



# FOOTHILLS orienteering

Your run. Your way.

## Welcome to the Sandy McNabb B Meet

Sunday, August 29, 2021

11:30 am – 4pm

### Courses:

Sandy McNabb B Meet					
Course	Difficulty	Length	Climb	Scale	Number of controls
Beginner	TD2	2.6km	115m	1:7,500	14
Short Intermediate	TD3	3.4km	105m	1:10,000	13
Long Intermediate	TD3	4.4km	110m	1:10,000	15
Advanced	TD3 adv	5.5km	195m	1:10,000	15
Expert	TD5	6.6km	175m	1:10,000	14

1. Beginner: Most of the course follows trails but one section will cross an open area with no trails. Controls may be slightly off trails.
2. Short Intermediate: Controls are off trail but near handrails (fences, trails, vegetation boundaries).
3. Long Intermediate: Controls are off trail but near handrails (fences, trails, vegetation boundaries).
4. Advanced: Controls are off trail. Navigating off handrails is required. Compass bearing is required.
5. Expert: Detailed map reading is required. More precise navigation is required.

### Course Setter's notes:

1. The map, originally made in 1984, has received numerous updates, most recently in 2019. Nonetheless there are areas that are not exactly as mapped:
  - a. Some areas with scattered trees have become clearings (as trees have fallen).
  - b. Some clearings are less open than might be expected (new growth).
  - c. Some new trails have been created by animals but are unmapped.
  - d. Marshes have variable wetness; one marsh has become a pond.
  - e. Some marked trails seem to be rides - a corridor (clearly seen esp when looking up) but no dirt path.
  - f. Some (usually) indistinct trails are hard to find or really just not there.
2. The forests are mostly open and runnable.

3. There are enough wet areas on the map that you will probably get wet feet, with the possible exception of the beginner course.
4. Some trails are used by horses; those that are wet can be quite uneven.
5. There are barbed wire fences, and courses cross these fences. Take care when crossing the barbed wire fences.
6. There is significant elevation gain on every course.
7. Indistinct paths have slightly greater spacing between the dashes and are harder to identify in the terrain.

### **What to bring:**

- Orienteering gear or clothes suitable for your planned level of effort.
- Gaiters or long pants are recommended.
- Water and a snack. There is no water on the course. **Bring enough for before, during and after the race.**
- Trail running shoes or cleats.
- Change of shoes and socks as you will probably get wet feet.
- Bear spray.
- Whistle.
- Compass

Don't forget you will need to have paid for a Kananaskis Park parking permit to park at this event: [Kananaskis Conservation Pass](#) (parking permit) available online for \$15/vehicle/day.

### **Safety:**

1. All competitors **MUST** carry a whistle. You are required to blow on the whistle if you get injured or seriously lost. The emergency signal is three blasts at 10 second intervals, repeated every two minutes.
2. This is bear country. No bears or bear scat were noticed during the control site checking either 10 days or 3 days prior to the event. But always be aware of the possibility of meeting a bear and consider carrying bear spray. Refer to Alberta Parks' [Bear Smart](#) information.
3. The map is on a cattle-leasehold. Cattle will usually move away as you approach, but take care not to startle them.
4. The nearest medical emergency department:

[Oilfields General Hospital](#)  
717 Government Road  
**Black Diamond**, T0L 0H0  
Phone: (403) 933-2222 (Switchboard)

- There may be no cell phone coverage in the parking lot or anywhere on the map. There is a pay phone in the parking lot.
- Please consider wearing a mask in the Finish area, especially when talking to other competitors in close proximity, as you might if comparing results.

**Event Schedule:**

- 11:30 am - 1 pm: Start Window - you MUST start during this time. Plan to start at the beginning of the window if you know you will be going slowly. You will get your map at the start.
- Maximum time: 3 hours. You MUST return to the finish area within 3 hours of your start, whether or not you have completed your course. Organizers will institute a "lost person" search if you are not back at the end of 3 hours.
- Close closure: 4pm. All competitors must be back. Control flags will be picked up starting at 4 pm.

**Parking:**

Park at the [Sheep River Park Headquarters](#).

**Start & Finish:**

The start (70m) and finish (160m) controls are within walking distance of the parking. You will pick up your map at the start.

**Typical Event Rules:**

For FWOOC orienteers who have never participated in an actual SI event, there are a few rules to keep in mind:


- You pick up your map at the start. You only look at it after you start. There are exceptions for children; ask if you do not know.
- If you get lost, use the safety bearing on the map (south to the road).
- There are 5 courses, so there are lots of controls in the terrain. Ensure you are at the correct control for your course by checking the control code on the top of the control (the number (#s 31 to 78) next to the control number (1 to 15) on the control description on the map). Click on the image to get a link to a more complete pdf about control descriptions.
- Ensure your SI stick beeps or flashes at every control.

		Connop Creek June 2021			
		Intermediate	3.2 km		
	▶		⊗		
1	110	⊗	⌒		
2	81	⊗		⌒	
3	111	⊗			⊙
4	113	⊗			
5	53	⊗			⌒

Control number  
Control code

5. As it is a competition, one typically does not talk to other competitors on the course. Even if you are doing it just for fun (which is great!), the other competitors do not want to be distracted.
6. If you are injured or seriously lost (and not able to find your way back to the finish), don't hesitate to use the whistle as described above. Another competitor is obliged to stop to help you as are you obliged in the same situation for someone else.
7. Indistinct trail, trail, or ride are all marked with a dashed black line but the marking is slightly different. See image right. A ride is like a cutline; it's clear in the canopy (above).
8. Come to the Finish table (which will be in the parking lot) to download and get your results. This is also where you check back in and return your SI stick, compass and whistle. Even if you do not complete the course, please check back in.
9. You can get a more complete overview of orienteering symbols at [the maprunner website](#).

#### Man-made features

	Paved area
	Wide road
	Road
	Vehicle track
	Footpath
	Small footpath
	Less distinct small path
	Narrow ride
	Visible path junction
	Indistinct junction

#### Administration:

There is no on-site registration. There will be a table in the parking lot area to check in and pick up your SI stick (if you are borrowing one).

There will be compasses and whistles available to borrow if you don't have one.

**You MUST return to the Finish / Admin table** to let the administrators know you are finished (off the course). Results will be printed at the same table.

There is an outhouse in the parking lot, usually supplied with toilet paper and hand sanitizer (but there are no guarantees on that).