

# VANCOUVER *SPRINT* CAMP

## 2018



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

# WELCOME TO SPRINT CAMP 2018

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**The** Greater Vancouver Orienteering Club welcomes you to the 13th 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 Vancouver (Yaletown and Britannia), Burnaby (Renfrew Ravine, Confederation Park, BCIT, and SFU). 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!

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

Hilary Anderson, Nathan Barrett, Chris Benn, Pia Blake, Brian Ellis, Marg Ellis, Don Haliburton, Bill Harrower, Liz Kleynhans, Kate Knapp, Karen Lachance, Scott Muma, Caoimhe Murray, George Pugh, John Rance, Meghan Rance, Safder Raza, Bruce Rennie, Graeme Rennie, Robyn Rennie, Alison Schoenhardt, Ben Smith, Joanne Woods, and Stan Woods.

**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](http://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.

VANCOUVER  
SPRINT CAMP XIII



# FRIENDLY REMINDERS

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- All participants **MUST** submit a waiver. We will have emailed you a link to the online waiver or find it here - <https://gvoc.whyjustrun.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 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** 🐱
- 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.

## OUT OF BOUNDS (OOB) SYMBOLS

	<b>MUST NOT CROSS OR LEAN OVER</b>
	<b>May cross or lean over</b>
	<b>MUST NOT CROSS OR LEAN OVER</b>
	<b>May cross or lean over</b>
	<b>MUST NOT CROSS</b>
	<b>May cross</b>
	<b>MUST NOT CROSS</b>
	<b>May cross</b>
	<b>MUST NOT ENTER</b>
	<b>MUST NOT ENTER</b>
	<b>MUST NOT ENTER</b>

### Mandatory Crossing Symbol!



When you see this symbol (at SFU) 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



# TABLE OF CONTENTS

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<b><u>Welcome to Sprint Camp</u></b>	<b>1</b>
<b><u>Friendly Reminders</u></b>	<b>2</b>
<b><u>Schedule</u></b>	<b>4</b>
<b><u>All Sessions Map</u></b>	<b>5</b>
Best 4 out of 5 SI-Races Explanation	<b>5</b>
<b><u>Friday - Getting to the First Race</u></b>	<b>6</b>
Session 1 @ Yaletown Night-O (Training)	<b>8</b>
<b><u>Saturday - Sessions Map</u></b>	<b>9</b>
Session 2 @ Renfrew Ravine (SI Race 1 - Farsta)	<b>9</b>
Session 3 @ Confederation Park (SI Race - 2 Person Relay)	<b>10</b>
Session 4 @ Confederation Park (Training with Relay Partner)	<b>12</b>
Session 5 @ BCIT (SI Race 2)	<b>13</b>
Session 6 @ BCIT (Training)	<b>13</b>
Session 7 @ Britannia (SI Race 3)	<b>14</b>
Banquet @ Executive Suites Hotel	<b>16</b>
<b><u>Sunday - Sessions Map</u></b>	<b>17</b>
Simon Fraser University (SFU) Info for Sessions 8-10	<b>18</b>
Session 8 @ SFU (Training)	<b>19</b>
Session 9 @ SFU (SI Race 4 - Set Up)	<b>19</b>
Session 10 @ SFU (SI Race 5 - Chase)	<b>20</b>
Bonus @ SFU (Training)	<b>20</b>

# SCHEDULE - WHERE TO BE WHEN

Time	Event	Location	Terrain
<b>Friday, 16 February</b>			
18:00	Welcome & Sign-In	Elsie Roy Elementary School	Multimedia Room
18:30 - 20:30	Training (O-tervals)	Yaletown - Night O	Urban
<b>Saturday, 17 February</b>			
9:00 - 10:00	SI-RACE 1 ~ Farsta	Renfrew Ravine	Park
<b>Moving Locations (15 - 20 minute drive)</b>			
10:30 - 11:45	2 Person Relay	Confederation Park	Urban / Park
11:15 - 12:00	Training (with Relay Partner)	Confederation Park	Park
<b>Lunch &amp; Moving Locations (10 - 15 minute drive)</b>			
12:30 - 14:00	SI-RACE 2	BC Institute of Technology	Urban
13:45 - 14:30	Training (with Relay Partner)	BC Institute of Technology	Urban
<b>Moving Locations (15 - 20 minute drive)</b>			
15:45 - 16:30	SI-RACE 3 *NEW IOF FORMAT*	Britannia	Urban
16:00 - 17:00	Rejuvenation	Britannia Pool / Hot Tub	Water (Hot Tub)
17:30 - 21:00	Banquet & Presentation	Executive Suites Hotel	Ballroom
<b>Sunday, 18 February</b>			
8:45 - 9:30	Training (Complex Map Levels)	Simon Fraser University (SFU)	Urban
10:00 - 11:00	SI-RACE 4 ~ Set-Up	Simon Fraser University (SFU)	Urban
12:00 - 13:00	SI-RACE 5 ~ Chase	Simon Fraser University (SFU)	Urban
13:15	Awards Ceremony & Lunch	Download Tent	
14:00 - 15:00	Training (Dice-O)	Simon Fraser University (SFU)	Urban

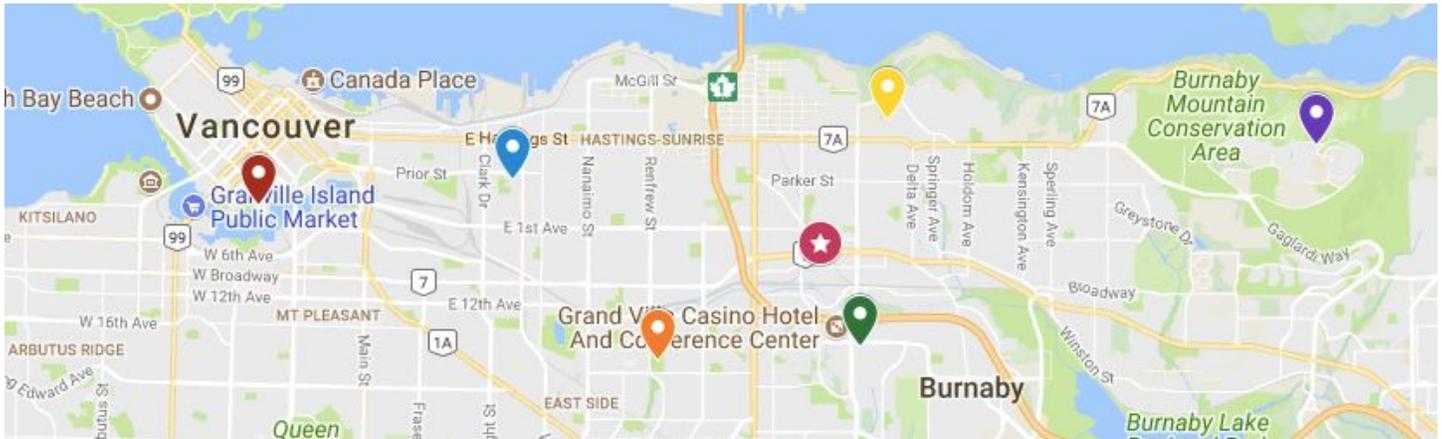
## PLEASE NOTE

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.

## ALL SESSIONS MAP

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



<p><b>FRIDAY</b>  <b>1 RED</b> Yaletown</p>	<p><b>SATURDAY</b>  <b>2 ORANGE</b> Renfrew Ravine  <b>3 &amp; 4 YELLOW</b> Confederation Park  <b>5&amp;6 GREEN</b> BC Institute of Technology  <b>7 BLUE</b> Britannia  <b>Star PINK</b> Banquet</p>	<p><b>SUNDAY</b>  <b>8 - 10 and the Bonus Event</b>  <b>PURPLE</b> Simon Fraser University</p>
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## BEST 4 OUT OF 5 SI-RACES

The following 5 races will count towards an overall result:

1. Saturday - **Session 2** @ Renfrew Ravine (SI Race 1 - Farsta)
2. Saturday - **Session 5** @ BC Institute of Technology (SI Race 2)
3. Saturday - **Session 6** @ Britannia (SI Race 3)
4. Sunday - **Session 8** @ Simon Fraser University (SI Race 4 - Set-Up)
5. Sunday - **Session 9** @ Simon Fraser University (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: 1<sup>st</sup>: \$200, 2<sup>nd</sup>: \$150, 3<sup>rd</sup>: \$100, 4<sup>th</sup>: \$75, 5<sup>th</sup>: \$50

## FRIDAY, 16 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. And you have it for the next time you visit 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 TSAWVASSEN FERRY TERMINAL TO YALETOWN

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)

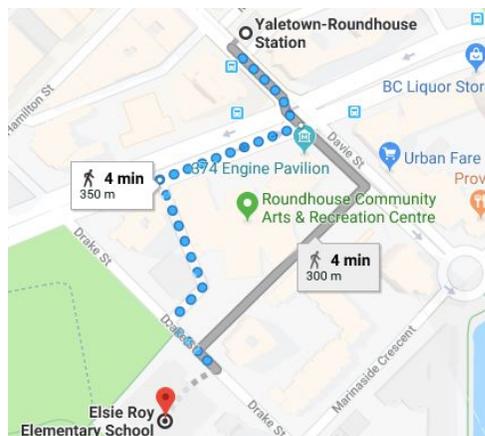
### TRANSIT FROM THE VANCOUVER AIRPORT (YVR) TO YALETOWN

At **YVR** follow the signs to the skytrain station and buy a 2-Zone Single-Fare Ticket (Adult: \$4, Concession<sup>1</sup>: \$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 **Yaletown-Roundhouse** station.

**Walk** from the station **Southeast** along **Davie St**. Turn **Right** onto **Pacific Blvd**. Turn **Left** at the 1st cross street onto **Drake St**. Keep walking down **Drake St** until you see the elementary school and o-flag on your right.



<sup>1</sup> 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 YALETOWN (22-50 mins)

Get on **Grant McConachie Way E (East)** and keep to the **Left** to stay on **Grant McConachie Way E**. Once past the overpass switch to **keeping Right 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 8.2kms, going **over the Granville Bridge/BC-99 N**. Use the **Right lane** to stay on **BC-99 N** and follow signs for **Nanaimo & Gibsons/Whistler**. Turn **Right** onto **Drake St**. keep following this street until you see an elementary school and an o-flag on your right. If you reach **Marinaside Crescent** you have **gone too far** but the school is just back behind you on your right. There is a **parkade** if you turn **Left** onto **Marinaside Crescent** on the left or **paid parking on the street**. See the image on the next page.

## DRIVING FROM THE BORDER TO YALETOWN (Program Writer's Daily Commute - Believe Me!)

Coming from Peace Arch border crossing take **HWY BC-99 N**. Take **Exit 16** (short exit lane/on ramp so get your signal on early) for **BC-91 N** There is one stop light along this road but it moves pretty quickly. Make sure to stay in the left or middle lane immediately after the stop light to make sure you keep heading to Vancouver as the road sweeps dramatically to the left and then has a few S-curves. After the dramatic sweep and going along a ways there will be a small hill that you drive over make sure to have moved into the right lane after this point as **Exit 22** for **Knight Street** toward Vancouver comes in a little ways up at the top of the next small hill be careful not to take the exit just before, stay your course and exit at the top of the hill, not the bottom. you will have seen a sign for chicken on the right hand side of the road as well as an IKEA in the distance. It feels like a *long* time from **Exit 16** to **Exit 22**. Once you have taken **Exit 22** **Knight St. N** continue **North** along **Knight St** (be wary of left hand turners in the left lane, center lane is wisest until you reach King Edward St) until you reach **Kingsway St**. As you approach **King Edward Street** (you will see signs for a Save-On-Foods as well as an apartment tower on the right hand side) merge into the left lane to prepare to turn left onto **Kingsway Street**. Turn **Left** onto **Kingsway Street**. Stay in the **Left lane!** Turn **Left** onto **E 7th Ave**. Turn **Right** onto **Cambie St**. and make sure to **keep left** to remain on **Cambie St**. Continue onto and over the bridge and prepare for a **sharp Left** turn onto **Expo Blvd**. Continue onto **Pacific Blvd**, turn **Right** onto **Drake St** keep following this street until you see an elementary school and an o-flag on your right. If you reach **Marinaside Crescent** you have **gone too far** but the school is just back behind you on your right. There is a **parkade** if you turn left onto **Marinaside Crescent** on the left or **paid parking on the street**. See the image on the next page.

**ALL TRAVELLERS:** Put 150 Drake St, Vancouver, BC V6Z 2X1 into your GPS

# SESSION 1 @ YALETOWN NIGHT-O (TRAINING)

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By Meghan Rance & Chris Benn

## Self Start @ 18:30 - 20:00

**Timing:** SI timing - so you may compare splits.

**Map Scale:** 1:5000, 2m contours

**Control Descriptions:** On map and available separately

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

**Terrain:** Urban running plus the seawall!

**Shoes:** Road runners

**Out-Of-Bounds:** David Lam Park which will be marked on map

**Misc.:** Please watch out for cyclists, runners and walkers along the sea wall

**Assembly Area:** Elsie Roy Elementary School Multimedia Room



**Training Focus:** O-tervals.

## FRIDAY NIGHT @ CHECK IN & INFORMAL DINING

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Friday Night we will be in the Multimedia Room at Elsie Roy Elementary School. People will be able to check-in at registration, leave their bags, run the SESSION 1 Training, 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 any of the dining establishments listed below:

Yaletown Brew Pub: <http://www.mjg.ca/yaletown/>

Earls: <https://earls.ca/locations/yaletown>

Hurricane Grille: <https://hurricanegrill.ca/menu/>

Baggio Pizzeria: <http://www.baggiogelateria.ca/>

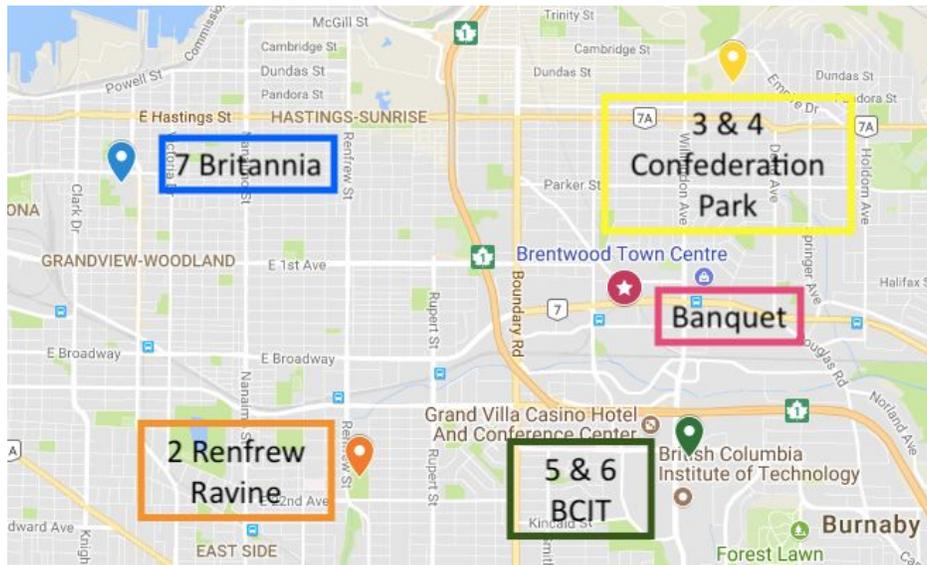
The Distillery: <http://www.mjg.ca/distillery-bar-and-kitchen/>

The Keg: <https://www.kegsteakhouse.com/locations/yaletown-keg/>

Per Se Social Corner: <http://persesocialcorner.com/>

Please note that the establishments in this area do not typically accommodate large groups. Urban Fare (grocery store) also has eat-in options that would be better able to accommodate a larger group.

# SATURDAY, 17 FEB, 2018 - SO IT BEGINS...



## DRIVING & PARKING DIRECTIONS TO RENFREW RAVINE

Make your way from where you are staying to **Nootka Street, Vancouver** parking along **Nootka St.** between **E 19th Ave and E 22nd Ave**. Put **2929 E 22nd Ave, Vancouver, BC V5M 2Y3** into your GPS.

## SESSION 2 @ RENFREW RAVINE (SI-RACE 1 ~ FARSTA)

By Mike Rascher

**\*ARRIVE EARLY TO WARM UP YOUR BRAIN AND BODY\***

**FARSTA Instructions Announced @ 8:45**

**Mass Start @ 9:00** (for Elite & Expert)

**Courses:** 2.5 km (4 Loops with 29 controls + finish)

**Map Scale:** 1:2500, 2.5m contours

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

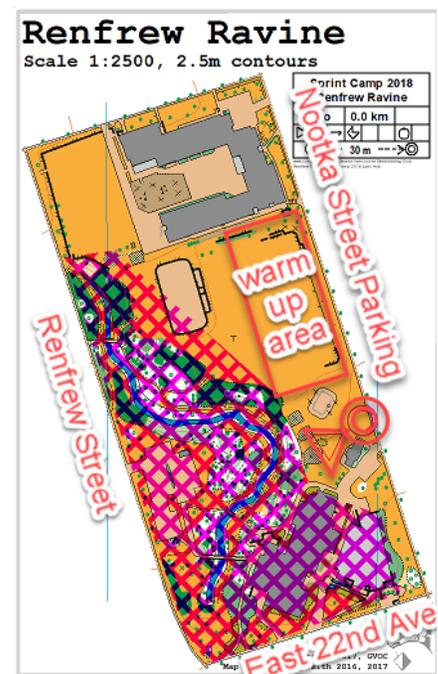
**Control Descriptions:** On map

**Terrain:** Park

**Shoes:** Trail runners; maybe metal studs though 15% paved paths.

**Out-Of-Bounds:** Marked on the map. Embargoed prior to the start of the race are the SE portions of the park, the library, community centre, and the wooded areas.

**Misc.:** Wooden bridges are slippery when wet!



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**Assembly Area:** North of the library along Nootka Street. This is also the street on which you will be parking.

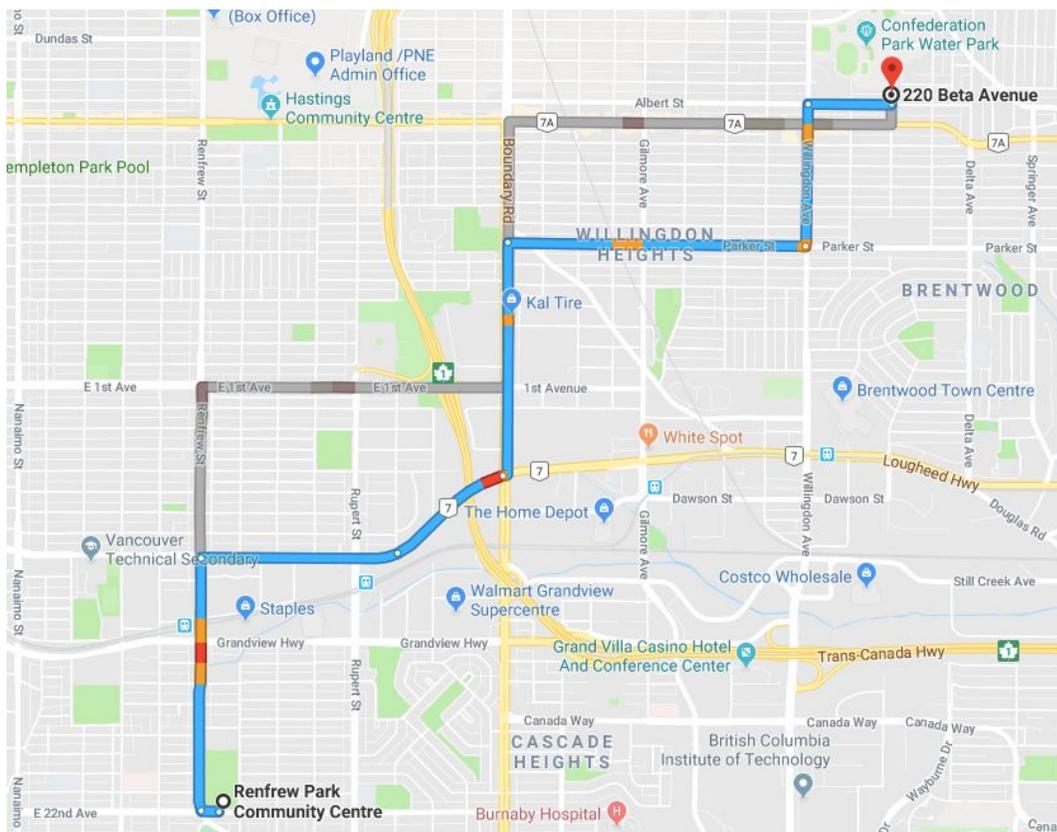
**FARSTA Instructions:**

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 #100. You must punch this hub control on each loop. Loop 4 is a common loop and the hub #100 must be punched before proceeding to the finish control. Unit numbers are next to the control numbers on the map.

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**DRIVING from RENFREW RAVINE to CONFEDERATION PARK (15-20 mins)**

Go **south** on **Nootka Street** towards **E 22nd Ave**. Turn **right** (west) onto **E 22nd Ave** toward **Renfrew St**. Turn **right** (north) at the first cross street onto **Renfrew Street**. Turn **right** (east) onto **E Broadway**. Continue onto **Lougheed Hwy/BC-7 E**. Turn **left** (north) onto **Boundary Road N** and then turn **right** (east) onto **Parker Street**. Then turn **left** (north) onto **Willingdon Ave**. Turn **right** (east) onto **Albert St**. and then **left** (north) onto **Beta Ave**. Parking is in the parking lot near **220 Beta Avenue**, Burnaby that is about 50 meters north west of Confederation Park Elementary School.



# SESSION 3 @ CONFEDERATION PARK (2 PERSON RELAY)

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By Stan Woods

**Announcement @ 10:30**

**Mass Start @ 10:45**

**Map:** 1:4000, 2.5m contours

**Courses:** Point-to-Point

**Control Descriptions:** On map.

**Bring My Own Map Bag?:** Yes!

**Terrain:** Urban park

**Shoes:** Flats or rubber studs

**Out-Of-Bounds:** Marked on the map

**Misc.:** There will be quite a few extra controls out there with SI for the SESSION 4 training so make sure to make use of your control descriptions to ensure you are punching the correct control!

## **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 @ 10:30 - 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!

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.**

# SESSION 4 @ CONFEDERATION PARK (TRAINING)

By Meghan Rance

Self Start @ 11:15 - 12:00

Timing: SI timing

Course: Point-to-point

Control Descriptions: Separate description

Terrain: Same as previous race

Bring My Own Map Bag?: Yes!

Shoes: Same as previous race.

Out-Of-Bounds: Marked on map

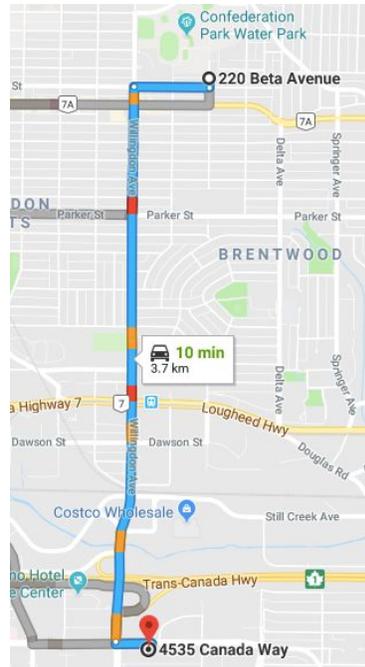
Assembly Area: Same as previous race

Training Focus: Control taking

This training is followed by:

**LUNCH TIME!**

DRIVING from CONFEDERATION PARK to BC INSTITUTE OF TECHNOLOGY (BCIT) (10 mins)



Exit out of the parking lot at 220 Beta Ave. Head **south** towards **Albert St**. Turn **right** (west) onto **Albert St**. Turn **left** (south) onto **Willingdon Ave**. Use the **second from the left lane** to turn **left** onto **Canada Way**. Turn **right** into the parking lot at BCIT off Canada Way. Put **4535 Canada Way** into your GPS.

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## SESSION 5 @ BC INSTITUTE OF TECHNOLOGY (SI-RACE 2)

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By Brian Ellis

**Interval Start @ 12:30 - 14:00**

**Courses:** Point-to-Point

**Map Scale:** 1:5000, 2m contours

**Bring My Own Map Bag?:** Yes!

**Control Descriptions:** IOF 2018; On map and provided separately

**Terrain:** Urban park, paved surfaces; some minor forest trail options

**Shoes:** Road runners or trail runners with light tread; no metal studs

**Out-Of-Bounds:** Marked on the map

**Assembly Area:** Marked on the map on the previous page under driving instructions as arena.

## SESSION 6 @ BC INSTITUTE OF TECHNOLOGY (TRAINING)

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By Meghan Rance

**Self Start @ 13:45 - 14:30**

**Timing:** Self timing with partner

**Map Scale:** Same as session 5

**Control Descriptions:** On map and available separately

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

**Terrain:** Same as session 5

**Shoes:** Same as session 5

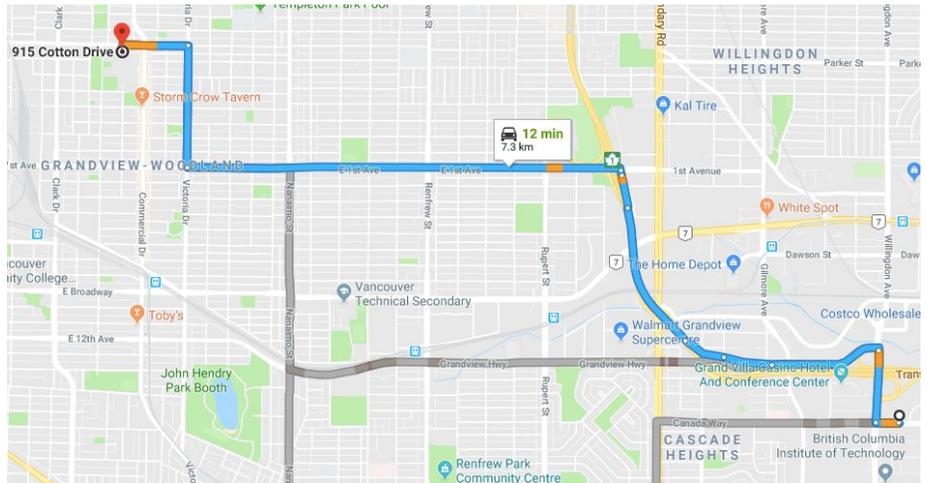
**Out-Of-Bounds:** Marked on map

**Assembly Area:** Same as the previous race

**Training Focus:** Route choice and head-to-head strategies

## DRIVING from BC INSTITUTE OF TECHNOLOGY (BCIT) to BRITANNIA (15 mins)

Exit out of the parking lot turning **right** (east) onto **Canada Way**. Immediately move over to the left (centermost) lane and turn **left** (north) onto **Beta Ave** then **left** (west) onto **Willingdon Green** following it around and turning **right** (west) back onto **Canada Way**. Turn **right** (north) onto **Willingdon Ave**. Use the left two lanes to turn **left** (west) onto **Grandview Hwy**. Use the left lane to turn slightly right. Take the **trans Canada Highway /BC-1 W ramp** to **Ingleton Avenue**. Merge onto **Trans Canada Hwy/BC-1 W**. Take **exit 27 for First Ave**. Turn **left** at the fork to continue toward **E 1st Ave**. Turn **right** (north) onto **Victoria Dr**. Then turn **left** (west) onto **Venables St**. Turn **left** (south) onto **Cotton Dr**. Park in the lot to your right, Britannia Community Centre parking lot (free). Go slowly over the vicious speed bumps. Put **915 Cotton Dr, Vancouver, BC V5L 3T2** into your GPS.



## SESSION 7 @ BRITANNIA (SI-RACE 3) \*NEW IOF FORMAT\*

By Ben Smith

Interval start in groups of 4 with **ASSIGNED START TIMES**

**Courses:** NEW!

Choose-your-forking-in-the-start-lane

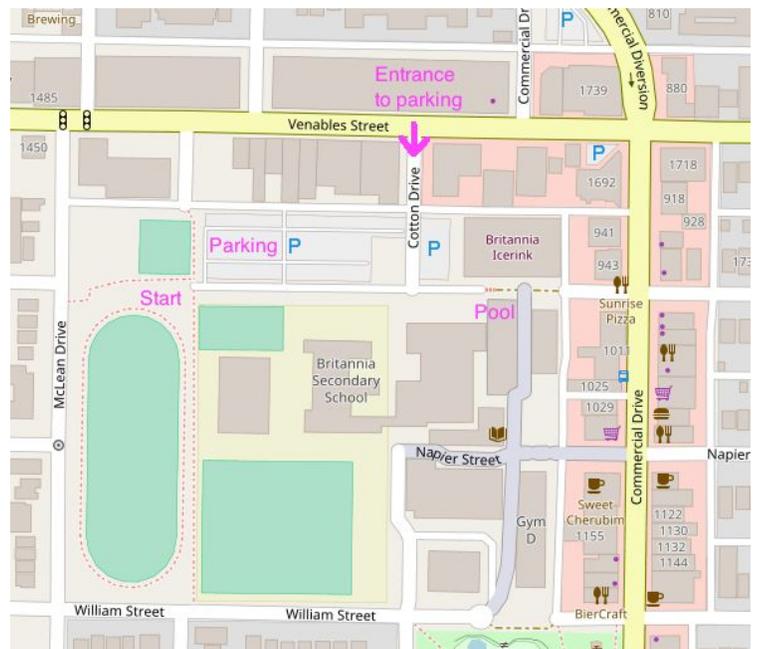
**Control Descriptions:** On map only

**Bring My Own Map Bag?:** Yes!

**Terrain:** Urban park (95% paved, 5% grass)

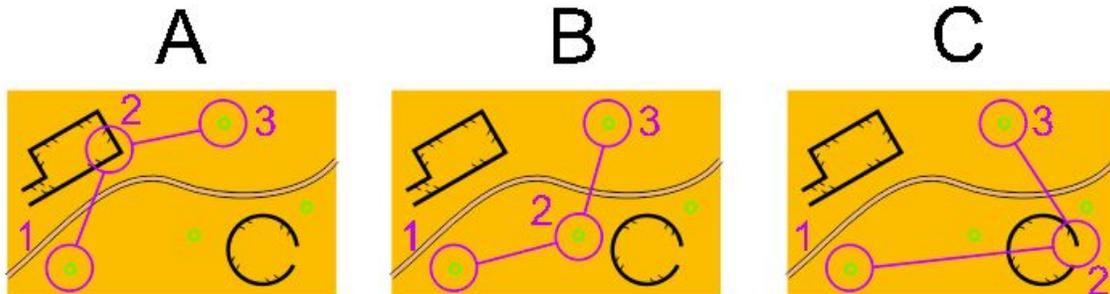
**Shoes:** Running shoes

**Out-Of-Bounds:** Marked on Map. Do not run on the olive green and take care crossing roads.

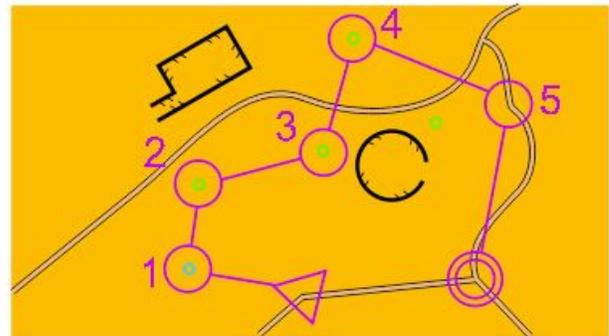


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**\*NEW RACE FORMAT\*** This is a new race format being considered by the IOF for usage at elite sprint events. In the start lane (before your start) you will be shown an excerpt of the map with three possible forkings (A/B/C). You must choose which forking you think is the fastest to run. You will have 30 seconds to make your decision.



After making your decision (In this scenario Ben would choose B), you will be given a map with the full course on it. You will only be given the map with your chosen forking - you can not change your mind once you have started!



You will be starting in heats of 4. You will choose your forking in SECRET. You will not know which forking the other runners have chosen until you reach that part of the race. This is an exciting opportunity to understand a new race format through head-to-head racing practice!

**Note:** Britannia is a very small area. For clarity, your actual course will be split across 3 copies of the map. Run the part on map 1 first, map 2 second, and map 3 third.

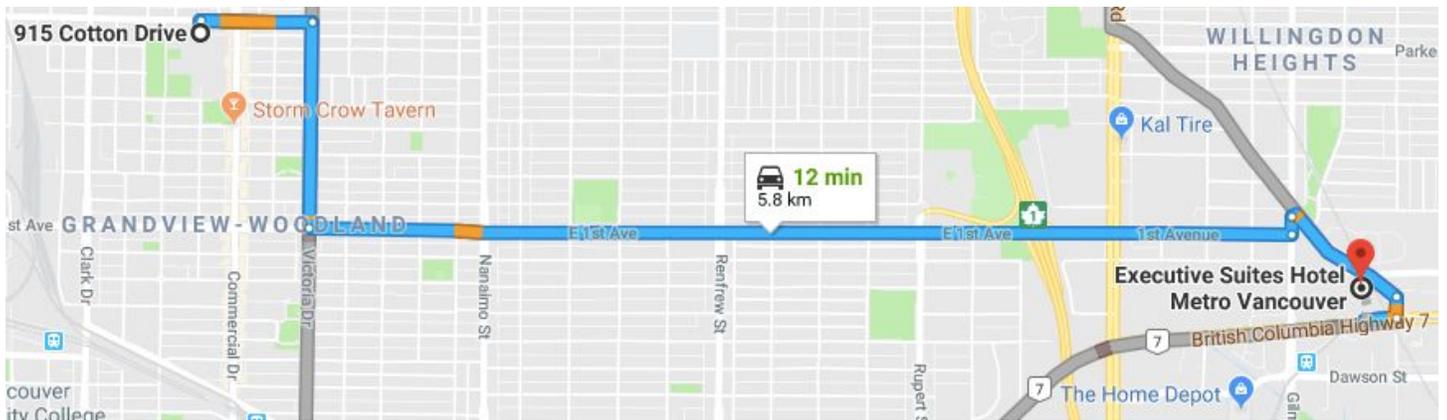
## SATURDAY REJUVENATION @ BRITANNIA POOL

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**IF YOU WANT TO GO FOR A SHOWER/HOT TUB**, you can do this at the Britannia Pool. Britannia Pool is adjacent to the map and uses the parking lot you are already in! There is only lane swimming after 5 pm. Hot tub and showers may be utilized for those wishing to freshen up before the banquet.

### FROM THE BRITANNIA POOL/SESSION 7 TO DINNER (12 mins):

Turn out of the parking lot **left** (north) onto **Cotton Dr** and then **right** (east) onto **Venables St**. Turn **right** (south) onto **Victoria Dr**. Turn **left** (east) onto **E 1st Ave**. Turn **left** (north) onto **Gilmore Ave**. Sharp **right** (east) onto **Douglas Road**. Douglas Rd turns right and becomes Madison Ave. Turn **right** (west) onto **Lougheed Hwy/BC-7 W**. Turn **right** into the parking at Executive Suites Hotel. Put **4201 Lougheed Hwy, Burnaby, BC V5C 3Y6** into your GPS.



## SATURDAY BANQUET @ EXECUTIVE SUITES HOTEL

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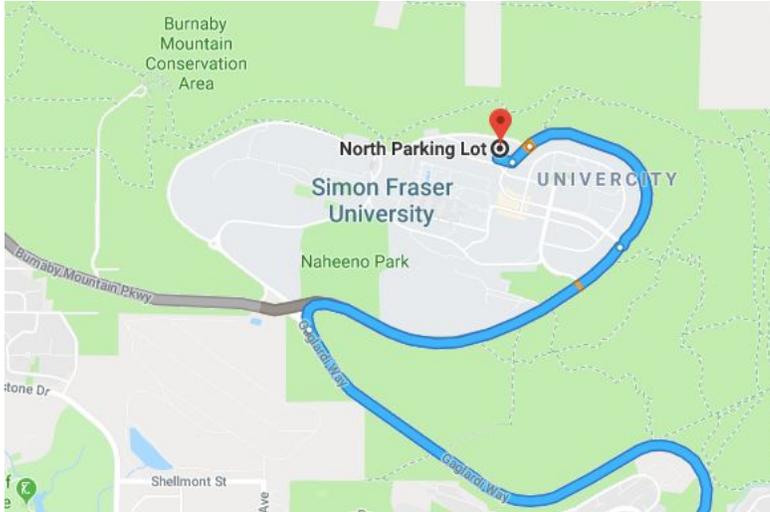
### BANQUET & PRESENTATION BY MEGHAN RANCE

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

The banquet will be taking place in the ballroom at the hotel and there will signs directing you in the lobby. There will be a cash bar for those 19+. As well Graeme Rennie will be running a Route Choice Challenge Game post dinner that will have the various tables vie against one another to find the fastest routes between controls!

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

## DRIVING to SIMON FRASER UNIVERSITY from TRANS-CANADA/BC-1 HWY, HASTINGS ST, & BUS



Take **Trans-Canada Hwy/BC-1** (from the east or the west) to **exit 37 Gaglaridi Way**. Stay on **Gaglaridi Way** as you wind up the mountain. At the lights turn **right** (east) onto **University Dr E** (this is the only route you may take, the other way is embargoed). Continue driving around the perimeter of campus until you **continue straight** onto **E Campus Road** and then turn **right** (west) into **North Parking Lot**.

If you are coming up the mountain from **Hastings Street**. Continue through the intersection as you come up on **Burnaby Mountain Parkway** onto **University Drive E**

and then follow the same instructions as above. **DO NOT TURN LEFT** as that way is embargoed!

For those **bussing** to SFU, get off at the bus loop up by UniverCity Town Square, walk north on University High Street and turn left onto Arts Road. Please do **NOT** walk through the Academic Quadrangle to access James Douglas Study Space, as this area is embargoed.

## WALKING TO THE ARENA

Walk from North Parking Lot West (use your compass!) towards Arts Road. Follow this road to University Drive E. Walking directions from north Parking lot to James Douglas Study Space. Walk down University Drive E to the next access road and turn left and then follow signs up path to the James Douglas Study Space.

## WARM UP AREA

- From University Dr E/Arts Rd west to the very obvious bus loop/stopping area staying on the sidewalk at all times.
- Grassy berm between University Dr E and the start which is on the way to the James Douglas Room. Please remain on the east side of the road.

# SIMON FRASER UNIVERSITY (SFU) INFO FOR SESSIONS 8 - 10

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See “SESSION 8” & “SESSION 9” & “SESSION 10” & The Bonus Event for Race Specific info.  
E.g.) Start Times!

**Map:** 1:5000, 2.5m contours

**Terrain:** Varied urban terrain with pockets of forested sections. This is a vibrant university with a complex arrangement of levels at the top of Burnaby Mountain. To further complicate things the campus is currently under quite a bit of construction. So much construction in fact that between our last checks the week before and Sunday morning fences may have been added or deleted. Please abide by what your map says in the case of fences that had been deleted and abide by the fence in front of you in the case of an additional fence. Our course setters will endeavour to let all participants know of any fence additions prior to the start of their race. Be there for the announcements!

**Shoes:** Road runner with decent tread or a trail running with rubber nubs. No spikes.

**Out-Of-Bounds:** All out of bounds will be marked using the standard symbols for OOB. See page 2 for a refresher. **There is a MANDATORY CROSSING marked on your courses you MUST cross here or you are disqualified.** Remember the ISSOM rule about distance between controls: similar features=30 metres, dissimilar features=15 metres. (there are lots of controls out there)

**Assembly Area:** The James Douglas Study Space (indoors) will be where everyone congregates for SESSIONS 8-10. There are washrooms and vending machines available. Unfortunately as it is a Sunday there will not be any food/drink vendors open inside the university. You are welcome to leave any bags or mysterious but important possessions in the area. Please stay within this area between races.

**Embargoed prior to the start of the races:** The entire SFU campus, with the exception of the perimeter road (University Drive East) and the areas indicated on page 17 are embargoed prior to the start of the race. So if you wish to purchase a coffee, pastry, or pet fish prior to the start of your race please do so **BEFORE** heading up the mountain.

**Misc.** Our permit dictates that you **MUST WALK** up and down all stairs at SFU.

**You MUST follow the driving directions to parking otherwise you will have violated the embargo!**

PS. Make sure you leave someone to care for your new pet fish if you chose to get one on the way to Sunday's races #noanimalsharmedinthemakingofsprintcamp please.

# SESSION 8 @ SIMON FRASER UNIVERSITY (TRAINING)

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By Ben Smith

**Self Start @ 9:00 - 9:45**

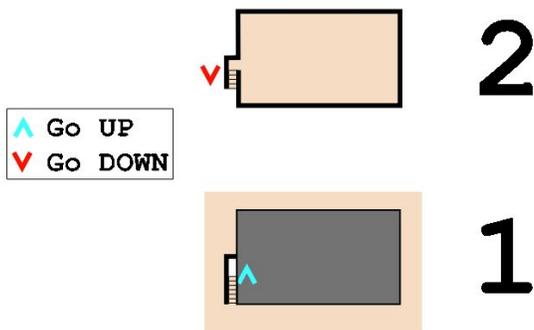
**Courses:** Point-to-Point. On a multi-level map

**Control Descriptions:** On map and available loose

**Bring My Own Map Bag?:** Yes!

**Training Focus/Info:** Stimulating your brain and getting into the complicated map early in the morning. This is a multi-level map (like a mall directory). There are two special symbols on the map - a **BLUE** arrow pointing north means that you **CAN** use a set of stairs to go **UP** to the next level; a **RED** arrow pointing south means you **CAN** use a set of stairs to go **DOWN** a level.

Recap: **BLUE** = UP, **RED** = DOWN.



The image shows a trivial example where a set of stairs gives access to run on the roof of a building. Note how on level two the “building” is now a runnable paved area (the roof), surrounded by impassable walls. The map always shows what you see at that level.

**White** means that a bit of the map is inaccessible on this level (e.g. the top of the stairs are on level two, so the area is white on level one). White NEVER means trees on this map.

The SFU map has 5 levels, and 31 different places to change level. OMG! You may not go through any doors to access extra sets of stairs. The parkade is out-of-bounds. Any sets of stairs that lead only to the parkade will not have a red/blue arrow next to them on the map.

# SESSION 9 @ SIMON FRASER UNIVERSITY (SI-RACE 4)

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By Alison Schoenhardt, Controller: John Rance

**Interval start @ 10:00 - 11:00**

**Courses:** Point-to-point with forking on the Elite course.

**Control Descriptions:** On map and available separately

**Bring My Own Map Bag?:** Yes!

**Terrain:** Urban park (small sections of forest)

**Out-Of-Bounds:** Marked on Map. Do not run on the olive green and take care crossing roads. You MUST use the mandatory crossing point (a crosswalk) marked on the map and watch for buses while you do so.

# SESSION 10 @ SIMON FRASER UNIVERSITY (SI-RACE 5)

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By Alison Schoenhardt, Controller: John Rance

Announcement of start times @ 11:05

**\*Remote Start\*** You will be guided there

Mass Start @ 12:00

Gathering time for those in the Chase @ 12:30

Chase Start @ 12:45

Courses: Point-to-point.

Control Descriptions: On map and available separately.

Bring My Own Map Bag?: Yes!

For the CHASE: The top 20-25 Elites will be in the chase.. There are butterfly loops to discourage following.

## AWARDS CEREMONY

The awards will be taking place at 13:15 in the James Douglas Study Area before the start of lunch so get comfy, grab a snack, and hopefully walk away with some cold hard cash.

# BONUS SESSION @ SFU (TRAINING)

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By Meghan Rance

Self Start @ 13:30-14:30

Timing: Self timed

Course: Dice-O

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:** Head straight west from the middle parking lot 75 m to path/stream junction

**Training Focus:** Starts

IT'S OVER...

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

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

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CONGRATULATIONS YOU  
HAVE SURVIVED  
SPRINT CAMP 2018