. MacNaughton	(403) 262-4457
10,	A	APOC Individual	Rumsey, AB	FWOC	C. MacNaughton	(403) 262-4457
11,	A	NAOC Model Event	Dalmuir, AB	EOOC	C. MacNaughton	(403) 262-4457
12,	C	Fun Event	U of Alberta, AB	EOOC	C. MacNaughton	(403) 262-4457
13-14	A	NAOC	Dalmuir, AB	EOOC	C. MacNaughton	(403) 262-4457
16-17	Rogaine	NA Champs	Kamloops	SAGE	Murray Foubister	(250) 374-6449
19-28	A	Rocky Mtn 1000 Day	Laramie, WY	RMOC	Mikell Platt	
August						
25	C	Long O, Pacific Spirit	Vancouver	GVOG	Richard Hall	(604) 782-9681
31,1	A	BC Championships	Aspen Grove	VICO	Steve Chatwin	(250) 598-6420
September						
14	C	Watershed Park	Surrey	GVOG	Alex Kerr	(604) 938-9194
14-15	Rogaine	US Championships	Tamarack Spring	SAMM	Dave Enger	(425) 822-6254
15	C	U Vic	Victoria	VICO	Diana Hocking	(250) 477-7624
22	C	Joyce Gulch	Kamloops	SAGE	Tim Cole	(250) 851-7977
29	C	Royal Roads	Victoria	VICO	Karen Burns	(250) 652-8292
October						
6	C	Edith Hill	Kamloops	SAGE	Al Stradeski	(250) 374-7018
20	C	Mt. Douglas Park	Victoria	VICO	Debra Barr	(250) 360-0819
27	C	DT #1	Vancouver	GVOG	Ove Albinsson	(604) 222-3720



DUE WEST

The Newsletter of the Orienteering Association of British Columbia

2002 BC Orienteering Championships ~ Aspen Grove

August 31st and September 1st hosted by the Victorienteers

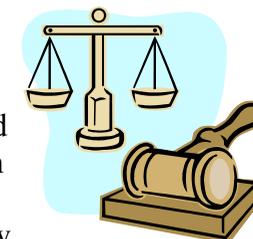
(Full details on page 11)

OABC Annual General Meeting

Aug. 31st, 4 pm to 6 pm (just before the BC Champs banquet in Merritt)

Editor's Message

Let's make this year's OABC AGM the best attended one in recent history. You're bound to learn some inside scoop about the organization and you'll get to see some well-known orienteers in different roles! Join us in Merritt before the BC Championships banquet to show your support for OABC and to help ensure that we can all look forward to many more new maps and many more years of competition in our favourite sport.



In addition, please consider writing an article for the October issue of Due West, or if writing's not your game, send me digital photos. Thanks to all who contributed to this issue.

Margaret Ellis, margellis@shaw.ca

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Page 3	Next summer's vacation	Page 9	Club Membership Contacts
Page 4/5	Course Planning - Part 2	Page 10	Club Corner
Page 6/7	The Travelling Orienteer	Page 11	2002 BCOC Information
Page 7	APOC 2002	Page 12	Event Schedule

Mailing address: OABC #228—1367 West Broadway Vancouver BC V6H 4A9
p (604) 519-4862 f (604) 737-6043 www.oabc.ca

PRESIDENT'S MESSAGE

The success of the sport of orienteering in BC depends almost entirely on the strength of the club system. Strong, active clubs build membership by hosting a series of local meets. Clubs that host larger meets keep competitive orienteers active in the sport. Clubs offer a variety of programs, services, and opportunities for persons wanting a fitness activity which suits their needs.

Of course clubs hosting meets to provide opportunities for their members is critical to our sport, but some of the other "best practices" in B.C. include the following:

1. Good clubs communicate to their customers.
 - a. Newsletters have been a traditional tool and continue to be foundation of good communication. The Victorienteers newsletter is an excellent example.
 - b. A dynamic website seems critical today. Sage's website provides an excellent example of information, links, and access to queries.
 - c. Many clubs are linked by an e-mail service to communicate issues, late updates to meets, and results.
 - d. A long-standing communication tool has been the use of a phone committee to remind people of events, to solicit volunteers, and to touch base with members.
 - e. Meet flyers for upcoming events are often distributed at meets.
2. Strong clubs have a new member recruitment program.
 - a. Learn to Orienteer programs provide opportunities for recruitment through the general population. Some clubs offer courses advertised through the Parks and Recreation Departments. Registrants are given a short course in orienteering and their fees include a membership in the club.
 - b. Recruiting athletes from cross-over sports seems to be an effective way to bring new people to the sport. What kind of person likes to run around in the bush? Sage's experience is that the population comes from the ranks of cross country skiers, long distance runners, adventure racers, cross-country mountain bikers, tri-athletes, hikers, and paddlers. To recruit these athletes, Sage has accessed their newsletters, websites (links), events, and has offered cross-discipline events (ie Ski-O). When these events are staged, a membership in the club has been automatically added as part of the meet fee. Another good example comes from Vancouver, where the Determinator series is offered to provide a park orienteering-running experience for the large running population in Greater Vancouver. Victorienteers also offer a Determinator series.
 - c. In past years, a day of event fee was charged to new orienteers. Several clubs have



2002 British Columbia Orienteering Championships

August 31 and September 1, 2002
Aspen Grove 'A' meet

Course	Level	Class
1	Beginner	F12, M12
2	Intermediate	F13-14, M13-14
3	Short Advanced	F15-16, M15-16, F55+, M65+
4	Advanced	F17-19, M17-19, F35-44, F44-54, M45-54, M55-64
5	Advanced	F20-35, M35-44
6	Advanced	M20-34

Meet director: Steve Chatwin Course planner: Carl Coger Controller: Scott Donald

Map: Aspen Grove, 1:10,000, 5 m contour interval

Registration and package pickup: From 11 a.m. at the start location

Starts: Day 1 (Aug.31): 12 noon, Day 2 (Sept. 1): 10 a.m.

Cost: \$12 Adult/\$7 Jnr. per day, add \$3/person for non-members (Open classes only)

Banquet: In Merritt, August 31 at 6 p.m.. Only 90 tickets available! Cost is \$20/adult or \$10 for under 15.

Parking area: On Otter Creek Road. Travel south from Merritt on the Coquihalla Connector towards Kelowna . Exit freeway on Highway 5A to Princeton. Drive through Aspen Grove hamlet. Turn right on Otter Creek road. Follow O signs (about 8 km).

Camping: Davis Lake Forest Service recreation site, Kentucky-Alleyne Provincial Park, or Merritt Municipal campground

Registration: Register by August 16th. Download registration form from:
<http://www.oabc.ca/vico>

Late registrations and e-mail registrations are not guaranteed a pre-drawn map. Banquet tickets must be pre-paid by August 16th.

CLUB CORNER

The 2002 Determinator Series - Victoria Style

VictOrienteers borrowed the format and the name from GVOC and combined it with our long-established Wednesday evening training sessions. We condensed the series to five weekly races; four qualifying races to establish a handicap and then the Final Day Chase. The following events made up the 2002 Determinator series:



UVic, April 17
Beaver Lake, April 24
Royal Roads, May 1
Mt. Doug, May 8
DT Final: Prior Lake, May 15



To claim the Determinator title (and the \$50 minimum first prize), a competitor had to have a handicap or pay a \$5.00 surcharge and start last. Handicaps were given to anyone taking part in two or more of the first four Wednesday night runs. The Chase Start allowed the highest handicapper to start first and the lowest last. Whoever was first across the finish line was the winner.

The handicap system worked well, except for the top two finishers. The winner, Ian, the new Determinator, had rarely been a competitive threat before this. But on this day, he had the run of his life, and will probably now become a more active competitor.

Second place was a team from the Adventure Racing ranks, Helen and James. They had showed up for some casual training but had never orienteered before. They progressed rapidly, easily beating some of our more seasoned veterans. See <http://www.oabc.ca/vico/> for full results.

Carl Coger, VICO

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

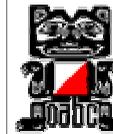


Ministry of Community,
Aboriginal and
Women's Services

moved to a new model. The first meet of the year for any new orienteer is automatically charged a small fee (ie \$5 - \$10) for a recreational membership, and the athlete is now a member of the club for the whole year.

3. Good clubs offer social opportunities for members.
 - a. Research done into why people take up new sports has confirmed that people start new activities partly for fitness, partly for involvement, but also to meet new people and form new friendships.
 - b. When athletes are surveyed into why they stick with a sport, one of the most frequent answers is friendship, being part of a group of like-minded people, and knowing a wide variety of types of people from many places. We can never underestimate the power of building bridges of friendship to strengthen the club, and ultimately the strength of the sport in our province.

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.

Planning next summer's vacation? Mark your calendar!

World Masters' Orienteering Championships, Halden, Norway, July 13 - 17, 2003
<http://www.wmoc2003.com/>

Swedish 5 days (O-Ringen), Uddevalla, July 20 - 25, 2003

In 2003 the Swedish 5-days will take place in Bohuslän, with Uddevalla as the event centre, the week after WMOC. The distance between Halden and Uddevalla is only 110 km or 1h 15 min drive. Halden SK and O-ringen have set up a joint coordinating committee and will work together in order to give you two high quality events in the same historic area.

Swiss O Tour, July 26 - August 2, 2003 and Swiss O Week, August 3 - 9, 2003
<http://www.olwm2003.ch/en/>

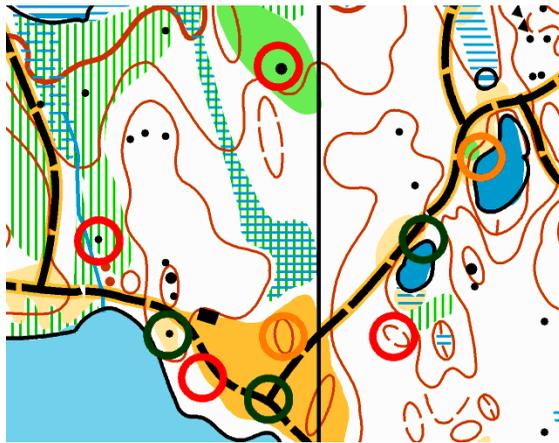
Canadian O Champs, Aug. 17 - 23, 2003; Kamloops area

COURSE PLANNING

Part 2: What can they do?

Map, officials, dates; all that stuff has been done, and now you are by yourself. So how do you design a course?

While we will be talking about control sites in this part, never forget that orienteering is about navigation between control sites. The sites, themselves, mark the beginning and end of the navigational problem, and not much else. Choose the leg first, then find sites that mark the two ends.



Many people think that the level of course you design, depends on the level (E, A, B, or C) of the event. I believe that a "long" course at a C level event (3 courses, Saturday, after lunch) should be designed to the same technical level as a major championship - the best that can be done in the terrain you have to work with. Habits you develop here will influence how you design courses for the World Cup, when you get to do it. These Saturday afternoon courses will be shorter than WC ones, of course, but the technical level should be as high as the terrain allows.

The first thing you do is to reread the standards set by your federation for courses for each age group. These standards will give you a rough outline of the skill levels typical for the age classes on the course you are going to design. The course should test these skill levels but not exceed them to any great degree.

"But I know all that stuff", I can hear you muttering. Well, we have all been guilty of setting too high a technical standard for the competitors who will be on a course, so give yourself a chance to think about what each class can really do.

On the accompanying maps, sites are



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

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)	psap@jwSPORTA.ca
Mapping	Bryan Chubb (Williams Lake)	bchubb@laketown.net
Website	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
Coaching/Officials	Vacant	

Permanent O Courses

Establishing permanent orienteering courses in communities is a useful method of providing orienteering opportunities for a wide variety of interested participants. Kamloops has installed two courses and is in the process of planning two more. This article describes some of the background on these courses.

McQueen Lake

The site is an outdoor education school for the school district. Students stay for 3 days and participate in outdoor activities. In the early 1990's, the Principal of the school agreed to the concept of a permanent course and Sage members designed the course and prepared a full colour map, with points marked. Six-foot pressure treated posts were obtained and painted with white tops. Code plaques were attached to the posts. Club members located the points, hauled the posts, dug the holes, and installed the posts. Posts need maintenance after about 5 years. Colour maps were printed in class sets and laminated. Sample courses were printed and given to McQueen Lake staff. Twice per week, 30 – 50 students use the orienteering courses as a first experience of orienteering. Sometimes parent volunteers or teachers get excited and contact the club to learn more about the sport. The map is now posted on the McQueen Lake website.

McArthur Island

Bryan Chubb mapped McArthur Island into a full-colour orienteering park map. Orienteering points were marked on the map. The City of Kamloops installed small metal imprinted plaques on posts, walls, fences, trees, etc. Participants can access the maps and practice their skills at their leisure. The problem has always been how to make maps available and the costs associated with these maps. Neighbouring schools will be given class sets of maps to provide P.E. teachers with opportunities to take classes to the Island.

Future Maps

Sage is currently planning courses for Kenna Cartwright Park (Mount Dufferin). The adjacent school (Dufferin Elementary) will be given a class set of maps. The map will also be available on Sage's web site. Six Mile Ranch has requested installation of a permanent course on the Six Mile map. This will be used by recreationalists through the new Six Mile Ranch development on Kamloops Lake.

The question remains: Do we actually get any new members through the installation of permanent courses? The answer is not simple. We definitely have not seen an immediate influx of new members/participants through the use of permanent courses. The fact is that these courses are a passive approach to development and a further step is needed. We have to provide a means of communicating to these participants and capturing some of their interest. Nevertheless, more people orienteering is the result and indirectly, we have strengthened the sport and increased membership incrementally through exposure and opportunity.

Doug Smith



marked with three different coloured circles. The "green" are acceptable sites, "yellow", use with caution, and "red" are unacceptable because of technical or physical ability, or safety reasons.

Editor's note: Since Due West is printed in black and white, use the information Scott gives you to decide for yourself which control sites are green, yellow or red. Then go to www.oabc.ca, follow the links to the Due West June 2002 issue, and check your answers.

Many competitors on Courses 1 & 2 (White and Yellow, in the US) haven't developed the skill to visualize three-dimensional terrain from a two-dimensional map. Many don't know the map symbols or scales; at least not with any assurance. These people can follow "handrails" such as trails, roads, power lines, creeks, valleys - reentrants in our jargon - field edges, and, sometimes, edges of slope changes. Course 2 competitors usually have more experience than those on Course 1, so they can handle simple shortcuts, or weaker handrails. And don't forget that Course 1 participants can be quite small, quite young or old, or quite frightened of the wild forest and all its traps and unknown hazards. Don't take them or any other competitor into terrain which places them in a distinct hazard, given their physical and technical abilities.

The competitors on Courses 3 to 5 (Orange, Brown, and Green in the US) are more physically fit, have better judgment, and (usually) better navigational and visualization abilities. These competitors are looking for increased navigational challenges as the course level increases. Sites can become more complex and smaller. Take this into account when designing the middle course(s) of a three- or four- course event. Keep the number of features in the control circle to 2 or 3, and the area around the circle relatively uncluttered.

The competitors on Courses 6 to 8 (Red and Blue in the US) will have good technical ability but can vary widely in their physical abilities. Just about anything goes, as long as the sites mark the ends of a complex navigational challenge. Avoid forcing the competitors through (or into) unusual safety hazards such as scree slopes, uncrossable marsh areas hidden in crossable marshes, large unmapped deadfall areas, and the like.

Next time the topic will be leg planning, the heart of the course.

Scott Donald

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).

Meadow Creek Revisited

Doing the technical side of the Meadow Creek A-meet, May 18, 2002, was one of the most enjoyable orienteering experiences I have had. The map is of high quality in pleasant terrain but the real attraction of this event was making it a family project.

The course planning was Meghan's first real look at how a set of courses is designed, so I enjoyed talking her through the process. That meant lots of explaining about required lengths, types of features appropriate for each level, how to find a suitable course one, characteristics of a good finish, etc. I love course planning so it was lots of fun explaining to her my philosophy of course design—pick the most enjoyable and interesting areas; build legs of varying length with many direction shifts; force many choices and decisions upon the runner; make it fun!

After an evening of rough design we sketched in the seven courses Marta had asked for and then planned a trip to Logan Lake. Karen, Meghan and I split up to hang the ribbons. This was their first time ribboning courses in such technical terrain but when we checked each other's work they had everything correct. We finished up in an intense snowstorm and headed home with the single most enjoyable part of the process done—working carefully and slowly through the map, reading each feature and deciding, "This site won't work but that one will."



Seeking shelter from the weather at Logan Lake are (left to right) Meghan Rance, Erica Lay, Morgan Lay and Louise Oram, all GVOC members.

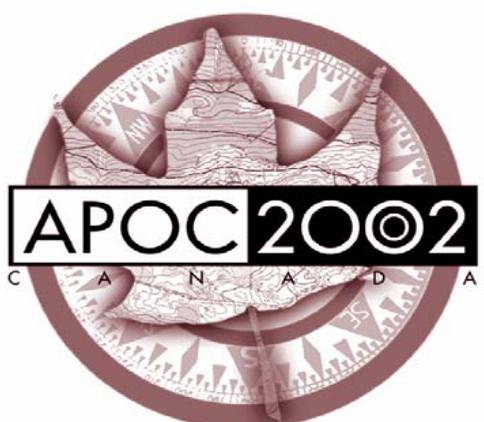
Then came the hard slogging. Because I thought there would only be about fifty pre-entries I decided to hand draw the maps. In the end about one hundred pre-entered. Karen did a great job of catching errors on the hand-drawn maps and in the course descriptions.

On Friday afternoon at 4:00 pm we had the van packed, the equipment organized and the setting and vetting kits prepared. At 6:00 BCAA was towing our overheated VW back to the carport "Throw out everything we don't need and pack the rest in the Ter-cel."

On Saturday at 4:30 a.m. the alarm went off and we started a second time. Once at Logan Lake we put out the signs and began humping the water to the first site. Then we split up, hung the flags and vetted the sites against actual competition maps and competition descriptions. Once we had done this we vetted each other's zones and were ready to start only 30 minutes after the advertised start time -pretty good considering we arrived twelve hours late.!

Many people were kind enough to thank us and compliment us on the courses. We are grateful for that but I think the real thanks should go to those who did the less enjoyable work needed to make an O-event work: Margo Mctaggart in registration, Bruce Inglis at start, Jeremy Gordon, Louise and John Oram in setting up, the Ellis family, Ove Albinsson and Ilze Rupners at the finish, Marta Green as meet director, and the many others who pitched in when needed.

John Rance, GVOC



APOC 2002 Canada
July 4 – 14, 2002
Alberta

It's not too late to register. Join the 778 others who have already signed up to be part of the fun!

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