

# DUE WEST

The Newsletter of the Orienteering Association of British Columbia

## Renew your membership now!

In the January issue of Due West, you received a 2003 OABC membership form. Unfortunately we forgot to let you know that membership dues are now payable to your local club. All the club contacts are listed on page 11; call or email them if you need another membership form or if you have any questions. Remember, the more members we have, the stronger our position will be when applying for funding for new maps on which to orienteer. So please renew your membership and encourage a non-member to join as well.

Although orienteering is an individual sport, it's great to be part of a team. We found that out in Australia at the recent World Masters O Champs. Our friends from the UK said that we were definitely the class of the opening parade (see photo at right). Our experience wearing our Canada jackets and O suits has convinced us that team identity is a must. Consider a campaign to get as many people wearing your club suits as possible this season. Send photos of your club spirit to us and we'll put them on the OABC website for all to admire.



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# PRESIDENT'S MESSAGE

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One of OABC's responsibilities is to look ahead and plan for the future. In thinking about the next few years, we know that:

2003 will be an ambitious year

- ⇒ Western Canadians and Canadians in August
- ⇒ High Performance programs
- ⇒ Development and use of the Sportident system, an electronic punching and timing system
- ⇒ Officials Development
- ⇒ BC Orienteering Championships (BCOC's) in May
- ⇒ A full slate of club events

2004 should be a year that we hold back somewhat

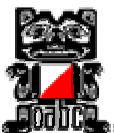
- ⇒ BC Orienteering Championships
- ⇒ Continued development of coaches, officials, and high performance athletes
- ⇒ Continued development of Sportident
- ⇒ A full slate of club events

2005 offers us another chance to be ambitious, if the desire to do so is there

- ⇒ World Masters Games (WMG) in Edmonton which includes the World Masters Orienteering Championships.
- ⇒ BC may choose to bid for the Canadian Championships for the weekend right before or right after the WMG
- ⇒ BCOC's
- ⇒ Continued development of coaches, officials, and high performance athletes
- ⇒ Continued development of Sportident

To this end, I have proposed to the Executive to issue a call for bids/proposals from Clubs for the upcoming events. See next page for details.

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.

## Call for Proposals #1: Canadian Orienteering Championships 2005

The World Masters Games will be held in Edmonton from July 15 – 24, 2005. OABC has been invited to send a proposal to COF to host the Canadian Orienteering Championships (COC's).

Bids/proposals will be accepted from member club(s) of OABC.

Bids must include

- Dates of event (July 10 – 11) or (July 24 – 25)
- Proposed map to be used.
- Hosting club(s)
- Map funding proposal
- Meet director/controller/course setter (must meet COF requirements)

OABC invites clubs to send proposals to the OABC President, Doug Smith, by March 30, 2003. Send by email to [dsmithqqq@shaw.ca](mailto:dsmithqqq@shaw.ca) or by regular mail to Doug Smith, 941 Gleneagles Drive, Kamloops, BC V2E 4E5

## Call for Proposals #2: BC Orienteering Championships 2004 and 2005

The BC Championships (BCOC's) are being hosted in Kamloops by Sage and GVOC in 2003.

Clubs are invited to bid for the BCOC's for 2004 and 2005. Proposals should be submitted at the semi-annual AGM at McQueen Lake (May 17 – 18, 2003) and should include

- Hosting club(s)
- Map to be used
- Map funding proposal (if required)
- Dates

# CLUB CORNER ~ Accent on Juniors

Due West interviews Robin Foubister of SAGE.

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**DW: How and when did you start orienteering?**

**RF:** I have been orienteering almost as long as I can remember. Both of my parents were into orienteering so I used to do the string course when I was about 5, and I just started working my way up ever since.

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

**RF:** I probably got serious around 1998 when we had the North Americans and Canadians here around Kamloops and I realized I could do well internationally.

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

**RF:** I do jogging, intervals, and hill running on my own and I do cross training such as skiing and mountain biking with other people.

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

**RF:** I sometimes run with a map and just orienteer to a point on the map or do specific exercises such as trying different routes to see what works best. Also mental training by looking over previous event maps and examining my route etc.

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

**RF:** Being from Kamloops I would have to say relatively open terrain, with moderate detail. I like terrain that I can see what I am doing, and also terrain with many contours because I am faster relatively on hills than straight flat running.



*Robin Foubister at Dufferin Hill 6-hour rogaine, summer 2002*

**DW: What do you like about orienteering?**

**RF:** I like traveling and seeing different terrains; I like the challenge, not only of finding the controls, but also of trying to compete against others and just the opportunity to push myself.

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

**RF:** Practice certainly helps, but also I find that other sports help me be fit enough to worry about the map rather than my running.

**DW: What are your summer 2003 plans?**

**RF:** I will hopefully heading to Europe this summer to compete in the O-Ringen in Sweden as well as the Scottish 6 days. When I return from Europe I am planning on competing in the Canadians and Western Canadians, etc, here in Kamloops.

**DW: What grade and school are you in?**

**RF:** Grade 12 at Sahali Secondary School in Kamloops.

**DW: What are your future educational/professional plans?**

**RF:** I plan on attending UCC here in Kamloops, then transferring to UBC to get a major in Science, though I haven't decided what yet. Of course I plan on continuing to compete in orienteering, and to hopefully do more international traveling.

## SELECTION RACES FOR World Orienteering Championships

Last autumn OABC was approached by Charlie Fox, Chairman of the COF High Performance Program, to add the National Team Selection races to the same race weekend as our provincial championships this May 17/18. The selection of the team will use the men's and women's elite class (M21 and W21) which translates to courses 7 and 8 of the 8-course A meet standard.

Over the years, the COF has tried many different ways of selecting the team. For example, the Canadian Championships have often been used the year prior to the World Championships to pre-select a few of the top orienteers, enabling them to plan their vacations and jobs in order to take an extended trip to wherever the World Championships are being held. This year the entire team (with the exception of pre-selected athlete Sandy Hott Johansson) will be selected at these races.

There are restrictions however. Athletes must meet strict criteria in order to be allowed to represent Canada at the World Championships. These are on display at the COF Selection Criteria web page (<http://www.orienteering.ca/National%20Team%20Selection%202003%20-%20final.htm>).

Ted de St. Croix

# Preparing Maps for Training Events

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For the last half year, GVOC has been using various park maps to host Weekly Evening orienteering Training sessions, better known as WETs. Though some maps were already in existence, many new ones had to be made in order to avoid the overuse of areas.

Thomas Nipen has been the primary volunteer mapper for this season's WETs, enabling us to spend many happy hours running around in the dark. Here he outlines how you could go about creating maps for your own local WETs.

All the required resources are available for free for public use. It is then only a matter of fieldchecking the parks for detail and then tracing the work into OCAD (software for mapping).

## About Orthophotos

In Vancouver, all resources needed are found on the city's government website. The city provides high quality orthophotos (orthographically adjusted air photographs) that can easily be imported from their website. An orthophoto, as opposed to an air photo, accounts for distortion at the edges, that is, the scale is uniform throughout the photo. Therefore, an orthophoto is the ideal tool for making park maps provided that relevant features are visible. Usually, lone trees, roads, some trails, vegetation boundaries, and build-

at the edges, that is, the scale is uniform throughout the photo. Therefore, an orthophoto is the ideal tool for making park maps provided that relevant features are visible. Usually, lone trees, roads, some trails, vegetation boundaries, and buildings can be seen quite distinctly. The city of Vancouver also had pre-drawn information (such as contours, roads, and boundaries for residential areas) available that could be directly copied into OCAD without having to retrace anything. The orthophotos were then used together with the digital data to create the basemap. However, if such information is not available just the orthophotos will be fine. The pre-drawn information is only a luxury and in retrospect was not essential as the orthophotos were sufficient.

## About fieldchecking

In preparing for fieldwork, the mapper tapes a sheet of mylar onto the orthophoto. The mapper then re-draws, onto the mylar, the features that are needed for the map. Mylar has many advantages: it is see-through and water-proof; marks can easily be erased; and most importantly the fieldwork can be separated from the orthophoto making it possible to differentiate between what has been fieldchecked and what is just extra information. The end effect of the fieldwork step is to have all the information needed for the map drawn onto the mylar.

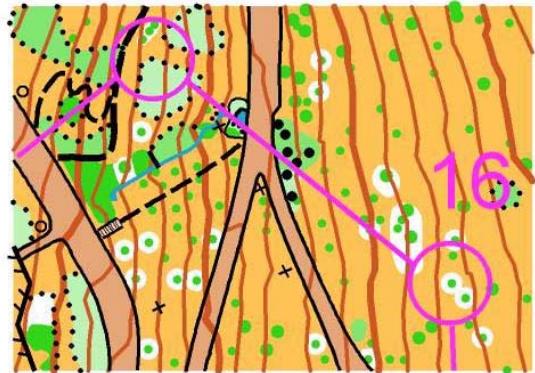
## About OCAD'ing

Once the fieldwork is complete, the work needs to be scanned in order to digitize the map. The scanned image is then opened as a template in OCAD, and the fieldwork can be traced into digital format. When finished, the template can be closed, leaving the final product.

Overall, the use of public resources in Vancouver has proven to produce accurate maps and at the same time be very cost effective. Our weekly training sessions have been successful to a great extent due to the availability of new and high quality maps.

A quick look at your municipal website will hopefully reveal the vast amount of data available for public use. Entering a search on the municipal website for "maps" will likely result in a link pointing you to the right place. For GVOC, at least, it is now much easier to produce appropriate-quality maps to run our club training events. I would urge all

clubs to investigate the (possibly) new resources available on the Web that will help you start your own weekly events. It makes a huge difference to the perception of your club if you offer regular weekly activities all year round.



*Excerpt from a WET map*

The steps I outlined are described in more detail at [www.interchange.ubc.ca/tnnipen](http://www.interchange.ubc.ca/tnnipen). The addresses for municipal websites usually follow the following format: [www.city.your-city.bc.ca](http://www.city.your-city.bc.ca)

Thomas Nipen

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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

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## William Goat and a Half

Those of you who subscribe to Orienteering North America may have read about the various "Goats" that US Clubs organize, all modelled after the daddy of them all, New England's Billy Goat race. A Goat is a long point-to-point orienteering race with a mass start and a maximum allowable finish time. Those who finish within the time limit receive a specially designed T-shirt.

Brian and I attended our first Goat last August long weekend organized by the Edmonton Overlanders OC. I had to be in Edmonton on business starting Monday evening of the long weekend, and Brian had to be in Toronto on the Tuesday, so it was clear that we were meant to compete in this first-ever western Canadian Goat!

This inaugural event, called the William Goat and a Half, was held on the Blue Lake maps located north of Hinton, Alberta, in the William Schwitzer Provincial Park. Competitors could choose to run the Half Goat (6.9k, 16 controls) or the Goat (13.8 k, 27 controls). If you completed the full Goat in under 5 hours, you received the highly coveted t-shirt.

Those of you who have orienteered on the Blue Lake maps, will remember the

numerous deep depressions covered by moss that you sink into up to mid-calf. We had last run there in the mid-eighties but the terrain was still etched in my mind after all those years and was as tricky as ever.

Most people camped in the provincial park even though it had snowed the previous week. The weekend included a Saturday afternoon warm-up event, followed by the Goat on Sunday. Monday morning, Ted de St. Croix led a half-day training camp.

The motley crew (24, in total) who opted to attempt either the full or half Goat certainly got their money's worth as they traversed a large part of the provincial park. To recover, many of us headed off for a long soak in the nearby Miette Hot Springs on Saturday afternoon. What a great way to relax after a strenuous few hours of activity!

Greg Yarkie did a great job of course planning and hanging the controls. He was ably assisted by Einar Viddal. Participants came from the US, the UK, and Saskatchewan (!) - truly an international event. Results are at [http://www.orienteer.ab.ca/Results/william\\_goat\\_and\\_a\\_half.htm](http://www.orienteer.ab.ca/Results/william_goat_and_a_half.htm)

EOOC has scheduled their second annual William Goat and a Half for Labour Day weekend on the same maps. If you're not too worn out after the WCOC's and COC's, I'd highly recommend running in the Goat if you want a unique experience in that great Blue Lake terrain.

Margaret Ellis

# TIPS FROM TED

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I have been asked many times for tips on how to improve one's orienteering technique during the winter months. GVOC runs a weekly evening training orienteering event (WET) and although it is relatively simple park-type orienteering, there are many things to be learned and improved on in preparation for more traditional summer orienteering in the forest. Techniques like map reading on the run, map reading in advance, thumbing, folding the map quickly, holding it properly, making route choices in advance, reading controls in advance, even making use of attack points can be learned and improved.

For me though, the main thing one can improve is one's ability to concentrate while under stress of a competition. On several occasions I have been "snoozing" and not paying attention only to end up several blocks down the street before "waking up" and then having to relocate. This loss of concentration is probably the most common cause of errors for any style of orienteering. One can improve this through mental training. I won't go into the details of what mental training embodies as entire books are dedicated to the subject, but I want to mention one thing I have learned over the years. The ability to be able to maintain 100% concentration through an entire orienteering event comes easiest through mental preparation. You need to

learn how to recognize that you have lost concentration and what causes you to lose concentration. This is the first crucial step.

Once you are able to recognize that you have been distracted, you can then learn how to recover and regain focus and get back to map reading within a split second. Once you know what distracts you, you can build up a repertoire of refocusing "actions" that you "enact" in order to prevent loss of concentration.

Weekly evening training sessions are excellent venues for putting your mental training into practice. You can work at improving your ability to recognize that you have "lost it" and then being able to "get it back" instantly or you can improve your ability to preempt loss of concentration by recognizing things that may distract you. For some of us, once we have "lost it" we may never "get it back". If you believe you are one of those people, then perhaps learning one of the more physical techniques like map reading on the run will be more to your liking.

Ted de St. Croix



# BC High Performance Program

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The OABC High Performance Program will have held their second training camp for the 2002/2003 winter base training season by the time you read this and will be planning for the third camp in May. The athletes have set up their training regimens and are following them religiously and the results are beginning to show at weekly evening trainings, soccer and rugby games and at ski loppets around the province.

Three of the juniors (Meghan Rance, Louise Oram and Robin Foubister) will be traveling with their coach (Uncle Ted) to Norway and Sweden this coming summer for some very exciting orienteering racing and training. The group will be hosted by Ted's long time Swedish and Norwegian friends near several of the events which will make for a very enriching experience for us. The athletes may not know it yet but their orienteering skills will likely improve 500% by the end of the summer!

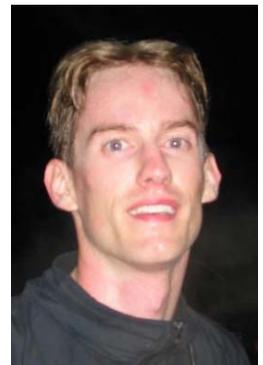
Robin plans to continue on to Scotland afterward to join his family and Thomas Nipen will be in Europe as well, spending the summer with his family before returning to BC in time for the COCs.

At the first training camp last autumn we received some help with flag hanging from a Swedish friend in GVOC (Magnus Johansson) who has kindly

agreed to become part of the program and help with coaching at upcoming camps in return for some chances at seeing some Canadian black bears in the interior. We will also meet up with Magnus in Sweden for the ORingen.

The initial part of the trip will hopefully see us training and discussing route choices with Sandy and Holger Hott Johansson for the first part of the trip before they head off to Switzerland for some pre-World Championship training. Holger is one of the top orienteers in the world at the moment and Sandy is on her way up having gained the most World Cup points of any North American during last year's World Cup season. Should be a rewarding experience.

Ted de St. Croix



*BC HPP coaches, Ted de St. Croix and Magnus Johansson*

## CLUB MEMBERSHIP CONTACTS

Greater Vancouver Orienteering Club (GVOC)  
Bruce Inglis  
4009 West 18<sup>th</sup> 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 16<sup>th</sup> 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/Officials	Marg and Jessica Ellis (GVOC)	margellis@shaw.ca
Junior Development	Jackie Slavenova (GVOC)	jslavenova@telus.net

**OABC Events, March to August 2003****March**

9	C	DET #6, Crescent Bch.	White Rock	GVOC	Ted de St Croix	<a href="mailto:tdestcroix@telus.net">tdestcroix@telus.net</a>
16		Ski O Ski O	Cypress Mtn	GVOC	Marta Green	<a href="mailto:martaski@hotmail.com">martaski@hotmail.com</a>
16		Ski-O Silver Star	Silver Star	SAGE	Randy Benz	<a href="mailto:rj-benz@shaw.ca">rj-benz@shaw.ca</a>
16	C	Francis/King Park	Victoria	VICO		
23	C	Valleyview	Kamloops	SAGE	Andrew Tucker	<a href="mailto:atucker@city.kamloops.bc.ca">atucker@city.kamloops.bc.ca</a>
30	C	Univ. of Victoria	Victoria	VICO		

**April**

6	C	Dewdrop	Kamloops	SAGE	Jim McQueen	
6	C	DET Final	Stanley Park	GVOC	Nick Gobin	<a href="mailto:blah_7@yahoo.com">blah_7@yahoo.com</a>
13	C	Spring Ramble	Deas Island	GVOC	George Pugh	<a href="mailto:gpugh@telus.net">gpugh@telus.net</a>
16	T	Beaver Lake	Victoria	VICO		
19	C	Royal Roads Univ.	Victoria	VICO		
20	C	UCC	Kamloops	SAGE	Lee Emery	
23	T	Beaver Lake	Victoria	VICO		
26,27	B	Aspen Grove Express	Merrit	GVOC	John Rance	<a href="mailto:rance1@shaw.ca">rance1@shaw.ca</a>
30	T	Thetis Lake	Victoria	VICO		

**May**

4	C	Red Plateau	Kamloops	SAGE	Chris Koch	<a href="mailto:chris@spiritcanada.com">chris@spiritcanada.com</a>
7	C	West Thetis Lake	Victoria	VICO		
11	C	Camp Thunderbird	Victoria	VICO		
17	A	BC Championships	McQueen	SAGE	Al Stradeski	<a href="mailto:woodski@ocis.net">woodski@ocis.net</a>
18	A	BC Championships	McQueen	GVOC	Marg Ellis	<a href="mailto:margellis@shaw.ca">margellis@shaw.ca</a>
19	B	Short Race	Grasslands	SAGE	Murray Foubister	<a href="mailto:mfoubister@shaw.ca">mfoubister@shaw.ca</a>
17,19	T	OABC HPP Training	McQueen	GVOC	Marg Ellis	<a href="mailto:margellis@shaw.ca">margellis@shaw.ca</a>
24,25	B	Newcastle Island	Nanaimo	VICO	Steve Chatwin	<a href="mailto:schatwin@aol.com">schatwin@aol.com</a>

**June**

1	C	Stake Lake	Lac Le Jeune	SAGE	Tim Cole	<a href="mailto:timcole99@hotmail.com">timcole99@hotmail.com</a>
7,8	B	Brandywine O Chall.	Brandywine	UA	Jackie Slavenova	<a href="mailto:jslavenova@telus.net">jslavenova@telus.net</a>
15	C	Hamilton Corrals	Kamloops	SAGE	Brendan Matthews	
29	ROG	Joyce Gulch	Kamloops	SAGE	Steve Lawhead	

**July**

5,6	T	Pre COC Training	Chartrand	GVOC	Marta Green	<a href="mailto:martaski@hotmail.com">martaski@hotmail.com</a>
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**August**

16-24		Sage Stomp XVIII				
16,17	A	Western Canadians	Six Mile Lake	SAGE	Doug Smith	<a href="mailto:dsmithqqq@shaw.ca">dsmithqqq@shaw.ca</a>
18	R	Sage Stomp Relay	Six Mile Lake	VICO	Carl Coger	<a href="mailto:ccoger@islandnet.com">ccoger@islandnet.com</a>
20	B	HPP Fundraiser	Dewdrop	Nat	Marie Cat Bruno	<a href="mailto:mckiller@hotmail.com">mckiller@hotmail.com</a>
21		Model Can. Champs Model	Savona	WLOC	Bryan Chubb	<a href="mailto:bchubb@laketown.net">bchubb@laketown.net</a>
22	A	Canadian Short	Savona	GVOC	George Pugh	<a href="mailto:gpugh@telus.net">gpugh@telus.net</a>
23,24	A	Canadian Champs	Savona	GVOC	George Pugh	<a href="mailto:gpugh@telus.net">gpugh@telus.net</a>