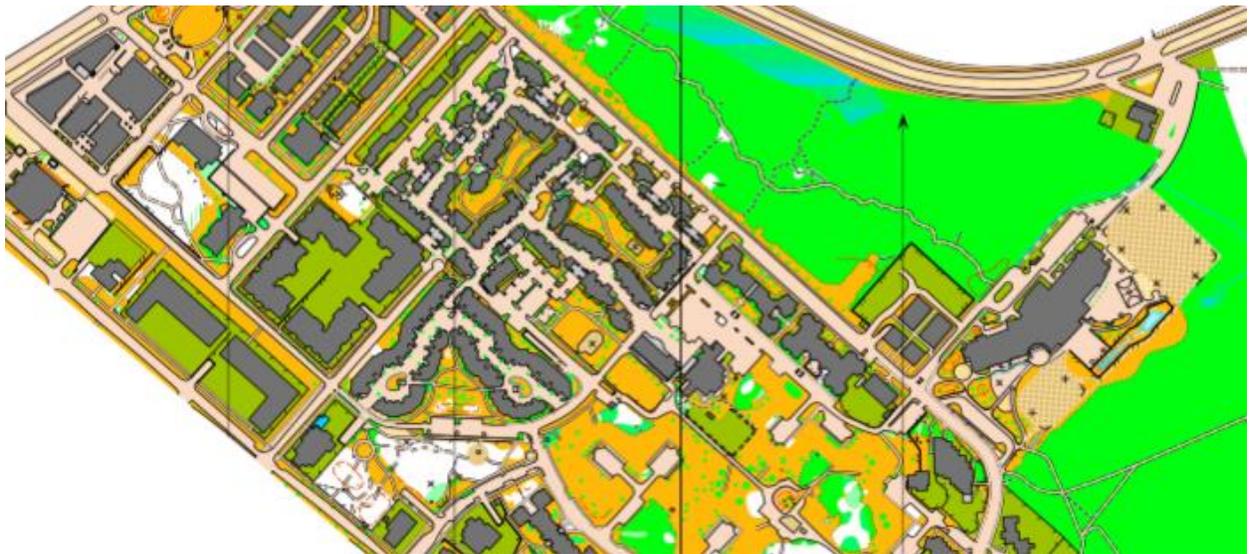
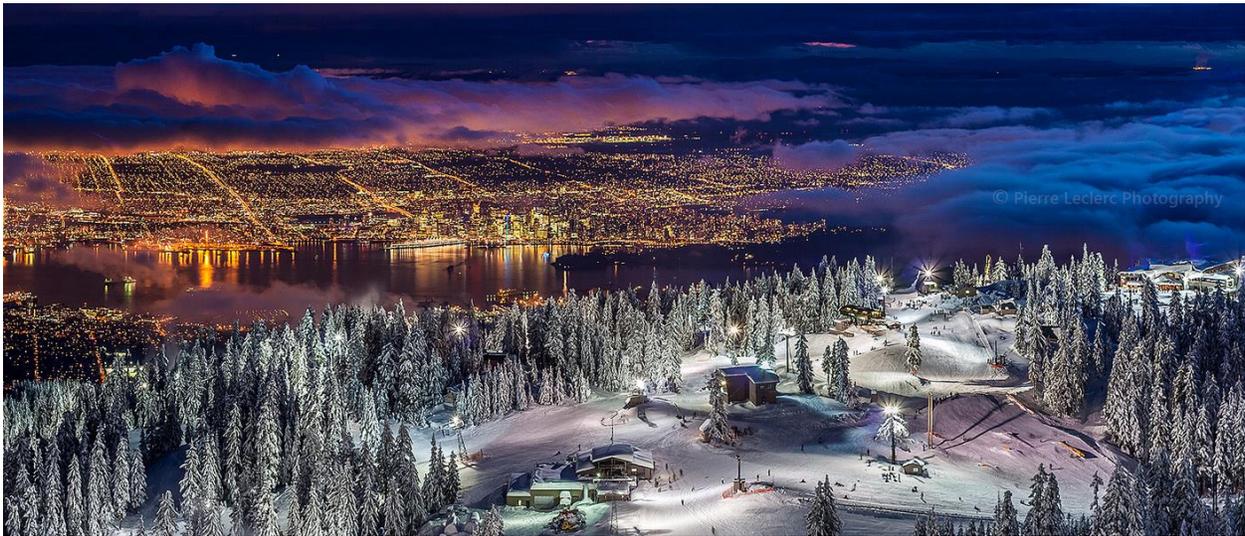


VANCOUVER

SPRINT CAMP

2016





By Pierre Leclerc

WELCOME TO SPRINT CAMP 2016



The Greater Vancouver Orienteering Club welcomes you to the 11th annual Sprint Training Camp. Again this year we will be offering overall cash rewards for the best 4-out-of-5 SI races and prizes for the best Expert runners.

We're very excited to welcome back Brent Langbakk to Vancouver as the Sprint Camp coach! Brent will be on hand during the entire weekend, so please feel free to pick his brain about trainings, races, debrief, and so on; take advantage of his presence. But please do keep in mind there are nearly 100 people registered!

We'd like to take a moment to recognize the large group of volunteers who are making this weekend possible: Alison Schoenhardt, Marg & Brian Ellis, Robyn & Bruce Rennie, John Rance, Karen Lachance, Mike Rascher, Scott Muma, Stan Woods, Hilary Anderson, Ben Smith, Thomas Nipen, Louise Oram, Rachel Caufield, Meghan Rance, Kate Knapp and others I'm sure I have forgotten. Please take a moment this weekend to thank these people for their contribution!



IT'S NOT A RESTING CAMP

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SCHEDULE - WHEN TO BE WHERE

-----x

Time	Event	Location	Terrain
Friday, 12 February			
13:00 - 15:00	Training	Oak Meadows Park	Park
15:30 - 17:00	SI-RACE 1	Queen Elizabeth Park	Park
18:15	Dinner / Presentation by Brent	Jericho Beach HI Hostel	
Saturday, 13 February			
9:00 - 10:15	SI-RACE 2	Jericho Beach	Park
10:30 - 11:30	Training	Jericho Beach	Park
11:30 - 13:00	Lunch		
13:00	SI-RACE 3 - FARSTA	Totem Park, UBC	Urban
13:45 - 14:45	Training	Totem Park, UBC	Urban
15:45	2 Person Relay	Memorial West Park	Park
18:15	Dinner / Presentation by Brent	Jericho Beach HI Hostel	
Sunday, 14 February			
9:00 - 10:15	SI-RACE 4 - Seeding Set-Up	UBC	Urban
11:15	SI-RACE 5 - Seeded Butterfly Race	UBC	Urban
12:15	Awards Ceremony	Beside the S.U.B.	
12:15 - 13:00	Lunch		
13:00 - 14:00	Training	Musqueam Park	Urban / Park

PLEASE NOTE

GVOC is using cable locks to protect the controls. The wire is meant to be there, it does NOT affect punching, please watch out for the placement of the securing cable as it will be wrapped around a

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nearby tree, railing, bike rack or other such secure object. Please give as any feedback you may have on this system.

FRIENDLY REMINDERS



- All participants **MUST** sign a waiver. We will email you a copy, so consider printing and signing in advance and bringing the form with you. Please visit registration at your first event to hand in/sign the waiver. Karen Lachance will be after you if you don't!
- Think of this program like your cell phone; you should feel naked without it! Please ensure you have a paper or electronic copy freely available throughout the weekend.
- We have over 100 people registered for Sprint Camp! Woohoo! Even though we have lots of people, we don't want to change the format. Please help us by paying close attention to the start windows, and making sure you're ready to start each race/training within good time.
- If you take a little more time to complete our courses, consider starting earlier in the start window, so we can get everyone back, pick up, and move on to the next training/race.
- The 2-person Sprint Relay is always a highlight! Please read the instructions on page 16 carefully, and register your team as soon as you can!
- If you have any questions on the training portion of the weekend, seek out Brent Langbakk! He's our Sprint Camp coach who can answer all of your questions!
- If you have other questions throughout the weekend, seek out Alison Schoenhardt or go to our registration table!
- Make sure you stick around for the butterfly race. It's always an exciting race to watch!! We'll be holding the awards for Best 4 of 5 races just before the last training, so please consider coming along and cheering for our athletes!
- This is an intense weekend of training and racing. Please ensure you're well hydrated and fuel well throughout the weekend, but remember, this is not a resting camp!

REGISTRATION WILL BE AT THE FOLLOWING LOCATIONS

Friday: Oak Meadows | Queen Elizabeth Park

Saturday: Jericho Park

Sunday: UBC

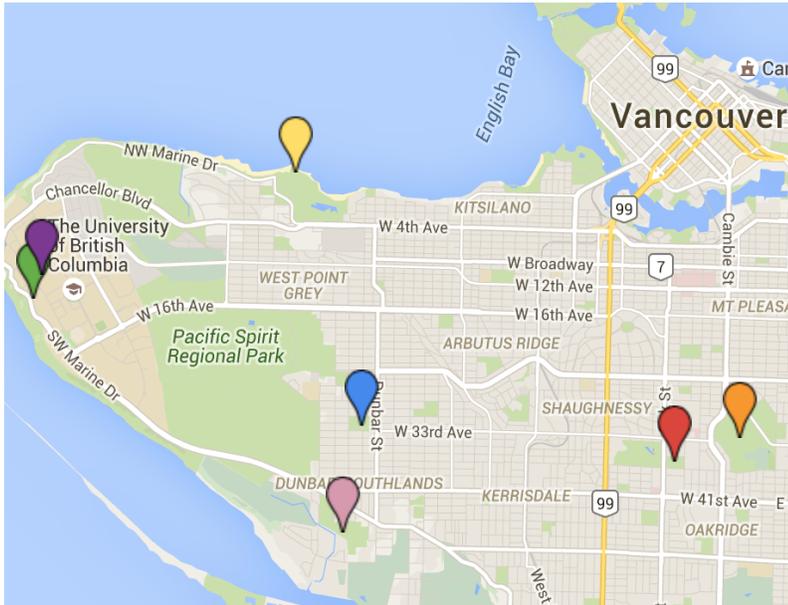
Everyone needs to come to registration to sign a waiver. An electronic copy of the waiver will be emailed to you, so consider printing and signing it before you arrive. Please visit registration at the first event you attend. Other reasons to go to registration: pick up rental SI, pay outstanding amounts, any questions.

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ALL SESSIONS MAP



Follow the Rainbow! Taste the Rainbow! To Sweet Sprint Camp Victory!



FRIDAY

- 1 **RED** Oak Meadow
- 2 **ORANGE** Queen Elizabeth

SATURDAY

- 3 & 4 **YELLOW** Jericho Beach
- 5 & 6 **GREEN** Totem Park, UBC
- 7 **BLUE** Memorial West Park

SUNDAY

- 8 & 9 **PURPLE** UBC Campus
- 10 **PINK** Musqueam Park

BEST 4 OUT OF 5 SI-RACES & NEW PRIZES FOR THE EXPERTS!



The following 5 races will count towards an overall result:

1. Friday - Queen Elizabeth Park
2. Saturday - Jericho Beach Race
3. Saturday - UBC Totem Park Farsta
4. Sunday - UBC Seeding Race
5. Sunday - UBC Butterfly

Rules for Best 4 out of 5 SI-Races

In each race, a point will be calculated based on percentage behind the winner's time. The winner scores 1000 points, 10% behind scores 900, 20% behind scores 800 etc. MP, DNF, DNS counts as 0. Best 4 scores out of 5 will count towards the overall result. Women and Men score separately even though they run the same course, i.e. the fastest women scores 1000 points, regardless of how far back she is

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from the fastest man. Note that for the Butterfly race, points will be awarded based on time, irrespective of which interval you started in.

Top five men and women will be awarded: 1st: \$200, 2nd: \$150, 3rd: \$100, 4th: \$75, 5th: \$50

FRIDAY, 12 FEBRUARY, 2016 - GETTING TO THE FIRST TRAINING

TRANSIT INFO.

Vancouver has finally adopted (sort of) the long anticipated Compass Card system. For those planning to use transit (skytrain) you will be able to buy a single fare from the machines at the airport. **There is a \$5.00 airport surcharge** and you will be travelling 2 Zones. Once in Vancouver everywhere is 1 Zone and

please note that ALL BUS travel is 1 Zone regardless of how far you travel!



TRANSITING FROM YVR TO OAK MEADOW PARK

At YVR go to the skytrain station at buy a 2 Zone Single Fare Ticket (Adult: \$4, Concession¹: \$2.75). You will get on the **Canada Line** going to **Waterfront** and get off at the **Oakridge-41st Avenue Station** (next to a mall!). There is then a **15-20 minute walk**. Walk across the street to the **North Side of W 41st Ave** and go **Left (West)**, then turn **Right (North)** onto **Willow Street** continue along until **W 35th Avenue** and then the start will be on the **North East** corner.

DRIVING FROM YVR TO OAK MEADOW PARK

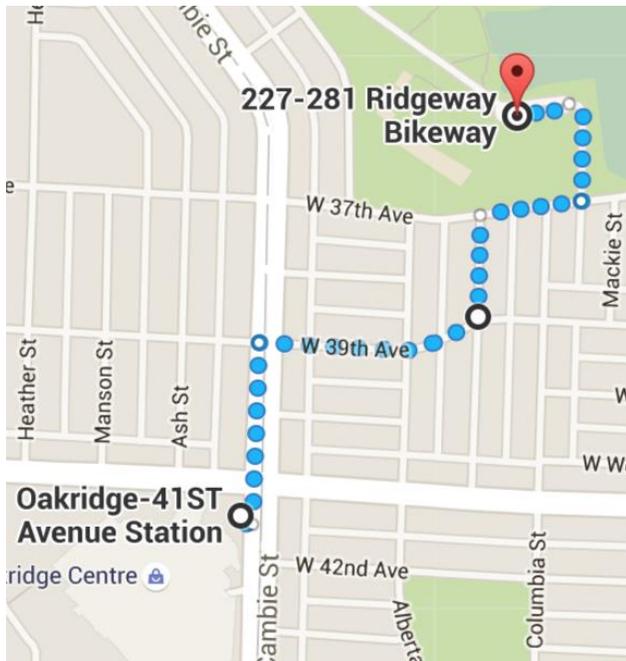
Get on **Grant McConachie Way E (East)** and continue keeping **Left** on the **Arthur Laing Bridge** following signs for **Marine Drive E** merging into **SW Marine Drive**. Use the **left lane** to take the **exit for Oak Street (North)** this has a slight curve right. Stay on **Oak Street (North)** until you turn **Right (East)** at **W 37th Ave**. Turn **Left (North)** on **Willow Street**. The start is at the **North East** corner of the intersection with **W 35th Ave**. Park along **Willow Street** or **W 37th Ave**. Please observe posted parking restrictions.

¹ Concession fares apply to children 5 to 13 years old, secondary students ages 14 to 19 with a valid GoCard (Student Card), seniors 65+ with proof of age. Children 4 years and younger ride for free when accompanied by an adult. CNIB pass holders also ride for free with proof of identity.

DRIVING FROM THE BORDER TO OAK MEADOW PARK

Coming from Peace Arch border crossing take **HWY BC-99 N**. Then take **Exit 16** for **BC-91 N (North Delta/ New Westminster)** to avoid the always clogged Massey Tunnel. Take **Exit 23B** to merge back onto **BC-99 N** towards Vancouver. This will turn into **Oak Street** stay on this street. Turn **Right** onto **W 37th Ave**. The park will be on your left and parking is on the street. Park along **Willow Street** or **W 37th Ave**.

TRANSITING FROM YVR TO QUEEN ELIZABETH PARK



At **YVR** go to the skytrain station at buy a 2 Zone Single Fare Ticket (Adult: \$4, Concession²: \$2.75). You will get on the **Canada Line** going to **Waterfront** and get off at the **Oakridge-41st Avenue Station** (next to a mall!). There is then a **15-20 minute** walk. Walk across the street (**41st Ave North, then Cambie Street East**) to the **North-East Corner** of the intersection (diagonally from where you emerge from them the skytrain station). Continue walking **North** along **Cambie Street**. Then turn **Right** (East) at **W 39th Ave** and then turn **Left** (North) on **Elizabeth Street**. Turn **Right** (East) when you reach **W 37th Ave** and follow this road and take the first **Left** (North) into the park. You will see orienteering signs!

DRIVING FROM YVR TO QUEEN ELIZABETH PARK

Get on **Grant McConachie Way E** (East) and continue keeping **Left** on the **Arthur Laing Bridge** following signs for **Marine Drive E** merging into **SW Marine Drive**. Use the **left two lanes** to take the **exit** for **Cambie Street** (North). Stay on **Cambie Street** (North) until you turn **Right** (East) at **W 37th Ave**. Turn **Left** (North) after you have passed **Columbia Street**.

² Concession fares apply to children 5 to 13 years old, secondary students ages 14 to 19 with a valid GoCard (Student Card), seniors 65+ with proof of age. Children 4 years and younger ride for free when accompanied by an adult. CNIB pass holders also ride for free with proof of identity.

DRIVING FROM THE BORDER TO QUEEN ELIZABETH PARK

Coming from Peace Arch border crossing take **HWY BC-99 N**. Then take **Exit 16** for **BC-91 N (North Delta/ New Westminster)** to avoid the always clogged Massey Tunnel. Take **Exit 22** for **Knight Street** towards **Vancouver**. Continue onto **Knight Street North**. Turn **Left** (West) onto **W 41st Ave**. Turn **Right** (North) onto **Columbia Street**. Turn **Right** (East) onto **W 37th Ave** and then a quick **Left** (North) into the park.

SESSION 1 @ OAK MEADOW PARK (TRAINING)

----- X

By Brent Langbakk

Self Start in Pairs @ 13:00 - 15:00

Timing: Self timing.

Control Descriptions: On map but no codes - training flags.

Terrain: Urban with pavement, grass, and building. Scale 1:2000.

Shoes: Running shoes or O-shoes if it's wet.

Out-Of-Bounds: Stay out of the flower beds and all other olive green areas.

Training Focus: The focus of this training exercise is route choice. In particular, I want you to read the whole leg before selecting your route. This means reading ahead on the previous leg. There are two versions of the map: one for the way out and one for the way back. On the way out you are not allowed to cross the pink boundary lines which are on trails. On the way back you have to stay within the corridor and not venture into the blanked out areas. Use the shown features to help you do that. Neither of these are marked in the terrain.

Driving & Parking: See Below:



SESSION 2 @ QUEEN ELIZABETH PARK (SI-RACE 1)

----- X

By John Rance, with controller assistance from Thomas Nipen, & Louise Oram

Interval Start (30sec) @ 15:30 - 17:00

Courses: Point-to-Point. Elite & Expert.

Control Descriptions: On map and available separately.

Terrain: Hilly city park with lawns, roadways, complex path network, flower beds, ornamental gardens, buildings, etc. Scale 1:4000, 2m contours.

Shoes: Trail runners recommended, especially if it's wet. No spikes.

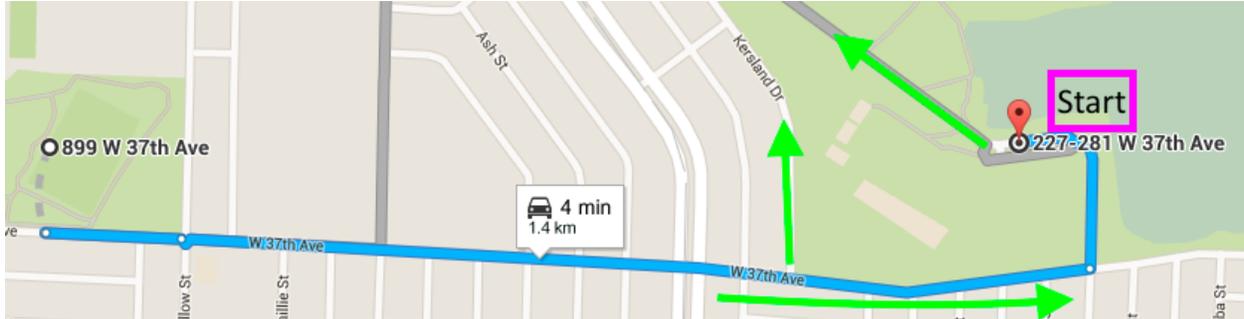
Caution: Stairs and wooden walkways can be slippery.

Out-Of-Bounds: Stay out of the flower beds and all other olive green areas. There may be pin flags or caution tape in some areas - do not cross these.

Misc.: Full concentration required to pick optimum routes. Expected winning time on the Elite course is 11 minutes 30 seconds!

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Driving Directions: If you parked along **Willow Street** near **W 35th Ave**. Travel **South** along **Willow Street** towards **W 37th Ave**. Then go straight **East** along **W 37th Ave**, cross **Cambie St**, and turn **Left** after you have passed **Columbia St**.



Parking Directions: Near the golf course. Pay parking is in effect. There is free parking on **W 37th Ave**, **Kersland Drive**, and along the road past the assembly area. **Green** arrows denote parking. There are toilets near the start.

FRIDAY NIGHT LIGHTS...DINNER!

----- X

Swimming - Hillcrest Community Centre

http://www.hillcrestcentre.com/docs/hillcrestaquaticcentre_faq.pdf

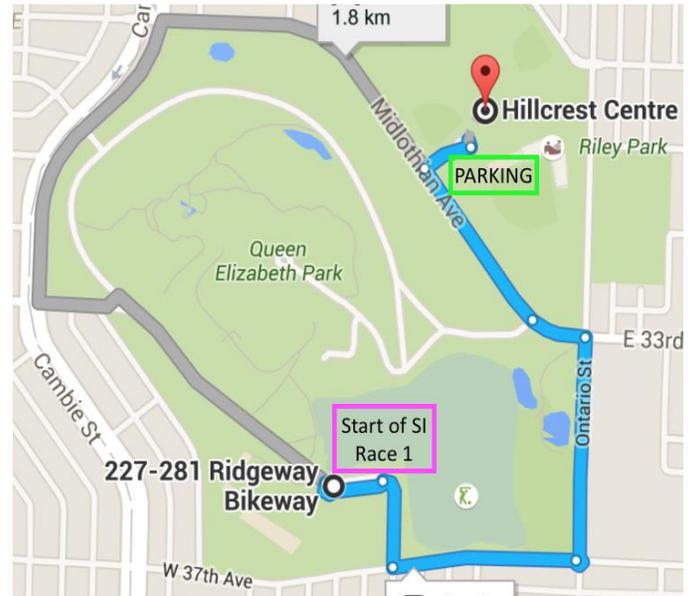
4575 Clancy Loranger Way, Vancouver, BC

Hot tub, showers, and leisure pool should be open and available for your use!

Adult (19-64 years) - \$5.86, Youth (13-18 years) - \$4.19, Child (3-12 years) - \$2.95, Preschooler (0-2 years) - Free, Senior (65+ years) - \$4.19, and Family - Minimum 2 people valid for 1-2 adults of the same household *and* their children (3-12) or youth (13-18 years) - \$2.95 per person

Driving To Hillcrest Community Centre

Take **W 37th Ave East** towards **Ontario Street**. Turn **Left** (North) onto **Ontario Street**. Turn **Left** (West) onto **Midlothian Ave**. Turn **Right** (North) into the **Hillcrest Community Centre** parking lot.



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Dinner @ Jericho Beach Hostel

Dinner will be served downstairs in the HI-Hostel Jericho Beach Vancouver.

Address: 1515 Discovery Street, Vancouver, BC V6R 4K5. **Please enter through the west door.**

Presentation by Brent Langbakk

You may wish to bring pen & paper or other note taking device to take full advantage of Brent's talk.

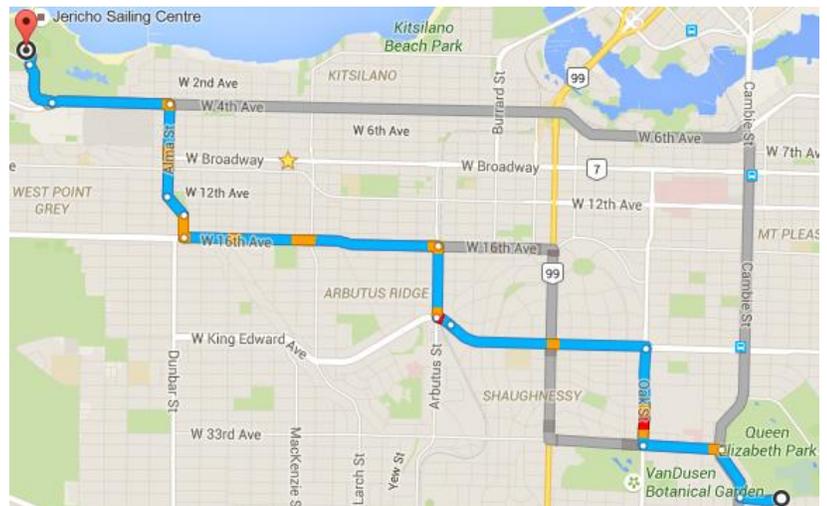
From Brent: "There is a lot of orienteering during sprint camp weekend but it is easy for the whole weekend to pass you by. I will present a few tips to help you get the most out of the weekend.

Ultimately, I hope I have a few takeaway bits that you can apply beyond this weekend. In addition, we will do a quick rundown on the training exercises for Saturday."

Note that you do NOT need to bring your own plate / cutlery this year.

Driving Directions from Queen Elizabeth to the HI-Hostel

Head **West** on **W 37th Ave** towards **Elizabeth Street**. Turn **Right** (North) onto **Cambie Street**. Turn **Left** (West) onto **W 33rd Ave**. Turn **Right** (North) onto **Oak Street**. Turn **Left** (West) onto **W King Edward Ave**. Turn **Right** (North) onto **Arbutus Street**. Turn **Left** (West) onto **W 16th Ave**. Turn **Right** (North) onto **Dunbar Street**, continue along as it turns into the

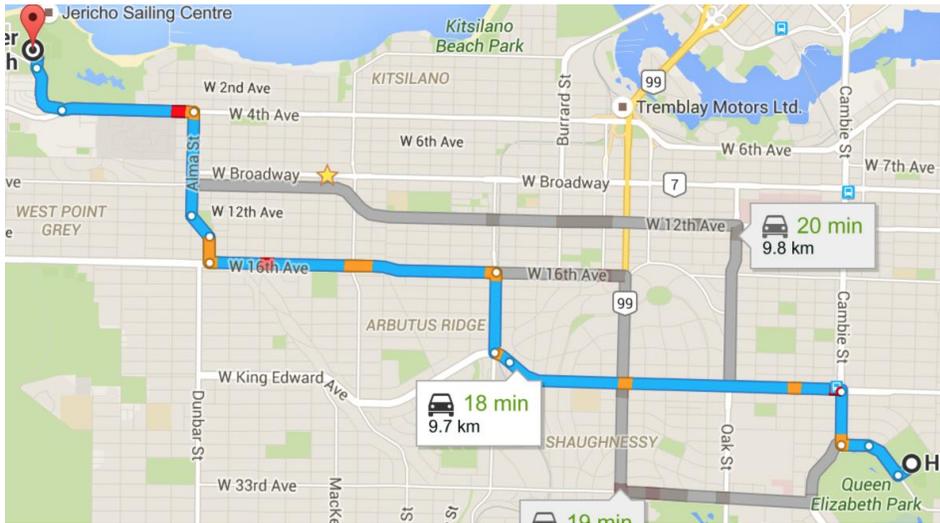


Dunbar Diversion, and stay on as it becomes **Alma Street**. Turn **Left** (West) on **W 4th Ave**. Turn **Right** (North-West) onto **NW Marine Drive** and then turn **Right** (North) onto **Discovery Street**. Your destination will be on your left.

Driving Directions from Hillcrest Community Centre to the HI-Hostel

Come out of the Hillcrest Community Centre parking lot and head **West** along **Midlothian Ave**. Turn **Right** (North) onto Cambie Street. Turn **Left** (West) onto **King Edward Ave W**. Turn **Right** (North) onto **Arbutus Street**. Turn **Left** (West) onto **W 16th Ave**. Turn **Right** (North) onto **Dunbar Street**, continue along as it turns into the **Dunbar Diversion**, and stay on as it becomes **Alma Street**. Turn **Left** (West) on **W 4th Ave**. Turn **Right** (North-West) onto **NW Marine Drive** and then turn **Right** (North) onto **Discovery Street**. Your destination will be on your left.

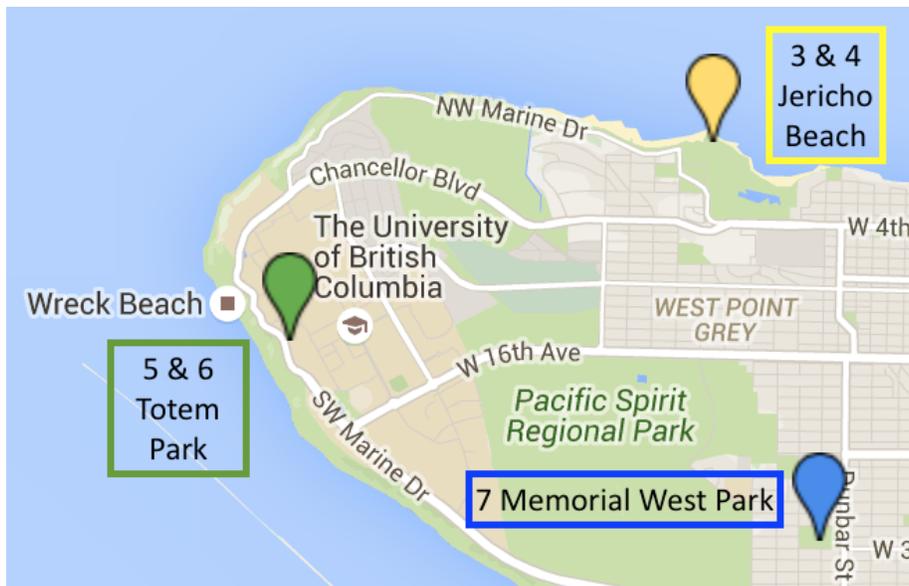
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Free parking is available along NW Marine Drive.

SATURDAY, 13 FEBRUARY, 2016 - YOUR NEW LONGEST DAY EVER

----- X



Starting with the shortest walk from your accommodation to the start line ever!

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SESSION 3 @ JERICHO BEACH (SI-RACE 2)

----- X

By Robyn & Bruce Rennie, with controller assistance from Louise Oram & Thomas Nipen

Interval Start(30sec) @ 9:00 - 10:15

Courses: Point-to-Point. This course will have lots of fast paced direction changes.

Control Descriptions: On map and available separately.

Terrain: Park terrain - may be icy & harder or soft & boggy. There has been a lot of tree planting and bush (blackberry) clearing creating new open areas that may be mapped as green. Conversely some open areas are now have young conifers. Areas of new landscaping are to be avoided if possible. They have not been marked out of bounds but please be respectful. Mostly trail or grass running. Scale 1:5000, 2.5m contours.

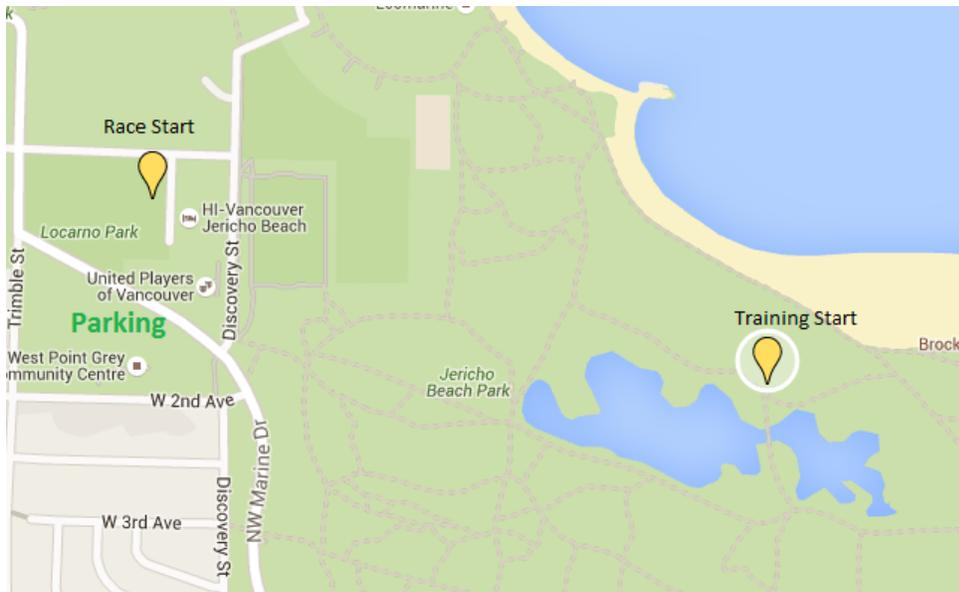
Shoes: Spikes or trail runners with a good tread.

Caution: Be wary of cars when crossing any roads! Watch for dog walkers and other park users particularly soccer players on the fields. Please be considerate at all times.

Out-Of-Bounds: Swamps and marshes.

Misc: Washrooms available in the HI-Hostel for those staying there and in the outbuildings by the fields.

Driving Directions: Return to the location of dinner the previous night. Address: 1515 Discovery Street, Vancouver, BC V6R 4K5.



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Parking Directions: The start and finish will be right behind the HI Youth Hostel building at Jericho. There is parking in front of the hostel and along the street (free) and there is paid parking next to the sports fields and in front of the Jericho Sailing Centre.

SESSION 4 @ JERICHO BEACH (TRAINING)

----- X

By Brent Langbakk

Self Start @ 10:30 - 11:30

Timing: Self timing.

Control Descriptions: On map; corresponding codes on training flags.

Terrain: Urban with pavement, grass, and building. Scale 1:5000.

Shoes: Trail running shoes or O shoes.

Caution: This is a popular park. Please be respectful of other park users.

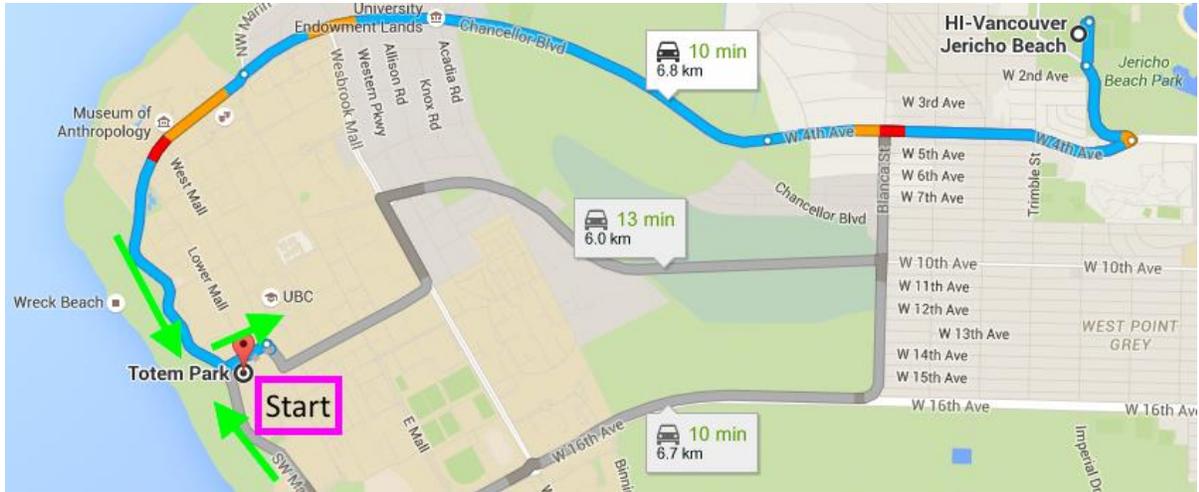
Training Focus: In preparation for the one-man relay and relays in general, this exercise is to practice smooth control taking while checking the codes. There will be several controls in close proximity to one another (sometimes closer than is normally allowed) so you have to be careful to check the codes to make sure you are at the right control. The key is to read ahead so you know your route and also to know the code so you don't have to stop or slow down too much as you approach the control. There are **five** loops. When you finish one loop, trade with someone and try the other loops.

LUNCH TIME — YUMMY!!

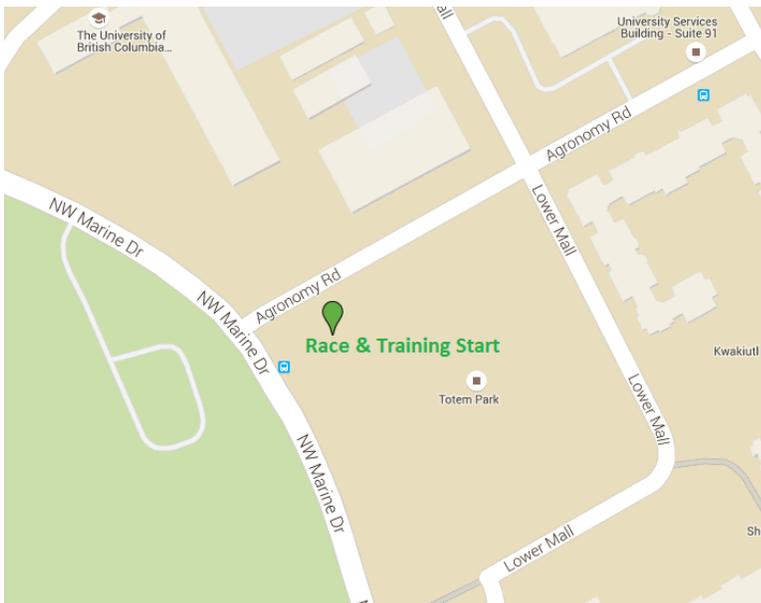
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Getting from Jericho Beach to Totem Park, UBC

Take **Discovery Street** to **NW Marine Drive**. Turn **Right** (West) onto **W 4th Ave**. Continue onto **Chancellor Boulevard**. Slight **Left** (West) onto **NW Marine Drive**. Turn **Left** (East) onto **Argonomy Road**.



Green arrows (on map above) denote parking, most parking on campus is paid parking. There is free



parking along NW/SW Marine Drive, cheaper paid surface lot if you turn right instead of left onto Argonomy (close to the water), and a surface lot on campus off of Argonomy Road (turn right onto Westmall and then back left onto Argonomy Road). Meet in the forested area on south east corner of NW Marine Drive and Argonomy Road.

SESSION 5 @ TOTEM PARK, UBC (SI-RACE 3 ~ FARSTA)

----- X

By Mike Rascher

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Mass Start @ 13:00

Starting in 4 Waves: Elite Men, Elite Women, Expert Men, Expert Women.

Courses: Point-to-Point. Elite 2.7km (22 controls) and Expert 2.2km (19 controls).

Control Descriptions: On map.

Terrain: Park terrain. Scale 1:5000, 2.5m contours.

Shoes: Spikes or trail runners with a good tread.

Caution: Be wary of cars when crossing any roads!

Course notes: There will be 4 loops, or “parts”. All loops are on one sheet of paper. They are clearly labelled Part 1, Part 2, Part 3, Part 4. You will first run Part 1, then Part 2, then Part 3, then Part 4. Each “Part” is a loop that starts and finishes at a hub control. You must punch this hub control on each loop. The hub is marked with a start/finish on each part map.

Parts 1-3 are labelled with consecutive control numbers, i.e. 1-5 in Part 1, 6-10 in Part 2, and so on. Part 4 numbering starts at 1 again.

SESSION 6 @ Totem Park, UBC (TRAINING)

- - - - - x

By Brent Langbakk

Self Start @ 13:45 - 14:45

Timing: Self timing.

Control Descriptions: On map but no codes - training flags.

Terrain: Urban with pavement, grass, and building. Scale 1:4000, 2.5m contours.

Shoes: Trail or road runners shoes. Spike are not recommended.

Caution: There is a major road which separates the two exercises. Be careful as you cross. You must yield to traffic. Watch for pedestrians as you run in/out of tight passageways.

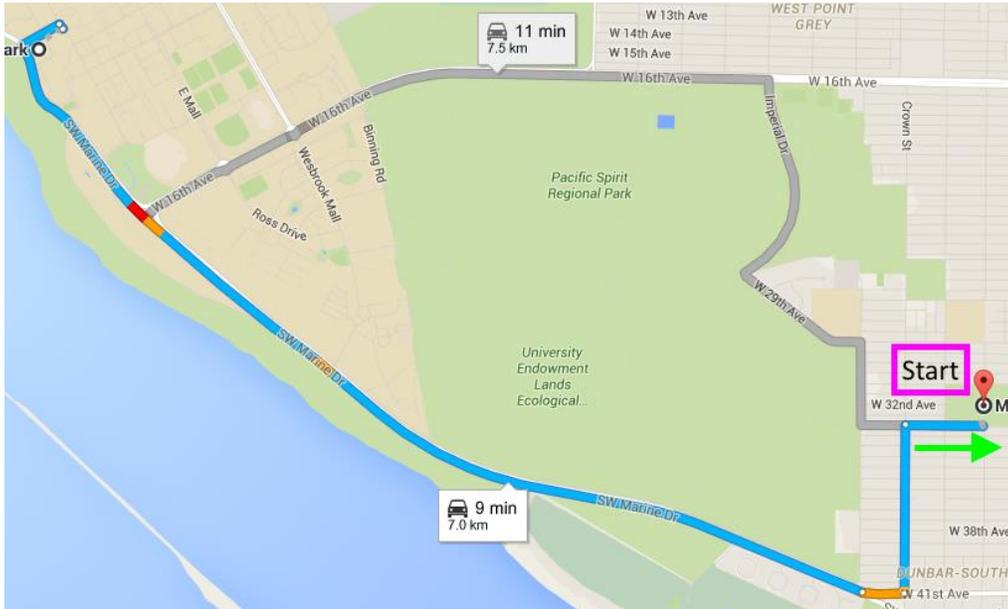
Out-Of-Bounds: Stay out of the flower beds and all other olive green areas.

Training Focus: On university campuses and in urban centres buildings provide a different challenge.

Tight passages and lots of right angle turns or even exiting the same way as the approach make it easy to get turned around. There are two short courses. The first one is a Line-O. Simply follow the line and make note of where you see the flags along the way. The second is a regular point-to-point which makes

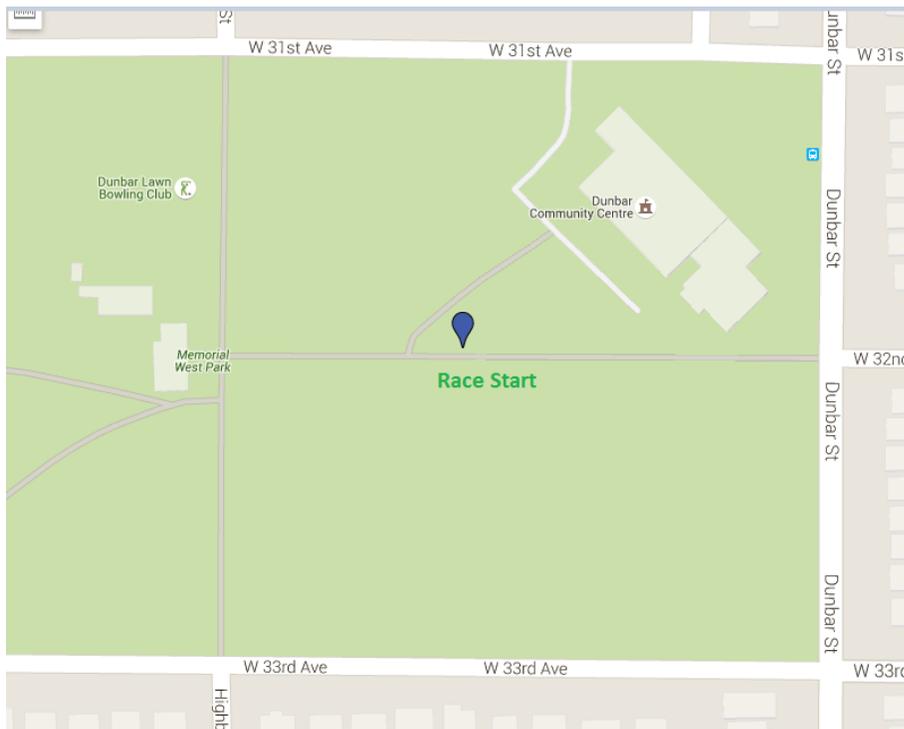
it slightly more difficult as there is also some route choice. For an extra challenge, try using it without a compass. Your main goal is to get a sense of how often you need to refold your map to navigate safely.

Getting from Totem Park, UBC to Memorial West Park



Go West on Argonomy Road towards NW/SW Marine Drive. Turn Left (South) onto SW Marine Drive continue along and through a Slight Left onto W 41st Ave. Turn Left (North) on the first cross street onto Crown Street. Turn Right (East) onto W 33rd Ave. Park along W 33rd Ave the park will be on your left. Meet on the eastern

side of the park, on the path behind the community centre.



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SESSION 7 @ MEMORIAL WEST PARK (SI-RACE ~ 2 PERSON RELAY)

----- X

By Benjamin Smith

Mass Start @ 15:45

Courses: Elite legs ~1.7km each & Expert legs ~1.1km each.

Control Descriptions: On map only. Control codes are next to control number on map as well.

Terrain: Very runnable park with some forested areas. Scale 1:2500, 2.5m contours.

Shoes: Any, although if it's wet then trail runners are recommended

Caution: Some courses cross the park entrance - be wary of cars!

Misc.: Washrooms available in the middle of the park, 1 minute from the start.

The 2 Person Relay is all about keeping your concentration amid **ABSOLUTE CHAOS!** This year you will be running in mixed teams - **one Elite runner and one Expert runner**. Each person in the team will run 2 legs, in the order Expert-Elite-Expert-Elite. All 4 legs are in the same map bag - legs 1 & 2 on one side, and legs 3 & 4 on the other). There is one map bag per pair - hand over the map to your partner after finishing your leg.

Courses are forked, so don't just follow the person in front of you. Ben has broken most IOF planning rules to increase the chaos - you can expect to have controls that are very close together but on different features, controls that are quite close together but on similar features, and to approach controls from completely different directions from competitors. Make sure to check your control codes! There is NO MERCY for mispunches.

The handover procedure is:

- Punch the Finish control
- Hand the map to your partner
- Go immediately to download
- Clear and Check your SI card
- Get ready for your partner to return

It is imperative that you download as quickly as possible - if you are partnered with a fast runner you may only have 5 minutes rest between legs!

If you know your Elite/Expert pairings please email scott.muma123@gmail.com with the details. If not we will help you find someone over the weekend. Sign up sheets will be available at registration.

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SATURDAY DINNER @ JERICHO BEACH HI HOSTEL

----- X

Swimming - UBC Aquatic Centre or Hot Tub/Showers - Dunbar Community Centre

If you want to swim, head over to UBC - <http://www.recreation.ubc.ca/aquatics/aquatics-drop-in/>
 UBC Aquatic Centre, 6121 University Boulevard, Vancouver, BC V6T 1Z1

	Child (3-12 Years) ¹	Youth (13-18 Years)	UBC Student ²	UBC Faculty/Staff/Alum	Adult Public (19+)	Senior (65+)	Family Rate (Per Person) ³
Single Drop-In	\$3.25	\$4.75	FREE	\$5.75	\$6.00	\$3.75	\$3.75

13:00-17:00 Public Swim & **18:30 - 21:00** Toonie (\$2) Public Swim @ **20:00 - 21:00** Diving Boards Avail.

If you want to hot tub, sauna & shower, you can use the Dunbar Community Centre (on the MAP!)
<http://dunbarcentre.org/dunbar/services-facilities/fitness-centre-2/>

Open until **18:45**; \$6.05 drop in rate. 25c for lockers or bring your own padlock

Dinner @ Jericho Beach Hostel (same as Friday!)

Dinner will be served downstairs in the HI-Hostel Jericho Beach Vancouver.

Address: 1515 Discovery Street, Vancouver, BC V6R 4K5. **Please enter through the west door.**

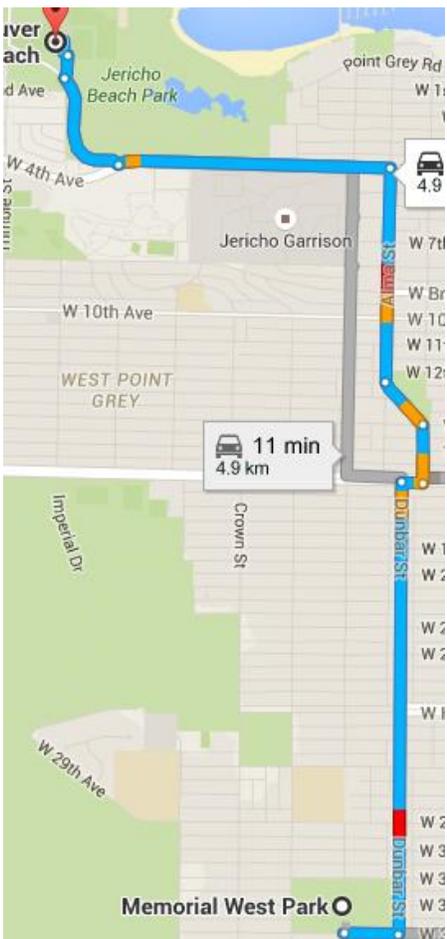
Presentation by Brent Langhakk

From Brent: "Sprint orienteering by its nature involves running fast. I will try to demystify physical training so that you can run fast(er). There will be a brief explanation of Sunday's training."

Note that you do NOT need to bring your own plate / cutlery this year.

Driving Directions from Memorial West Park to the HI-Hostel

Head **East** on **West 33rd Ave**. Turn **Left** (North) onto **Dunbar Street**. Use the right two lanes to turn **Right** (East) onto **W 16th Ave**. Immediately use any lane to turn **Left** (North) onto **Dunbar Street**. , continue along as it turns into the **Dunbar Diversion**, and stay on as



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it becomes **Alma Street**. Turn **Left** (West) on **W 4th Ave**. Turn **Right** (North-West) onto **NW Marine Drive** and then turn **Right** (North) onto **Discovery Street**. Your destination will be on your left.

Free parking is available along NW Marine Drive.

SUNDAY, 14 FEBRUARY, 2016 - THE END IS NIGH!

----- X

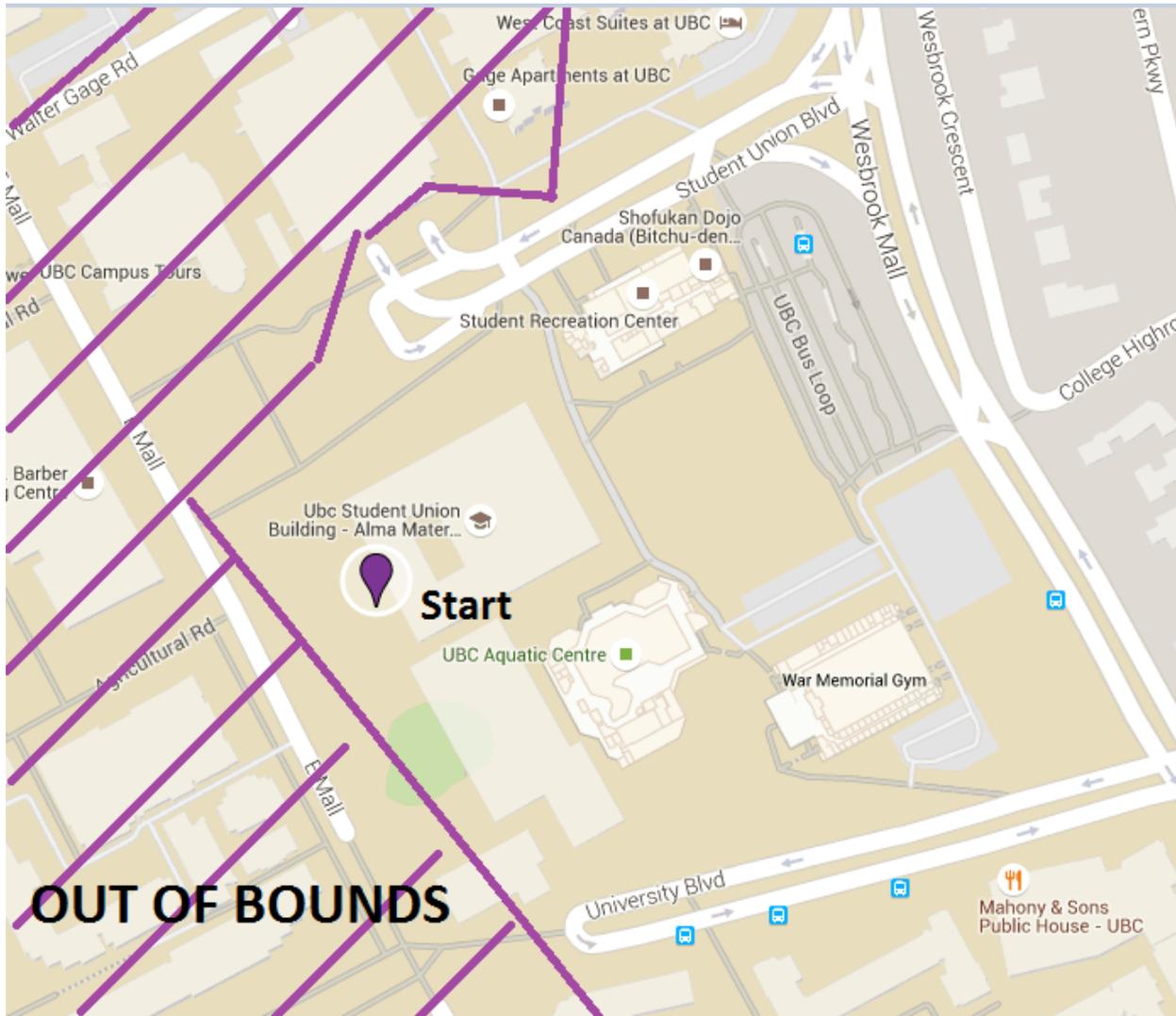


Jericho Beach HI Hostel to UBC

Take **Discovery Street** to **NW Marine Drive**. Turn **Right** (West) onto **W 4th Ave**. Continue onto **Chancellor Boulevard**. Turn **Left** (South) onto **Westbrook Mall**. Turn **Right** (West) onto **Student Union Boulevard**. Keep **Right** to stay on **Student Union Boulevard**. Parking can be found in the parkade on the right. 6115 Student Union Blvd.

To get to the start - Walk directly south through the old Student Union Building to the South-east outside corner of the new AMS Student Nest. Note that all campus between NW Marine Dr, Chancellor Blvd, Westbrook Mall, and 16th Avenue is out of bounds, except the bus loop and surrounding area not marked in purple lines on the map below, which can be used to access the start area. Note that the start area is the same for both UBC races this morning.

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SESSION 8 @ UBC (SI-RACE 4 Seeding Set Up)

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By Stan Woods with advice from Thomas Nipen and Louise Oram

Interval Start @ 9:00 - 10:15

Courses: Elite 3.0km shortest running distance (18 controls) & Expert 2.4km shortest running distance (17 controls). Point-to-Point. This course will be used to seed SI Race 5 - so go fast!

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Assembly Area: The southeast outside corner of the new AMS Student Nest at 6133 University Boulevard and the southeast of the grassy Knoll. The Student Nest is located southeast of the old Student Union Building and to the southwest of the UBC Aquatic Centre. Personal belongings should be placed in the tent in the assembly area. We'll have someone watching the tent at all times.

Finish Area: The finish area is distant from the start. It is a spectator-friendly location and participants are encouraged to stay and watch others running and finishing. It will be quite exciting!

Control Descriptions: On map and available separately.

Terrain: Urban campus; a mix of pavement and grass. Some pockets of forest and some stairs. Minor elevation change. Scale 1:4000.

Shoes: Runners. No spikes.

Caution: On a Sunday morning the campus should be relatively quiet with a few pedestrians and vehicles. However, you will be crossing some roads and parking areas so should be alert for vehicles.

Misc.: People may use washrooms located in both the new Student Nest and the old Student Union Building. Some coffee and food services should be available.

SESSION 9 @ UBC (SI-RACE 5 Butterfly)

- - - - - X

By Hilary Anderson with advice from Magnus Johansson and John Rance

Announcement of start times & groupings @ 11:05

Butterfly Interval Start @ 11:15. at 1 minute intervals

Courses: Elite ~3.0km shortest running distance (19 controls) & Expert 2.4km shortest running distance (17 controls). Point-to-Point. Forked/looped courses with groups of Elite runners and Expert runners starting at the same time for some head-to-head competition! These groupings will be determined by runner's seeding in the previous race. The groupings will progress from the lowest seedings to the highest resulting in the fastest competitors racing last. We will be slotting people in groups of 4 in their Expert/Elite categories alternating the starts. This means that the 4 slowest Experts will get the first crack at the course, then the 4 slowest Elites, and so on. The winner of the race will be the person with the fastest time irrespective of their starting group, but still within the Expert/Elite categories.

Assembly Area: Same as for SI Race 4.

Finish Area: The finish area is distant from the start. It is a spectator-friendly location and participants are encouraged to stay and watch others running and finishing. It will be quite exciting! Personal belongings

should be placed in the tent in the assembly area. We'll have someone watching the tent at all times.

Control Descriptions: On map and available separately.

Terrain: Urban campus; a mix of pavement and grass. Some pockets of forest and some stairs. Minor elevation change. Scale 1:4000, 2.5m contours.

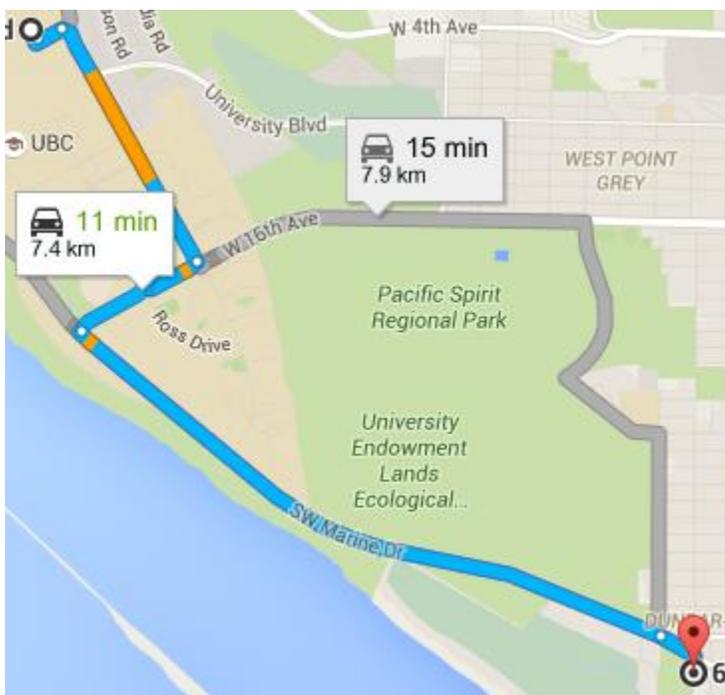
Shoes: Runners. No spikes.

Caution: On a Sunday morning the campus should be relatively quiet with a few pedestrians and vehicles. However, you will be crossing some roads and parking areas so should be alert for vehicles.

Misc: People may use washrooms located in both the new Student Nest and the old Student Union Building. Some coffee and food services should be available.

AWARDS CEREMONY

The awards will be taking place at 12:15 before the start of lunch so get comfy, grab a snack and hopefully walk away with some cold hard cash.



UBC to Musqueam Park

Head **SouthWest** on **Student Union Boulevard**. Turn **Right** (South) onto **Westbrook Mall**. At the roundabout take the **First Exit** onto **W 16th Ave**. At the next roundabout take the **Second Exit** and continue on **W 16th Ave**. Turn **Left** (South) onto **SW Marine Drive**. Stay in the right lanes and continue on **SW Marine Drive**. Turn **Right** (South) onto **Crown Street**. Parking will be in a small lot off to the right hand side of the street and along the street. Meet in the park on the corner of SW Marine Drive and Crown Street.

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SESSION 10 @ Musqueam Park (TRAINING)

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By Brent Langbakk

Self Start @ 13:00 - 14:00

Timing: Self timing.

Control Descriptions: On map but no codes - training flags.

Terrain: Forest. Scale 1:4000, 2m contours.

Shoes: O-Shoes.

Training Focus: In order to run quickly one needs to simplify. That means using only the necessary features and ignoring the rest. To encourage you to do that, you will receive a blank course on which you will draw only the features needed for quick and safe navigation. This is a partner exercise in which you will use the map drawn by your partner to complete your loop. The winning team is the one which has both runners come back from their loops the fastest.

Congratulations you have survived

SPRINT CAMP 2016