

## WELCOME to the 34<sup>th</sup> Sage Stomp

And yes we have been going that long!

May 18<sup>th</sup> Sprint event on the Stake Lake Ski Trails Map, near Kamloops

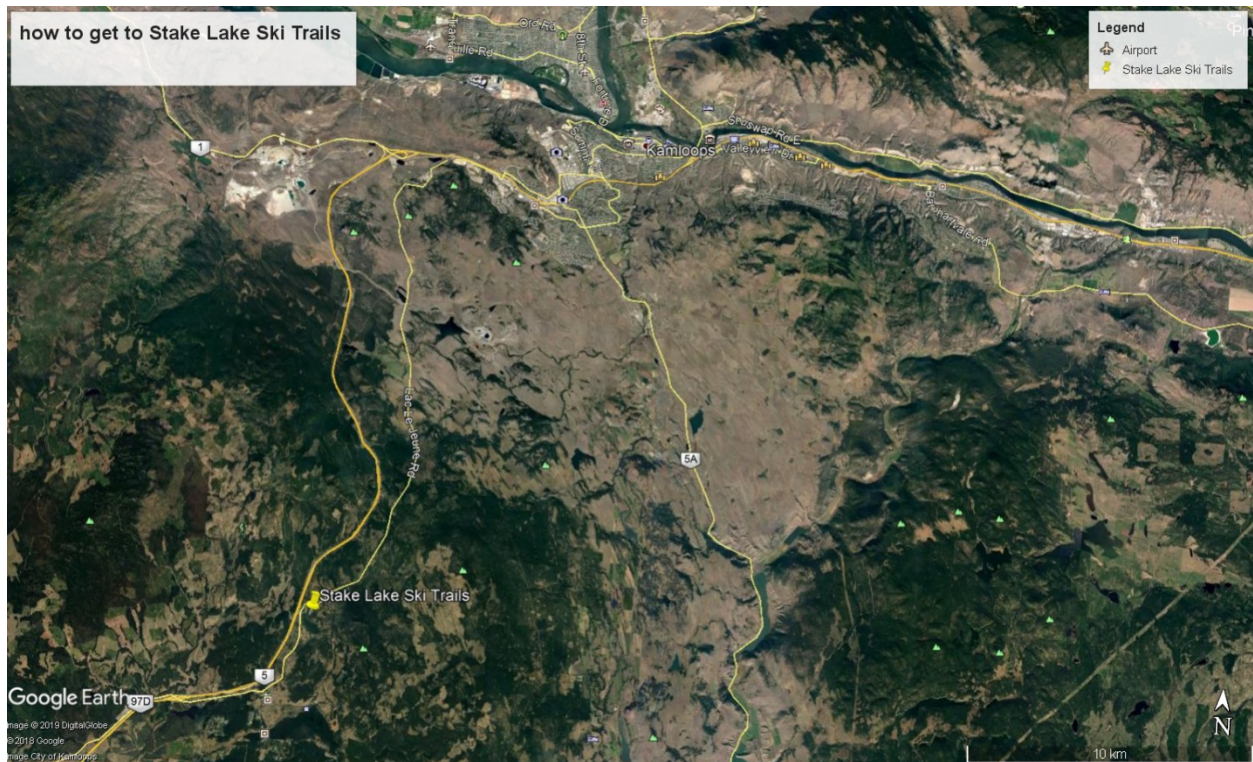
May 18<sup>th</sup> Middle on the Six Mile Hill Map, near Savona

May 18<sup>th</sup> Poor man (and woman's) Banquet at the picnic shelter on Savona Beach

May 19<sup>th</sup> Long on the Six Mile Hill Map, near Savona

## Stake Lake Sprint event

The event centre is at the Stake Lake Ski Trails 30km south of the city of Kamloops.



*Event Location:* Stake Lake Ski Trails

*Directions:* the trails are 25 minutes south of Kamloops on the old Logan Lake Highway, now known as the Lac le Jeune Rd. From Kamloops or Cache Creek take exit 366 on Hwy 1 and follow the Lac Le Jeune road west and south. From Vancouver, take exit 336 on the Coquihalla Highway and follow the old highway east and north for about 6 km. Parking is in the Overlander Ski Club Stake Lake Ski Trails Parking lot. There is a 600m walk to the Start and Finish.

*Sprint Start:* First start will be at 11am. Courses close at 1pm. There will be no start times assigned except for elite classes. Maximum time allowed is 60 mins on all courses

*Map:* The map was produced in 1999 at 1:15,000 with revisions made in 2007 and 2008. Bryan Chubb produced a non-standard sprint map for Sage Stomp XXV and we are using that for this event. The scale for the sprint map is 1:5,000 with 5m contours.

*Courses:* Winning times are based on COC standards

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

Registration will open at 10.00 am in the Stake Lake Parking lot

Water: Available in the arena; water will not be available on courses.

Toilets: pit toilets available near the parking

There will be a remote start for all courses. YOU MUST FOLLOW THE MARKED ROUTE TO THE START TRIANGLE.

## **FINISH**

*ALL COMPETITORS MUST REPORT TO THE FINISH*

*Courses and distances*

### **Course class table**

<b>SS34 Event</b>	<b>Course</b>	<b>Class</b>	<b>distance km.</b>	<b>climb m.</b>	<b># of controls</b>	<b>time limit on course</b>
Sprint	1	Beg, M10, M12, M14, F10, W12, W14	1.2 km	20m	10	1 hour
	2	Int., M75, M80, M85+, M80, W55, W65, W75, W80, W85+	1.5 km	30m	10	1 hour
	3	Adv., M55, M65, W45	1.9 km	45m	12	1 hour
	4	Exp., M16, W16, W20, W21, W35	2 km	40m	12	1 hour
	5	M20, M21, M35, M45	2.8 km	45m	17	1 hour

## Welcome to the Six Mile Hill Map and the Stomp XXXIV Middle and Long events

### Getting to the events



**Directions:** From Kamloops, drive on Highway 1 west 30 k towards Cache Creek; there will be a sign on the eastern outskirts of the village of Savona indicating the turn south to the map area; follow signs for approximately 5 km. Savona is the nearest community. The hamlet has a school, a gas station and small store, a licensed diner (Millers Crossing) beside the gas station, a pub??, a community hall and a swimming beach and picnic area beside the hall. Savona is about 40 minutes from downtown Kamloops.

**Map:** The 6 mile map was first produced for the 1990 Canadian Championships and revised for the Western Canadian Championship in 2003. Bryan Chubb remapped the vegetation for this event in 2019. The scale for courses 1+2, and 5 is 1:7,500 and 1:10,000 for all other courses

Courses: Winning times will be 25 to 45 minutes depending on age class

*Electronic punching:* the SI system will be used. SI cards can be purchases or rented.

### **Ownership**

The south half of the map is crown land managed under lease by our good friends from Indian Gardens Ranch ... the Haywood-Farmer family. We thank them for their cooperation.

## ***Officials***

- Meet Director: Jacquie Bonn, Sage
- Course planner: Bryan Chubb, WLOC
- Controllers: Alan Vyse Sage and John Rance GVOC

## ***Schedule***

Registration desk for the Middle at the Six Mile Arena will open at 2pm and the event will start at 2.30pm.

*Middle Start:* First start will be at 2.30 pm. There will be a 1km walk to the start.

*Long start:* 10am.

There will be no assigned start times.

Maximum time allowed is 90 mins for all Middle courses and 180 minutes for all Long courses.

Courses close at 4.30pm for the Middle and 1pm for the Long

## ***Arena***

Water: Please bring lots of water. Water will be available on the Long courses **only**.

Toilets: port-a-potties close to the arena

Distance to Middle Start from arena: 1.0 km on road and trail. Allow 20 minutes.

Distance to Long Start from arena: 1.8 km on road and trail. Allow 40 minutes.

## ***Remote start***

There will be a remote start for all courses. YOU MUST FOLLOW THE MARKED ROUTE TO THE START TRIANGLE.

## ***ALL COMPETITORS MUST REPORT TO THE FINISH***

## ***Parking***

Park along the edge of the road near the arena. Please do not park in the arena.

## ***BBQ***

The Saturday BBQ will be held in the Savona Community Picnic Shelter close to the swimming beach. Savona is about 4 km long, spread out along the railway and highway. There are two Highway 1 access points. The community hall is about 1km from the western entrance, which is also the entrance to Steelhead Provincial Park and camping area.

## **Hazards**

Hot weather is a normal summer hazard in the BC interior. Water will be provided on the Long courses but competitors should take their own precautions. **Make sure you are well hydrated before your start time** and take water with you if you expect to be out on the course for a lengthy period of time. In the long event there will be water on the main road that traverses the site and at a few control sites. If the weather is very hot, extra water will be provided on the courses (See the hot weather tips below).

## **Animals**

The mapper encountered deer and cows on the map. Mosquitos are likely. Rattlesnakes are highly unlikely.

## **Vegetation**

Wildflowers are abundant in May. There is no Devil's club or salal within 50 km of the map but there are a few prickly pear cacti on the southern rocky slopes.

## **Fire**

The Forest Fire Hazard is High. Take great care with any possible sources of ignition if you are camping on site. We will have an evacuation plan for the event.

## **Vehicle traffic**

Recreation traffic will be high on the roads. There may be bandit motorbikes on the trails.



## HEAT ILLNESS PREVENTION CHECKLIST FOR ORIENTEERS

Heat illness (heat exhaustion, heat stroke) can strike with little warning. Susceptibility to heat illness varies according to the individual.

### Risk Factors:

- History of heat illness
- History of chronic illness (even if controlled)
- Current illness (e.g. flu, sunburn)
- Heat stress index (depends on temperature and humidity)
- Fatigue
- Improper hydration (too little, wrong time)
- Poor fitness
- Young age (children have less developed defence mechanisms)
- Multi-day exposure to heat stress.
- Diet supplements such as aphedria and some antihistamines.
- A “finish at all costs” attitude.

Orienteers should take the actions necessary to keep the heat stress level with within their tolerance capabilities.

### Risk Reducers:

- Hydrate **numerous** days before the event (starting the night before is inadequate).
- Consume proper foods by type and amount
- Get proper rest
- Replenish your fluids regularly from the water stops on course
- Acclimatize yourself to the heat/humidity at least a week before the event
- Be fit upon arrival at the event.
- Wear a head covering
- Carry and use your own fluid replenishment supply.
- Modify your pace to suit the environmental and personal conditions. Don't start if conditions are too hazardous for **you**.
- Rehydrate immediately after the event, **that night, and the next day**.
- Replenish your electrolytes after the event by drinking sport drinks and eating fruits and vegetables.
- Be aware that your susceptibility to heat illness increases as the days of exposure continue.
- On the course be conscious of your physical and mental condition. For example, if you feel 'punchy' or dizzy when raising your head:
  - Stop immediately
  - Get under shade
  - Drink

**SSXXXIV 2019 Course/class tables**

<b>Middle :</b>							
<b>Course</b>	1+2	3	4	5	6	7	8
<b>Technical Difficulty</b>	1	3	3	4	5	5	5
<b>Classes</b>	M10, F10	F13-14	F15-16	M75+	F17-18	M19-20	M21
	M11-12	M13-14	M15-16	F75+	F45+	F19-20	M35+
	F11-12	Open 3	Open 4	F80+	F55+	F21	
	Open 1			M80+	M65+	F35+	
				F85+	F65+	M45+	
				M85+	M17-18	M55+	
				F90+	Open 6	Open 7	
				M90+			
				Open 5			
<b>Estimated Winning Time</b>	20-25	20-25	25-30	30-35	30-35	30-35	30-35
<b>Map Scale</b>	7500	10000	10000	7500	10000	10000	10000
<b>Distance</b>	3	3	3.3	2.4	3.1	3.7	4.3
<b>Climb</b>	30	75	150	75	90	130	170
<b>Long:</b>							
<b>Course</b>	1+2	3	4	5	6	7	8
<b>Technical Difficulty</b>	1	3	3	4	5	5	5
<b>Classes</b>	M10 F10	F13-14	F15-16	M75+	F17-18	M17-18	M19-20
	M11-12	M13-14	M15-16	F75+	F45+	F19-20*	M21
	F11-12	Open 2	Open 3	F80+	F55+	F21*	M35+
	Open 1			M80+	M65+	F35+	
				F85+	F65+	M45+	
				M85+		M55+	
				F90+			
				M90+			
<b>Estimated Winning Time</b>	30-35	30-35	50-55	45-50	50-55	60-70	80
<b>Map Scale</b>	7500	10000	10000	7500	7500	10000	15000
						*15000 for F19-20, F21	
<b>Distance</b>	2.8	3.3	3.2	2.6	5.1	7.3	9.9