



2018 Spring Training Weekend

June 1st – 3th

Introduction

Orienteering Ottawa's 2018 version of our Spring Training Weekend is taking place at the Foley Mountain Conservation area and Perth, (home to the 2017 Canadian Orienteering Championships) on June 1st to June 3rd.

The full camp includes one evening session on Friday and 2 training sessions each on Saturday and Sunday. The camp schedule also includes a presentation, a yoga / stretching session, and a few group meals. On Sunday morning the camp sessions is combined with our Spring Series Event at Foley Mountain so that event is open to everyone. The rest of the camp is open to orienteers who consider themselves to be at intermediate level or higher.

We have the following experienced coaches coaching this weekend:

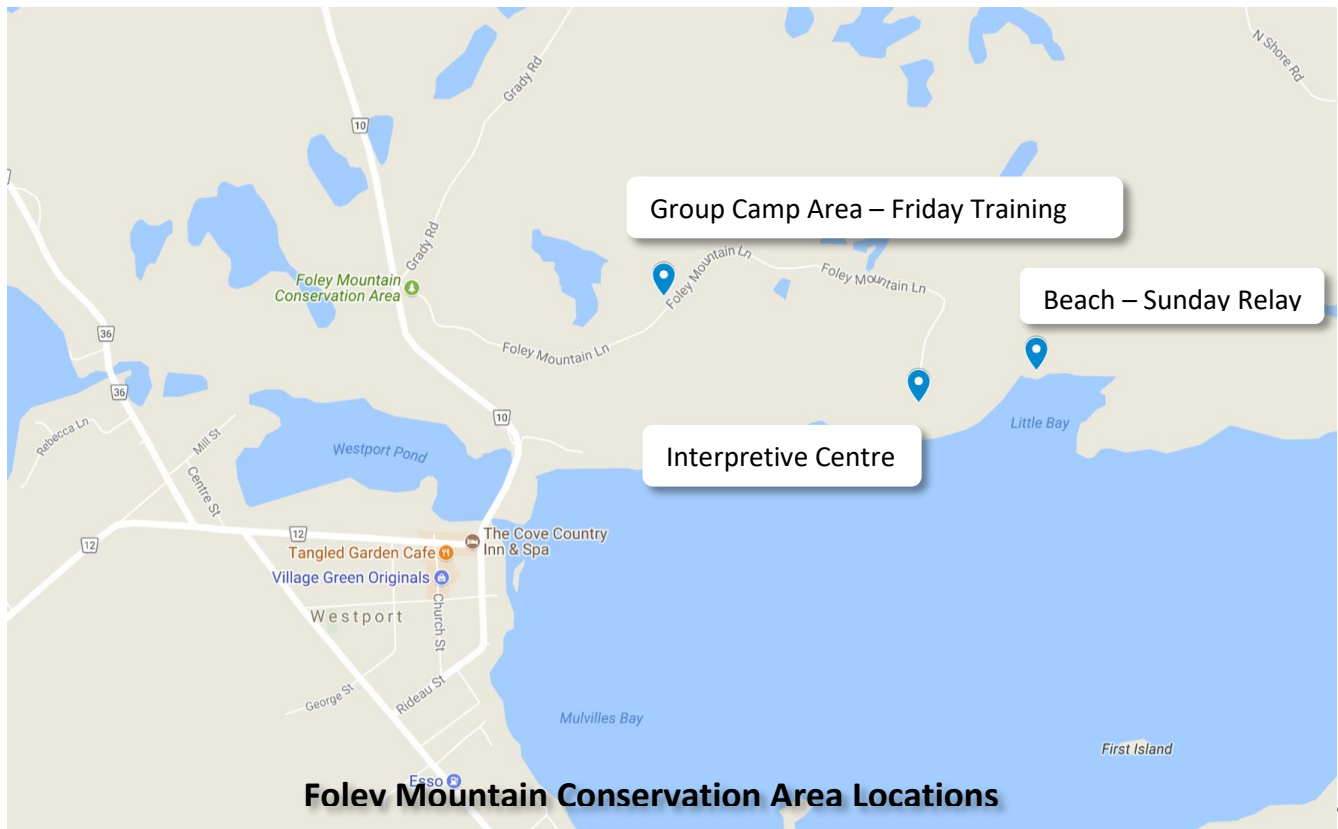
- Stefan Bergstrom will be working with the intermediate level group
- Stefan Bergstrom, Meghan Rance, and Mike Waddington will be working with the advanced level group
- Jeff Teutsch will be working with HPP and National Team members

	Start Time	End Time	Item	Location
Friday				
	18:00	19:00	'Control picking' training exercise	Foley Mountain – Group camp area
	19:30	20:30	Potluck style dinner	
	20:30	21:15	Presentation - how to handle a training camp	Foley Mountain – Interpretive Centre
Saturday				
	9:30	11:00	'Corridor' training exercise	Foley Mountain – Interpretive Centre
	11:00	13:30	break and lunch - up to participants	
	13:30	15:00	Sprint Intervals training exercise	Downtown Perth (Heritage Perth Map)
	15:00	16:00	Swim and shower	Perth Community Pool
	16:45	18:30	Dinner	Local Perth Restaurant
	20:00	21:00	Stretching	Foley Mountain – Interpretive Centre

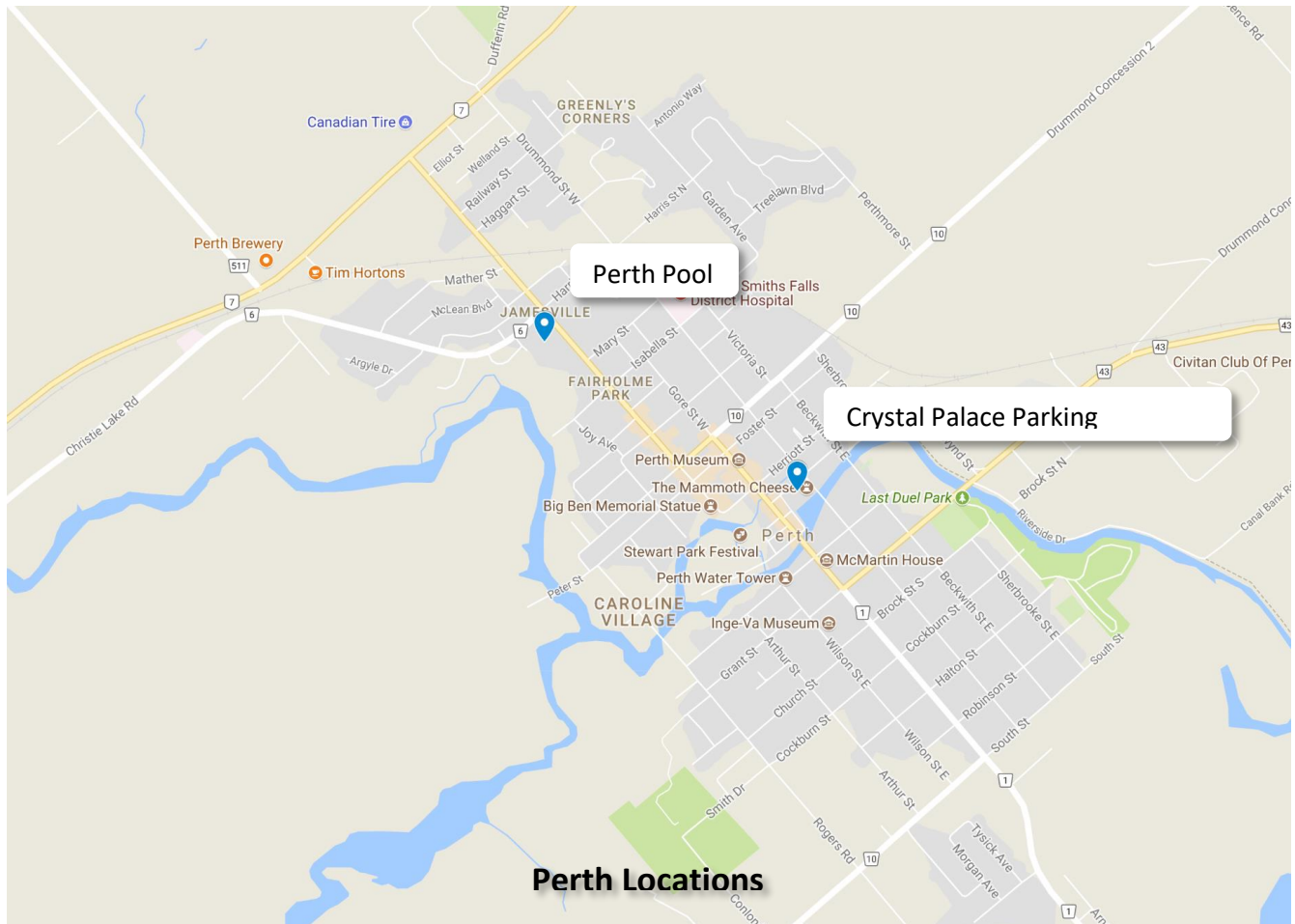
Start Time	End Time	Item	Location
Sunday			
10:00	11:30	Sunday meet registration	Foley Mountain – Interpretive Centre
10:30	11:30	Sunday meet Start Window	Foley Mountain – Interpretive Centre
11:30	14:00	Post-race refreshments available	Foley Mountain – Interpretive Centre
	14:00	Courses close	Foley Mountain – Interpretive Centre
11:30	13:30	BBQ Lunch	Foley Mountain – Interpretive Centre
13:30	14:30	Foley Mountain Relay Training	Foley Mountain – Beach

Locations

The following map shows the various areas we will be training over the weekend.



Foley Mountain Conservation Area Locations



The various parking locations can be viewed at:

<https://drive.google.com/open?id=1OyVhJckpL9S7086ctpaZ3T8FM5ouEtgQ&usp=sharing>

Accommodations

Camping

Our park permit includes access to the interpretive centre and the picnic area around it all weekend long. We encourage participants to set up tents and camp there on site or set up a mattress and sleeping bag on the floor in the interpretive centre. Camping or sleeping inside on site is free.

There are washrooms but no showers at Foley Mountain but there is a beach 400 m from where we will be camping if you want to swim or rinse yourself off.

We do have access to a fridge and small kitchen in the interpretive centre. We won't all be able to cook but we can store food that needs to be refrigerated and can heat things up if needed.

Hotels and other options

If you do not want to take advantage of the free camping option you can find accommodation in Westport (5 minutes from Foley Mountain) or in Perth (25 minutes away and the location of Saturday afternoon's training and activities).

Friday, June 1st

The weekend of orienteering begins Friday evening at 18:00 with a 'warm-up' control picking exercise from the group camp area at Foley Mountain. We will then have a potluck style dinner at the interpretive centre followed by a presentation by Junior National Team coach Jeff Teutsch about how to get the most out of training camps.

	Start Time	End Time	Item	Location
Friday	18:00	19:00	'Control picking' training exercise	Foley Mountain – Group camp area
	19:30	20:30	Potluck style dinner	
	20:30	21:15	Presentation - how to handle a training camp	Foley Mountain – Interpretive Centre

Control Picking Training Exercise

We have a nice control picking exercise set on the western side of the Foley Mountain map to get you started.

Courses:

The following options will be available:

- Intermediate level control picking (3.2 km with 21 controls and options to cut it short)
- Advanced level control picking (4.9 km with 36 controls and options to cut it short)

Controls:

There will be small 15cm training flags with control codes in the terrain.

Parking:

Parking is at the group camp area on the left about halfway along Foley Mountain Lane (keep right when entering the park). Look for the Orienteering Ottawa Banner.

The various parking locations can be viewed at:

<https://drive.google.com/open?id=1OyVhJckpL9S7086ctpaZ3T8FM5ouEtqQ&usp=sharing>

Clothing and Equipment:

Full orienteering clothing and shoes are recommended. Bring control descriptions and a compass. There is no SI timing. It is a good idea to have bug-spray as there is plenty of standing water on the map and it has been a wet spring. **Remember to check for ticks after training.**

Water and food:

We will have limited water and no food available. Bring your own pre and post training snacks and a water

bottle.

Potluck Style Dinner

We encourage participants to bring a dish to share for Friday dinner. There is a fridge available if you want to store something during training. There is also a small kitchen you can use if you have a dish you want to heat up.

We will be eating outside at picnic tables so bring appropriate dishes and cutlery.

Presentation

After dinner, Junior National Team coach Jeff Teutsch will be giving a presentation about how to get the most out of orienteering training camps. Hopefully this will help you get the most out of the weekend and provide you with some tips to apply to future training sessions.

He will discuss 5 things to think about for the weekend:

1. Have a plan and goals for each training session
2. Take the time to go over each training session afterwards
3. Take advantage of the coaches and other orienteers
4. Rest and recover between sessions
5. Have fun and enjoy the social aspect

Saturday, June 2nd

Saturday consists of two different technical orienteering sessions, one at Foley Mountain in the morning, and one in Perth in the afternoon. After the Perth training you will have an opportunity to go to the local pool to swim and have a shower. After that we will have dinner at one of the many local restaurants in Perth. We will finish off the evening with a group yoga / stretching sessions.

Start Time	End Time	Item	Location
Saturday			
9:30	11:00	'Corridor' training exercise	Foley Mountain – Interpretive Centre
11:00	13:30	break and lunch - up to participants	
13:30	15:00	Sprint Intervals training exercise	Downtown Perth (Heritage Perth Map)
15:00	16:00	Swim and shower	Perth Community Pool
16:45	18:30	Dinner	Local Perth Restaurant
20:00	21:00	Stretching	Foley Mountain – Interpretive Centre

Corridor Training Exercise

Jeff Teutsch has set a couple of different exercises that focus on detailed map reading.

Courses:

Intermediate – A specially set corridor designed to practice careful use of compass and map reading. This corridor does not have the rest of the map blanked out (unlike a standard corridor exercise). 2.9 km.

Advanced – A narrow corridor with controls along the way to practice careful use of compass and map reading. 5.7 km with opportunities to cut it shorter. There is the option to run on a 1:7,500 or 1:10,000 scale map.

HPP/National Team – A gradually narrowing corridor with controls along the way to practice careful use of compass. 5.7 km with opportunities to cut it shorter.

Controls:

Controls will be marked by small 15 cm training flags in the terrain. Controls have no codes.

Parking:

The start and finish is at the interpretive centre at the end of Foley Mountain Lane (where we are camping). If you are coming from outside the park go all the way to the end of Foley Mountain Lane (keep right when entering the park) at the bottom of the hill. Look for the Orienteering Ottawa Banner.

The various parking locations can be viewed at:

<https://drive.google.com/open?id=1OyVhJckpL9S7086ctpaZ3T8FM5ouEtgQ&usp=sharing>

Clothing and Equipment:

Full orienteering clothing and shoes are recommended. Bring a compass. Consider also bringing a magnifier or eye glasses. There is no SI timing. It is a good idea to have bug-spray as there is plenty of standing water on the map and it has been a wet spring. **Remember to check for ticks after training.**

Water and food:

We will have limited water and no food available. Bring your own pre and post training snacks and a water bottle.

Lunch

There will be two and a half hours in between the morning and afternoon training sessions for lunch and rest (and travelling to Perth). Either pack a lunch to eat at Foley Mountain or take some time to find some lunch in Perth. There are lots of restaurants there. Make sure to be at the parking lot for the afternoon's training by 13:30!

Afternoon Sprint Training

The afternoon's training will be .

Courses:

Sprint Intervals – Five 500 – 1000m intervals with forking. Advanced and HPP/National Team participants will have a mass start on each forking for fast head to head orienteering. Intermediate participants can take them at their own speed and practice reading complex urban sprint maps.

Controls:

Controls will be marked by pin flags (with no control codes) in the terrain.

Parking:

Parking is at parking lot by the Crystal Palace in the middle of town (where the COC sprint finish was). The address for parking is: 28 Drummond St E, Perth, ON K7H 1E9. Once there, find us at the large Orienteering Ottawa banner.

The various parking locations can be viewed at:

<https://drive.google.com/open?id=1OyVhJckpL9S7086ctpaZ3T8FM5ouEtqQ&usp=sharing>

Clothing and Equipment:

This is a fully urban session. Shorts, a t-shirt or singlet and, road shoes or light trail shoes are recommended. Bring control descriptions and a compass. There is no SI timing.

Water and food:

We will have limited water and no food available. Bring your own pre and post training snacks and a water bottle.

Swim and Shower

We have left time in the schedule for everyone to go to the Perth community pool after sprint training. You can use the pool or showers as you wish from 3 until 4. Regular pool or shower fees apply.

The pool address is 3 Sunset Blvd.

The various parking locations can be viewed at:

<https://drive.google.com/open?id=1OyVhJckpL9S7086ctpaZ3T8FM5ouEtqQ&usp=sharing>

Dinner

We will be organizing a group dinner at a restaurant in Perth on Saturday evening at 16:45. The plan is to reserve a table (or several tables) in advance. We will poll the group on Saturday morning to determine how many we should reserve for.

Dinner

After dinner at 20:00 coach Jeff Teutsch will lead a group stretching / relaxation session back at the interpretive centre. We suggest you bring a yoga mat for this. This will be low-key but offers a chance for everyone to have a nice relaxing stretching session before bed to help with the recovery before Sunday's races .

Sunday, June 3rd

Sunday consists of one of our classic four course Spring Series Events in the morning followed by a cash BBQ and then a fun low-key relay to wrap things up in the afternoon.

Start Time	End Time	Item	Location
Sunday			
10:00	11:30	Sunday meet registration	Foley Mountain – Interpretive Centre

Start Time	End Time	Item	Location
10:30	11:30	Sunday meet Start Window	Foley Mountain – Interpretive Centre
11:30	14:00	Post-race refreshments available	Foley Mountain – Interpretive Centre
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Foley Mountain Classic Event

The Foley Mountain Classic Event on Sunday morning is one of our Spring Series Events and will be run as such but with pre and post race discussion with coaches.

Coaches will be meeting with athletes in the arena (start and finish area) at 10:00-10:30 to discuss race strategies and some thoughts on what you should focus on. While we have an open start window there will be a sign-up schedule for you to pick your start time if you want to practice your pre-race routine.

Courses:

Four courses will be on offer:

- Novice - 2.1 km, 10 controls, map scale 1:7500
- Intermediate - 3.4 km, 14 controls, map scale 1:7500
- Short Advanced – 4.3 km, 16 controls, map scale 1:7500
- Long Advanced – 6.6 km, 20 controls, map scale 1:10 000

Controls:

Full 30 cm controls with SI will be used. Controls are enabled for SI Air (touchless punching) so if you have an Air+ chip you will be able to use it.

Parking:

The start and finish is at the interpretive centre at the end of Foley Mountain Lane (where we are camping). If you are coming from outside the park go all the way to the end of Foley Mountain Lane (keep right when entering the park) at the bottom of the hill. Look for the Orienteering Ottawa Banner.

The various parking locations can be viewed at:

<https://drive.google.com/open?id=1OyVhJckpL9S7086ctpaZ3T8FM5ouEtqQ&usp=sharing>

Clothing and Equipment:

Full orienteering clothing and shoes are recommended. Bring control descriptions and a compass and your SI timing chip. It is a good idea to have bug-spray as there is plenty of standing water on the map and it has been a wet spring. **Remember to check for ticks after training.**

Water and food:

There will be water and post-race snacks available after the race.

Lunch

There will be a cash BBQ at the event.

Relay

On Sunday afternoon will be holding a fun low-key relay to end the weekend. The relay is a 4 leg, 2 person format where each person will run two legs. The legs are 1.5 – 2km long. The first 2 legs are forked together as are legs 3 and 4. Each set of forked legs is in a slightly different part of the terrain.

There will be forking (Individual runners will run to different controls on each leg but at the end of the race all teams will have run the same). All legs are at an advanced level but those signed up for the intermediate level are encouraged to try it as well even if you may find it a bit challenging.

Courses:

2 man relay with 1.5-2 km advanced level legs.

Controls:

Full 30 cm controls with SI will be used. Full 30 cm controls with SI will be used. Controls are enabled for SI Air (touchless punching) so if you have an Air+ chip you will be able to use it.

Parking:

Parking is the same as for the morning event. The start and finish of the relay is about 400 m from the parking / arena in the morning.

The various parking locations can be viewed at:

<https://drive.google.com/open?id=1OyVhJckpL9S7086ctpaZ3T8FM5ouEtqQ&usp=sharing>

Clothing and Equipment:

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Water and food:

We will have limited water and no food available. Bring your own pre and post training snacks and a water bottle.