

Vancouver Sprint Camp

2017



Photo by Cheryl Smith via Global News

WELCOME TO SPRINT CAMP 2017

The Greater Vancouver Orienteering Club welcomes you to the 12th 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 best Expert runners.

This year we are running on maps located in Downtown Vancouver (Stanley Park South), Coquitlam (Lafarge & Poirier), Port Coquitlam (Citadel), and New Westminister (Queen's Park & Byrne Creek). Please enjoy these communities while you are there and perhaps warm up with a drink from a local cafe!

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 over 100 people registered!

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

Hilary Anderson, Nate Barrett, Chris Benn, Rachel Caufield, Ian Collings, Brian Ellis, Marg Ellis, Don & Jonah Haliburton, Bill Harrower, Elizabeth Kleynhans, Kate Knapp, Karen Lachance, Erica Lay, Scott Muma, John Rance, Safder Raza, Bruce Rennie, Graeme Rennie, Robyn Rennie, Alison Schoenhardt, Ben Smith, Marissa & Stan Woods.

Please take a moment this weekend to thank these people for their contribution!

New for 2017 we will have: **LIVE RESULTS!**






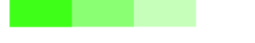




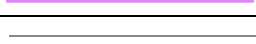
This year you will be able to get live results on your smartphone or tablet (even if you don't have cellular data in Canada). To access the live results, connect to the WiFi network **GVOC**, then navigate to results.ca. The webpage will show you the results from all five races, as well as the current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



FRIENDLY REMINDERS

- All participants **MUST** sign a waiver. We will email you a copy, so please consider printing and signing in advance and bringing the form with you. You **MUST** submit the waiver to registration **BEFORE** you can participate.
- **REGISTRATION:** Will be available on **Friday before Session 1 & 2, Saturday before Session 3, 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 SI stick, and ask questions.
- 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** :P
- 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 :D
- ***NEW*** 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.

OUT OF BOUNDS (OOB) SYMBOLS

	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
	May cross
	MUST NOT CROSS
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	MUST NOT ENTER
	MUST NOT ENTER
	MUST NOT ENTER

PLEASE NOTE RE: OOB

Many map features/OOB elements may be obscured by the **SNOW**. If you run through/over them you have still run **OUT OF BOUNDS** and will be disqualified. Use all your powerful relational navigation skills with the features you can see to complete your course without fault!

TABLE OF CONTENTS

<u>Welcome to Sprint Camp</u>	1
<u>Friendly Reminders</u>	2
<u>Schedule</u>	4
<u>All Sessions Map</u>	5
Best 4 out of 5 SI-Races Explanation	5
<u>Friday - Getting to the First Training / race</u>	6
Session 1 @ Stanley Park South (Training)	8
Session 2 @ Stanley Park South (SI Race 1)	8
Dinner @ Brockton Oval Pavilion	9
<u>Saturday - Sessions Map</u>	10
Session 3 @ Lafarge (SI Race 2)	10
Session 4 @ Lafarge (Training)	12
Session 5 @ Poirier (SI Race 3 - Farsta)	13
Session 6 @ Poirier (Training)	13
Session 7 @ Citadel (Si Race - 2 Person Relay)	15
Dinner @ Queen's Park Centennial Lodge	16
<u>Sunday - Sessions Map</u>	17
Session 8 @ Queen's Park (SI Race 4 - Set Up)	18
Session 9 @ Queen's Park (SI Race 5 - Chase)	18
Session 10 @ Byrne Creek (Training)	19

SCHEDULE - WHEN TO BE WHERE

Time	Event	Location	Terrain
Friday, 10 February			
13:00 - 15:00	Training	Stanley Park South	Park
15:30 - 17:00	SI-RACE 1	Stanley Park South	Park
17:15	Dinner (17:45) & Presentation	Brockton Oval Pavilion	/////
Saturday, 11 February			
9:00 - 10:15	SI-RACE 2	Lafarge	Park
10:30 - 11:30	Training	Lafarge	Park
11:30 - 13:00	Lunch	////////////////////////////////////	/////
13:00 - 13:30	SI-RACE 3 ~ FARSTA	Poirier	Urban
13:30 - 14:30	Training	Poirier	Urban
15:45 - 16:15	2 Person Relay	Citadel	Park
18:00	Dinner (18:15) & Presentation	Queen's Park Centennial Lodge	/////
Sunday, 12 February			
9:00 - 10:15	SI-RACE 4 ~ Set-Up	Queen's Park	Park
11:15 - 11:35	SI-RACE 5 ~ Chase	Queen's Park	Park
12:15	Awards Ceremony	Download Tent	/////
12:30 - 13:30	Lunch	////////////////////////////////////	/////
13:30 - 14:30	Training	Byrne Creek	Forest

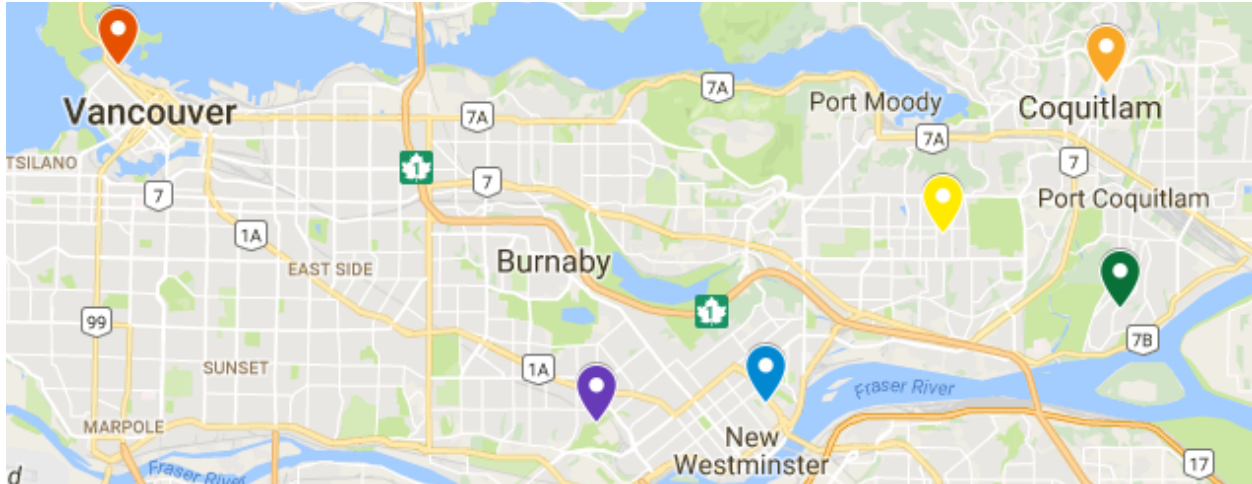
PLEASE NOTE

GVOC is using cable locks to protect the controls. The wire is meant to be there, sadly it MAY affect punching. Older SI sticks need to be pushed much further into the unit. It also slows you down a wee bit as there is a smaller hole to aim for... please ensure the SI unit beeps or flashes to guarantee no mispunches from a mechanical issue.

Elites will be picking up their maps from a **RED** basket & **Experts** from a **BLUE** basket.

ALL SESSIONS MAP

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



FRIDAY

1 & 2 RED

Stanley Park South

SATURDAY

3 & 4 ORANGE Lafarge

5 & 6 YELLOW Poirier

7 GREEN Citadel

SUNDAY

8 & 9 BLUE Queen's Park

10 PURPLE Byrne Creek

BEST 4 OUT OF 5 SI-RACES

The following 5 races will count towards an overall result:

1. Friday - **Session 2** @ Stanley Park South (SI Race 1)
2. Saturday - **Session 3** @ Lafarge (SI Race 2)
3. Saturday - **Session 5** @ Poirier (SI Race 3 - Farsta)
4. Sunday - **Session 8** @ Queen's Park (SI Race 4 - Set Up)
5. Sunday - **Session 9** @ Queen's Park (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 women and men will be awarded: 1st: \$200, 2nd: \$150, 3rd: \$100, 4th: \$75, 5th: \$50

FRIDAY, 10 FEB, 2017 - GETTING TO THE 1ST TRAINING

TRANSIT INFO

Vancouver has a 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. Transiting to Coquitlam, Port Coquitlam, and New Westminster from Vancouver is a 1 Zone Skytrain journey on the weekend as it is off peak travel.. ALL BUS travel is 1 Zone regardless of how far you travel!

You can buy a single-use or a reusable/reloadable Compass Card. The **reloadable compass card costs \$6.00** can be used on all forms of public transportation in Vancouver.

If you are coming from the Tsawwassen Ferry Terminal by transit, buying and loading up a reusable Compass Card in the Tsawwassen Ferry Terminal Foot Passenger Arrivals area might be a better option and less of a hassle than one-off fares. If you pay with change on the bus, the ticket there won't be valid on the Skytrain. The alternative in this case would be to buy a single-use disposable compass card in the same machines.

TRANSIT FROM THE TSAWWASSEN FERRY TERMINAL TO STANLEY PARK SOUTH

At the Tsawwassen Ferry Terminal buy a 3-Zone Single-Fare (or reloadable) Compass Card. Take the **#620 Bus to Bridgeport** (can also take the Express 620). At **Bridgeport**, go upstairs and take the **Canada Line Skytrain** going to **Waterfront**. (*follow next common directions, below*)

TRANSIT FROM THE VANCOUVER AIRPORT (YVR) TO STANLEY PARK SOUTH

At **YVR** follow the signs to the skytrain station and buy a 2-Zone Single-Fare Ticket (Adult: \$4, Concession¹: \$2.75) or a reusable Compass Card. You will get on the **Canada Line Skytrain** going to **Waterfront**. (*follow next common directions, below*)

AIRPORT & FERRY TERMINAL COMMON DIRECTIONS

Ride the **Canada Line Skytrain** going to **Waterfront** and get off at the **Vancouver City Centre** station.

Catch the **#240 15th Street** OR **#250 Horseshoe Bay bus**, Westbound along Georgia St. at Granville Street. (NW corner of Georgia and Granville, stop ID 61031).

Ride the bus along Georgia St. until the **Denman St. stop**. Get off here and walk to the training and Race 1 start location. You will be on the same side of the road as the starts for Session 1 and 2.

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 YVR TO STANLEY PARK SOUTH

Get on **Grant McConachie Way E (East)** and continue **keeping Left on the Arthur Laing Bridge** following **signs for Granville Street E/City Centre/BC-99 N** merging into **SW Marine Drive**. Continue onto Granville Street (North). **Stay on Granville Street (North)** for 6.8kms, going **over the Granville Bridge/BC-99 N**. Use the **2nd from the left lane** to continue on Granville St/Granville Bridge. Use the **right lane to take the Pacific Street W ramp**. **Merge onto Pacific St**. Continue onto **Beach Ave**. Take a **slight right** onto **Denman Street**. **Continue along Denman Street** crossing over Georgia Street/BC-99. Find parking for Training 1 and SI-Race 1 to the left.

DRIVING FROM THE BORDER TO STANLEY PARK SOUTH

Coming from Peace Arch border crossing take **HWY BC-99 N**. Continue onto Oak Street, turn left onto Park Drive, Turn right onto Granville St./BC-99 N. Use the **2nd from the left lane** to continue on **Granville St./Granville Bridge**. Use the **right lane** to take the **Pacific Street W** ramp. Merge onto **Pacific St**. Continue onto **Beach Ave**. Take a slight right onto **Denman Street**. Continue along **Denman Street** crossing over **W Georgia Street/BC-99**. Find parking for Training 1 and SI-Race 1 to the left.



Light Blue parking box equals a paid lot. As well, there might be some metered parking on the nearby streets, see light blue arrows. There is no free parking in the area.

Cornflower Blue arrows show how to walk to **Session 1** from the parking and the bus stop.

SESSION 1 @ STANLEY PARK SOUTH (TRAINING)

By Brent Langbakk

Self Start @ 13:00-15:00

Timing: Self timing

Control Descriptions: On map only

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

Terrain: Urban park

Shoes: Road runners or trail runners with small tread

Out-Of-Bounds: Marked on map

Assembly Area: Blue Star!

Training Focus: Line-O with optional Corridor.
Follow by thumb & Refold your map.



SESSION 2 @ STANLEY PARK SOUTH (SI-RACE 1)

By Chris Benn

Interval Start @ 15:30-17:00

Courses: Point to Point. Optimum Route Elite 3.6km, 38m & Expert 3.0km, 26m

Control Descriptions: On map & available separately

Bring My Own Map Bag?: Yes!

Terrain: Two Parts: City park with paths, flower beds, buildings & Urban area with residential buildings and small parks.

Shoes: Trail runners, no spikes please

Out-Of-Bounds: Marked on the map

Misc.: This can be quite a busy area so be courteous to other park users and pedestrians.

You will also need to be careful crossing roads - although these are not main roads there is still regular traffic.

FRIDAY NIGHT @ BROCKTON CLUBHOUSE

DRIVING TO DINNER @ BROCKTON CLUBHOUSE

Go across **Denman Street** onto **Bayshore Dr.** following the **S-Curve** in the road. Turn **right** onto **Cardero Street**. Turn **right** onto **W Georgia Street** (BC-1A/BC-99 N). Use the **right 2 lanes** to take the exit towards **Stanley Park Drive**. At the roundabout, take the **1st exit** onto **Stanley Park Drive**.



DINNER & PRESENTATION BY BRENT LANGBAKK

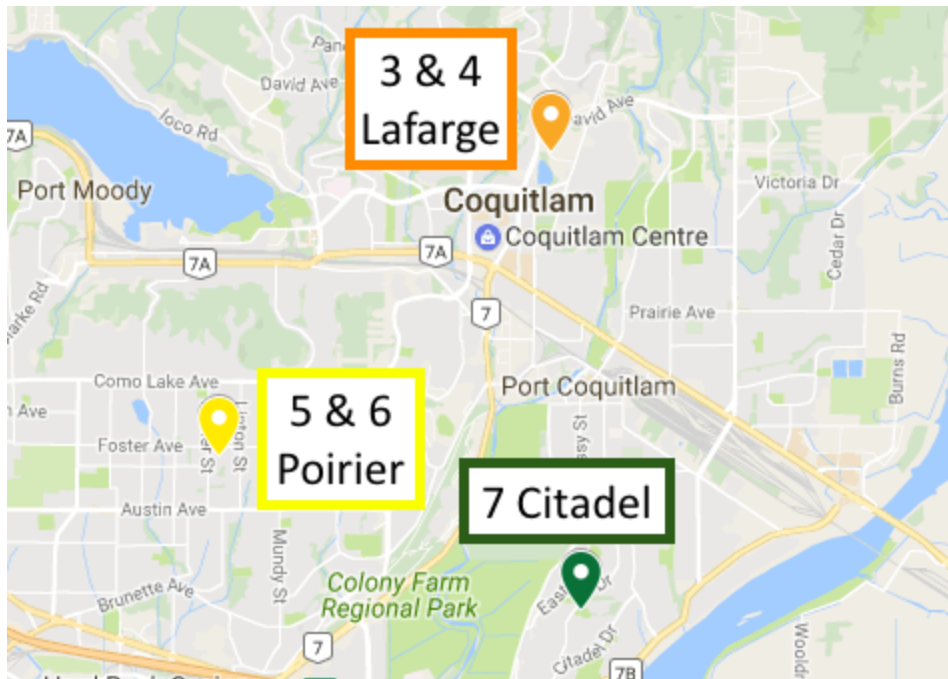
You may access Brockton Oval after 17:15 and dinner will be served around 17:45.

There is room to change into warmer (drier) clothing. As well there is a bar with warm drinks, alcoholic, and non-alcoholic beverages available for purchase.

Come socialize, and get a good seat!, before the dinner & presentation :D

Brockton Oval: 480 Broughton St, Vancouver, BC V6G 3H4

SATURDAY, 11 FEB, 2017 - SO IT BEGINS...



SESSION 3 @ LAFARGE (SI-RACE 2)

By Ben Smith

Interval Start @ 9:00-10:15

Map: 1:5000, 2m contours. Brand new for 2017.

Courses: Point-to-Point. Optimum Route Elite 3.4km, 40m climb & Expert 2.7km, 30m climb

Control Descriptions: On map & available separately

Bring My Own Map Bag?: Yes!

Terrain: Urban park, with some short forest sections

Shoes: Flats or rubber studs

Out-Of-Bounds: Trevor Wingrove Way may only be crossed at marked crossing points, as noted below. Flower beds are marked with olive green. Remember that fences marked with a thick black line must not be crossed, even if you think you can climb over them.

Safety: A minor road bisects the map and is out of bounds. **YOU MAY ONLY CROSS AT MARKED CROSSING POINTS.** The line between controls is cut (rather than bent) indicating that you have a choice of which crossing point to use. An example is shown to the right.

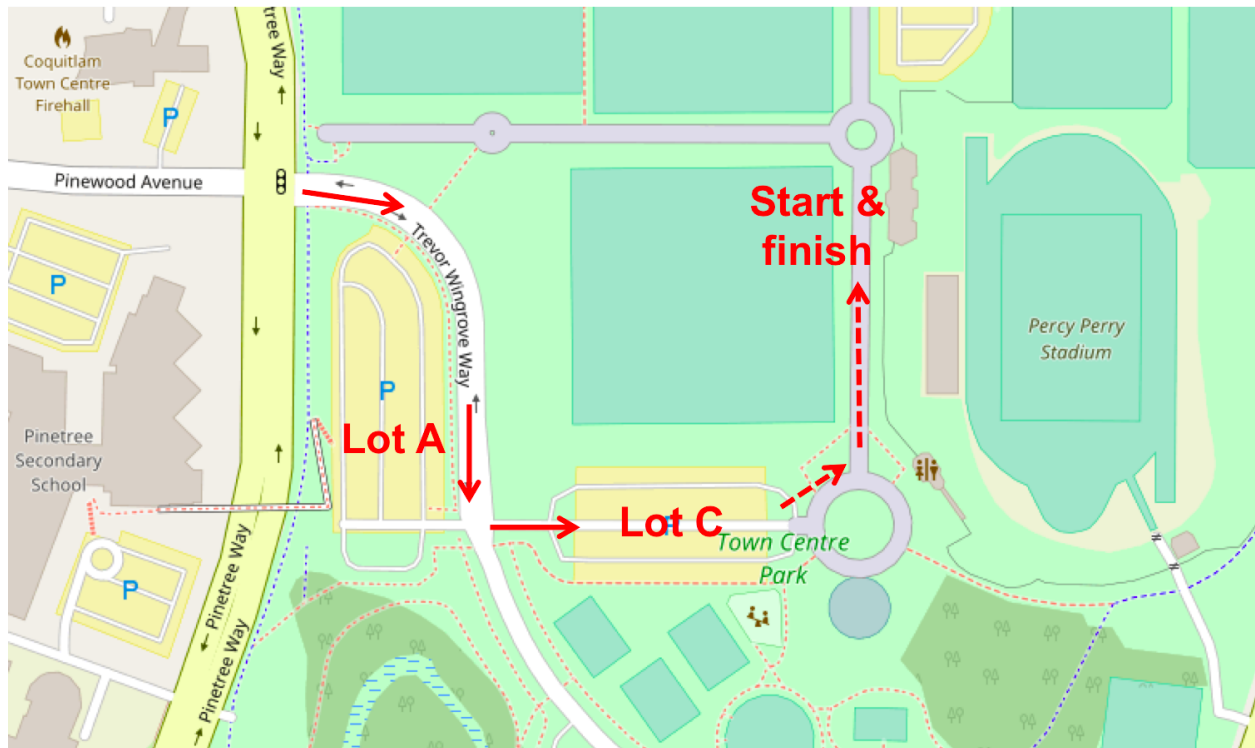


THERE WILL BE MARSHALS AT EACH CROSSING POINT. They will try their best to stop traffic before you reach the crossing, but they will not endanger themselves to save you a few seconds. Please be courteous! Feel free to shout “RUNNER!” as you approach if they haven’t seen you.

Misc.: “Lights at Lafarge” is an annual event with thousands of lights. The city hope to have removed everything by race day, but there may still be some hoists on location. Notices will be provided in the start lanes if this is the case.

DRIVING & PARKING DIRECTIONS: To Percy Perry Stadium (Coquitlam, BC)

Make your way from where you are staying to the **Trans-Canada Hwy/BC-1 E** in Burnaby. Follow the **Trans-Canada Hwy/BC-1 E**. Use the right lane to take **exit 44** for United Blvd/British Columbia 7B E/British Columbia 7 E. Keep **right at the fork**, follow signs for Coquitlam E/BC-7 E and merge onto **BC-7**. Keep **right** to continue on **BC-7 E**, follow signs for British Columbia 7 E. BC-7 E will turn into **Pinetree Way N**. Continue on Pinetree Way N. Turn **right** onto **Trevor Wingrove Way**. Follow the map below to parking and the Start and Finish.



Assembly Area: By Percy Perry Stadium. **Washrooms are available there.**

Where to park: Please enter Town Centre Park from the west (off Pinetree Way - follow signs for Percy Perry Stadium). Park in the first lot on the left (Lot C). Walk to the end of the lot, and turn left. If Lot C is full, use Lot A (across the way) and walk through Lot C.

SESSION 4 @ LAFARGE (TRAINING)

By Brent Langbakk

Self Start @ 10:30-11:30

Timing: Self timing

Control Descriptions: On map only

Terrain: Same as the previous race

Bring My Own Map Bag?: Yes!

Shoes: Running shoes with grip but no studs

Out-Of-Bounds: Marked on map

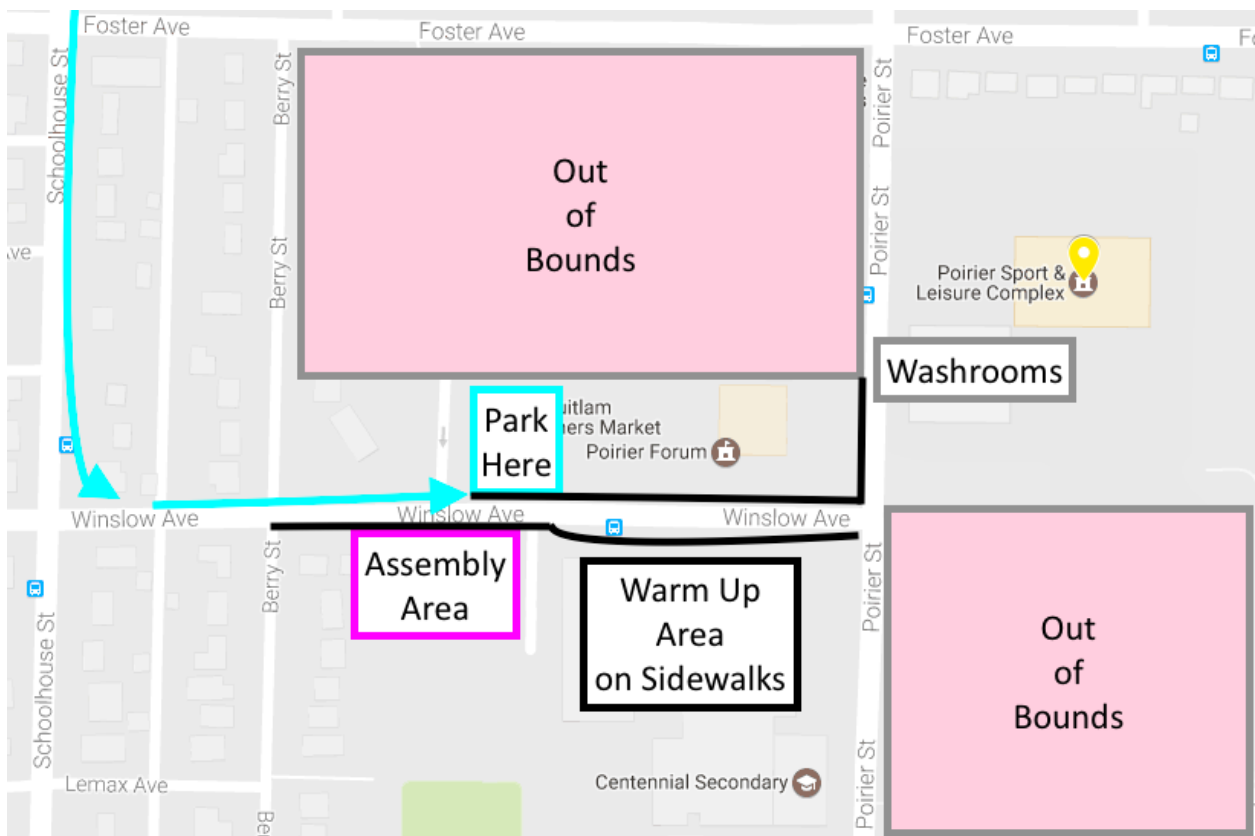
Assembly Area: North end of the lake

This training is followed by:

LUNCH TIME!

Training Focus: Route Choice

DRIVING FROM LAFARGE (Percy Perry Stadium) to POIRIER (Poirier Farmers Market)
Head **south** on **Pipeline Road** towards Redonda Drive. Turn **right** onto **Guildford Way W**. Turn **left** onto **Johnson St**. Continue onto **Mariner Way**. Turn **right** onto **Como Lake Avenue**. Turn **left** onto **Schoolhouse Street**. Turn **left** onto **Winslow Ave** and parking will be on the left hand side. Please **AVOID** coming down **Poirier Street**.



IT'S NOT A RESTING CAMP

SESSION 5 @ POIRIER (SI-RACE 3 FARSTA)

By Alison Schoenhardt

FARSTA Instructions Announced @ 12:50

Mass Start @ 13:00 (for Elite & Expert)

Courses: Optimal route. Elite 3.1km, 16m climb & Expert 2.3km, 14m climb

Map Scale: 1:5000, 2m contours

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

Control Descriptions: On map

Terrain: Urban park

Shoes: Road runners or trail runners with light tread

Out-Of-Bounds: Marked on the map

Misc.: There is a road that you have to cross twice. Although cars do tend to move slowly through the area, you must exercise caution and good judgement when crossing the roads.

Assembly Area: See previous page

FARSTA Instructions:

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 Part 3, then Part 4. Parts 1-3 are forked loops that start and finish at the hub control #180 which is located at the start triangle. You must punch this hub control on each loop. Loop 4 is a common loop and finishes at the finish control. Unit numbers are next to the control numbers on the map.

SESSION 6 @ POIRIER (TRAINING)

By Brent Langbakk

Self Start @ 13:30-14:30

Timing: Self timing

Control Descriptions: On map and available separately

Bring My Own Map Bag?: Yes!

Terrain: Same as the previous race

Shoes: Running shoes

Out-Of-Bounds: Marked on Map

Assembly Area: Same as the race

Training Focus: Detail and Visualizing the Control Circle

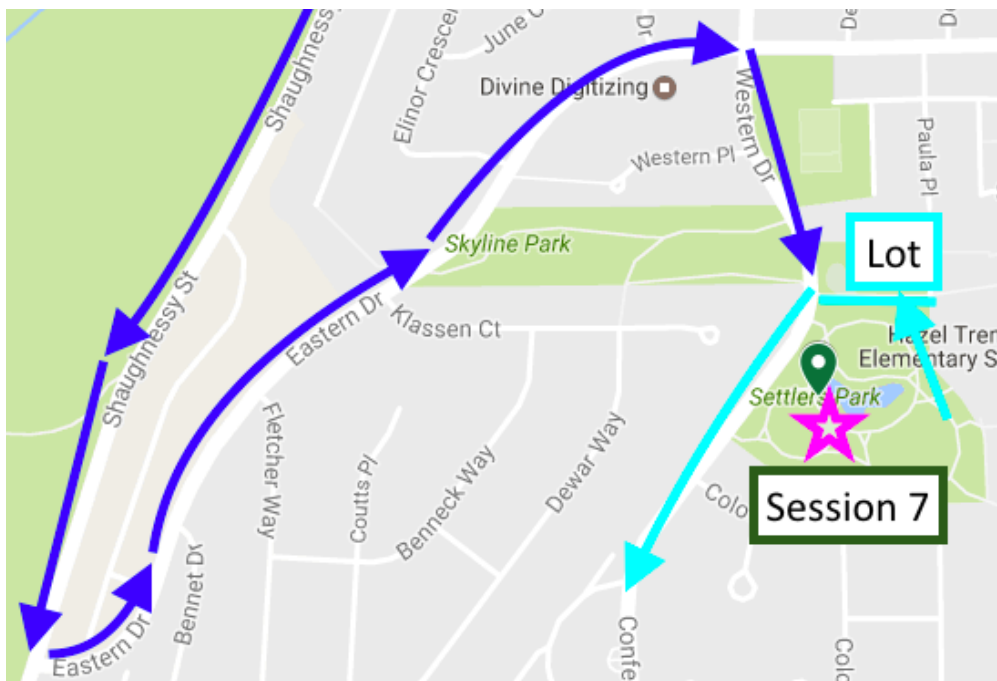
DRIVING TO SESSION 7 @ CITADEL

DRIVING from POIRIER (Poirier Sports & Leisure) to CITADEL (Settler's Park)

Head **west** on **Winslow Ave**. Turn **left** onto **Schoolhouse St**. Turn **left** onto **Austin Ave**. Turn **right** onto **Decaire Street** and follow the **s-curve** as it turns back into **Schoolhouse St**. Turn **left** onto **Lougheed Hwy/BC-7 E**. Use the **middle lane** to take the **British Columbia 7/British Columbia 1 E ramp** to **British Columbia 7B E/Hope/Surrey**. Keep **right** at the **fork** to continue towards **BC-7B**. Keep **left** to continue towards **BC-7B**. Continue onto **BC-7B**. Turn **left** onto **Shaughnessy St**. Turn **right** onto **Eastern Drive**. Turn **right** onto **Western Drive** which will change into **Confederation Drive**. Settler's Park will be on the left.

Where to Park: Park along Confederation Drive or Parking lot shown on map in Light Blue.

Please Note: If you park in the **Lot** please walk along **Confederation Drive** to get to the **Pink Star**. Just follow the Light Blue road back out that you drove in on as the rest of the park is **Out Of Bounds**.



SESSION 7 @ CITADEL (SI-RACE - 2 PERSON RELAY)

By Stan Woods

Mass Start @ 15:45 (For Elite & Expert)

Courses: Each leg will be about 1.2 to 1.4 km long via the optimum route with 8 controls.

Map Scale: 1:4000, 2.5m contours

Control Descriptions: On map

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

Terrain: Urban park and some trails. Look out for uncrossable features!

Shoes: Runners with good grip, such as trail runners should be OK.

Out-Of-Bounds: Access the assembly area by walking along Confederation Drive

Assembly Area: **Pink** star! Covered shelter near Confederation Drive and south-west end of small pond. There is a small warm up area near south-west of the assembly area that can be used before and during the relay to stay loose.

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. 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 follow the person in front of you and make sure to check your control codes!

The handover procedure is: (**Demo @ 15:35 - If you don't know you can't blame us ;P**)

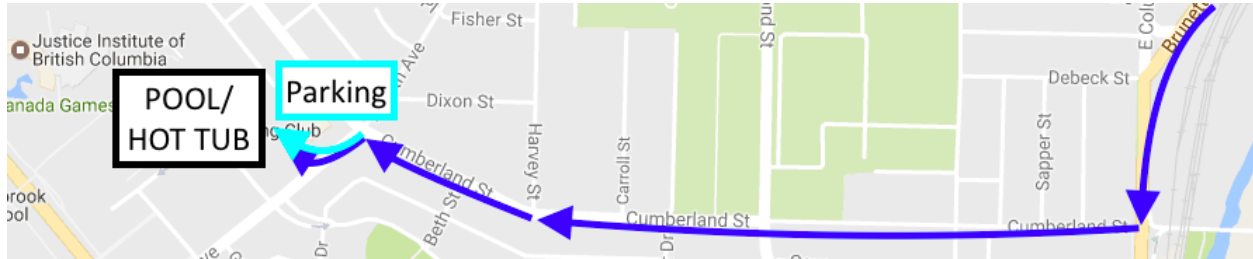
- Punch the Finish control
- Hand the map to your partner
- Go immediately to download
- Clear and Check your SI card
- Get ready for your partner to return

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!

You have been paired by the organizers with someone we don't think you know for this FUN relay...Your teams will have been emailed out to you. If you **wish to make a change** (for whatever reason) please tell or email Scott Muma at scott.muma123@gmail.com by the **end of the banquet on Friday.**

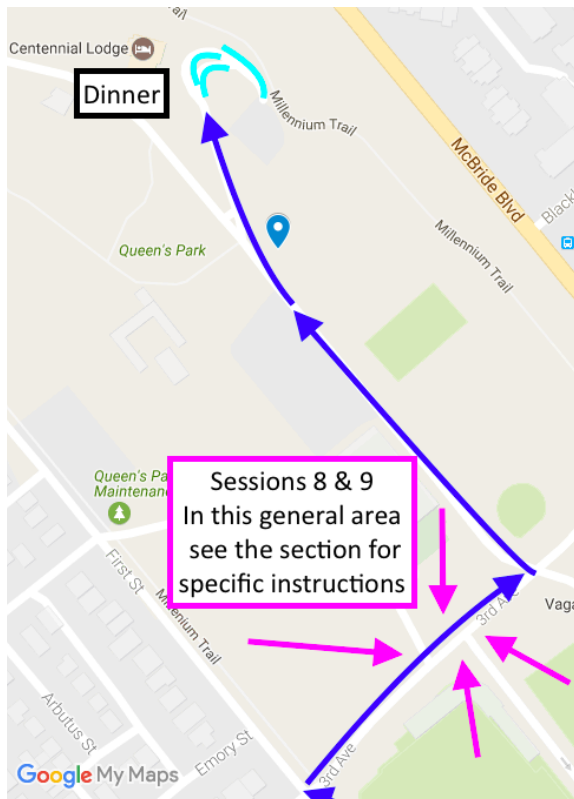
SATURDAY DINNER @ QUEENS PARK CENTENNIAL LODGE

IF YOU WANT TO GO FOR A SWIM/SHOWER/HOT TUB, you can do this on the way to the Queens Park Centennial Lodge at the Canada Games Pool.



Head **northeast** on **Confederation Drive** continue onto **Western Drive**. Turn **left** onto **Eastern Drive**. Turn **left** onto Shaughnessey St. Turn **right** onto **BC-7B**. Keep left, follow signs for **British Columbia 1 W** and merge onto **Trans-Canada Hwy/BC-1 W**. Use the **2nd from the right lane** to take **exit 40** for **Brunette Ave** toward **New Westminster/Coquitlam**. Keep left at the fork, follow signs for **Brunette Ave S** and merge onto **Brunette Ave**. Turn left onto **E Columbia St**. Turn **right** onto **Cumberland St**. Turn **left** onto **E Sixth Ave**.

FROM THE CANADA GAMES POOL TO DINNER: Turn **right** onto **6th Ave/E Sixth Ave** towards **Glenbrook Dr**. Turn **left** onto **First St**. Turn **left** onto **3rd Ave**. Turn **left** and then **slight right**. Keep left.



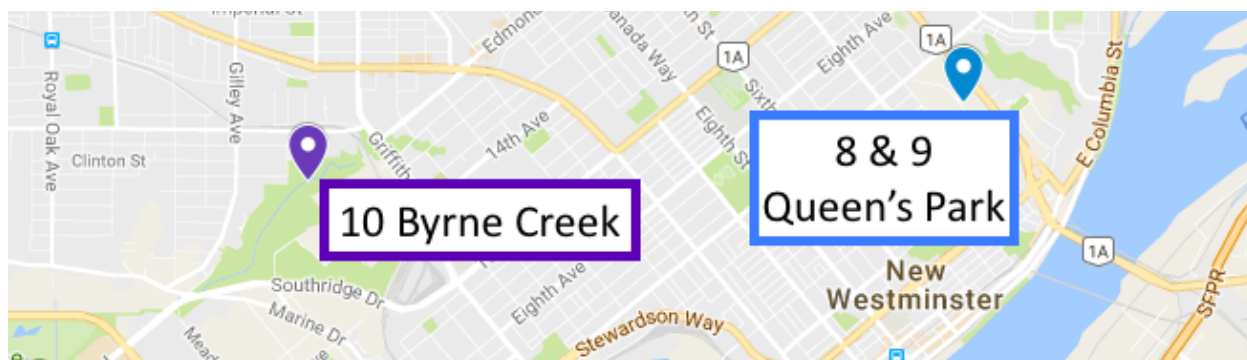
DINNER & PRESENTATION BY BRENT LANGBAKK

Doors Open @ 18:00, Dinner @ 18:15

DRIVING TO DINNER

Head **northeast** on **Confederation Drive** continue onto **Western Drive**. Turn **left** onto **Eastern Drive**. Turn **left** onto Shaughnessey St. Turn **right** onto **BC-7B**. Keep left, follow signs for **British Columbia 1 W** and merge onto **Trans-Canada Hwy/BC-1 W**. Use the **2nd from the right lane** to take **exit 40** for **Brunette Ave** toward **New Westminster/Coquitlam**. Keep left at the fork, follow signs for **Brunette Ave S** and merge onto **Brunette Ave**. Turn left onto **E Columbia St**. Turn **right** onto **McBride Blvd**. Turn **left** onto **Royal Ave**. Turn **right** onto **First St**. Turn **right** onto **3rd ave**. Turn **left**, and then **slight right** to the **Lodge**.

SUNDAY, 12 FEB, 2017 - THE END IS NIGH!



DRIVING DIRECTIONS TO QUEENS PARK

(Same place as Saturday's Dinner please refer to those maps for detailed arrival images)

You **MUST ENTER THE PARK OFF OF FIRST STREET ALONG THIRD AVE...** Please :D

Take the **Trans-Canada Hwy/BC-1 E**. Take **exit 33 towards Canada Way**. Use any lane to **turn right** onto **Kensington Ave**. Use the **left 2 lanes** to **turn left** onto **Canada Way**.

Continue onto **8th St**. Turn **left** onto **Eighth Ave**. Turn **right** onto **First St**. Turn **left** onto **Third Ave** and into the park. Please **Park** between the arena and the baseball stadium.

QUEEN'S PARK INFO FOR SESSIONS 8 & 9

See "SESSION 8" & "SESSION 9" for Race Specific info. Ex) Start Times!

Map: 1:4000, 2.5m contours

Terrain: Varied urban park with playing fields, lawns, gardens, playgrounds, tennis courts, buildings, roads, paved and unpaved paths, etc. There is white forest and some dense thickets. The chase will use a residential area and a hospital as well as part of Queen's Park. Expect generally fast running speeds.

Shoes: Use rubber soled shoes with aggressive tread. Metal spikes are not recommended

Out-Of-Bounds: The entire park except for the assembly/parking area is out of bounds prior to the start of the races. Pay particular attention to the olive green areas. Don't cross them! If it looks like planting, go around. **Do not cross the busy road except via the pedestrian overpass. Take care crossing all roads.**

Map symbols: Brown X = rootstock or old, large stump. Open green circle = prominent tree. Green X = topped tree. Black X = bench, picnic table, or electrical box, etc. In a former graveyard, there are commemorative walls with headstones attached. These walls are mapped only if they are longer than 2 metres. Remember the ISSOM rule about distance between controls: similar features=30 metres, dissimilar features=15 metres. (there are lots of controls out there)

Misc: Low, easily crossed wooden fences are common but have **NOT** been mapped
Assembly Area: In front of the arena. Toilets are available in the arena. There is a small concession in the arena (coffee, hot chocolate, popcorn, nachos, hot dogs, etc).

Note: Minor hockey will be using the arena at the same time as us. We have been asked to take particular care not to block the doorways or congregate in the lobby.

SESSION 8 @ QUEEN'S PARK (SI-RACE 4)

By John Rance

Interval Start @ 9:00 -10:15

Courses: Point-to-Point. Optimum Route Elite 2.9km, 70m climb & Expert 1.85km, 35m climb

Control Descriptions: On map and available loose

Bring My Own Map Bag?: Yes!

SESSION 9 @ QUEEN'S PARK (SI-RACE 5)

By John Rance

Announcement of start times @ 11:05

Mass Start @ 11:15

Gathering time for those in the Chase @ 11:30

Chase Start @ 11:35

Courses:Point-to-Point. Optimum Route Elite 3.0km, 78m climb & Expert 2.1km, 58m climb

Control Descriptions: On map and available loose

Bring My Own Map Bag?: Yes!

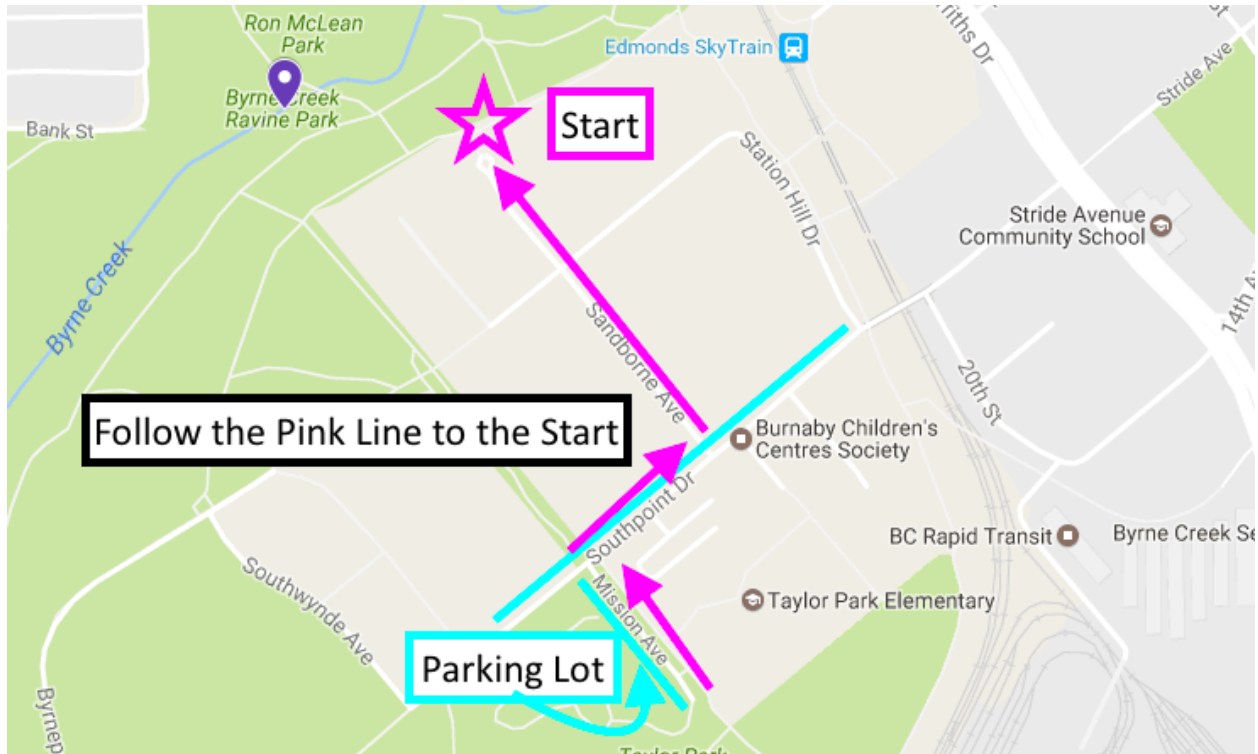
For the CHASE: There are butterfly loops to discourage following. As well, descriptions will be printed on the map and loose descriptions will be lightly lightly taped to the back of the map.

AWARDS CEREMONY

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

QUEENS PARK to BYRNE CREEK

Follow **Third Ave** towards **Sixth Street**. Turn **Right** onto **Sixth Street**. Turn **left** onto **Tenth Ave**. Turn **right** onto **Griffiths Drive**. Turn **left** onto **Southpoint Drive**. Turn **left** onto **Mission Ave**. You should be able to find parking in the elementary school lot along Mission Ave. or along Southpoint Drive as you come down.



Please park where the Light Blue lines indicate and follow on foot the Pink lines to the Pink star which is the location of the Start!

SESSION 10 @ BYRNE CREEK (TRAINING)

By Brent Langbakk

Self Start @ 13:30-14:30

Timing: Self timed

Control Descriptions: On map

Bring My Own Map Bag?: Yes!

Terrain: Campus and forest paths

Shoes: Running shoes

Out-Of-Bounds: Marked on map

Assembly Area: North end of Sandborne Ave

Training Focus: Planning Ahead / Map Memory. One person relay with map exchanges!

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 pack up!

Say good-bye 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 2017**