



The Greater Vancouver Orienteering Club welcomes you to the 10th annual Sprint Training Camp. In honour of our 10th year we will be revisiting some of our favourite maps as voted on by you! We will be starting out in Richmond close to the airport, then heading over to the North Shore for some hills, and then out to Surrey / White Rock.

Continuing tradition, it will be an intense program packed with 10 exciting sessions over Valentine's weekend, during which we can celebrate our love of all things orienteering! Again this year we will be offering overall cash rewards for the best 4-out-of-5 SI races. Friday's race will be in Richmond at Minoru Park, Saturday's races are Grousewoods and the Pacific National Exhibition (PNE); an interesting contrast between forest/park and urban sprinting. Sunday is the traditional Setup and Chase event at Centennial Park and the South Surrey Bike Park in Surrey. Lots of fun orienteering will be had in these diverse locations!

We're very excited to welcome Brent Langbakk to Vancouver as the Sprint Camp coach! Brent has set out clear objectives and debrief questions for each of the trainings for this weekend. Hopefully we'll all learn a little something! Brent will be on hand during the entire weekend, so please feel free to pick his brain about trainings, races, debrief, and so on. We encourage you to seek out Brent with your questions, but please do keep in mind there are over 100 people registered!

We'd like to take a moment to recognize the large group of volunteers who are making this weekend possible: Marg Ellis, Brian Ellis, Robyn Rennie, Bruce Rennie, Meghan Rance, Magnus Johansson, Andrea Balakova, John Rance, Ted de St. Croix, Hilary Anderson, Emily Ross, Kate Knapp, Rachel Caulfield, Scott Muma, Mike Rascher, Ben Smith, Linda Wu, Ian Collings, Karen Lachance, Alison Price, Thomas Nipen, Louise Oram, and others I'm sure I have forgotten. Please take a moment this weekend to thank these people for their contribution!



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# Sprint Camp 2015 Schedule

<i>Time</i>	<i>Event</i>	<i>Location</i>	<i>Terrain</i>
<b>Friday, February 13</b>			
12:00 - 14:00	Training by Brent	Garden City	Park
15:30 - 16:45	SI Race 1	Minoru Park	Park
18:30	Dinner / Presentation by Brent	Thompson Community Centre, Richmond	
<b>Saturday, February 14 ~ A day to celebrate our love of Orienteering</b>			
9:00 - 10:00	Training by Brent	Cypress Falls	Forest
10:45 - 11:45	SI Race 2	Grousewoods	Urban/Forest
12:00 - 13:00	Training by Brent	Greenwood	Forest
13:00 - 13:55	Lunch		
14:00	2 Person Relay	Deep Cove	Urban/Park
15:45	SI Race 3 ~ 1 Person Relay	PNE	Park
16:30 - 18:15	Pool	Templeton Pool	
18:30	Dinner/Presentation by Brent	Hastings Community Centre	
<b>Sunday, February 15</b>			
8:45	WJR registration for non-sprint camp participants opens		
9:00 - 10:15	SI Race 4 ~ Set-up	Centennial Park	Park/Forest
11:15	SI Race 5 ~ Chase	South Surrey Bike Park	Park/Urban
12:00 - 13:00	Lunch		
13:15	Awards Ceremony	Crescent Park	
13:30	Training by Brent	Crescent Park	Park

## REGISTRATION WILL BE AT THE FOLLOWING LOCATIONS

Minoru Park, Friday Dinner. Cypress Falls, Grousewoods (by the start) & South Surrey Bike Park

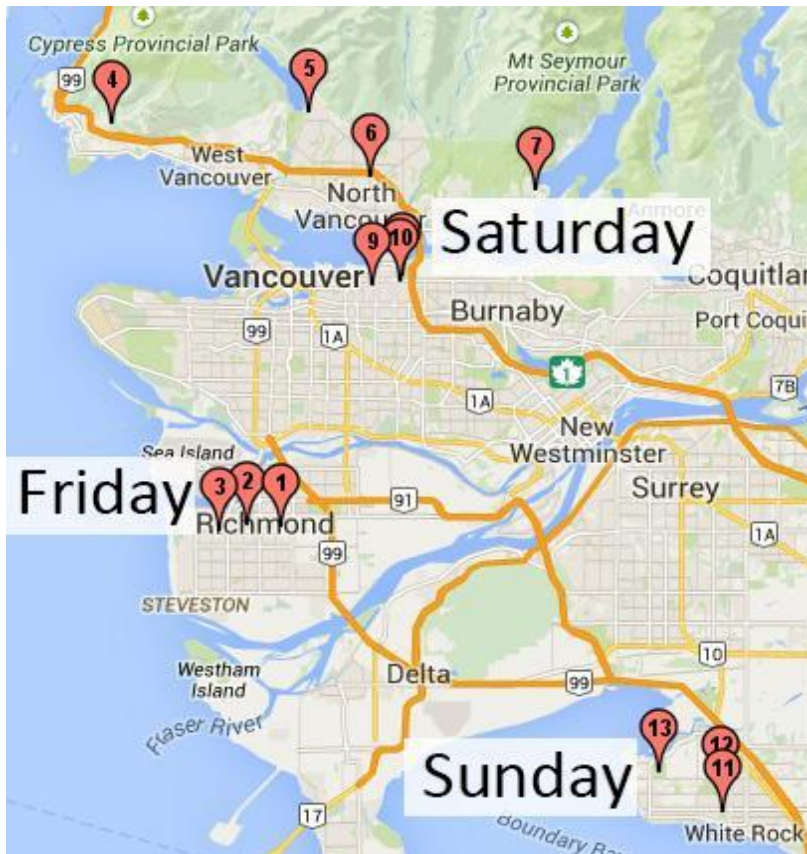
**Everyone needs to come to registration to sign a waiver.** An electronic copy of the waiver will be emailed to you, so consider printing and signing it before you arrive. Please visit registration at the first event you attend. Other reasons to go to registration: pick up rental SI, pay outstanding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

The 10-year anniversary t-shirts will also be available to pick up at registration. Extra T-Shirts will be on sale for \$35 (cash only). Thank you to the very talented Patrick Nuss for the design!

## 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 keep on schedule. Your consideration will keep the volunteer's stress levels at bay!
- The 2-Person Sprint Relay is always a highlight! Please read the instructions on pages 19 & 20 carefully, and register your team as soon as you can!
- At your first event you will receive a map bag. This will be your very own map bag for the whole weekend! Love it, care for it, and bring it to all the races (except the relays).
- 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 Price or go to our registration table!
- Make sure you stick around for the Chase race. It's always an exciting race to see who crosses the line first! 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!

# SPRINT CAMP 2015 - ALL SESSIONS MAP



## Friday

1. Garden City (Training)
2. Minoru Park (SI Race 1)
3. Thompson CC - Dinner / Talk

## Saturday

4. Cypress Falls (Training)
5. Grousewoods (SI Race 2)
6. Greenwood (Training)
7. Deep Cove (2-Person Relay)
8. PNE (SI Race 3) \*behind 10
9. Templeton Pool!
10. Hastings CC - Dinner/Talk

## Sunday

11. Centennial Park (SI Race 4)
12. South Surrey Bike Park (SI Race 5)
13. Crescent Park (Training)

## **Best 4 Out of 5 SI-Races**

The following 5 races will count towards an overall result:

1. Friday - Minoru Park
2. Saturday - Grousewoods
3. Saturday - PNE Farsta
4. Sunday - Centennial Park Set-Up
5. Sunday - South Surrey Bike Park Chase\*

### **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 from the fastest man.

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

The top man and woman will also get a free entry to the Seattle Adventure Running Tournament in September! Search for "Seattle Adventure Running Tournament" on Attackpoint for more information! Thanks to Patrick Nuss and Cascade Orienteering for this generous donation!

These will be awarded before the last training at Crescent Park! We encourage you to make this the last stop on your adventure, even if you choose not to participate in the last training session, as it's important for us to recognize and support our elite athletes!

\*The individual result in the Chase counts towards the overall result, not the set-up chase total.

# FRIDAY, FEBRUARY 13

## Friday Overview Map



## DIRECTIONS FROM VANCOUVER AIRPORT (YVR) TO GARDEN CITY & MINORU PARK

### GARDEN CITY

To get there from **YVR** head **Northwest** on **Grant McConachie Way E**. Take the ramp to **BC-99/Seattle/City Centre/Richmond**, and continue onto **Sea Island Way**. Turn **right** onto **Garden City Road** and then a sharp left onto **Granville Ave E**. The parking lot is on your left.

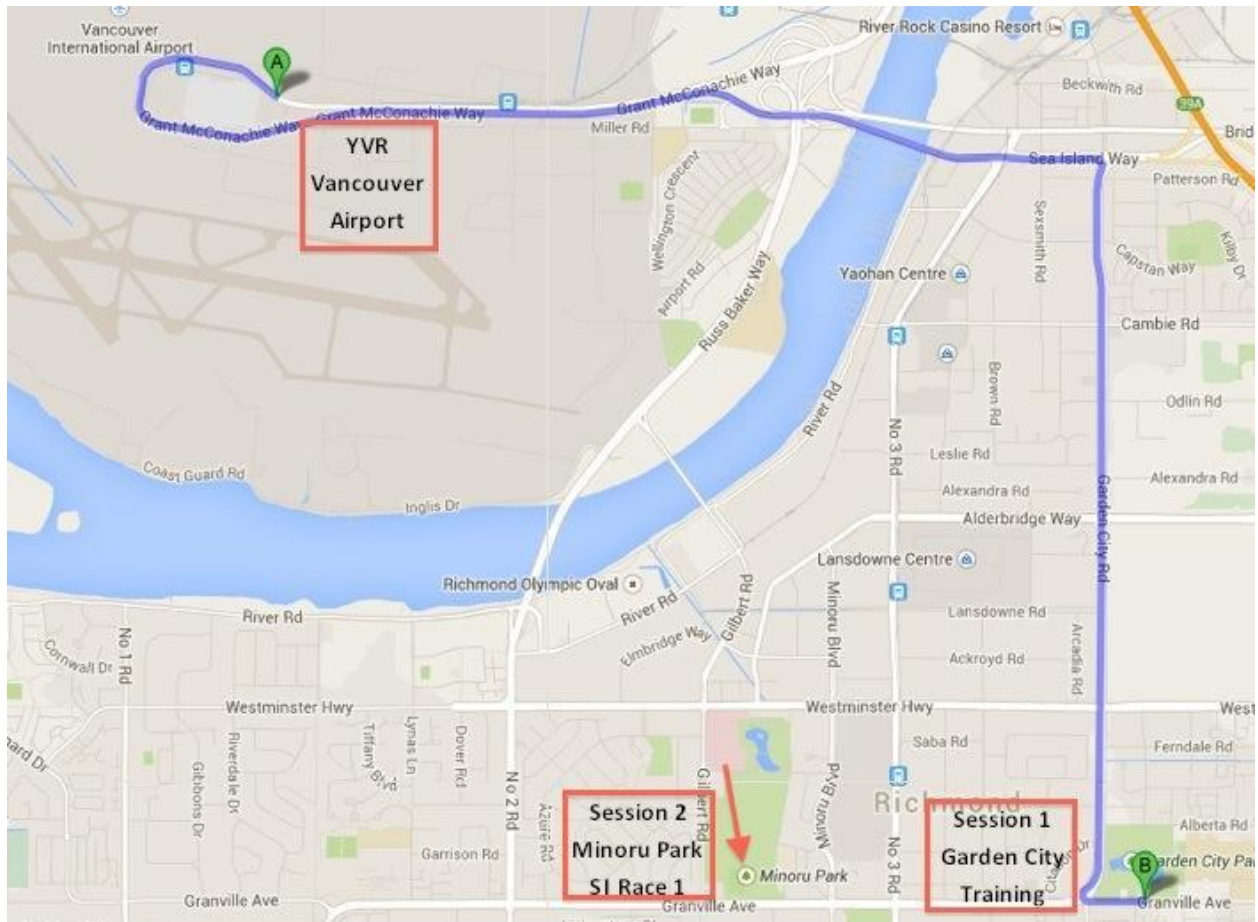
Via Transit: **Walk** to the **YVR-Airport Station**. Take the **980 Skytrain** platform sign CANADA LINE TO WATERFRONT. Get off at **Bridgeport Station**. Then proceed to **Bridgeport Stn Bay 10** (Stop ID: 61330) and get on the **407 Bus** towards Gilbert. Get off at **WB Cook Rd FS Garden City Road**. Then it is an **8 minute walk** to Garden City Park on Granville Ave W. The whole journey should take roughly 35-45 minutes.

### MINORU PARK

To get there from **YVR** head **Northwest** on **Grant McConachie Way E**. Turn **left** onto **Russ Baker Way**, then after 1.4km follow the signs to turn **left** at "**Richmond via Gilbert Road**". Continue for 1.4km and turn **left** onto **Westminster Hwy**. Turn **left** on **Bowling Green Road** and use the bowling green parking lot.

Via Transit: **Walk** to the **YVR-Airport Station**. Take the **Skytrain** platform sign CANADA LINE TO WATERFRONT. Get off at **Bridgeport Station**. Switch to the train on the Outbound platform to **Richmond-Brighouse**. Get off at **Richmond-Brighouse Station**, and walk north to Westminster Hwy, then westbound along Westminster Hwy for about 500m to **Bowling Green Road**. Walk down Bowling Green Road until you see the parking lot and our fun crew!





To our friends driving up from Seattle, in past years Sprint Campers have reported being stuck in tailbacks along Hwy 99 at the Massey Tunnel (there is a counter-flow lane in during rush hour, which means only 1 lane north-bound from around 3:30pm - 5:30pm). Depending on when you arrive, you may want to consider taking Hwy 91 (exit 16) and heading to Richmond/Vancouver (Exit 11) after 3pm.

The training session at Garden City is very informal, and therefore registration, waivers, SI rental, t-shirts, and other items/questions will be available at the Minoru Park race.

**At your first training/race, you will receive a map bag. You will re-use this map bag for all sessions, so please keep it in a safe and accessible place.**



## SESSION 1 @ GARDEN CITY (TRAINING #1)

Organized by Brent Langbakk

*Start Time:*

**Individual starts** between **12:00 - 14:00** (Noon - 2:00pm)



*Timing:* Self-timed

*Terrain Type:* Urban park.

*Shoe Recommendation:*

Road runners or trail runners. Spiked shoes are not allowed.

*Parking* Park in the lot accessible from Granville Ave.

*Race Type: Training*

The training activity involves two loops of a regular course. It doesn't really matter which loop you do first. It would be good if people split up to avoid following. There are several places on the map where there is a pink boundary line. Treat these as impassable. There are also several places where the regular out of bounds hatching has been used. *In both cases they have been put there to challenge you and make the course more interesting than it would otherwise be.*

### **Training Goals (by Brent):**

#### 1. Orient the map

One of the key characteristics of sprint orienteering is direction change. The course has been designed to force you to do that frequently both within a leg and from one leg to the next. How much you decide to physically do that by rotating the map and how much you decide to do that in your head is up to you. Orienteering is a lot about minimizing risk; running a clean race is a key to success. Therefore Brent recommends **refolding and orienting your map for every turn of 45 degrees or more**. Aim to refold your map before you actually change direction.

#### 2. Read the whole leg BEFORE you leave the control.

This serves two purposes: one, it allows you to run faster because you know what is coming and can just verify and two it allows you to pick the right route, including avoiding traps.

### **Post race discussion:**

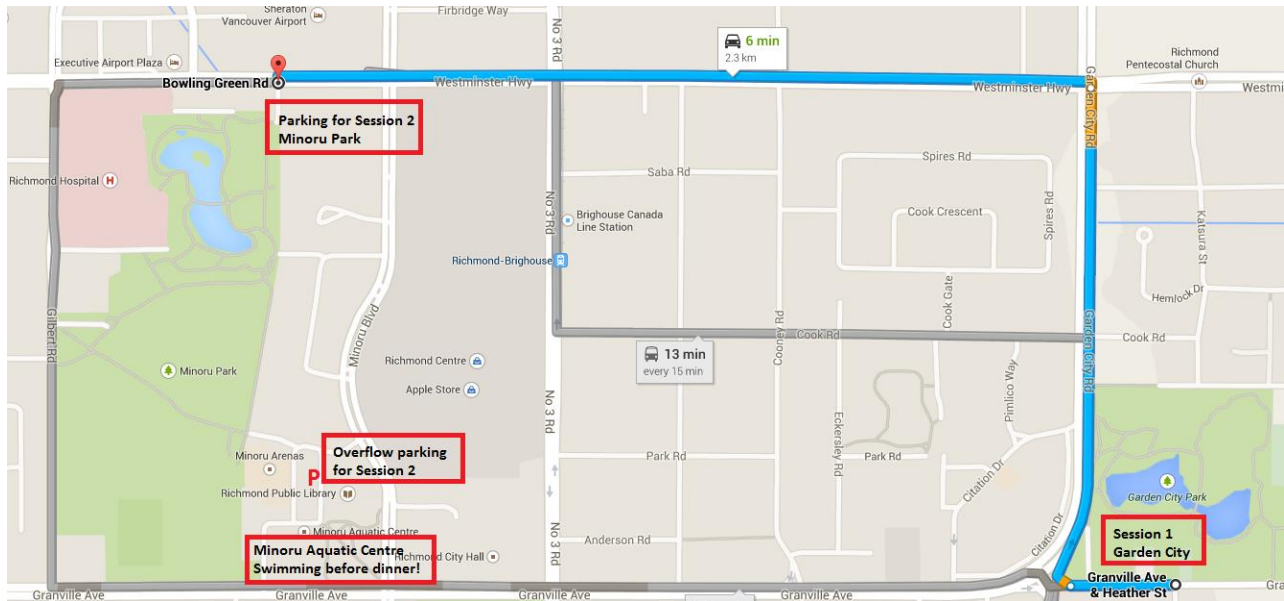
- How many times did you refold your map on #3?
- On which leg did you have good flow?
- At which points on that leg did you refold your map?

## SESSION 2 @ MINORU PARK (SI RACE 1)

Organized by Marg & Brian Ellis

*Start Time Window:*

**Individual starts between 15:30-16:45 (3:30pm - 4:45pm). There will be NO starts after 16:45.**



*Driving Directions:*

From Garden City parking lot, take a right onto Granville Avenue. Take a right on to Garden City Road, then take a left on Westminister Hwy. Use the left turn lane to turn into Bowling Green Rd. Westminister Hwy can be quite busy, and so an alternative route is to stay on Granville Avenue to Gilbert Road, take a right on Gilbert and then a right on Westminister Hwy, then a right on Bowling Green Rd. Use the first parking lot on the south side of Westminister Hwy, just west of Minoru Blvd (signed as Bowling Green Road). Distance to the Start from parking: 50 - 100m. Additional parking is available in the Minoru Sports complex (access from Granville Ave; distance to the Start: 300m). See pg 5 for transit/driving directions from the airport.

*Race Type:*

**SI timed race.** Normal point to point course. Elite and Expert Courses - please make sure you run the course that you are registered in. We will have a list at the start, in case you don't remember which course you signed up for!

*Control Descriptions:*

Separate control descriptions will be available, as well as being printed on the map. The two courses provided (Elite and Expert) share some controls but each has a subset of unique controls as well, so check your control codes carefully.

*Terrain Type:*

Flat, open parkland. This is very much an urban park, incorporating a major sports complex, a library, a hospital, and a complex of ornamental gardens. It is essentially flat and is bounded on all four sides by busy city streets, which do not have to be crossed; internal car traffic is restricted to parking lots. There will likely be considerable foot traffic in some areas, so please be considerate of pedestrians when you are racing.

Since this is an actively used urban park, all the control posts are vulnerable to vandalism. While we will do our best to keep the controls safe, it is always possible that one or more units might go walk-about in the course of the race – let’s hope not!

*Shoe Recommendation:*

Normal runners or trail runners. Spikes are not allowed.

*Out-of-Bounds Areas:*

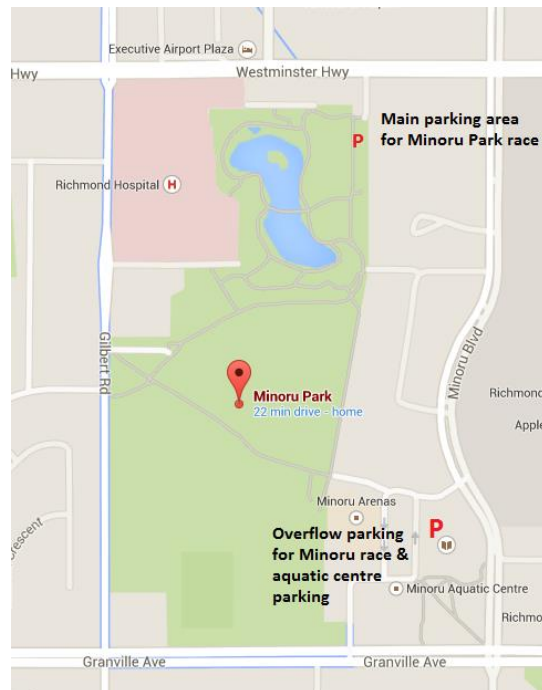
A large block of the Minoru Park playing fields is presently being renovated; this is marked out-of-bounds on the map and is either fenced or taped in the terrain. However, there are specific permitted passages through/around this block that may provide route choice options. There are also three other small out-of-bounds areas marked on the map, although only two of these are flagged in the terrain. The third is a fragile area of open mossy ground within an ornamental garden – it lies adjacent to one control but please do NOT run through it.

**MINORU AQUATIC CENTRE (SWIMMING AND SHOWERS)**

There are showers / swimming available at the Minoru Aquatic Centre.

Located just East of the oval on the map. We recommend you cool down with a short swim, relax in the hot tub, or just take a shower at the centre before heading to dinner!

You can walk from the start of the Minoru Park race.

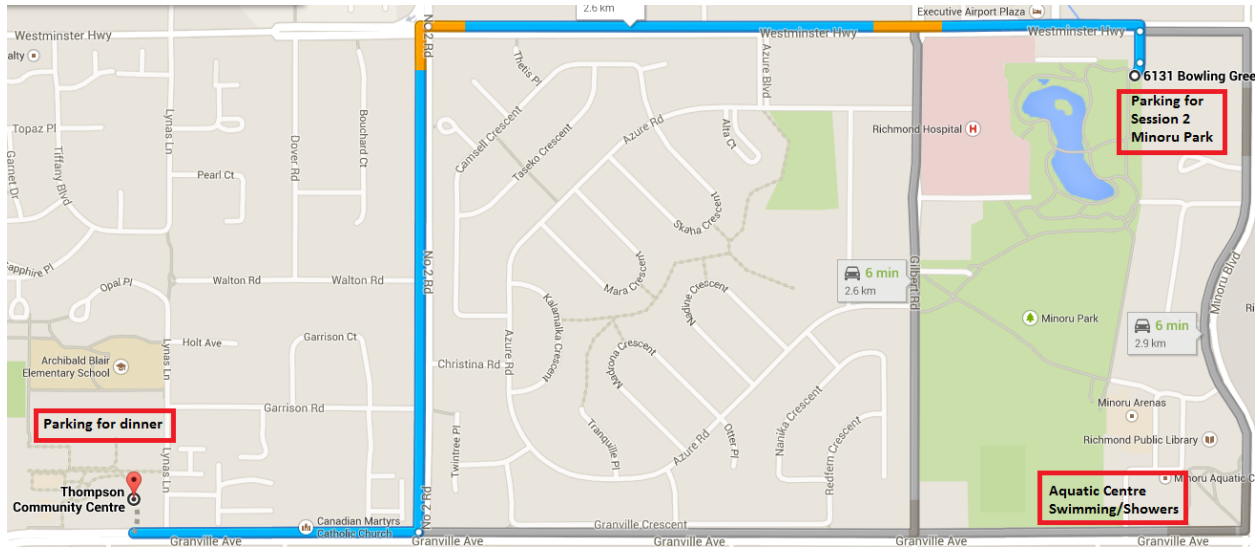


[http://www.richmond.ca/\\_shared/assets/MAC\\_Winter\\_2015\\_Swim\\_Schedule40341.pdf](http://www.richmond.ca/_shared/assets/MAC_Winter_2015_Swim_Schedule40341.pdf)

## DINNER @ THOMPSON COMMUNITY CENTRE, RICHMOND

5151 Granville Avenue @ 18:30 (6:30 pm)

Presentation by Brent Langbakk



### *Driving / Parking Directions:*

From the parking lot on Bowling Green Rd, take a left on Westminister Hwy. Drive to No. 2 Rd and take a left, then drive to Granville Ave and take a right. Then right onto Lynas Lane. Parking will be behind the centre on the left. **If you park by the aquatic centre**, head west down Westminister Hwy. Then right onto Lynas Lane. Parking will be behind the centre on the left.

### *What to Bring:*

Water bottle. You might also want to bring a pen/paper or other note-taking device, as Brent is presenting. Note that you do *not* need to bring your own plate/cutlery this year.

### *Dietary Restrictions:*

Some of you emailed with dietary restrictions for dinners. We have made every effort to accommodate your requests. Please speak to one of our delightful volunteers when you get to the front of the line, and we'll provide you with the information you need.

### *Billeting:*

Note that those who are staying with a billet will meet their host at the Friday night dinner, and can expect transportation to their accommodation. Those who have cars and who are billeting, please connect with your host before leaving, as you may need to take a couple of extra people in your car!

## Presentation 1: Session Goals and Maximizing Training

Brent's Friday night presentation will touch briefly on the importance of goal setting prior to training and racing, and show you some techniques that you can use. Each of the training sessions has been designed with specific goals and techniques to focus on. Some time will be spent explaining the instructions and details of the weekend's training sessions.

# SATURDAY, FEBRUARY 14

## Saturday Overview Map



### SESSION 3 @ CYPRESS FALLS (TRAINING #2)

Organized by Brent Langbakk



*Start Time:* Between **9:00 - 10:00**.

There will be **NO** starts after **10:00** am.

*Driving directions/Parking:*

Take Hwy 1 Westbound towards Whistler. Take Exit 4 to Woodgreen Drive. Once you exit the Hwy, turn right and continue on Woodgreen DRIVE. Follow Woodgreen Drive and the orienteering signs up the hill and park near the small playground. We don't have a permit for this event, so PLEASE be respectful that this is a residential area, and park appropriately.

**If you did not sign a waiver on Friday you MUST sign one today before you start!**

*Type:* Training

This is a **partner exercise** so try to pair up with someone of approximate equal ability and speed. There are two loops, and so we will start some of you at #5 to spread everyone out. It doesn't matter which loop you do first.

For this exercise you and your partner have different courses with different controls. Check to make sure that one of you has course A and one of you has course B. You



don't know where your partner is leading you and conversely your partner doesn't know where your controls are.

**On the first loop**, the person with map A navigates to #1. The person with map B will follow along maintaining map contact and reading ahead to his or her first leg. The person with map B then navigates to his or her #1 and map A tries to maintain contact.

**On the second loop**, you have the option of continuing to do the same exercise if you found the first loop difficult. For an extra challenge, on the second loop the person following could try not looking at the map at all. Instead he or she will go through a relocation procedure (see Goal 3 below for one option) upon reaching the control of the person who is leading.

### **Training Goals (by Brent):**

#### 1. Maintain map contact while following

Relays, individual mass starts or even bunching during individual start races requires that we follow along even if we are not the ones dictating the route.

#### 2. Read ahead while following

As you are following, it should give you time to read ahead to the next control. What is the feature? Are there handrails leading into it?

#### 3. Relocation?

Ideally you won't have to relocate but it is easy in this exercise to lose map contact. If your partner arrives at his or her control and you don't know where you are, you will have to relocate. Are there significant features? Do you know the general area you are in? Are there handrails nearby or across the route to the next control?

There are several ways to approach relocation but here is one relocation procedure with an appropriate acronym for Vancouver

**S**top - Don't wander aimlessly.

**T**errain - Look at the terrain for distinct features.

**O**rient your map

**R**etrace your steps - distance, details and direction since you last knew where you were

**M**ap - match info to map

**B**ail - if you can't figure out where you are, you need to bail to a handrail

**C**autious/Calm - take extra care and use your relaxation technique. You can't make up lost time.

### **Post race discussion:**

- At which controls were you able to read ahead so you knew your leg rather than having to stop at the previous control?
- At which controls did you have to relocate? What did you use to relocate? How long did you take?

*Timing:* Self-timed. Be sure to check in when you come back, so we know you've returned safely.

*Shoes Recommended:*

Aggressive trail shoes or O Shoes with spikes.

*Terrain Type:*

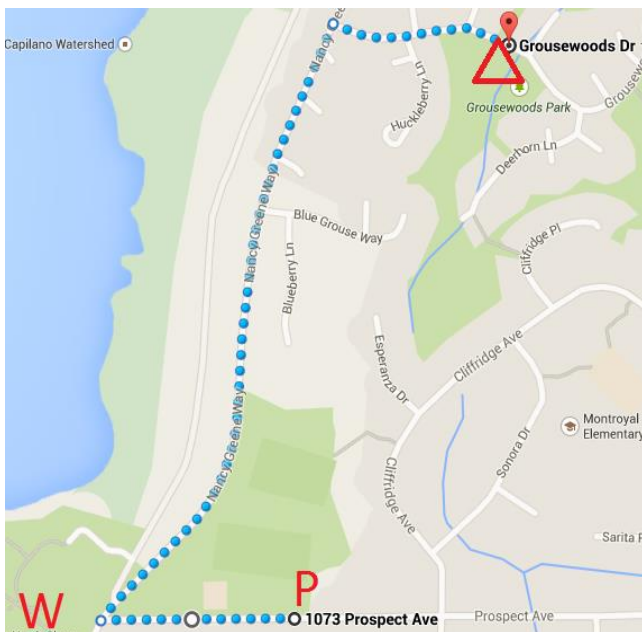
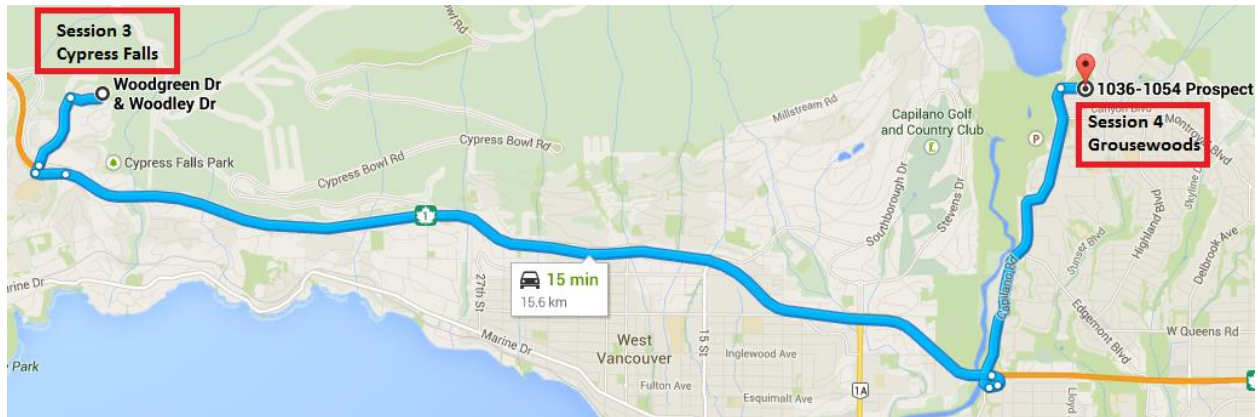
The forest is rugged and rocky in places. Some areas are quite open but there are thick areas as well. This is Vancouver after all! There are a few short sections of unmarked fence.

## SESSION 4 @ GROUSEWOODS (SI RACE 2)

Organized by Bruce & Robyn Rennie

*Start Time Window:*

**10:45 am to 11:45 am** (30sec start interval). There will be **NO** starts after **11:45 am**.



*Directions/Parking:*

The drive from Cypress Falls to Grousewoods takes about 15 minutes. From Cypress Falls continue back to the Eastbound Hwy 1 on-ramp. Join Hwy 1 and continue Eastbound until the Capilano Road exit 14. Take the exit Northbound onto Capilano Road. Continue north up Capilano Road to Prospect Drive - just opposite the Cleveland Dam Parking lot. Turn right onto Prospect Drive, drive 200m and park either in the small parking lot on the north side of the road or along the roadside. This is where the finish will be. **Please head to the start immediately after parking.**



*Directions to Start:*

It is a 20 minute uphill walk to the start (1.4km) - head up Nancy Green Way to Grousewoods Drive. Turn right onto Grousewoods Drive and continue to the paved area in front of the tennis courts. The route will be sign posted.

*Note:*

There are washrooms (W) 300m West in Cleveland Dam Park. A drinking fountain is at the start area, and was working when the course was field checked late January.

*Race Type:*

**SI timed race.** Normal point to point course. Elite (2.7km) and Expert (1.9km) Courses - please make sure you run the course that you are registered in (list will be available at the start).

*Control Descriptions:*

Separate control descriptions will be available, as well as being printed on the map.

*Terrain Type:*

Combination parkland/forest and street orienteering. Black X in the forest are upright stumps. Standing snags are not mapped. Expect unmapped, indistinct trails in the forested areas. Watch for the out-of-bounds areas and do not cross them.

*Shoe Recommendation:*

Combination trail and street so trail runners are recommended. Spikes might be annoying on the pavement.

*Caution:*

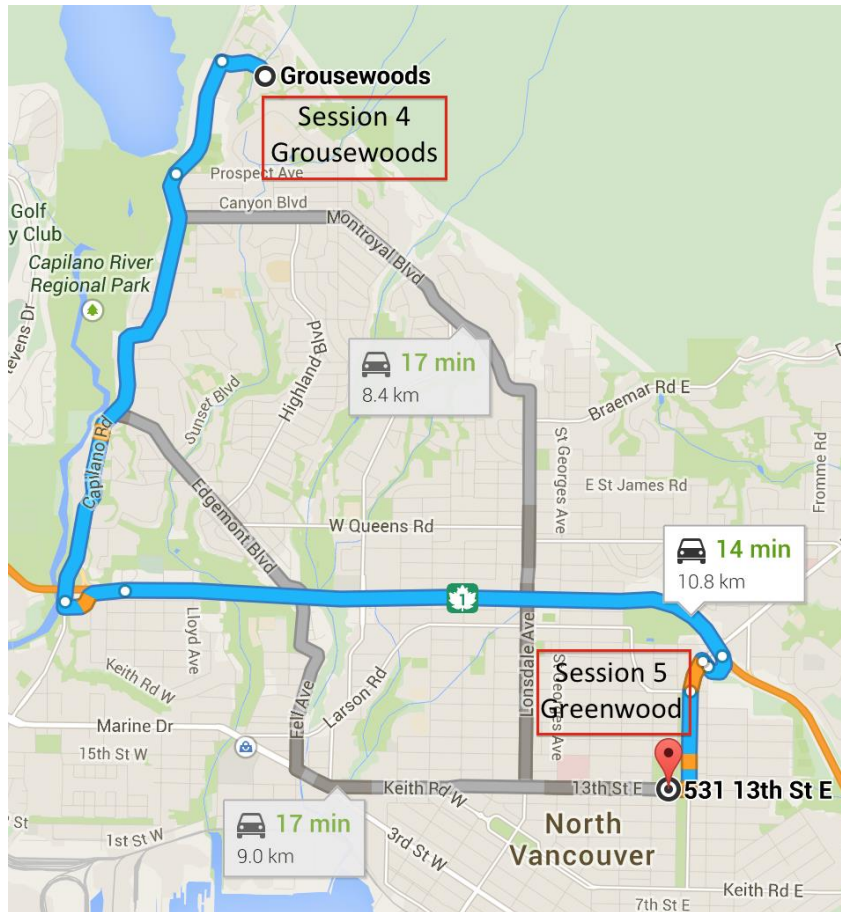
Take great care running on the streets and there may be soccer games playing on the various soccer fields so please don't run through the middle of a game.

## SESSION 5 @ GREENWOOD (TRAINING #3)

Organized by Brent Langbakk

*Start Time Window:*

**12:00 to 13:00** (30sec start interval). There will be **NO** starts after **13:00**.



*Driving directions/Parking*

From Grousewoods, head back down Capilano Road and take Hwy 1 eastbound. Take Exit 19 (Lynn Valley) and turn left onto Grand Boulevard. Follow the road south, and take a right on 13th. Parking is available in the small lot on 13th and Moody Avenue, or there is street parking if the lot is full. Walk to the start at 15th and Grand Boulevard.

*Timing:* Self-timed. Make sure you check in when you get back, so we know you didn't fall into the quarry!

*Terrain Type:*

Parkland and forest terrain. With some street sections.

*Shoes Recommended:*

Combination trail and street so trail runners are recommended. Spikes might be annoying on the pavement.

*Type: Training*

This map has both park and forest terrain in which we will practice compass technique on a point to point course. The lower park section has parts of the map masked to get you to focus on compass technique. There will be some running on pavement between the two terrain types. There are a couple of longer route choice legs to get from the lower park section to the upper forest section and back down again.



**Training goals (by Brent):**

## 1. Precision compass

In this type of terrain (parks with grass and lots of trees and forest with few contours and point features) your compass becomes an important tool. It allows you to run quickly in the right direction. It is easy to lose 10 seconds here and 15 seconds there by being sloppy with your compass. Make sure to do the following:

1. refold your map and align your compass BEFORE you reach the control
2. look at your exit and estimate the angle which you will be leaving at and any prominent features you can see.
3. hold your compass flat long enough to let the needle settle
4. look up and sight ahead to your target.

**Post race discussion**

- Did you always miss to one side? For example were you often right of the control?
- Were you able to run at full speed?
- At which controls were you able to maintain your speed while using your compass technique?

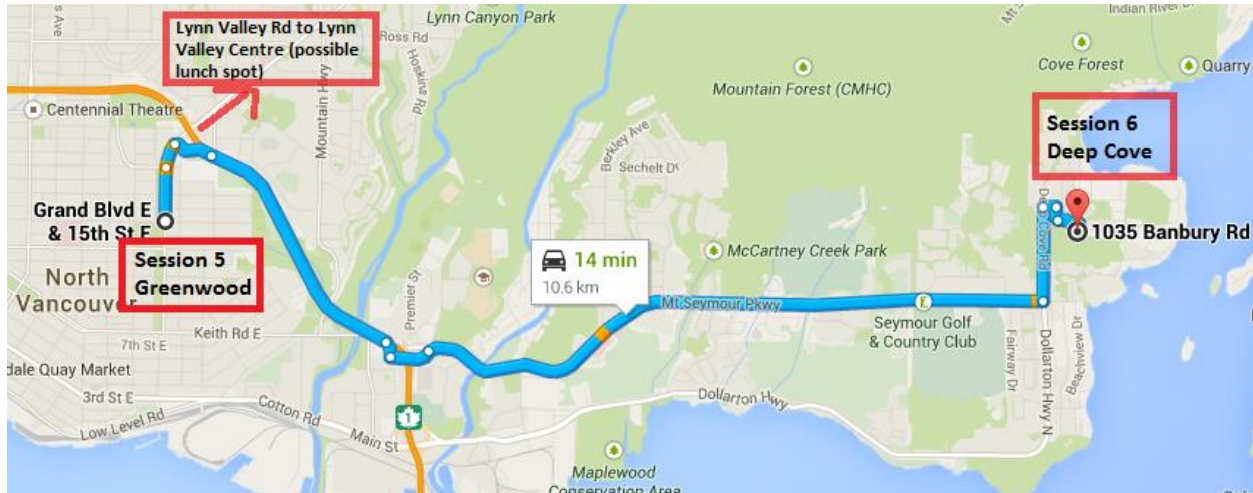
**LUNCH!**

You've earned a short rest. Congratulations! Refuel and recharge, and get ready to race again this afternoon. There are excellent lunch options in Lynn Valley village (take Grand Boulevard north, and follow the road until you find a mall at Lynn Valley Rd and Mountain Hwy). Or you can head straight to Deep Cove for the famous Honey's donuts!

## SESSION 6 @ DEEP COVE (TRAINING #4 - 2 PERSON RELAY)

Organized by Meghan Rance

*Start Time Window:* **Mass start at 14:00 (2pm)**. No late/individual starts.



### *Driving / Parking Directions:*

Head north on Grand Boulevard, and turn right onto Hwy1 heading eastbound. Take exit 22 toward Lynn Creek/Capilano University. Stay in the right lane, and turn right onto Mount Seymour Parkway. Continue along Mt Seymour Parkway for 5.5km, then turn left onto Depp Cove Rd. After 800m, turn right onto Cliffmont Rd, then right on Caledonia Ave, then right on Banbury Rd. Park in the parking lot at Myrtle Park at the end of Banbury Rd and Summerside Lane.

### *Race Type:*

2-person sprint relay. **SI timing**. Result does **not** count towards the best 4 of 5 SI races.

### *Terrain Type:*

Open park and a wooded hillside.

### *Shoe Recommendation:*

Trail runners.

### *Control Descriptions:*

No separate control descriptions - only printed on map

### *SPRINT RELAY RULES*

Teams of 2 with no age or gender restrictions - form any team you want!

- Person 1 runs leg 1 and 3
- Person 2 runs leg 2 and 4

*HOW TO SIGN UP TEAMS:*

You'll need to get yourself a partner for the 2-person relay. You have until **1pm on Saturday** to get your teams in, but the sooner the better! Teams can pre-register by emailing [scott.muma123@gmail.com](mailto:scott.muma123@gmail.com) before 9pm on Friday, visiting registration, or at the finish at Grousewoods.

Include the following info:

- The name of **both** of the runners on the team
- SI numbers used by the 2 runners
- Who is running leg 1&3 and who is running leg 2&4

*IMPORTANT INFORMATION:*

Each leg is about 900m to 1000m long with spectator control half way through. All 4 legs are forked together so that every team will have run all legs by the end of the relay. Many controls are close together - *check control codes!*

All 4 leg maps will be in one map bag. Legs 1&2 will be on one side and legs 3&4 will be on the other.

Exchange by handing over the map to your team mate.

It is each runner's responsibility to run the correct leg each time.

*Caution:*

Runners **must download their stick immediately** after each leg and **clear it before start their next leg**.

**MP will lead to DSQ.** Make sure to punch the correct controls, run the correct leg in the correct order and to clear SI after each leg.

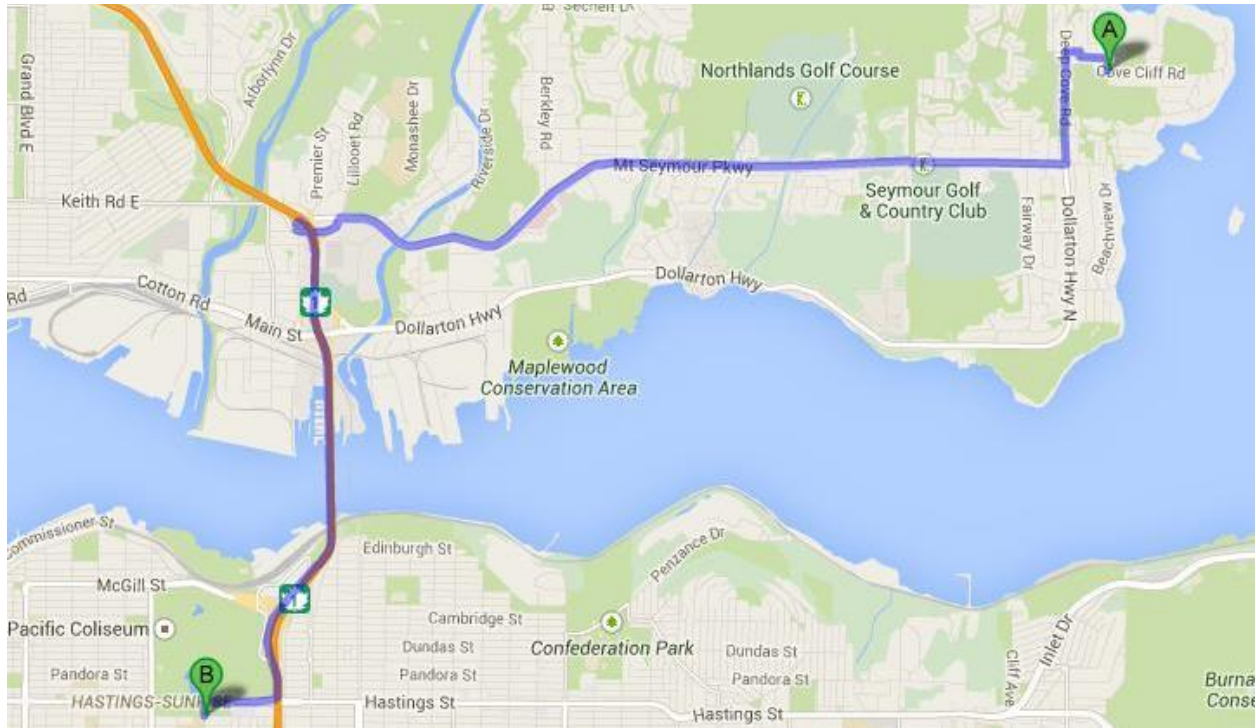


## SESSION 7 @ PACIFIC NATIONAL EXHIBITION (PNE) (SI RACE 3)

Organized by Magnus Johansson

Start Time:

Mass Start @ 15:45 (3:45 pm)



### Driving Directions:

15 minute drive from Deep Cove to the PNE. From Deep Cove, take Mt Seymour Parkway to Hwy1. Enter Hwy Eastbound (south) and go over the bridge. On the other side of the bridge follow the signs for Hastings Street, turn right onto Hastings. After approx. 400 meters turn left onto either Windermere St or Lillooet St and park along these two streets or E Pender St, somewhere near the Hastings Community Centre.



### Parking / Location of Start:

From the Hastings Community Centre, cross over the north side of Hastings Street and take the (closed) entry road immediately west of the amusement park.

**Race Type: SI timed race.** One-Person Relay AKA Farsta.

A farsta is a one-person relay. All participants will mass start at 3:45pm. No late/individual starts. Each person will complete 3 loops. The loops are forked so that no two people will have the same course but everyone will complete the same legs by the end.

Note: At the finish of loop 1 and 2 there is **no** control to punch. At the finish of loop 3 there is a normal finish punch. Do **not** punch the finish punch after loop 1 and 2.

*Terrain Type:*

Mostly parkland, with some paved roads/parking areas, plus a tiny bit of forest.

*Shoe Recommendation:*

Trail runners are recommended. Spikes might be annoying on the pavement.

*Control Descriptions:*

No separate control descriptions. Control descriptions will be printed on the map.

## TEMPLETON PARK AND POOL (SHOWERS)

Phew... you're probably a little sweaty and smelling a little ripe! We recommend you visit the Templeton Community Centre to take advantage of the swimming and shower facilities before dinner!

700 Templeton Dr. Vancouver, BC V5L 4X9



*Driving/ Parking Directions:*

Head west along E Pender St towards Nootka St. Take the second left onto Renfrew St and then turn right onto Adanac St. At the roundabout, continue straight to stay on Adanac St. Turn right at Templeton Dr. Parking will be right ahead.

*Opening Times:*

Public swim is open from 1pm until 7pm.

Prices (do not include tax): Adult (19-64) - \$5.76, Youth (13-18) - \$4.10, Child (3-12) - \$2.90, Senior (65+) - \$4.10, Family (min. 2 people) - \$2.90 / person



## **HASTINGS COMMUNITY CENTRE (DINNER)**

3090 East Hastings Street, Vancouver, BC

*Start Time:* 18:30 (6:30pm)

*Presentation by* Brent Langbakk

### *Driving / Parking Directions:*

This is where you parked for Session 7 at the PNE. So retrace your steps back from the pool. Parking can be found on E Pender St, Windermere St, and Lillooet St.

See map on the pg. 20.

### *What to Bring:*

Your Grousewoods map for the presentation analysis, and a pen/paper or other note-taking device. Water bottle! Note that you do *not* need to bring your own plate/cutlery this year.

### *Dietary Restrictions:*

Some of you emailed with dietary restrictions for dinners. We have made every effort to accommodate your requests. Please speak to one of our delightful volunteers when you get to the front of the line, and we'll provide you with the information you need.

## **Presentation 2: Analyzing a leg**

Brent's second talk will look in depth at some different methods of analyzing a leg on a course. We need to look carefully and systematically at what we are doing in order to figure out how we can improve. As part of this presentation, you will have a chance to try the methods presented. **Please bring your Grousewoods map with you.**

# SUNDAY, FEBRUARY 15

## SET UP & CHASE EXPLANATION

The set-up and chase races are normal point to point courses. The X fastest male times and the X fastest female times in the setup will start in a chase start at South Surrey Bike Park. The fastest runner will go first and the rest of the runners will start the number of seconds behind that they were behind in the set-up. The first person across the finish line is the winner of the combined race.

## Sunday Overview Map



## SESSION 8 @ CENTENNIAL PARK (SI RACE 4 - SET UP)

Organized by Ted de St. Croix and John Rance

### *Start Window:*

**9:00** am to **10:15** am (30sec start interval). There will be **NO** starts after **10:15** am.

### *Driving Directions:*

From HWY 99

Head **Northwest** on **King George Hwy/BC-99A N**, Turn **left** onto **60 Ave**. At the **roundabout**, take the **4th exit** and stay on **60 Ave**. Turn right onto **King George Hwy/BC-99A S**. Turn **right onto 148 St**. Turn **right** onto **20 Ave**.

From HWY 91

Head **east** on **Hwy 91 Connector**. Continue onto **Nordel Way**. Slight right onto the **British Columbia 91 S** ramp. Merge onto **BC-91 S**. Take the exit on the left onto **BC-99 Stoward Seattle**. Take exit **8B** for **32nd Ave** toward **152nd St N**. Turn right onto **32nd Avenue Diversion**(signs for **32nd Avenue W/White Rock**). Continue onto **148 St**. Turn right onto **20 Ave**.

### *Parking:*

Parking for Session 8 will be the same as for Session 9. Park your vehicle west of South Surrey Arena which is located North of 20th Ave and West 148th Street.



*To the Start:* Once parked you then walk South across 20th Ave and go South between the track and the softball field. Then continue South along 146 Street. Cross 16th Ave (North Bluff Rd) into Centennial Park and you have arrived! The walk is 1200 metres one way.

*Race Type:*

**SI timed race.** Normal point to point course. Elite (2.3km), Expert (1.4km), and Easy(1.3km). Please make sure you run the course that you are registered in. A list will be available at the start.

*Control Descriptions:*

Separate control descriptions will be available, as well as being printed on the map.

*Terrain Type:*

Forest/park. There are some man-made objects not shown on the map. Beware the stairs are wooden and very slippery.

*Shoe Recommendation:*

Spike shoes recommended

*Washrooms:* In the ice arena and the curling rink arena.

## **SESSION 9 @ SOUTH SURREY BIKE PARK (SI RACE 5 - CHASE)**

Organized by Ted de St. Croix and John Rance

### *Start Time Window:*

**11:15** Chase Start Begins and **11:30** Mass Start Begins. **\*\*NOTE:** the order is different to past years!\*\*

### *Parking:*

Same as for Session 8.

### *Race Type:*

**SI timed race.** (mass start), chase start times. Elite (2.8km), Expert (1.8km), and Easy (1.8km). We will have separate areas for each course, so please be sure you stand in the correct area to get the correct map. Please make sure you run the course that you are registered in. If you don't know by now, we'll have a start list available for you to check.

### *Control Descriptions:*

Separate control descriptions will be available, as well as being printed on the map.

### *Terrain Type:*

Forest, with technical trail network.

### *Shoe Recommendation:*

Spike shoes recommended although there is some pavement to be crossed followed by a grass verge

*Washrooms:* In the arena and the track washrooms near the 20th street parking. More washrooms in the new fitness center south west of the arena.

## **AWARDS CEREMONY FOR BEST 4 Out Of 5 @CRESCENT PARK @ 13:15 BEFORE THE START OF THE TRAINING**

Please come and cheer for our winners!

## SESSION 10 @ CRESCENT PARK (TRAINING #5)

Organized by Brent Langbakk

*Start Time:*

**Mass Start @ 13:30 (1:30 pm)**



*Driving Directions:*

Head west on 20th Ave at the roundabout, continue straight and stay on 20th Ave. Turn right onto 128th St. and then turn right onto 28th Ave. Take your first right onto 129th St. Parking will be right in front of you.

*Race Type:* Dice-O Relay.

We will end on a fun note with a Dice-O Relay in this combination of dense trail network and open areas. You will split into teams of two. There are 12 controls spread all around the start triangle like a score-O. The object is for your team to visit all the controls between you. Unlike a score-O, the controls you visit are determined by what your dice roll is. You have a choice of visiting the total or each or the individual controls before you come back. For example, if you roll 1+3, you could visit control 1 and then control 3 and then come back to the start OR you could just run to control 4 and come straight back. Which option you choose will depend on which controls you have already visited. To even the playing field, those folks 50+ may roll again if they roll something they have already visited. All others must visit the controls a second time before being allowed to roll again. That is the reason for the second row on the punch card. At each control there will be a pin punch to help you keep track of which controls you have visited.

### **Training Goals (by Brent):**

1. Focus on your own orienteering

With that many orienteers running around there are plenty of distractions. If you start wondering where someone else is going or following someone else blindly, direct your attention back to your map reading technique.

2. Don't rush and be careful

It is easy to feel the pressure in a relay but you still need to focus on technique. Also, you may underestimate the difficulty particularly if you are returning the way same way.

3. Run hard

If you aren't completely exhausted, you can treat this exercise like intervals because you will have recovery time while your partner is running.

4. Debrief and visualize during your breaks.

This is a time to think about what you did well on the last leg so you can replicate it. It is also a chance to think about what you will improve when your turn comes up again. Feel free to discuss and chat with me during this time.

### **Debrief/ Discussion Questions:**

1. Did you lose focus? What did you do to refocus?
2. What distracted you? Is that a common distraction?
3. Visualize a particular technique or section that went particularly well.

#### *Terrain Type:*

Flat, open parkland and forest.

#### *Shoe Recommendation:*

Normal runners or trail runner. You may get your feet wet.

**Congratulations! You've made it to the end. We hope your legs are tired, and your brain hurts. Hopefully you learned some excellent techniques and got in some good training. See you next year!**