



Sage Stomp XXIV Orienteering Training Camp and A meet



May 15th –18th 2009

Hosted by : **Alberta Orienteering Association and
Sage Orienteering Club of Kamloops**

May 16-17th: Training Camp on 4 Kamloops maps

May 18th: A meet on Edith Hill Map, Kamloops

Registration: You **MUST** register **on line** <https://www.zone4.ca/reghome.asp>

You can pay on-line or send a copy of your entry with a cheque in Canadian funds to **Sage Orienteering Club** c/o Peter Gray, 1352 Pine Street, Kamloops, BC, V2C 2Z1. Our American friends can pay in cash when they arrive. Enquiries to the camp director at: pascale@orienteeringalberta.ca

Training camp plans: Our Master Coach for this year will be Lars Lindstrom from Denmark. Lars is responsible for all the youth/junior and U25 activities in Denmark. This means he is the one who makes sure that their U16 national team, Junior National Team and U25 National Team are working as hard as possible. He is the Coach of the Junior Team (17-20 years) and assisting the National Coach on the Senior Team.

Proposed schedule:

Friday Evening 15 May: Introduction to the Coach and camp activities; 7pm; Marion Schilling School, 2200 Park Drive, Kamloops

Saturday 16 May: am and pm - Forest Orienteering on the Dewdrop and Red Plateau maps– the maps are about 45 minutes from Kamloops and are 15 minutes apart by vehicle. We will be car pooling. Plans for evening TBA

Sunday 17 May: Sprint Training & Route choices Training
AM: Thompson River University for Sprint Training
PM: Valleyview Silt cliffs for route choices using SI System.

Monday 18 May: A meet on Edith Hill Map, Kamloops; the courses will be designed to be "shorter than long but longer than middle". There will be at least 6 courses with expected winning times from 25 to 60 minutes. The courses will be posted on the web site asap.

Orienteering Map

Fees: Camp registration fee for the weekend will be \$60 for adults and \$30 for juniors. A \$10 surcharge will apply after May 11th. The camp cost includes the cost of the A meet. For those wishing to attend the A meet only, the fee will be \$15 for adults, \$7.50 for juniors until May 11th; a \$5 surcharge will apply after the 11th, up to the 18th. SI Cards must be used; they are available at no additional charge at the camp and meet site but supply is limited.

Accommodation: Camping is available at the Knutsford campground (250-372-5380) Silver Sage Campground in town (250-828-2077) and various undeveloped sites close to the maps. Camping is also available at the Paul Lake and Lac Le Jeune Provincial Parks <http://www.env.gov.bc.ca/bcparks/explore/explore.html>. All sites will be busy. Kamloops is the HQ for the weekend and has a wide variety of hotels and motels. You can inspect choices on-line at <http://www.tourismkamloops.com/>, and <http://www.hellobc.com/>, which uses Google map. We recommend accommodation in the neighbourhood of the Event Centre at Marion Schilling School at 2200 Park Drive which is in Valleyview between Highway 1 and the silt cliffs. A range of motel accommodation is available from moderate to dubious. The closest are:

- Ranchland Motel 2357 TransCanada Hwy 250-828-8787; pleasant
- Thrift Lodge 2459 TransCanada Hwy 250-374-2488; OK
- Trans Canada Motel 2505 TransCanada Hwy 250-374-7714; low rates

Camp activities: The camp activities will be designed for the intermediate to advanced orienteer. Juniors are welcome to participate, if they are experienced orienteer, but specific programs for juniors will not be available

Child care: Child care will not be available.

Banquet and food: A banquet has not been organized but group bookings will be organised for Saturday and Sunday evenings for those who wish to dine in Kamloops. More details will be sent to registrants. Light refreshments will be available during the camp and at the finish of the A meet. The weather may be hot and water will be limited at some of the camp sites and at the meet. Participants are urged to bring adequate liquids to all sites.

Assistant Coaches:

Two assistant coaches are required for the camp. An honorarium will be paid to cover expenses. Please indicate your interest in these positions by sending an e-mail describing your qualifications to Pascale Lévesque by May 1st. (pascale@orienteeringalberta.ca)

Orienteering Map

contours 5m

scale = 1:10,000

Training Camp Directions

Camp HQ Location: Marion Schilling School

Directions: the school is in the City of Kamloops at 2200 Park Drive
50.675861, -120.256240 - Google Maps

Saturday directions:

Red Plateau map directions: From Marion Schilling school drive west on Highway 1 and take route to downtown; continue to drive west from Downtown following the direction signs across the South Thompson River to North Kamloops and the Airport. Follow Tranquille Road past the Airport. Continue to the end of the paved road at the Tranquille River. Cross the river on to the Red Lake Road to about the 8k and turn west on to the Red Plateau road. This junction will be marked.

Dewdrop map directions: as for Red Plateau but turn off on road to west at 3 k on Red Lake Road after crossing Tranquille River

Sunday directions:

TRU Campus map directions: From Marion Schilling School drive west on Highway 1 and continue up the hill on the freeway to Vancouver taking the first exit to Summit Drive. Turn right on Summit Drive and stay on the road crossing a major intersection at Columbia Street. McGill Road. Turn left when you reach McGill Road and then turn right into the campus.

Valleyview Silt cliffs directions: Marion Schilling School is on the northern edge of the map.

Orienteering Map

contours 5m

scale = 1:10,000

A Meet

Event location: Edith Hill

Directions: From Marion Schilling School, drive west on Highway 1 and continue up the hill on the freeway to Vancouver. Take the Highway 5A exit to Merritt and Knutsford. The exit also provides access to the Aberdeen Mall. Drive south on Highway 5A to Knutsford. Turn right on the Long Lake Road. The meet site will be signed from this junction.

Start: First start at 10:00 am.

Map: The map was first produced in 1990 no revisions have been made; scale will be 1:10,000 for all courses

Courses: Winning times will be based on COC standards mid way between the Long and Middle courses

Electronic punching: the SI system will be used. SI cards are available at no additional charge.

Event staff:

Training Camp Coach: Lars Lindstrom

Assistant Coaches: tba

Camp Director: Pascale Lévesque

Registration: Peter Gray

A Meet director: Alan Vyse

Planner: Murray Foubister

Controller: John Rance

Results: They will be available on the Sage website a.s.a.p. after the event.

Meet Waiver: all participants must sign the meet waiver before starting.

2009 Sage Stomp XXIV

WAIVER OF RESPONSIBILITY

IF YOU DO NOT FULLY ACCEPT THE FOLLOWING CONDITIONS AND DO NOT SIGN THIS WAIVER, YOU WILL NOT BE PERMITTED TO PARTICIPATE IN THIS EVENT.

I, the undersigned, know that Orienteering, as an outdoor action sport, carries significant risk of personal injury. I know that there are natural and man-made hazards, environmental conditions, and risks, which, in combination with my action, can cause me serious, or possibly even fatal, injury. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions, and hazards. I also agree that I, and not the organizers and officials of this event, Sage Orienteering Club of Kamloops, the Alberta Orienteering Association, the land owners or managers, or any sponsors, am responsible for my safety while I participate in this event.

Name (please print) _____

Signature _____

Parent or guardian must sign if entrant is under 18

_____ Date

Fees

Entry fee total for Training Camp _____;

Entry fee for A meet if not attending camp _____;

TOTAL _____