

VANCOUVER

SPRINT CAMP

2020



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

WELCOME TO SPRINT CAMP 2020

The Greater Vancouver Orienteering Club welcomes you to the 15th 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 top 5 Expert runners.

This year we are running on maps located in Vancouver (Granville Island, Britannia, Memorial Park South, UBC), including a new map at the VanDusen Botanical Gardens! 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 training, racing, debriefing, and so on; take advantage of her presence. But please keep in mind there are over 100 people registered!

IT'S NOT A RESTING CAMP

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

Ben Smith, Scott Muma, Robyn Rennie, John Rance, Meghan Rance, Karen Lachance, Bruce Rennie, Graeme Rennie, Stan Woods, Joanne Woods, Linda Wu, Holly Hendrigan, Mike Rascher, Eileen Breseman, Ingrid Weisenbach, Kate Karamycheva, Ryan Grutze..

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. 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.



FRIENDLY REMINDERS

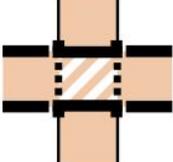
- **REGISTRATION:** Will be available on **Friday before Session 1, Saturday before Session 2, and Sunday before Session 8.** Registration is where you may pick-up your rented **SIAC** stick, your all weekend map bag, your bib, receive your 15th anniversary Sprint Camp gift and ask questions.
- You will be given a bib to wear for the weekend. It is compulsory to have it on for the SI races. We will be very strict about the Out of Bounds areas this year. See the information on each event for more details.
- Bring a whistle on a lanyard. If you've fallen and your whistle is in your back pocket, that whistle won't do you any good! It is going to be slippery out there and a whistle is mandatory.
- 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 out by considering starting earlier in the start window, then make 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.
- GVOC is using cable locks to protect the controls. The wire is meant to be there. It will not affect the SIAC sticks as far as we have been able to test.
- We do not anticipate* any snow at this year's Sprint Camp, and therefore recommend participants to follow the shoe guidelines for each individual event. Participants should, as always, exercise their judgement as to the safety of the running surface and adapt their speed accordingly.

*In the event of another snowpocalypse during this year's Sprint Camp, we expect Robyn will knock off to go skiing, and we can't exactly blame her. Keep an eye on the website for announcements and maybe bring some spikes? 🙄

MAP STANDARDS AND SYMBOLS

New map standard (ISSprOM2019)

As of Jan 1 2020, all IOF sprint races are using a new mapping standard - [ISSprOM 2019](#)! All the maps at Sprint Camp 2020 have been updated to the new standard. The biggest changes between the old version (ISSOM 2007) and the new version are shown in the image below.

Old	New	
		Passable wall
		Retaining wall
		Bridge
		Impassable vegetation
		Paved - light traffic
		Paved - heavy traffic
		Small fountain / well
		Other water feature
		Other landform feature
		Small tree
		Passable on 2 levels

The most important change is the new "area in multi-level structure" symbol. The white diagonal stripes indicate that an area is runnable on both the upper level and the lower level. The non-white stripes take the color of the surface of the upper level. In the example above, the upper surface is paved. The usage of this symbol will almost always be in conjunction with "tunnel dots" (indicating the extent of the lower level) and a bridge symbol (showing where you can enter the lower level). This new symbol is used for the Granville Island training on Friday evening and during the races at UBC on Sunday.

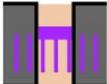
The old grey "passable wall" symbol has now been replaced with a thin black line with dots (just like in non-sprint maps). There is now also a retaining wall symbol, where the half-dots point downhill.

The bridge symbol is now the same thickness as the impassable wall symbol, and you can only determine whether something is a bridge or a wall by looking for the little tags at the end. You are forbidden from changing levels by jumping over the side of the bridge.

The two shades of brown indicate heavy/light traffic. "Traffic" can mean either vehicle traffic or pedestrian traffic!

Finally, note that the shade of green that indicates "impassable vegetation that is forbidden to cross" has changed from very dark green to green (same shade as the tree symbol).

Impassable features and out-of-bounds areas

	Area that shall not be entered
	Impassable vegetation
	Impassable body of water
	Impassable marsh
	Impassable wall
	Impassable fence
	Impassable line feature
	Bridge (changing levels prohibited)
	Out-of-bounds area
	Temporary construction
	Forbidden route
	Artificial wall (see UBC race instructions)

You are forbidden from crossing any of the symbols shown above. At many races we will have volunteer "spotters" looking for infractions. Please pay extra special attention at the Van Dusen race on Saturday morning.

Mandatory Crossing Symbol!

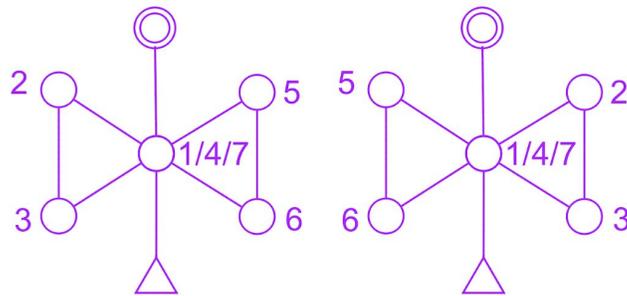
When you see this symbol (at VanDusen Gardens) you MUST cross at this



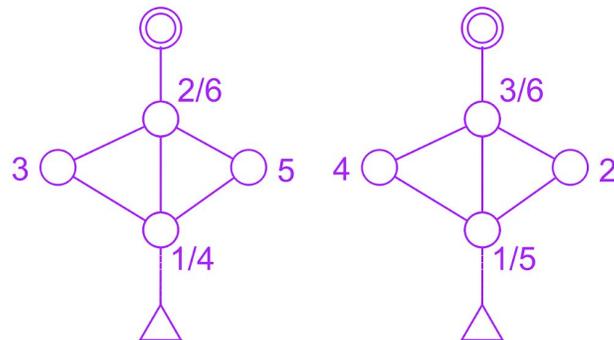
point. Every other option leads to disqualification.

Forked races

Butterfly loops



Phi loops



Several of the courses at Sprint Camp involve forked courses, where everyone runs the same legs, but in a slightly different order. The two main styles we are using are butterfly loops and phi loops, which are explained in the image above. Pay attention to the control order shown on your map, and don't just follow the person in front!

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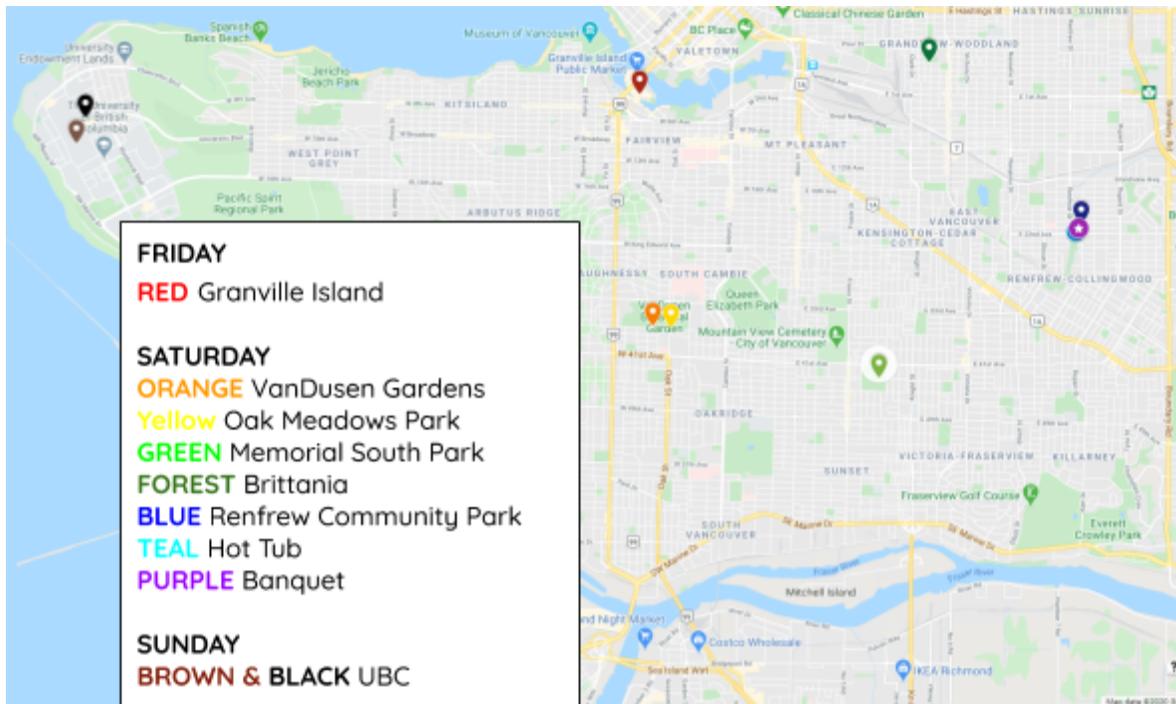
SCHEDULE - WHERE TO BE WHEN

Start Time	Course Closes	Event	Location	Terrain
Friday, 13 March				
18:00		Welcome & Sign-In	False Creek Community Centre	Lind Room
18:30 - 19:30	20:30	Training #1	Granville Island - Night O	Urban
Saturday, 14 March				
8:15 - 9:00	10:00	SI Race #1	VanDusen	Park
10:00	11:00	Garden Tour	VanDusen	Park
10:30 - 11:30	11:45	Training #2	Oak Meadows Park	Park
Moving Locations (15 - 20 minute drive)				
12:00	13:15	2 Person Relay	Memorial Park South	Park
Lunch - Moving Locations (15 - 20 minute drive)				
14:15	15:00	SI Race #2 - Farsta	Britannia	Urban
Moving Locations (15 - 20 minute drive)				

15:30 - 16:00	16:30	Training #3	Renfrew	Park
16:00	17:00	Rejuvenation	Renfrew Pool	Water
17:00	21:00	Banquet & Presentation	Renfrew Community Centre	Large Room
Sunday, 15 March				
9:30 First Start	10:30	SI Race #3 - Head-to-Head	UBC	Urban
11:00 - 11:45	12:30	SI Race #4 - Setup	UBC	Urban
Lunch				
13:00 - 13:30	14:30	SI Race #5 - Chase	UBC	Urban
14:30 - 15:00		Awards Presentation	UBC	Urban

ALL LOCATIONS MAP

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



All locations are available on a customized Sprint Camp 2020 map [here](#). Click the star (★) to view the customized map in Google Maps.

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BEST 4 OUT OF 5 SI-RACES

The following 5 races will count towards an overall result:

1. Saturday - VanDusen Botanical Gardens (SI Race #1)
2. Saturday - Britannia (SI Race #2 - Farsta)
3. Sunday - UBC (SI Race #3)
4. Sunday - UBC (SI Race #4 - Set-Up)
5. Sunday - UBC (SI Race #5 - Chase)

Rules for Best 4 out of 5 SI-Races

In each race, points 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 woman scores 1000 points as she is the... fastest woman.

Top five elite women and elite men will be awarded: 1st: \$200, 2nd: \$150, 3rd: \$100, 4th: \$75, 5th: \$50

COACH MEGHAN'S TIPS FOR MAKING THE MOST OUT OF SPRINT CAMP

Set Intentional Goals for Each Session and Race: If you want to really improve your orienteering, every session must have clear, well-defined objectives. Break down the skill or the technique that you want to work on into specific steps (For example: to take a good bearing:

1. Line the edge of your compass up from where you are to where you want to go
2. Line the edge of the compass up with the centre of your body (navel)
3. (Optional) Turn the compass housing so that the lines in the housing are parallel to the north lines on the map (beware of orienting to south)
4. Turn your body so that the north arrow is in the red arrow on the compass housing or parallel to the north lines on the map.
5. Follow the imaginary line extending out from the tip of the compass).

Define when the skill is to be used and try to be very conscientious about doing the steps of the skill in the exact same order every single time. The goal is to create habits so automatic that you do them without

thought. Being lazy and sloppy in this stage will only reinforce your bad habits and techniques that lead to breakdowns in navigation.

Some skills and techniques to consider working on this weekend include thumbing, map folding, map holding, map orienting, control taking system, simplification, personal narration, regaining and maintaining focus, quick decision making, route choice rules, error recovery, speed control, map memory, advantageous map glances, investing time, planning ahead, and reading control codes/descriptions.

Change the Way you Discuss your Races: We all love to tell a good story about how our race went to as many other orienteers as will listen, but we walk away and make the exact same mistakes on the next race. If this is true for you, the time has come to change your post-race debrief style. Instead of diving straight into all of your terrible errors, try to be positive. Focus on the things that went well and analyse WHY they went well. (I am really pleased with this route choice because I had taken the time to read ahead and noticed that it was going to be much trickier to approach the control from the right so I took the left route choice). We need to stop assuming that a perfectly executed leg is the default when, in fact, it is the exception. When you do talk about your errors, IDENTIFY THE TRIGGERS for your mistake. What lapse of technique or concentration caused your problem? Then, make eliminating that trigger the goal for your next session. Also, take advantage of the people you discuss your courses with. Instead of asking which way they went, ask them why they chose that route and ask specific questions about their strategies and thought processes.

Take Care of Yourself: Post-race socializing is fun and a large part of the reason that we want to come to Sprint Camp. However, especially on a busy weekend like this one, it is essential that you take the time to get warm, dry, fuelled and hydrated before you launch into the epic conversations about your course. If you stand around chatting and getting chilled after each race, you will probably find yourself exhausted and cold by the end of the day.

Also, take care of yourself mentally. Decide how you feel about your race before you see any results or have any discussions. Even if the race was a disaster, identify a list of things that you did well. Things might not be as bad as you think.

Take Risks: Training camps are set-up specifically for people to try new techniques and strategies in a low stakes but high quality environment. I would like for every person to try something new this weekend. New could be trying a different technique, pushing your navigational speed past the level of comfort, or changing up the order of operations on a sloppy, stale, or inconsistent skill. The worst thing that happens is that you don't like it and you go back to your old ways but maybe you will discover something that really works for you.

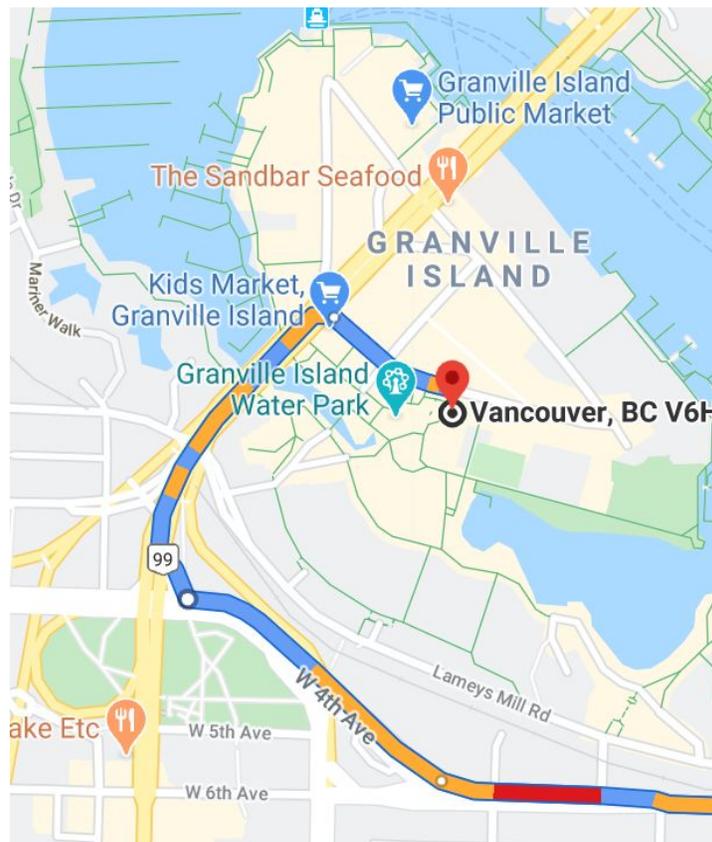
Take Advantage of Having a Coach: Meghan is around all weekend to help you with any of your orienteering related quandaries and questions. Please don't be shy about asking for advice.

FRIDAY, 13 MAR, 2020 - GETTING TO THE 1ST TRAINING

TRANSIT INSTRUCTIONS FROM VANCOUVER TO FALSE CREEK COMMUNITY CENTRE

False Creek Community Centre is reachable by bus (**#50** from Waterfront Station) or via any bus that stops at Granville and 5th Ave (**#10, #14, #16**). Get off the bus at 5th Ave and walk 5-10 min **north** under the bridge to reach Granville Island. The False Creek Community Centre is to the right on Cartwright St.

DRIVING INSTRUCTIONS FROM VANCOUVER TO FALSE CREEK COMMUNITY CENTRE



There are many ways to drive to Granville Island from Vancouver and the best way will depend on traffic. Once you are on W 4th Ave, turn onto **Anderson St**, which goes underneath Granville Street Bridge into Granville Island. The community centre is to the right on **Cartwright St**.

Parking on Granville Island is **free** after 6pm.

ALL TRAVELLERS: Put **1318 Cartwright St, Vancouver, BC V6H 3R8** into your GPS.

TRAINING #1 - GRANVILLE ISLAND NIGHT-O

By Graeme Rennie



Self Start @ 18:30 - 20:00

IT WILL BE DARK TOWARDS THE END OF THE EVENING.. MAKE SURE YOU WEAR YOUR HEADLAMP!

Map Scale: 1:4000, 2m contours

Course Information: 4 loops, ~1.3-1.5km each

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

Control Descriptions: On map and available separately

Terrain: Urban

Shoes: Street shoes or rubber studs only

Out-Of-Bounds: There are some housing complexes on the map that are out-of-bounds; they're clearly marked as such on the map. Also some flower beds, avoid.

Assembly Area: Lind Room @ False Creek Community Centre

Miscellaneous: It might be getting dark towards the end of the start window. Please bring a headlamp or plan to start early.

Training Focus: Short Sprints. Four short courses, around 1.4km each. So this gives you a chance to get used to navigating at sprint speed without tiring you out for the weekend. Each loop uses a different part of the map so all will have some different challenges. You can do as many of the courses as you feel like. The idea is to get warmed up to running and navigating at high speed. Loop 1 takes you to an area that uses the new multi-level structure symbol.

FRIDAY NIGHT @ CHECK IN & INFORMAL DINING

Friday Night we will be in the Lind Room at the False Creek Recreation Center. People will be able to check-in at registration, leave their bags, run the Training, try out the SAIC system, pick up their SI air sticks and bibs, receive their 15th anniversary gift 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 one of the many dining options available near Granville Island. Only a few restaurants remain open past 6pm on Granville Island, so some of the dining establishments listed below are a few blocks away:

The Vancouver Fish Company (1517 Anderson St)
https://www.vanfish.com/menus/menus_dining_late_night/

Las Margaritas (1999 W 4th Ave)
<https://lasmargaritas.com/menu/>

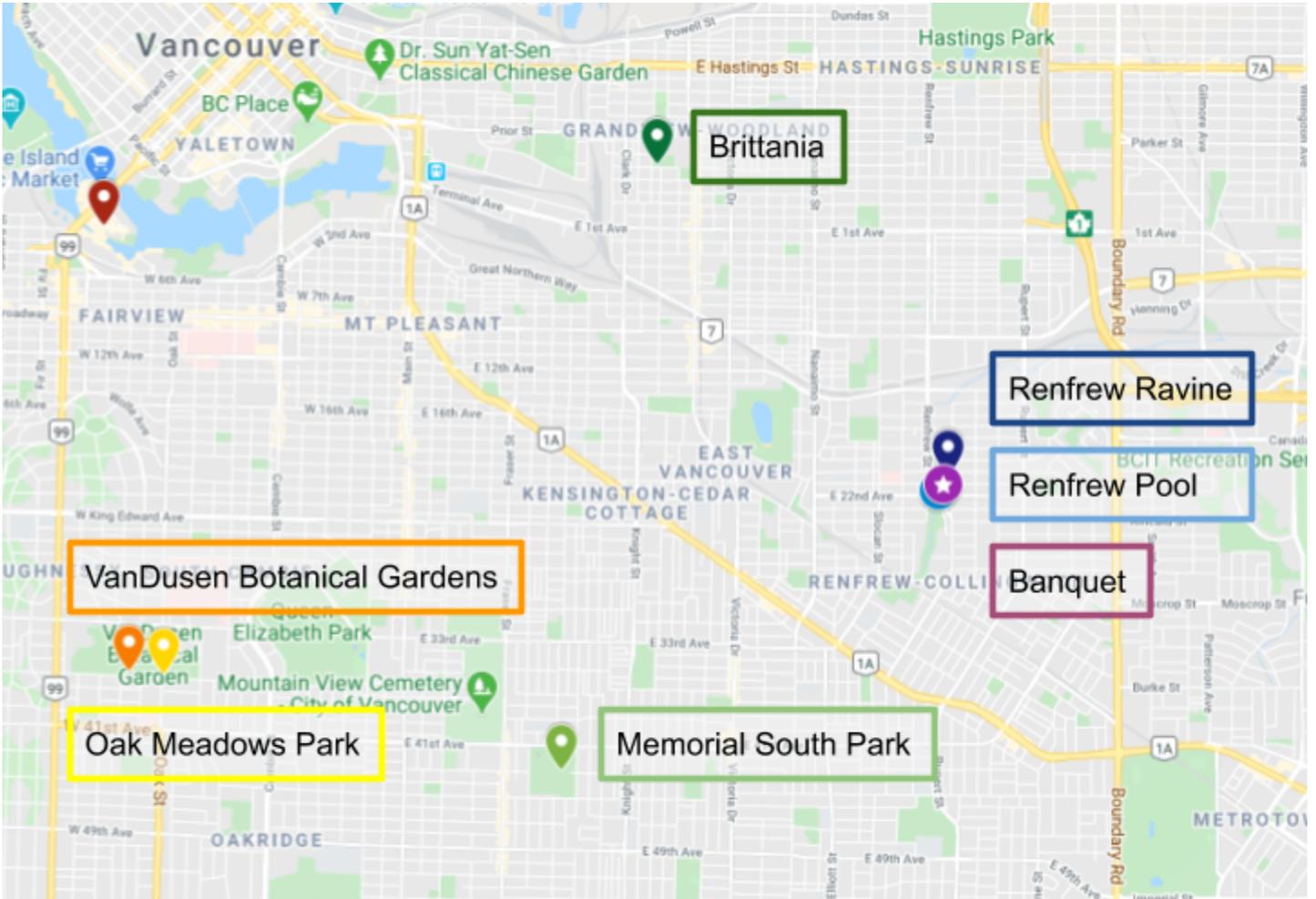
Rain or Shine Ice Cream (1926 W 4th Ave)
<http://rainorshineicecream.com/menu-about>

Lin Chinese Cuisine and Tea House (1537 W Broadway)
<https://www.linchinese.ca/>

Storm Crow Alehouse (1619 W Broadway)
<https://www.stormcrow.com/storm-crow-alehouse-menu/#main-menu-alehouse>

Cactus Club Cafe (1530 W Broadway)
<https://www.cactusclubcafe.com/menus/west-broadway/food/full-menu/>

SATURDAY, 14 MAR, 2020 - SO IT BEGINS...



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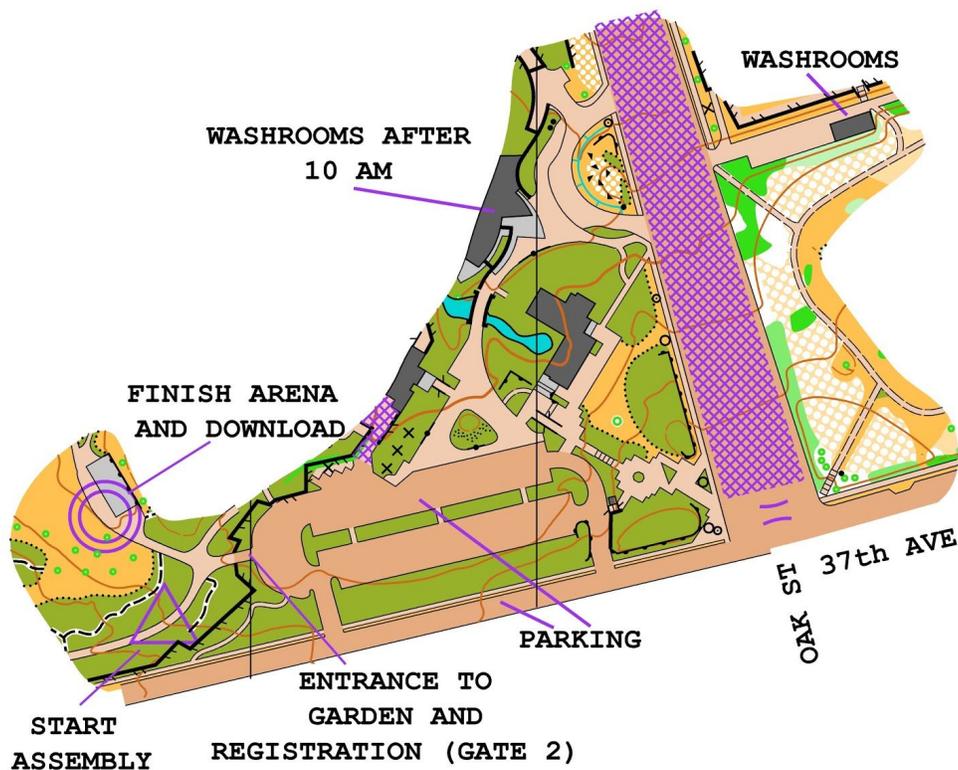
SI RACE #1 - VANDUSEN BOTANICAL GARDEN

By Meghan Rance

***** WARNING *****

DO NOT step in any out of bounds areas in this map, including garden beds, private service areas, and closed trails or any areas that seem like plants are painstakingly cultivated. Out of bounds rules will be strictly enforced in this race, and anyone spotted violating these rules will be **immediately disqualified for the rest of Sprint Camp!** Spotters will be posted on the course. If this warning is not severe enough, there is an additional detailed warning below.

*** **



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Timed Start @ 08:15: individual 30 second timed starts

Map scale: 1:4000, 2m contours

Courses information: Elite - 4.0km 62m climb; Expert - 2.9km, 44m climb

Bring My Own Map Bag?: Yes!

Control Descriptions: On Map and Available Separately

Terrain: Ornamental garden with many trails, gardens, and open lawns

Shoes: NO spikes or studs. Trail or road runners only

Out-Of-Bounds: Do not enter the garden before your race except on the paved path to start and finish. The warm-up area is outside the gate. It is **FORBIDDEN** to step in or enter any garden bed (marked in olive green), private service area (marked in purple hatch), or any trail marked with purple x's (these trails will also be marked with flagging tape in the terrain). These rules are true of every orienteering race but **WE WILL BE EXTREMELY STRICT ABOUT ENFORCING** them at this event as we have promised not to damage any part of this wonderful and special area. We will have spotters out on course and **ANY COMPETITORS FOUND TO BE ENTERING FORBIDDEN AREAS WILL NOT BE ALLOWED TO PARTICIPATE IN THE REST OF THE WEEKEND.**

If it looks like a planted area or there are plants growing there, **stay away** even if it is not marked as out of bounds. Many spring plants such as crocuses and daffodils are blooming out of the planted beds. Please do not trample them.

Assembly Area: Enter the garden through gate 2 at the west end of the parking lot. Take the left fork of the trail 50 m to the start assembly. Continue straight 75 m to the finish area. It is 100 m between the arena and the start

Miscellaneous: There is a large hedge maze as part of this course. It is not possible to represent this maze clearly at 1:4000 so we have provided a blown up version of the maze in the top corner of your map. This blown up section shows both the maze layout and the precise location of your controls in the maze. The controls in this maze are closer than the prescribed 30 m apart but there is more than 30 m of running distance between them. The maze must be entered by the IN and exited by the OUT (this will be indicated on the enlarged maze map). It is forbidden to climb any walls in the maze. Please be especially cautious of other runners in the maze and elsewhere on the map where there are narrow passages and trails.

The garden has many small stone paths and bridges. If it is a chilly or rainy morning, these paths and bridges may be slippery. Please take care.

GARDEN TOUR - VANDUSEN GARDENS

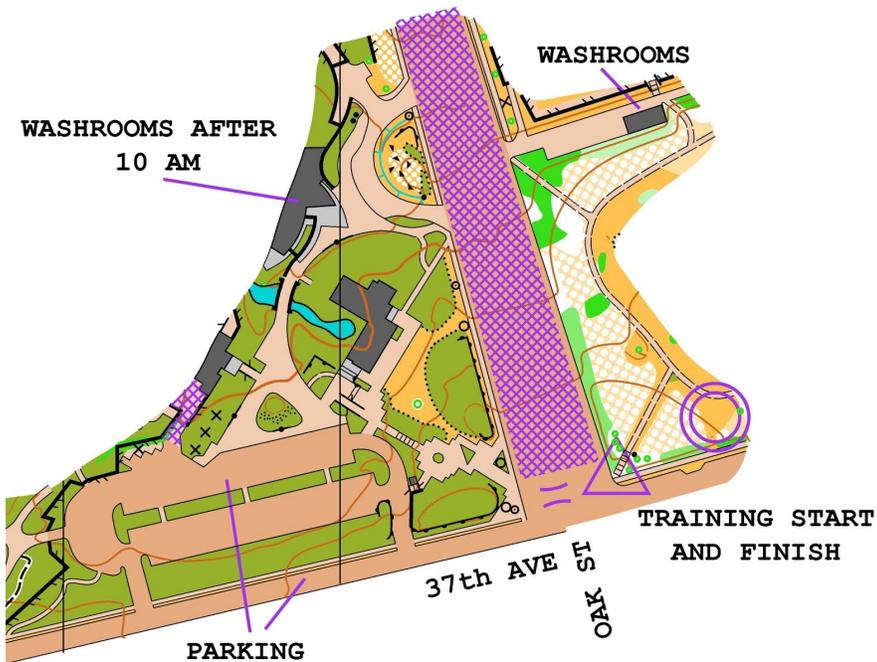
Start @ 10:00

Course Information: Your entrance in this race allows you to admission to the gardens for the day. Please feel free to explore the garden.

Jeremy Gorden (GVOC) will be giving a guided Bird Walk from 10:00-12:00. Meet at the **VanDusen Visitor Centre Atrium** (but you'll have to leave the tour early to get to the 2-person relay in time!)

TRAINING #2 @ OAK MEADOWS PARK

By Meghan Rance



Self Start @ 10:30am

Map Scale: 1:4000, 2m contours

Courses: 7 short courses between 450-650 m each for A maps, 450-550 m for B maps, and 350-550 m for C maps

Bring My Own Map Bag?: Yes!

Control Descriptions: on map only

Terrain: School yard, playing fields and rough park with many bushes and a few blackberries

Shoes: Trails or road runners

Assembly Area: The corner of Oak Street and 37th Ave at the bottom of the stairs

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Miscellaneous: Jog over to the training from the Van Dusen Gardens race. Head east out of the Van Dusen parking lot and cross Oak St at the light (~ 200 m)

Training Focus: Starts

Extra Race Instructions: Choose map A (long), map B (medium), or map C (short).

You will receive a packet of 7 small maps stapled together.

Rip off map 1 and hold it map-side down.

Practice flipping the map and running hard off the start line.

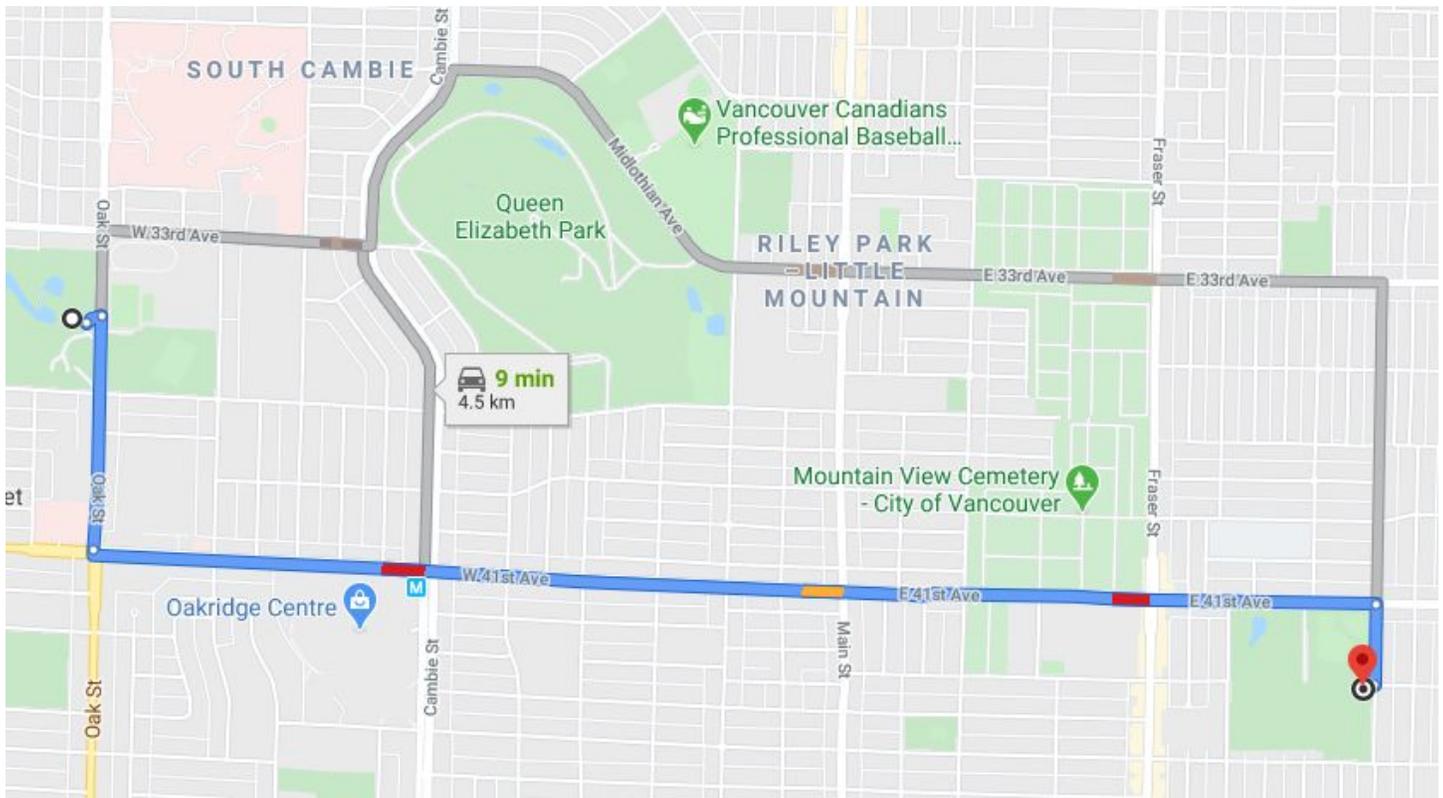
Stop at the finish and give yourself a minute or so to catch your breath.

Rip off the second map and repeat.

Remember: The long dash perpendicular to the dashed pink line leading to the start triangle will indicate where you are starting each loop. You must follow the marked route to every start triangle.

This training can be done solo or with a group as O-tervals. Maps A, B, and C have all of the same starts and finishes.

DRIVING from VANDUSEN GARDENS to MEMORIAL SOUTH PARK (8 MINS)



ALL TRAVELLERS: put in **1176 E 43rd Ave** into your GPS.

1. Turn **right** onto Oak St (heading South)
2. Turn **left** onto W 41st Ave
3. Turn **right** onto Ross St
4. Turn **right** at E 43rd Ave
5. Turn **left** into parking lot

2 PERSON RELAY @ MEMORIAL SOUTH PARK

By Bruce Rennie



Announcements @ 11:45: There will be a demo of the relay hand-over and download procedure

Mass Start @ 12:00

Map Scale: 1:4000, 2m contours

Course information: 4 loops @ <1.5km, each competitor runs 2 loops

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

Control Descriptions: On Map only

Terrain: Flat, wet in parts, lots of trees mapped, fast! Parks are working in the area near the pond so the map may have changed between printing and race day.

Shoes: Road shoes or trail runners (mostly running on grass)

Out-Of-Bounds: Avoid the sports fields that are marked in olive green on the map.

Assembly Area: Walk on path from small car park off Ross to South of stadium. Gear drop under balcony.

Parking: On-street parking on Ross St, south of 41st Street. 20 spots in a small car park west of Ross.

Miscellaneous: Heated washrooms south of Assembly Area.

Extra Race Instructions: Important to download, clear and check after each of your 2 legs!

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. Most teams will have 1 elite runner and 1 expert runner. The elites will run legs 1 and 3; the experts will run legs 2 and 4. Each team will be given **one map bag** containing all 4 legs. Courses are forked, so don't follow the person in front of you and make sure to check your control codes!

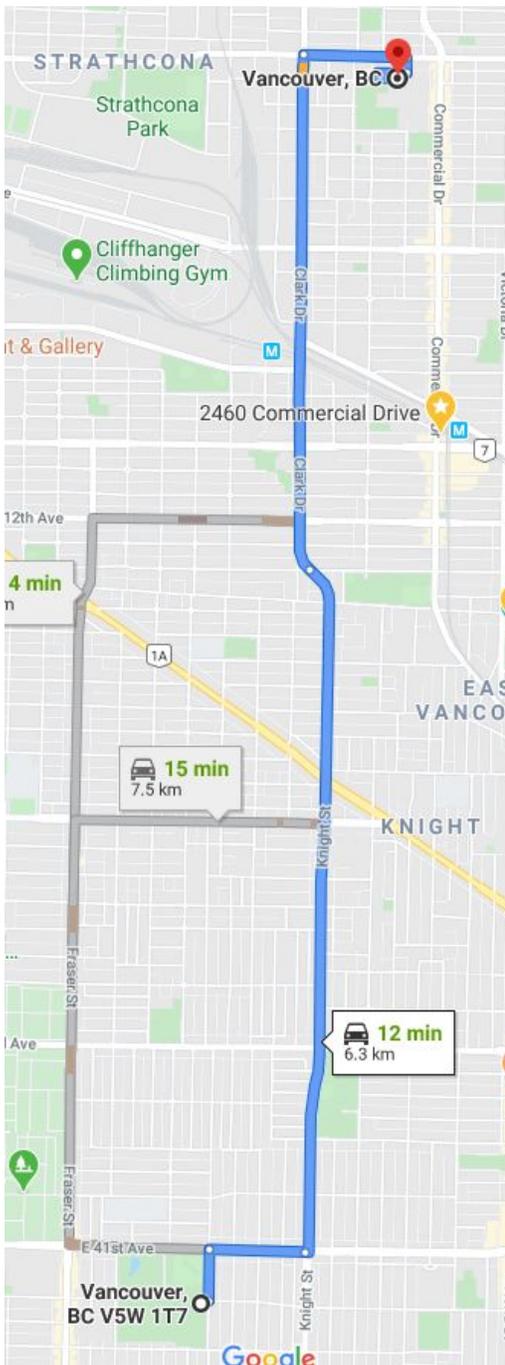
The handover procedure is: (**Demo @ 11:45am - If you don't know, you can't blame us 😊**)

- 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!

However - consider this event to be an ice-breaker. 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**. It is a chance to meet people and have somebody to compare routes to over the rest of the weekend. This is not meant to be a competitive event.

DRIVING from MEMORIAL SOUTH PARK to BRITANNIA (12 MINS)

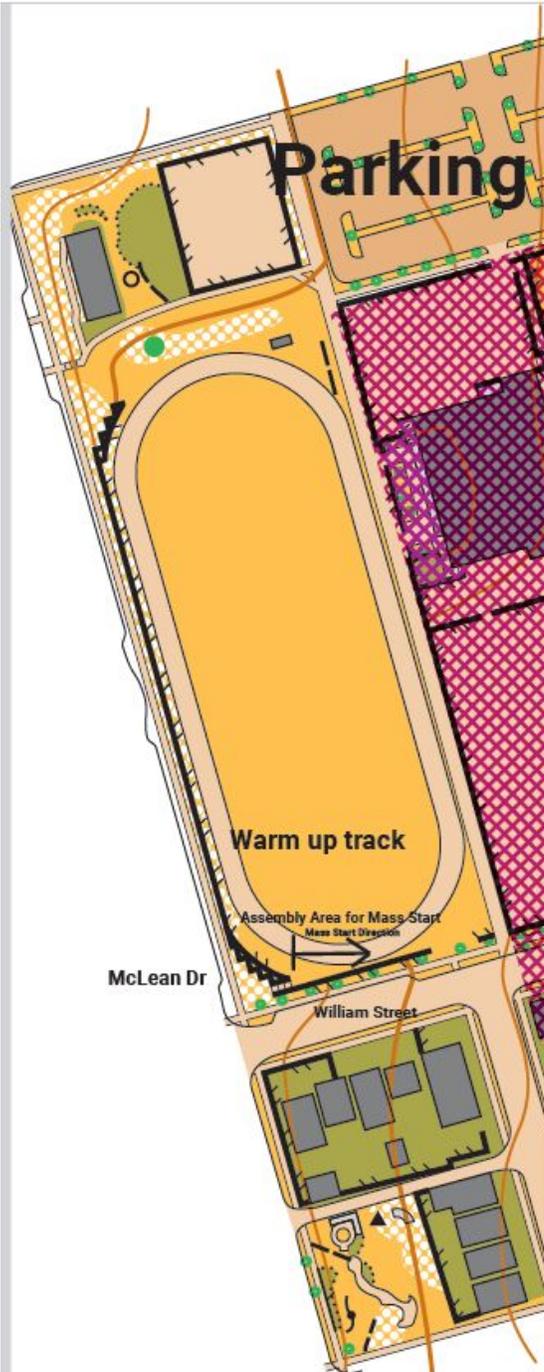


ALL TRAVELLERS: put in **1602 Venables St** into your GPS.

1. Turn **left** onto Ross St (heading North)
2. Turn **right** onto E 41st Ave
3. Turn **left** onto Knight St
4. **Continue** onto Clark Dr
5. Turn **right** onto Venables St
6. Turn **right** onto Cotton Dr
7. Turn **left** into the parking lot

SI RACE #2 (FARSTA) @ BRITANNIA

By Stan Woods



Mass Start @ 14:00

Map Scale: 1:4000, 2m contours

Course Information: Elite - 3.0km (3 loops); Expert - 2.5 km (3 loops)

Bring My Own Map Bag?: Yes!

Control Descriptions: Separate control descriptions will be attached to your map and can be moved to a control description holder

Terrain: Urban park and school area. Mostly hard surfaces with some grass and gravel.

Shoes: Road shoes

Out-Of-Bounds: Areas to the East of the Running Oval including: Britannia secondary and Elementary schools, Britannia Pool and Britannia Ice Rink and Britannia Library.

Assembly Area: South West corner of the field and running track. From Parking area walk west to the running oval.

Parking: Parking area is accessed via Venables Street and Cotton Drive.

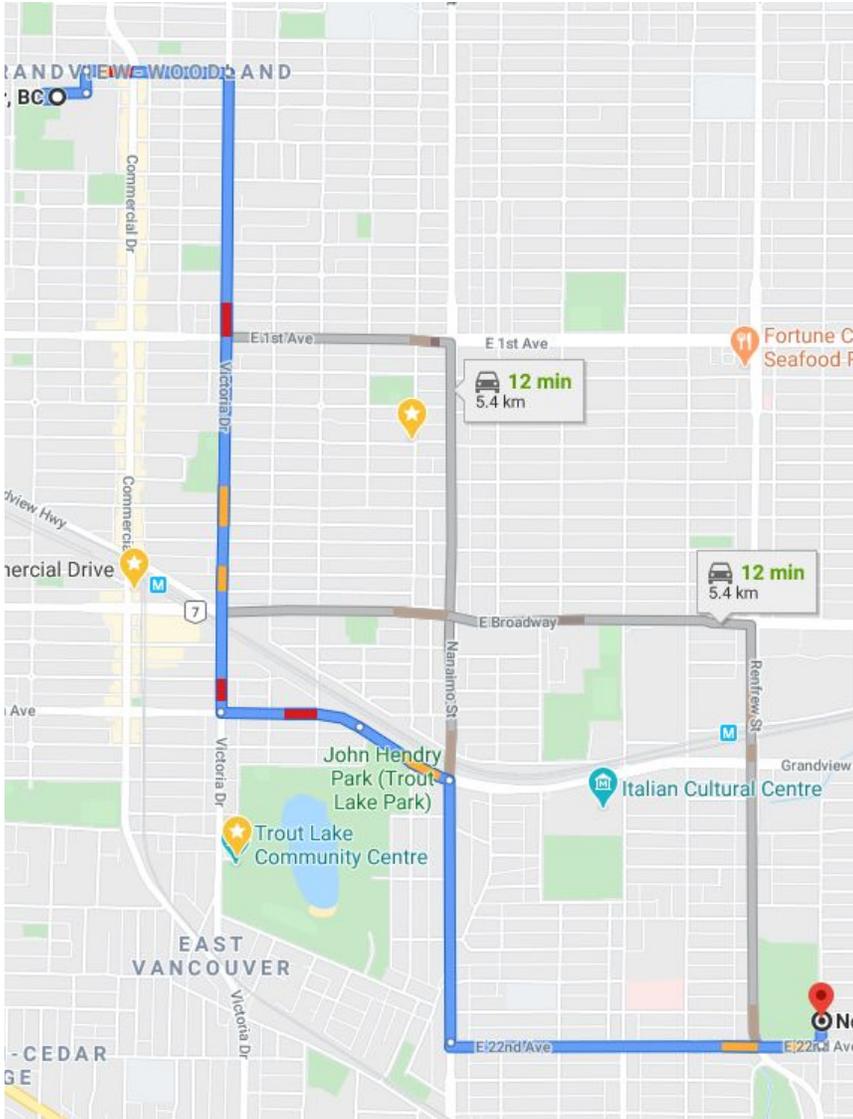
Britannia Farsta		
Parking and Start	0.0 km	

IT'S NOT A RESTING CAMP

DRIVING from BRITANNIA to RENFREW (12 mins)

ALL TRAVELLERS: put **3640 Nootka St** into your GPS

1. Turn **right** onto Venables St
2. Turn **right** onto Victoria Dr
3. Turn **left** onto E 12th Ave
4. **Continue** to South Granville Hwy
5. Turn **right** onto Nanaimo St
6. Turn **left** onto E 22nd Ave
7. Turn **left** onto Nootka St
8. Park along Nootka St



TRAINING #3 @ RENFREW RAVINE

By John Rance



Mass Start @ 15:30: Brief instructions will be given at the start

Map Scale: 1:4000, 2.5m contours

Course information: 4 loops, ~700m each

Bring My Own Map Bag?: Yes!

Control Descriptions: On Map only

Terrain: Park, with some steep slopes, paths, grass, buildings, a bit of pavement and an uncrossable stream in the ravine.

Shoes: Aggressive tread. Metal spikes are not necessary.

Assembly Area: East side of the park, north of the library. Toilets in the library and community centre.

Parking: Park along Nootka Street.

Miscellaneous: This training simulates a style of race used at WOC Sprint. You will be given about 20 seconds to choose the loop you think will be fastest for you. Depending on the level of challenge you want, you can compare 2, 3, or 4 options. Then, time yourself running the loops to see which one was actually fastest!

Training Focus: quickly assess the forking that is fastest for you

SATURDAY REJUVENATION @ RENFREW COMMUNITY CENTRE POOL

IF YOU WANT TO GO FOR A SHOWER/HOT TUB, you can do so at the Renfrew Community Centre Pool. Entrance is **\$6.22/person** and the pool will be open until 17:00.

Walk to the Renfrew Community Centre to the South West of the start.

SATURDAY BANQUET @ RENFREW COMMUNITY CENTRE

BANQUET & PRESENTATION BY MEGHAN RANCE, GRAEME RENNIE AND SERGIO FERNANDEZ LOZADA

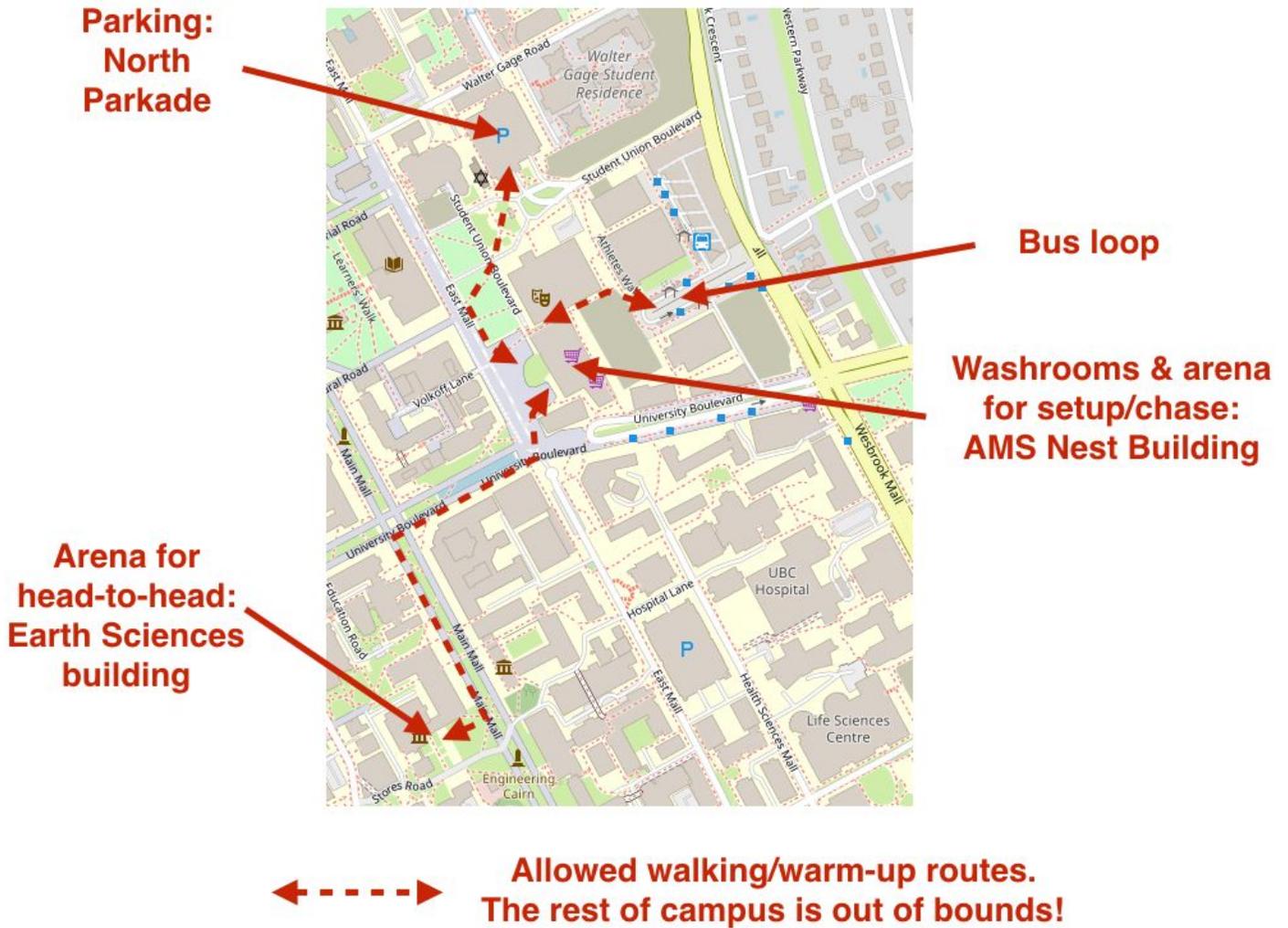
Room 110 on the main floor near reception

Doors Open @ 16:00, Dinner @ 17:30

The banquet is at the same community centre as the pool. We will have results from the first day of racing and will produce a start time list for the first event of Sunday morning.

SI RACE #3 (HEAD-TO-HEAD) @ UBC

By Ben Smith



Groups of 2 Elites and 2 Experts starting simultaneously @ 9:30 - 10:00: Timed start seeded by Saturday performance. Start times will be posted on the GVOC website on Saturday evening. They will also be posted at the event site on Sunday morning.

Map Scale: 1:4000, 2m contours

IT'S NOT A RESTING CAMP

Course Information: Elite - 3.0km; Expert - 2.3km

Bring My Own Map Bag?: Yes!

Control Descriptions: On Map and Available Separately

Terrain: Urban Campus

Shoes: Road shoes recommended

Out-Of-Bounds: All of UBC campus north of Agronomy Road and west of Wesbrook Mall is out-of-bounds while not racing, except for the allowed routes shown on the arena map.

Assembly Area: Under the canopy outside the **Earth Sciences building** on Main Mall

Parking: park at the North Parkade on campus. For driving instructions, see above.

Extra Race Instructions: You will be racing head-to-head against another runner of a similar pace to you. The courses are forked - the Elite course has a butterfly loop and a phi loop; the Expert course has a phi loop. In a butterfly loop you visit one control 3 times. In a phi loop you visit 2 controls twice. Make sure you visit the controls in the order shown on your map, and don't just follow your opponent!

SI RACE #4 (SET-UP) @ UBC

By Ben Smith,

Self-Start @ 11:00

Map Scale: 1:4000, 2m contours

Courses: Elite - 3.3km; Expert - 2.6km

Bring My Own Map Bag?: Yes!

Control Descriptions: On Map and Available Separately

Terrain: Urban Campus

Shoes: Road shoes recommended

Out-Of-Bounds: All of UBC campus north of Agronomy Road and west of Wesbrook Mall is out-of-bounds while not racing, except for the allowed routes shown on the arena map.

Assembly Area: Outside the **Student Nest** building. There are washrooms, water fountains and shops in this building. See Assembly map for SI Race #3.

Miscellaneous: Follow the allowed route along Main Mall and University Boulevard to get from the Earth Sciences building to the Nest. See map above.

Extra Race Instructions: The map for this race contains "artificial walls". These are clearly marked with a thick purple line and purple "out-of-bounds" stripes. The "walls" will be marked in the terrain with cones, and we will have volunteer spotters out there looking for infractions. Don't cheat - the "walls" are there to increase the technical challenge of the race and make it even more fun!

SI RACE #5 (CHASE) @ UBC

By Ben Smith

Announcement of start times @ 12:45

Mass Start Experts @ 13:00

Mass Start Elites @ 13:05

Gathering time for those in the Chase @ 13:10

Chase Start @ 13:15

Map Scale: 1:4000, 2m contours

Courses: Elite - 3.0km; Expert - 2.5km

Bring My Own Map Bag?: Yes!

Control Descriptions: On Map and Available Separately

Terrain: Urban Campus

Shoes: Road shoes recommended

Out-Of-Bounds: All of UBC campus north of Agronomy Road and west of Wesbrook Mall is out-of-bounds while not racing, except for the allowed routes shown on the arena map.

Assembly Area: Same as for the Setup Race (SI Race #4)

Extra Race Instructions: The map for this race also contains "artificial walls". These are clearly marked with a thick purple line and purple "out-of-bounds" stripes. The "walls" will be marked in the terrain with cones, and we will have volunteer spotters out there looking for infractions. Don't cheat - the "walls" are there to increase the technical challenge of the race and make it even more fun!

This race also contains 2 sets of butterfly loops on each course.

AWARDS CEREMONY

The awards will be taking place at 14:00 or as soon as we are done in the Nest Building. So get comfy, grab a snack, and hopefully walk away with some cold hard cash.

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 clean up and 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!

CONGRATULATIONS YOU
HAVE SURVIVED
SPRINT CAMP 2020