

VANCOUVER

SPRINT CAMP

2019



Photo from this awesome website: <https://www.tourismvancouver.com/>

WELCOME TO SPRINT CAMP 2019

The Greater Vancouver Orienteering Club welcomes you to the 14th annual Sprint Training Camp. Elite competitors will be vying for cash rewards, totalling \$1,150.00 for the best 4-out-of-5 SI races, and again this year there will be prizes for the top 5 Expert runners.

This year we are running on maps located in North Vancouver (Lower Lonsdale, Cates Park, Roche Point Park, Capilano University and Greenwood Park) and in Burnaby (Kensington Park and BCIT). Please enjoy these communities while you are there and perhaps warm up with a drink from a local cafe!

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

IT'S NOT A RESTING CAMP

We'd like to take a moment to recognize the large group of volunteers who are making this weekend possible:

Ben Smith, Scott Muma, Robyn Rennie, Alison Schoenhardt, Caoimhe Murray, George Pugh, John Rance, Meghan Rance, Karen Lachance, Safder Raza, Bruce Rennie, Graeme Rennie, Joanne Woods, Linda Wu, Brian Ellis, Marg Ellis, Bill Harrower, Liz Kleynhans

Please take a moment this weekend to thank these people and anyone else you see volunteering, for their contributions towards making GVOC's Sprint Camp a success!

This year you will be able to get live results on your smartphone or tablet (even if you don't have cellular data in Canada). To access the live results, connect to the WiFi network **GVOC**, then navigate to results.ca. The webpage will show you the results from all five races, as well as the current "best 4 of 5" standings. You should be able to connect at all the races, and at the dinner on Saturday night.




FRIENDLY REMINDERS

- All participants **MUST** submit a waiver. We will have emailed you a link to the online waiver or find it here - <https://gvoc.whyujustrun.ca/pages/122> Please complete this in advance. You **MUST** submit the waiver **BEFORE** you can participate. Talk to registration if you have had difficulties with this process.
- **REGISTRATION:** Will be available on **Friday before Session 1, Saturday before Session 2, and Sunday before Session 8.** Registration is where you may submit your waiver (and receive your map bag in exchange), pay outstanding fees, pick-up your rented **air SI** stick, and ask questions.
- Bring a whistle on a lanyard. If you've fallen and your whistle is in your back pocket, that whistle won't do you any good! It is going to be slippery out there and a whistle is mandatory.
- Think of this program like your cell phone; you should feel naked without it! Please ensure you have a paper or electronic copy available throughout the weekend.
- **START WINDOWS ARE FIRM!** If you miss the start window you missed it. There are over 100 people at Sprint Camp and it is a tight schedule! **Run THEN Socialize** 🐱
- If you tend to take a little more time to complete our courses, **feel less stress** and help us by considering starting earlier in the start window, and making sure you arrive and are ready to start within good time 😊
- For the **Trainings** there will be a sign-in & sign-out sheet that you **MUST** use.
- Consider the environment! Please make sure to bring a reusable water bottle and/or travel mug to fill for water, and dispose of any waste in the containers provided. Friday is a night-O - bring a headlamp and high-visibility wear.
- GVOG is using cable locks to protect the controls. The wire is meant to be there. It will not affect the SIAC sticks as far as we have been able to test.
- Due to the snow throughout the week all running surfaces will be slippery. We are recommending shoes with studs or studded overshoes for all events. Participants are asked to exercise their judgement as to the safety of the running surface and adapt their speed accordingly.

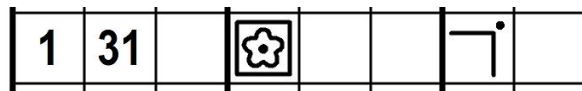
OUT OF BOUNDS (OOB) SYMBOLS

Mandatory Crossing Symbol!

When you see this symbol (at Lower Lonsdale) you MUST cross at this  point. Every other option leads to disqualification.

New IOF Symbol in Play!

The flower in a box denotes OOB next to which a control may be placed. Ex. Planter














	MUST NOT CROSS OR LEAN OVER
	May cross or lean over
	MUST NOT CROSS OR LEAN OVER
	May cross or lean over
	MUST NOT CROSS
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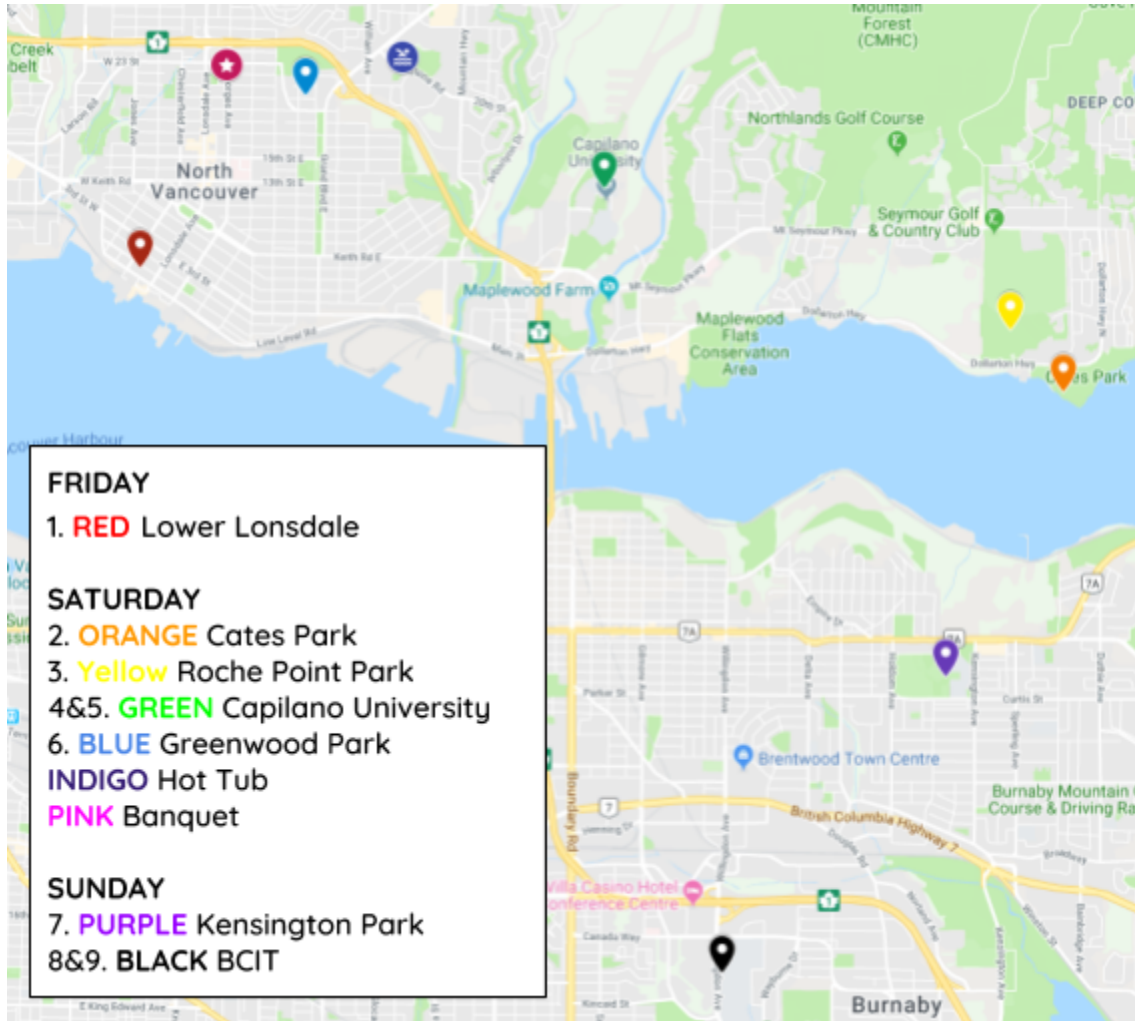
SCHEDULE - WHERE TO BE WHEN

Time	Event	Location	Terrain
Friday, 15 February			
18:00	Welcome & Sign-In	John Braithwaite Community Centre	Multimedia Room
18:30 - 20:30	Training (O-tervals)	Lower Lonsdale - Night O	Urban
Saturday, 16 February			
9:30 - 10:30	2 Person Relay	Cates Park	Park
10:30 - 11:30	Training	Roche Point Park	Forest/Park
Moving Locations (15 - 20 minute drive)			
12:00 - 13:15	SI Race #1	Capilano University	Urban
Lunch			
13:30 - 14:30	Training	Capilano University	Urban
Moving Locations (15 - 20 minute drive)			
15:30 - 16:30	SI Race #2	Greenwood Park	Forest
16:00 - 17:00	Rejuvenation	Karen Magnussen Rec Centre / Hot Tub	Water (Hot Tub)
17:30 - 21:00	Banquet & Presentation	Memorial Recreation Centre	Capilano Room

Sunday, 17 February			
9:30 - 10:00	SI Race #3	Kensington	Park
Moving Locations (12 minute drive)			
11:15 - 12:00	SI Race #4	BCIT	Urban
Lunch			
13:00 - 14:00	SI Race #5	BCIT	Urban
14:30 - 15:00	Awards Presentation	BCIT	

ALL SESSIONS MAP

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



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BEST 4 OUT OF 5 SI-RACES

The following 5 races will count towards an overall result:

1. Saturday - **Session 4** @ Capilano University (SI Race 1)
2. Saturday - **Session 6** @ Greenwood Park (SI Race 2 - Farsta)
3. Sunday - **Session 7** @ Kensington (SI Race 3)
4. Sunday - **Session 8** @ BCIT (SI Race 4 - Set-Up)
5. Sunday - **Session 9** @ BCIT (SI Race 5 - 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 as she is the... fastest woman.

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

COACH MEGHAN'S TIPS FOR MAKING THE MOST OUT OF SPRINT CAMP

Set Intentional Goals for Each Session and Race: If you want to really improve your orienteering, every session must have clear, well-defined objectives. Break down the skill or the technique that you want to work on into specific steps (For example: to take a good bearing:

1. Line the edge of your compass up from where you are to where you want to go
2. Line the edge of the compass up with the centre of your body (navel)
3. (Optional) Turn the compass housing so that the lines in the housing are parallel to the north lines on the map (beware of orienting to south)
4. Turn your body so that the north arrow is in the red arrow on the compass housing or parallel to the north lines on the map.
5. Follow the imaginary line extending out from the tip of the compass).

Define when the skill is to be used and try to be very conscientious about doing the steps of the skill in the exact same order every single time. The goal is to create habits so automatic that you do them without

thought. Being lazy and sloppy in this stage will only reinforce your bad habits and techniques that lead to breakdowns in navigation. Some skills and techniques to consider working on this weekend include thumbing, map folding, map holding, map orienting, control taking system, simplification, personal narration, regaining and maintaining focus, quick decision making, route choice rules, error recovery, speed control, map memory, advantageous map glances, investing time, planning ahead, and reading control codes/descriptions.

Change the Way you Discuss your Races: We all love to tell a good story about how our race went to as many other orienteers as will listen, but we walk away and make the exact same mistakes on the next race. If this is true for you, the time has come to change your post-race debrief style. Instead of diving straight into all of your terrible errors, try to be positive. Focus on the things that went well and analyse WHY they went well. (I am really pleased with this route choice because I had taken the time to read ahead and noticed that it was going to be much trickier to approach the control from the right so I took the left route choice). We need to stop assuming that a perfectly executed leg is the the default when, in fact, it is the exception. When you do talk about your errors, IDENTIFY THE TRIGGERS for your mistake. What lapse of technique or concentration caused your problem? Then, make eliminating that trigger the goal for your next session. Also, take advantage of the people you discuss your courses with. Instead of asking which way they went, ask them why they chose that route and ask specific questions about their strategies and thought processes.

Take Care of Yourself: Post-race socializing is fun and a large part of the reason that we want to come to Sprint Camp. However, especially on a snowy, cold weekend like this one, it is essential that you take the time to get warm, dry, fuelled and hydrated before you launch into the epic conversations about your course. If you stand around chatting and getting chilled after each race, you will probably find yourself exhausted and cold by the end of the day.

Also, take care of yourself mentally. Decide how you feel about your race before you see any results or have any discussions. Even if the race was a disaster, identify a list of things that you did well. Things might not be as bad as you think.

Take Risks: Training camps are set-up specifically for people to try new techniques and strategies in a low stakes but high quality environment. I would like for every person to try something new this weekend. New could be trying different technique, pushing your navigational speed past the level of comfort, or changing up the order of operations on a sloppy, stale, or inconsistent skill. The worst thing that happens is that you don't like it and you go back to your old ways but maybe you will discover something that really works for you.

Take Advantage of Having a Coach: Meghan is around all weekend to help you with any of your orienteering related quandaries and questions. Please don't be shy about asking for advice. This is directed

especially to the very experienced and high level orienteers. Intermediate orienteers know that they are learning and are usually much better about asking questions but advanced orienteers do not. If you have any niggles or inconsistencies in your orienteering, there may be strategies that you haven't thought of that could help you.

FRIDAY, 15 FEB, 2019 - GETTING TO THE 1ST TRAINING

WALKING INSTRUCTIONS FROM LONSDALE QUAY STATION (SEABUS) TO SESSION 1 ASSEMBLY AREA

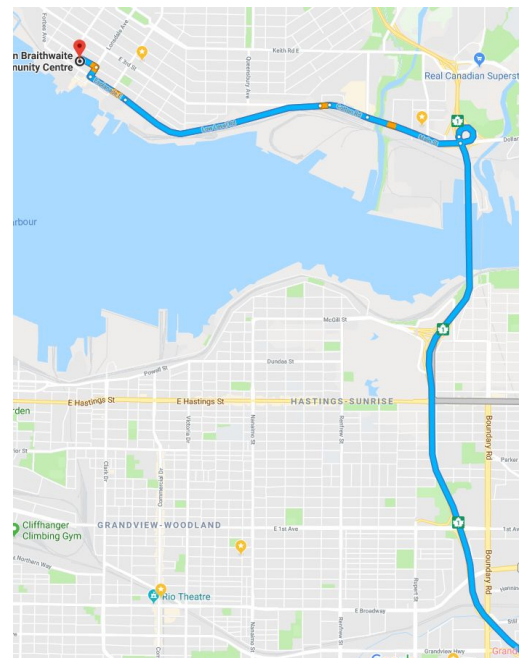
Take the Seabus to Lonsdale Quay Station and **exit** the station through the gates. Walk **straight through** the bus loop area and **turn right** to exit the covered area. Turn **left** and head uphill on a small walkway to the left of **Rogers Avenue**. Use the **pedestrian overpass** to cross Esplanade Ave and follow the paved path for another block north until W. 1st St. The John Braithwaite Community Centre is on the left.

DRIVING INSTRUCTIONS FROM VANCOUVER TO JOHN BRAITHWAITE COMMUNITY CENTRE

Due to traffic in and out of the North Shore during rush hour and the variability of traffic, we recommend taking the Seabus from Vancouver to Lonsdale Quay if possible. However, if you must drive, follow the instructions below under normal traffic conditions:

1. Head **west** on Trans-Canada Highway 1
2. Take **exit 23A** for Main Street
3. **Merge** on to Main Street
4. **Continue** onto Cotton Road
5. Turn **left** to stay on Cotton Road
6. **Continue** onto Low Level Road
7. **Merge** onto Esplanade Avenue
8. Turn **right** onto Lonsdale Avenue
9. Turn **left** onto W. 1st Street

Note: We recommend avoiding downtown Vancouver and Lions Gate Bridge during rush hour. However, if an accident occurs on the Second Narrows bridge, it may be faster to brave Lions Gate Bridge instead. Please check current traffic conditions.

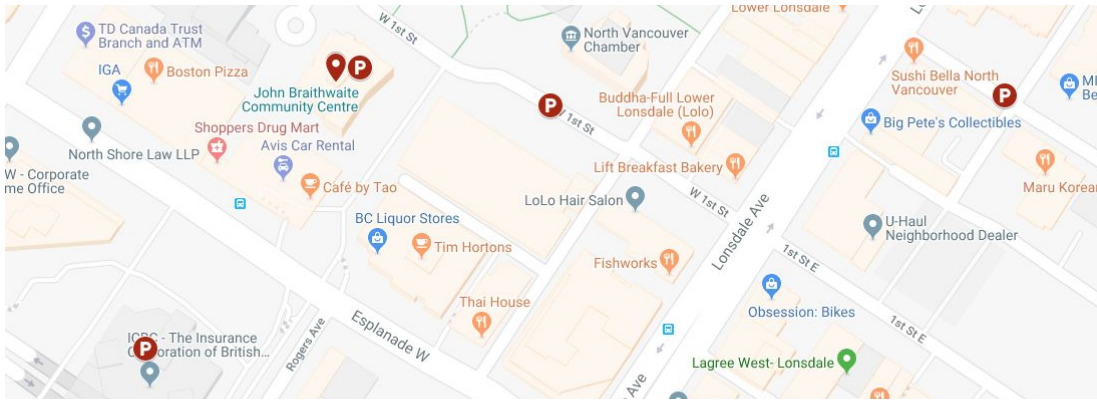


ALL TRAVELLERS: Put **145 W 1st St, North Vancouver, BC V7M 3N8** into your GPS

PARKING OPTIONS AROUND JOHN BRAITHWAITE COMMUNITY CENTRE

There are several options for parking around John Braithwaite Community Centre that range from **free** to metered street parking to pay parking.

1. There is **free** parking at the ICBC Parkade (**151 West Esplanade**) after 6PM on Friday.
2. There is a limited number of **pay** underground parking at the John Braithwaite Community Centre.
3. There is **metered** street parking on the north side of the community centre along W. 1st Street.
4. There is **free** street parking NE of John Braithwaite on E. 2nd St east of Lonsdale Ave.



SESSION 1 @ LOWER LONSDALE NIGHT-O (TRAINING)

By Meghan Rance

Self Start @ 18:30 - 20:00

IT WILL BE DARK. MAKE SURE YOU WEAR YOUR HEADLAMP!

Map Scale: 1:5000, 2m contours

Control Descriptions: On map and available separately

Bring My Own Map Bag?: Yes!
(Pick up from registration)



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Terrain: Urban running with technical levels

Shoes: Road runners - see note on footwear above

Out-Of-Bounds: All major roads such as Esplanade which will be marked on map. Please make sure to pay especial care with the out of bounds symbols on this map. There are a lot of them!

Flags: Pin flags with reflective markers.

Misc.: Please watch out for cyclists, runners and walkers along the sea wall. Please watch out for vehicles on the minor roads.

Assembly Area: Anchor Room - John Braithwaite Community Center

Training Focus: O-tervals. O-tervals are short, intense orienteering intervals of ~400M-800M. Grab a group of 3 and head out to Start 1. Each person in the group should have a different map (A, B, or C). Assign the maps based on who is fastest in your group. Map A is the longest at 4.2KM best route for the whole course and Map C is the shortest at 3.7KM. Mass start your group and run the course. When you reach the finish, wait for the rest of your group to arrive and then jog to start 2 and repeat for all 7 o-tervals (o-tervals 6 and 7 are on the back of the map). Because each o-terval is quite short and you get a bit of rest between them, run this exercise with high intensity. The idea is to practice running and navigating at a higher speed than you would be able to maintain for an entire sprint race and trying to find just how fast you can go before you lose control of your navigation.

FRIDAY NIGHT @ CHECK IN & INFORMAL DINING

Friday Night we will be in the Anchor Room at the John Braithwaite Recreation Center. People will be able to check-in at registration, leave their bags, run the SESSION 1 Training, try out the SAIC system, pick up their SI air sticks and find out the name of their 2-Person Relay partner! There is no formal dining planned but feel free to gather up a group of fellow orienteers and head off to one of the many dining options available in Lower Lonsdale. Some dining establishments are listed below:

Tap & Barrel @Shipyards:
<https://tapandbarrel.com/menu/>

Thai House Restaurant:
<http://thaihouse.com/thai-house-northvan-menu-main>

Vaades Indian Restaurant: <http://vaades.com>

Brown's Socialhouse Lower Lonsdale:
<http://brownssocialhouse.com/menu/>

Sushi Bella North Vancouver:
<https://www.zomato.com/vancouver/sushi-bella-lower-lonsdale-north-vancouver/menu>

Please note that **Tap & Barrel** is the only establishment in the area that may accommodate a large group. Other establishments in this area do not typically accommodate large groups on a Friday evening.

SATURDAY, 16 FEB, 2019 - SO IT BEGINS...



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SESSION 2 @ CATES PARK (2 PERSON RELAY)

By Ben Smith

Announcement @ 9:15

A demonstration of the handover procedure will be given 10 minutes before the start. We will then make sure that everybody meets their running partner, and give out maps to the first leg runners. Please don't be late!

Mass Start @ 9:30

Map: 1 : 5000, 2m contours

Courses:

Elite: 3.4km total

Expert: 2.6km total

Control Descriptions: On map.

Bring My Own Map Bag?: No, maps will be pre-bagged.

Terrain: Park and forest

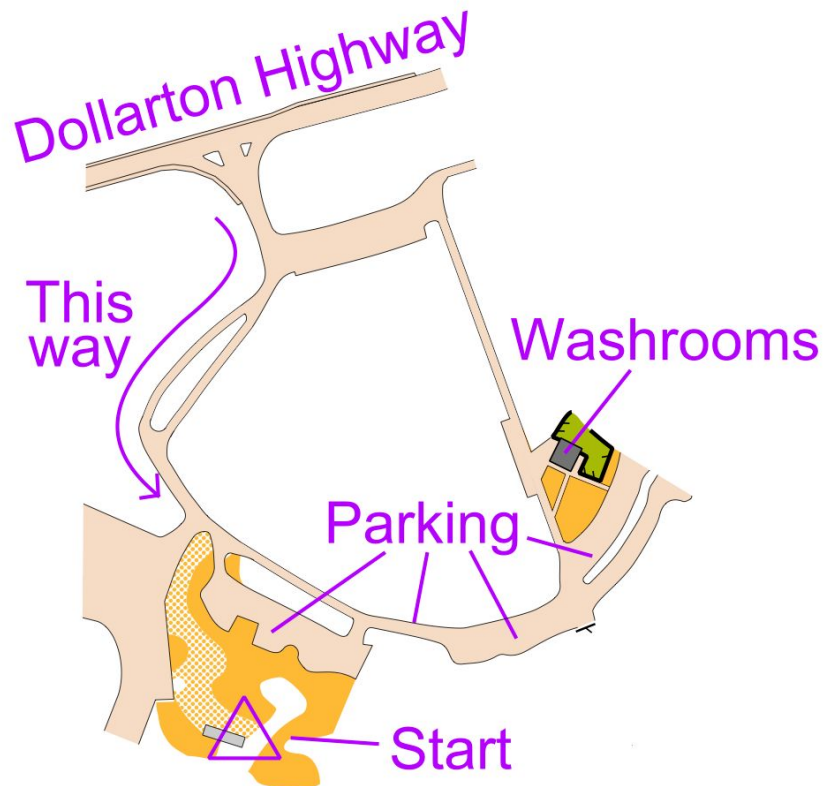
Shoes: Wear shoes with good grip (spikes or rubber studs)

Out-Of-Bounds: See map

Assembly Area: Park anywhere noted on the map, then meet at the picnic shelter down by the water.

TWO PERSON RELAY Instructions:

The 2 Person Relay is all about keeping your concentration amid **ABSOLUTE CHAOS!** Each person in the team will run 2 legs, alternating turns. Most teams will have 1 elite runner and 1 expert runner. The elites will run legs 1 and 3; the experts will run legs 2 and 4. Each team will be given **one map bag** containing all 4 legs. Courses are forked, so don't follow the person in front of you and make sure to check your control codes!



The handover procedure is: (**Demo @ 9:15am - If you don't know you can't blame us** 😊)

- 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!

However - consider this event to be an ice-breaker. You have been paired by the organizers with someone we don't think you know for this FUN relay...Your teams will have been made available to you at registration on Friday night. If you **wish to make a change** (for whatever reason) please tell Robyn Rennie / Scott Muma by the **end of the night on Friday**. It is a chance to meet people and have somebody to compare routes to over the rest of the weekend. This is not meant to be a competitive event.

Map Notes:

1. The mapping standard says green "difficult to run" forest means running at 20-60% of your normal pace. On this map it is all at the slow end of that range.
2. The race is taking place at high tide. The beach is shown on the map as "passable water". You may run along it if you wish, but expect several cm of water.

SESSION 3 @ ROCHE POINT PARK (TRAINING)

By Meghan Rance

Map: 1:4000, 2m contours

Self Start @ 10:30 - 11:30

Terrain: Some school yard some forest

Walk to Start: It is a 500m walk uphill to Roche Park from Cates Park. Cross Dollarton Highway at the light and walk up the stairs and then up Fairway Drive. The start is at the corner of Fairway Drive and Golf Drive.

Clothing Drop: We will bring down jackets worn to the start but they may not be at the finish before you are

Bring My Own Map Bag?: Yes!

Control Descriptions: Separate and on map

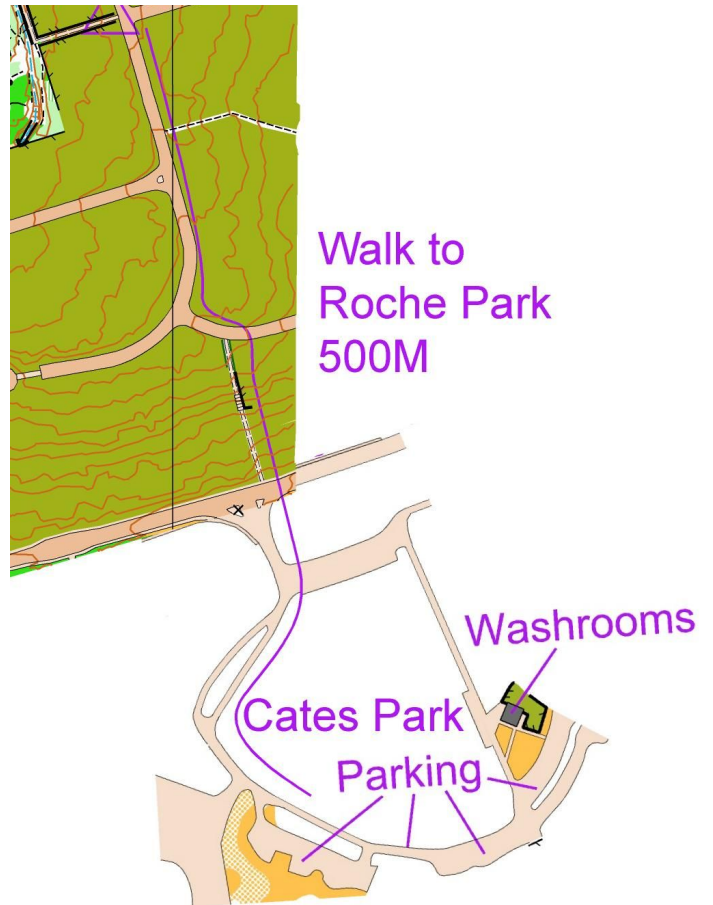
Shoes: Traction is important but there is some running on roads

Out-Of-Bounds: Marked on map

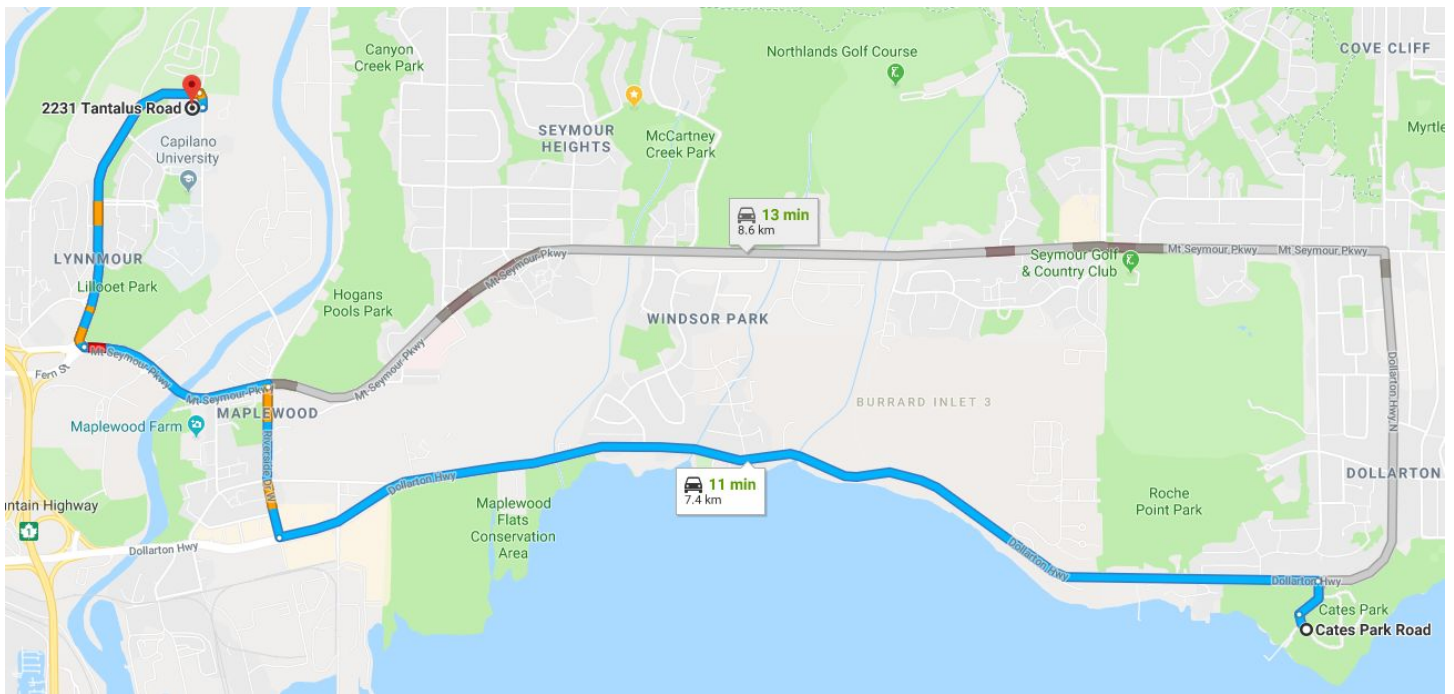
Training Focus: Control taking

There are a lot of controls in a small area. Focus on flowing through the controls and being confident in your direction.

Flow and control taking notes will be on the map.



DRIVING from CATES PARK to CAPILANO UNIVERSITY (12 MINS)



Leave Cates Park and head **north** towards **Dollarton Highway**. Turn **left** (west) onto **Dollarton Highway**. Turn **right** (north) onto **Riverside Dr**. Turn **left** (west) onto **Mt Seymour Parkway**. Turn **right** onto **Lillooet Road**. Turn **right** onto **Monashee Dr** and turn **right** immediately onto Tantalus Rd, and then turn **left** into the parking lot off Tantalus Dr.

ALL TRAVELLERS: Put **2231 Tantalus Dr** into your GPS to avoid driving through the embargoed campus.

SESSION 4 @ CAPILANO UNIVERSITY (SI-RACE 1)

By Alison Schoenhart

Interval Start @ 12:00 - 13:15

Map Scale: 1 : 4000, 2.5m contours

Courses: Point-to-Point

Elite: 2.8km, 54m climb

Expert: 1.7km, 30m climb

Bring My Own Map Bag?: Expert - Yes!

Elites are pre-bagged

Control Descriptions: On map and provided separately

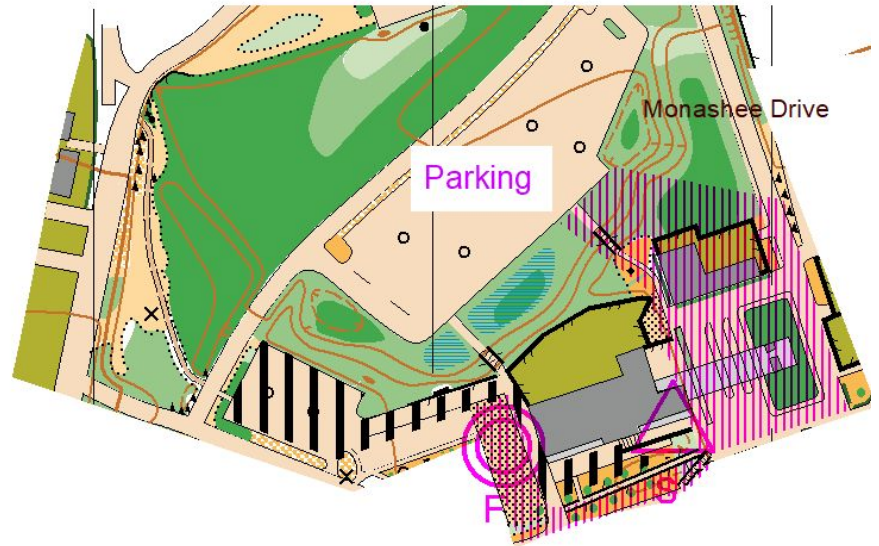
Shoes: Expert: road runners or studs
Elite: trail runners or studs, no spikes

Terrain: Mostly paved, with some gravel trails and small grassy sections. Buildings are surrounded by small sections of typical west coast, shrub-filled forest. Elite runners will visit a small park section on the map. The campus is located on a steep hill with the start at the top. Expect first legs to be fast and furious, but keep some energy for the climb at the end!

Out-Of-Bounds: Entire Capilano University campus; north of Mount Seymour Parkway and east of Lillooet Road. Please take special note of the parking directions (this means you, locals!)

Parking: Follow driving instructions to Capilano University on the previous page and park at the lot on your **left**. This is a paid lot (**\$5/car**), and payment is required on weekends.

Assembly Area: Use the stairs on the **west** side of the parking lot to go to the assembly area. **Do not** use the stairs by the ticket machine. Leave belongings on the paved areas beside the building and on the grass to the north of the ramp (**black striped area** of map). The graveled area by the finish and the grass south of the ramp are out of bounds.



Warm Up Area: Warm up in the assembly area, west of the finish in the small parking lot and in the lot where you parked (see areas in black stripes). Please stay in this area, adjacent areas are out of bounds.

Start: The start is at the top of the stairs to the east of the assembly area.

SESSION 5 @ CAPILANO UNIVERSITY (TRAINING)

By Meghan Rance

Self Start @ 13:30 - 14:30

Timing: Self timing

Map Scale: Same as session 4

Control Descriptions: On map and available separately

Bring My Own Map Bag?: Yes! (Pick up from registration)

Terrain: Same as session 4

Shoes: Same as session 4

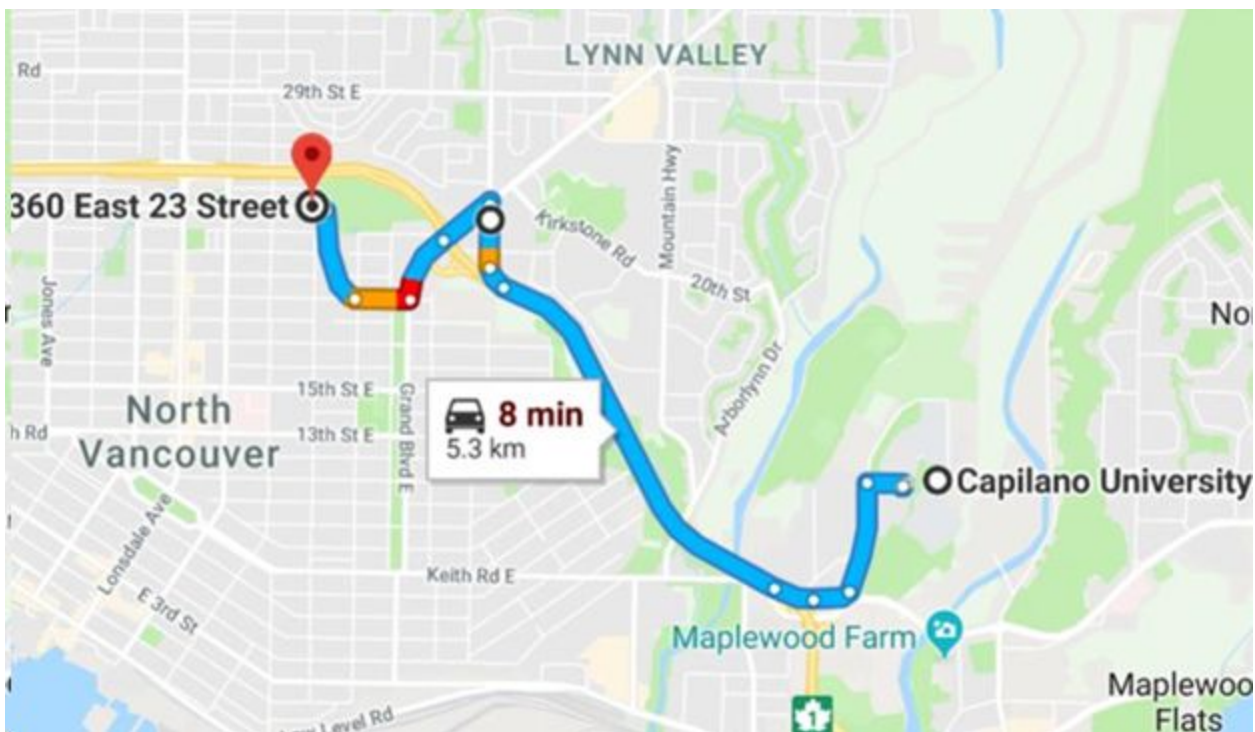
Out-Of-Bounds: Marked on map

Assembly Area: Same as the previous race

Training Focus: Starts and Traps

In this training, you will receive a set of maps each with a short little course. Each of these maps will have different artificial fences marked with thick purple lines on the map that you are not allowed to cross (forcing you to go around). These fences are not marked in the terrain. When you finish the first map, take out the 2nd map face down. Practice flipping the map and starting like you would in a race. The goal is to find the triangle and make a decision to the first control quickly and efficiently.

DRIVING from CAPILANO UNIVERSITY to GREENWOOD PARK (9 mins)



Exit out of the parking lot turning **left** (west) onto **Tantalus Rd**. Turn **right** onto **Skeena Rd** and then turn **left** onto **Lillooet Rd**. Turn **right** (west) onto **Trans-Canada Hwy/BC-1 W** with signs for **Hwy 1 West**. Drive up the long steep hill “The Cut” and take **exit 19** for **Lynn Valley Rd**. **Continue** north on **William Ave** for 1 ½ blocks.. Turn a sharp left at the lights onto **Lynn Valley Rd**. Travelling south-west, you will pass under the #1 Highway and the road changes its name to Boulevard Crescent. At the second set of lights, turn **right** onto **19th St E**. Proceed west for 3 blocks. Just after the stop sign at **Moody Ave** turn a shallow right onto **Grand Blvd (extension)**. Proceed north, over a couple of speed bumps, for approx 400m, to a sharp left corner onto **23rd St E**. The **finish tent** will be just around this corner. **Please do not stop or slow down here!** Travel down **23rd St E** to convenient parking in front of residences or on any side street.

ALL TRAVELLERS: Put **360 E 23 St, North Vancouver, BC V7L 3E5** into your GPS.

Note: If you want to drop off competitors at the start, (i.e. they do not want to walk/jog the ~600m from finish to the start to warm-up), from the lights at **19th St E** and **Moody Ave**, turn a hard **right** and go 1 block north and turn **right** on **20th St**. The **START** is on your left at **Queensbury Elementary School**. To get to parking and Finish area, go 1 block east to **Queensbury Ave**, turn **right** and 1 block **south** to **19th St E** and resume instructions above from **Moody Ave**.

SESSION 6 @ GREENWOOD PARK (SI-RACE 2 - Farsta)

By Bruce Rennie

Mass start: 15:30pm

There is a 600m walk from the finish to the start. See map below for route. Optionally, your driver may drop you off at the Queensbury Elementary School, 20th St East. Clothing will be transported to finish after mass start. Please allow enough time to get to the start and be there at least 5 minutes before mass start at 15:30pm.

Map Scale: 1 : 2,500, 2.5m contours

Courses: Forest sprint, with 1 hub control and forking

Elite: 2.5km, 4 loops, 28 controls

Expert: 2.1km, 4 loops, 23 controls

Control Descriptions: On map

Bring My Own Map Bag?: No, maps will be pre-bagged

Terrain: Forest with upright stumps marked as green crosses, and eroded stumps marked as knolls; rock faces, steep cliffs, windblown trees, and thick vegetation.



Shoes: Studded or spiked shoes would be an advantage, and full body cover including gaiters

Out-Of-Bounds: North and east of marked walking route (Green Necklace trail) from the finish (23rd St E and Ridgeway Ave) to start. On the map, one potential route through the cliffs from the quarry is marked as out-of-bounds on the map and on the ground.

Assembly Area: under the covered area on the south side of Queensbury Elementary School on 20th St.

Parking: Park along E 23rd St or on Ridgeway Ave.

Miscellaneous: Be aware of the traffic behind you as you travel around the corner onto 23rd St near the finish tent. On the map, there are steep cliffs and dense vegetation in this area. It is more of a forest sprint. Please be careful as the snow will have made the terrain more slippery than usual.

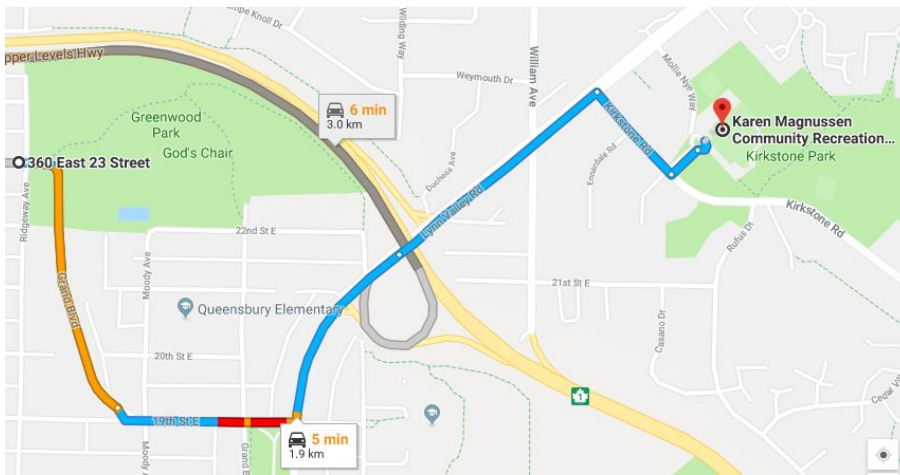
FARSTA Instructions:

No start punch. This will be a mass start.

There will be 4 loops, or “parts”. All loops are on one double-sided sheet of paper in one map bag. You will first run Part 1, then Part 2, then turn the bag over to run Part 3, then Part 4. Parts 2 and 3 are forked loops that start and finish at a common hub control.. You must punch this hub control at the end of each loop 1, 2, and 3. Loop 4 is a common loop, to the finish. As there are many controls in a small area, you will run by controls which are not on your course. Please **check the codes** to ensure you visit each control in your randomly assigned order..

SATURDAY REJUVENATION @ Karen Magnussen Community Centre

IF YOU WANT TO GO FOR A SHOWER/HOT TUB (which is surrounded by forest), you can do so at the Karen Magnussen Pool. The Karen Magnussen Pool is 1.9 km east from the finish of the Greenwood Park event. It's a **5 min** drive. There is parking at the Community Center. Adult and Preschool (0-7yrs) swim from 1:30-5:30pm and entry is **\$6.30/person**. You do not need to have a preschooler with you in order to access the pool, but be aware that many other preschoolers will likely be present in the pool. Frolic accordingly. This is a wave pool so you also get to practise your boogie boarding techniques.

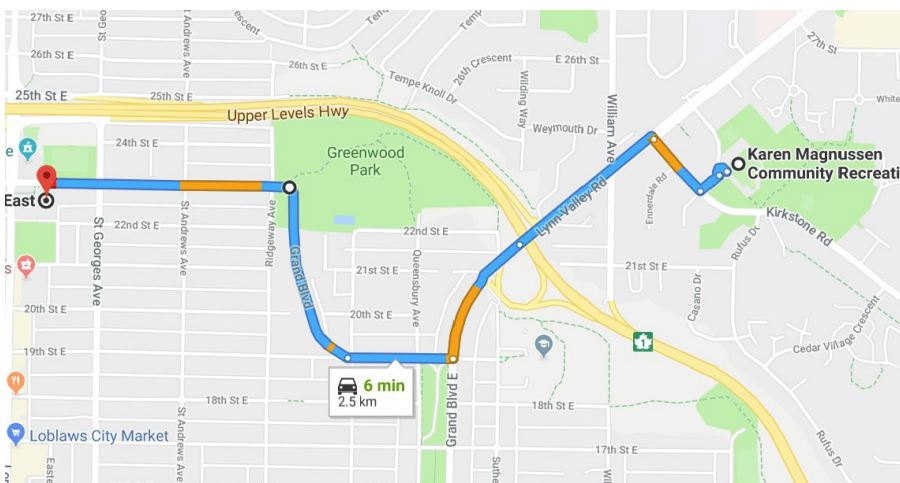


Head **east** on **23rd St E** and **continue** onto **Grand Boulevard**. Turn **left** (east) onto **19th St E**. Turn **left** onto **Boulevard Crescent** and **continue** onto **Lynn Valley Rd**. Turn **right** onto **Kirkstone Rd** and then turn **left** onto **Magnussen Pl**.

ALL TRAVELLERS: Put **2300 Kirkstone Rd, North Vancouver, BC V7J 1Z6** into your GPS.

There are also showers at the **HARRY JEROME COMMUNITY CENTRE** next door to the dinner venue. There is no public swimming at this time but you can still use the shower and change facilities.

FROM THE KAREN MAGNUSSEN COMMUNITY CENTRE/SESSION 6 TO DINNER (6 mins drive):



Head out from Karen Magnussen Community Centre to **Kirkstone Rd**. Turn **right** onto **Kirkstone Rd** and then turn **left** onto **Lynn Valley Rd**. Continue onto **Boulevard Crescent** and turn **right** onto **19th St E**. Take the shallow **right** onto **Grand Blvd Extension** after the 4 way stop going past the Greenwood Park event site. This turns into **23rd St E**. Park on

23rd St E or behind the building off **St Georges Ave.**

ALL TRAVELLERS: Put **123 E 23rd St, North Vancouver, BC V7N 2L3** into your GPS.

SATURDAY BANQUET @ Memorial Recreation Centre

BANQUET & PRESENTATION BY MEGHAN RANCE

Doors Open @ 17:30, Dinner @ 18:00

The banquet will be taking place in the Capilano Room at the Memorial Recreation Centre - the room is downstairs - look for O'flags to direct you from the lobby. Meghan Rance will be recapping the days events and highlighting areas of particular challenge. Ben Smith and Graeme Rennie will have additional entertainment for us.

We will have results from the first day of racing and will produce a start time list for the first event of Sunday morning.

SUNDAY, 18 FEB, 2017 - THE END IS NIGH!

SESSION 7 @ KENSINGTON PARK (SI-RACE 3)

By George Pugh

Groups of 2 Elites and 2

Experts starting

simultaneously @ 9:30 - 10:00.

Based on accumulated time
from Day 1

Map Scale: 1 : 4000, 2m
contours

Course Information:

Elite: 3km

Expert: 2.8km

Bring My Own Map Bag?: Yes!

Control Descriptions: On map and available separately

Terrain: Open terrain

Shoes: Trail shoes or spikes

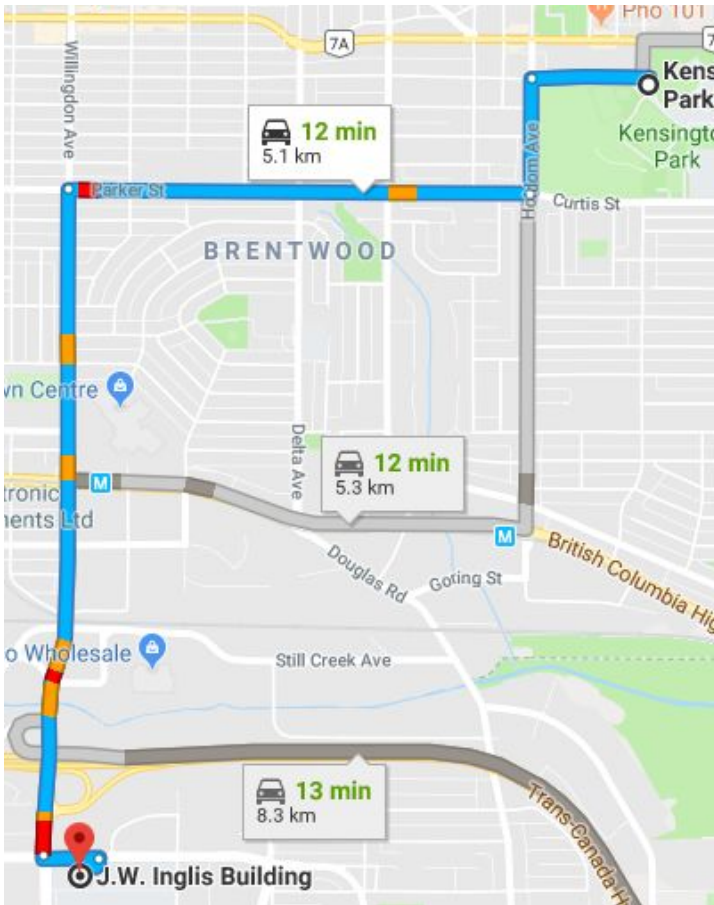
Out-Of-Bounds: Avoid golf course to west of courses

Assembly Area: Junction of Fell Ave and Frances St.

Parking: park along Fell Ave and Francis Street or in the large parking on the south-west corner of Fell Ave and Frances St.



Driving from KENSINGTON PARK to BCIT (12 min drive)



Exit out of the parking lot towards **Frances St**. Turn **left** (west) onto **Frances St** and turn **left** (south) onto **Holden Ave**. Turn **right** (west) onto **Parker St** and then turn **left** onto **Willingdon Ave**. Use the 2nd from the left lane to turn left onto **Canada Way**. Turn **right** to the large parking lot.

SESSION 8 SET-UP @ British Columbia Institute of Technology (SI-RACE 4)

By John Rance, Controller: Meghan Rance

Start @ 11:15 - 12:00

Map Scale: 1 : 5000, 2m contours

Courses: Point-to-Point
Elite: 3.0km, 46m climb
Expert: 2.0km, 40m climb

Bring My Own Map Bag?: Yes!

Control Descriptions: On map and available separately

Terrain: Urban and park (small sections of forest)

Shoes: If the conditions are snowy or icy, wear studs, otherwise wear shoes for running on pavement and concrete surfaces.

Out-Of-Bounds: Entire campus except for parking in north-west corner (see map).

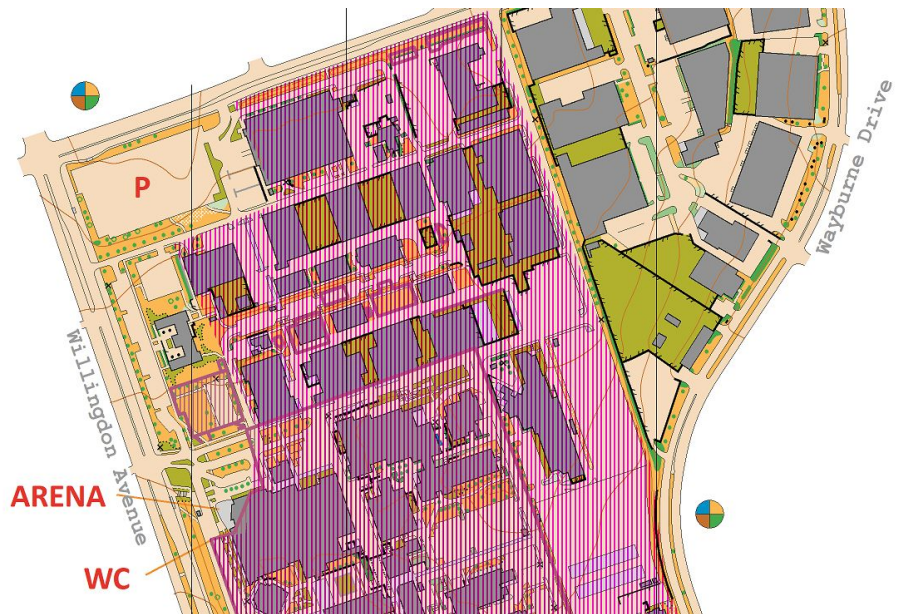
Assembly Area: SW1 (glassed in area beneath BCIT Tower SW01).

Warmup: In the north-west section of the campus only, close to the parking lot.

Parking: Park at the metered lot Q on the corner of Canada Way and Willingdon. The parking rate is **\$5.25/car** and you will need a credit card to purchase a ticket.

Start: follow the cones through to SW1 to reach the start.

Miscellaneous: Bring your lunch for after the Set-up. Cafes may not be open in the Assembly area.



SESSION 9 CHASE @ BCIT (SI-RACE 5)

By John Rance, Controller: Meghan Rance

Announcement of start times @ 12:45

Mass Start Experts @ 13:00

Mass Start Elites @ 13:05

Gathering time for those in the Chase @ 13:10

Chase Start @ 13:15

Chase start determined by time behind leader for top finishers in the Setup Race.

Courses: Point-to-point.

Elite: 2.9km, 40m climb

Expert: 1.8km, 26m climb

Bring My Own Map Bag?: Yes!

Control Descriptions: On map and available separately.

Terrain: Same as session 8

Out-Of-Bounds: Same as session 8

Assembly Area: SW01 (glassed in area beneath BCIT Tower SW01).

Parking: Same as session 8. Purchase an all-day ticket for worry free parking.

Start: same as session 8.

For the CHASE: The top 20-25 Elites will be in the chase.

AWARDS CEREMONY

The awards will be taking place at 15:00 or as soon as we are done - in SW01. So get comfy, grab a snack, and hopefully walk away with some cold hard cash.

IT'S OVER...

Please look around you and make sure that you have all your personal belongings

If you have a minute please help us clean up and pack up!

Say goodbye to your old and new friends until the next O-adventure

Oh, and don't forget to let us know how we did!

CONGRATULATIONS YOU
HAVE SURVIVED
SPRINT CAMP 2019