



2019 Spring Training Weekend

June 7th – 9th

Introduction

Orienteering Ottawa's 2019 version of our Spring Training Weekend is taking place about 0.5 hours north of Syracuse and 2.5-3 hrs from Ottawa on June 7th to June 9th.

The full weekend includes one evening training session and a presentation on Friday, 2 training sessions and evening activities on Saturday, and 2 sessions on Sunday. Sunday morning's session is combined with a four course (Novice/white, Intermediate/orange, and two lengths of advanced courses (green and red) event at the Salmon River Fish Hatchery. That event is open to everyone regardless of registering for the weekend and will have on site registration. The rest of the camp is open to orienteers who consider themselves to be at an intermediate level or higher. The camp schedule also includes a couple of group meals and very fun social weekend.

Coaches and courses setters, Stefan Bergstrom and Jeff Teutsch will be working with 4 groups:

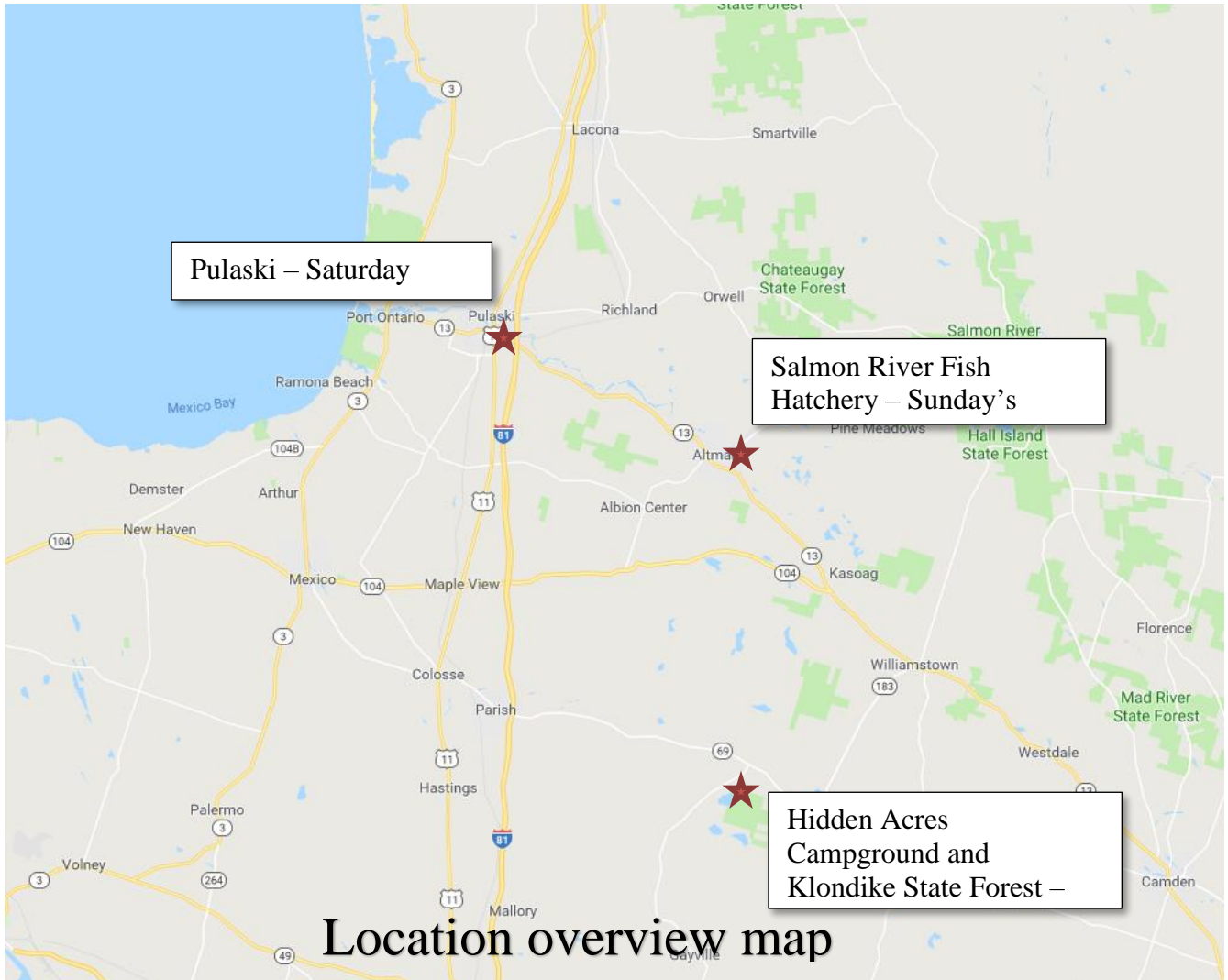
- Intermediate level
- Advanced level
- Train to Train Program
- National Team/High Performance Level

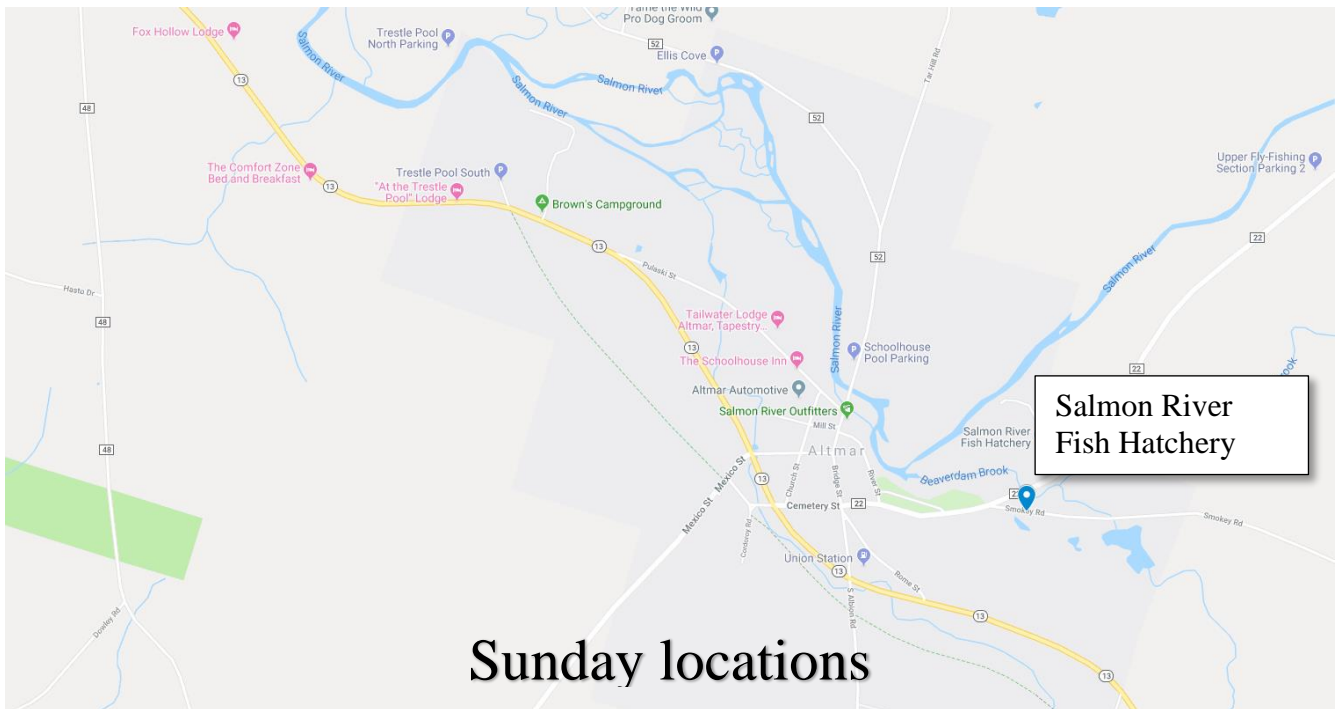
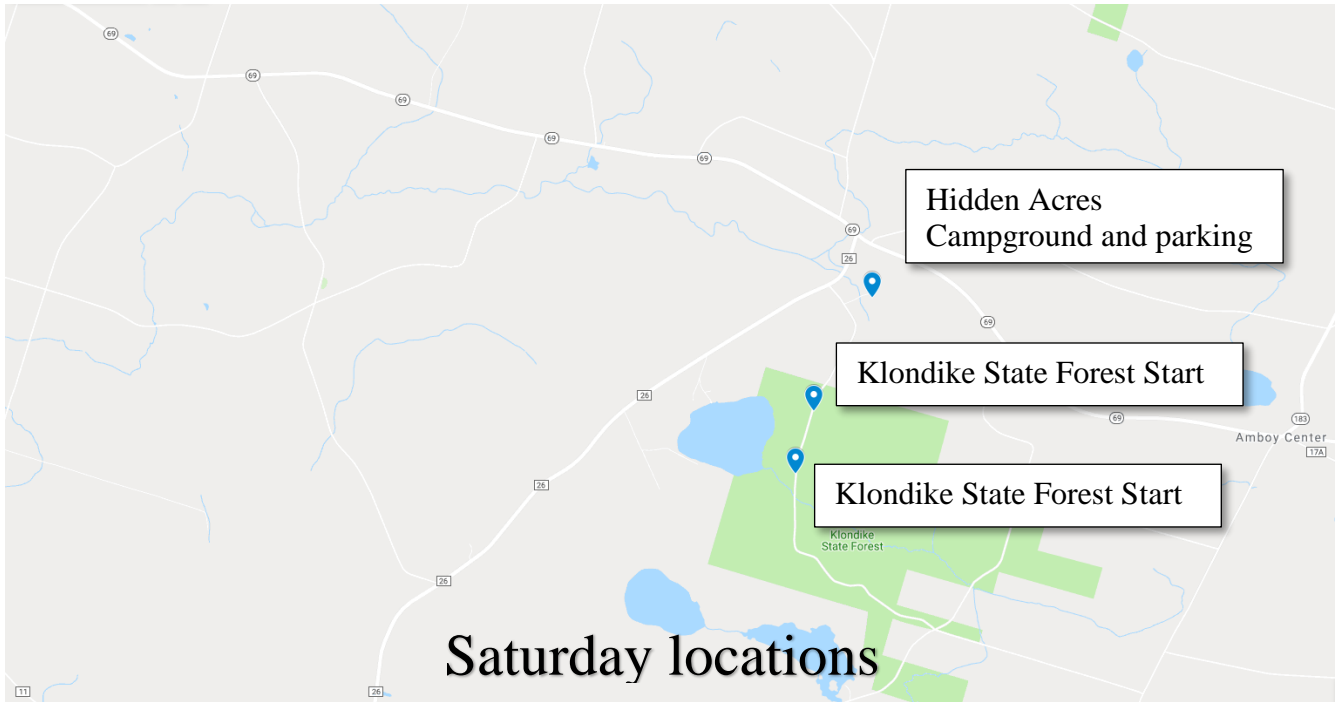
	Start Time	End Time	Item	Location
Friday				
	18:00	19:00	Orienteering simulation training exercises	Hidden Acres Campground
	19:30	20:30	Potluck style dinner	Hidden Acres Campground
	20:30	21:15	Presentation – advanced map reading	Hidden Acres Campground
Saturday				
	9:30	11:00	Compass / directional control training exercise	Klondike State Forest
	11:00	13:30	break and lunch - up to participants	
	13:30	15:00	Contour training exercises	Klondike State Forest
	15:00	18:00	Free afternoon for activities	
	18:00	19:30	Dinner	Restaurant dinner in Pulaski

Start Time	End Time	Item	Location
20:00	21:00	Stretching	Hidden Acres Campground
Sunday			
10:00	11:30	Sunday meet registration	Salmon River Fish Hatchery
10:30	13:00	Sunday meet Start Window	Salmon River Fish Hatchery
11:30	14:00	Post-race refreshments available	Salmon River Fish Hatchery
	16:00	Courses close	Salmon River Fish Hatchery
11:30	13:30	Break and lunch – up to participants	
13:30	14:30	Fish Hatchery Relay Training	Salmon River Fish Hatchery

Locations

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





The various locations can be viewed at:

<https://drive.google.com/open?id=1ktXUbG0Zn2NaazkpnZlzzrCLzPPNU0fc&usp=sharing>

Accommodations

We encourage participants to stay at the Hidden Acres Campground which is just 1100m from the start of both exercises on Saturday (see the pin on the location map for the location of the campground). Hidden Acres will also be the site of Friday's potluck dinner and Saturday evenings stretching session. The campground has a rec hall that we have reserved for evening activities. There are also full washroom and shower facilities.

You can book a tent site at Hidden Acres by calling +1 315-625-7110. When booking a site provide them with your name and let them know you are with the orienteering group for the Orienteering Ottawa event on June 7-9th. If no one picks up the phone (they are a small family run campground) you can simply leave your information on the answering machine.

The price is \$25 (USD) per tent site per night and payment is cash or cheque on arrival (no debit or credit cards). They will do their best to group us all in neighbouring sites.

If you do not want to camp you are, of course, welcome to find yourself your own accommodation nearby.

Friday, June 7th

The weekend of orienteering begins Friday evening at 18:00 with a series of simulation exercises taken from Michel Gueorgiou's book *The Winning Eye*. These are active running exercises with a map reading component and will take place at Hidden Acres Campground. We will then have a potluck style dinner in the rec hall followed by a presentation by coach Jeff Teutsch about map reading.

	Start Time	End Time	Item	Location
Friday				
	18:00	19:00	Orienteering simulation training exercises	Hidden Acres Campground
	19:30	20:30	Potluck style dinner	Hidden Acres Campground
	20:30	21:15	Presentation – advanced map reading	Hidden Acres Campground

Orienteering simulation training exercises

To start the weekend off we will be doing a set of training exercises at Hidden Acres Campground. These exercises are a set of simulation exercises taken from Michel Gueorgiou's book *The Winning Eye* run as a circuit with some core exercises. The simulation exercises are a bit of an experiment as we have never tried them before and are learning how best to use them.

This training will involve some woods running and some map reading and will involve SI punching so be prepared for that.

The exercise will start off with a bit of a warm-up jog and some basic orienteering around the campground. Then we will move into the circuit training. You are welcome to take the training as easy or as hard as you like and can skip the core exercises if you wish.

Parking:

Parking is at the Hidden Acres Campground. We will be at the back of the campground where we will be setting up our tents.

The various parking locations can be viewed at:

<https://drive.google.com/open?id=1ktXUbG0Zn2NaazknnZlzzrCLzPPNU0fc&usp=sharing>

Clothing and Equipment:

Full orienteering clothing and trail shoes are recommended. Shoes with metal studs are not recommended. The circuit training activities involve SI so bring your timing chip with you. It is a good idea to have bug-spray as well. **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. We will be eating outside at picnic tables so bring appropriate dishes and cutlery.

Presentation

After dinner coach Jeff Teutsch will be giving a presentation about map reading and talking about a couple of map reading models and sharing his thoughts on how to apply them.

Saturday, June 8th

Saturday consists of two different technical orienteering sessions at Klondike State Forest which we will walk to from Hidden Acres Campground. After the afternoon session there will be a chance to relax for a few hours. We will make a reservation for dinner at a restaurant in Pulaski for 6pm for all those that are interested. We will finish off the evening with a group yoga / stretching sessions.

Start Time	End Time	Item	Location
Saturday			
9:30	11:00	Compass / directional control training exercise	Klondike State Forest
11:00	13:30	break and lunch - up to participants	
13:30	15:00	Contour training exercises	Klondike State Forest
15:00	18:00	Free afternoon for activities	
18:00	19:30	Dinner	Restaurant dinner in Pulaski
20:00	21:00	Stretching	Hidden Acres Campground

Compass / direction control training exercises

Stefan Bergstrom has set a couple of different exercises that focus on compass use and directional control.

Courses:

Intermediate – A series of loops that require careful compass bearings through the woods to find all the controls. Many of the controls are on contour features and using contours will help keep you on track with your bearings so contours will be discussed before you start. Up to 6.7km.

Advanced, Train to Train and HPP/National Team – A course with lots of controls (almost a control picking exercise) and blanked out map in some sections. The course finishes with a line-o that you have to follow. 7.4 km with opportunities to cut it shorter. There is the option to run on a 1:7,500 or 1:10,000 scale map.

Controls:

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

Parking:

Parking is at the Hidden Acres Campground. We will be at the back of the campground where we will be setting up our tents.

We will do the introduction to the exercise at the campground and then there is a 1.2 km walk/jog to the start of the exercise in the State Forest.

The various parking locations can be viewed at:

<https://drive.google.com/open?id=1ktXUbG0Zn2NaazknnZlzzrCLzPPNU0fc&usp=sharing>

Clothing and Equipment:

Full orienteering clothing and shoes are recommended. Bring a compass. Consider also bringing a magnifier or eye glasses as there is a lot of very small contour detail on the map. 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. Either pack a lunch to eat at the campground or plan to take the time to find some lunch. Make sure to be back at the campground and ready to go for the afternoon's training by 1:30!

Afternoon Contour Training

The afternoon's training will be focus on reading and interpreting contours.

Courses:

Intermediate – The intermediate course is a 3.75 km line that follows contour handrails and major contour features. The idea is to follow the line marked on the map and find all of the controls that are along the line.

Advanced, Train to Train and HPP/National Team – The advanced courses consists of two loops each around 2.25 km long. The first loop is a follow the index contour exercise and the second is a follow the line exercises. On both you need to find all of the controls along the line.

Controls:

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

Parking:

Parking is at the Hidden Acres Campground. We will be at the back of the campground where we will be setting up our tents.

We will do the introduction to the exercise at the campground and then there is a 1.2 km walk/jog to the start of the exercise in the State Forest.

The various parking locations can be viewed at:

<https://drive.google.com/open?id=1ktXUbG0Zn2NaazknnZlzzrCLzPPNU0fc&usp=sharing>

Clothing and Equipment:

Full orienteering clothing and shoes are recommended. Bring a compass. Consider also bringing a magnifier or eye glasses as there is a lot of very small contour detail on the map. 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.

Free afternoon for activities

There is nothing scheduled from 3 to 6 pm. The campground has a pool we can get access to and indoor and outdoor activities. You are, of course, welcome to head off to do whatever you like with this time.

The various parking locations can be viewed at:

<https://drive.google.com/open?id=1ktXUbG0Zn2NaazknnZlzzrCLzPPNU0fc&usp=sharing>

Dinner

We will be organizing a group dinner at a restaurant in Pulaski (25 minute drive from the campground) on Saturday evening at 18:00. 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.

Stretching / Yoga

After dinner at 8pm we will do a group stretching / relaxation session back at the campground. 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 9th

Sunday consists of one of a classic four course orienteering event in the morning followed by a fun low-key relay to wrap things up in the afternoon (for anyone that still has energy left).

	Start Time	End Time	Item	Location
Sunday	10:00	11:30	Sunday meet registration	Salmon River Fish Hatchery
	10:30	13:00	Sunday meet Start Window	Salmon River Fish Hatchery

Start Time	End Time	Item	Location
11:30	14:00	Post-race refreshments available	Salmon River Fish Hatchery
	16:00	Courses close	Salmon River Fish Hatchery
11:30	13:30	Break and lunch – up to participants	
13:30	14:30	Fish Hatchery Relay Training	Salmon River Fish Hatchery

Salmon River Fish Hatchery Orienteering Event and Daddy-O

Sunday morning's event is combined with Central New York Orienteering's annual Daddy-O event. 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 there is 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, all printed at 1:10,000:

- Novice - 2.2 km, 10 controls
- Intermediate – 2.6 km, 10 controls
- Short Advanced – 4.5 km, 16 controls
- Long Advanced – 8.3 km, 23 controls

Controls:

Full 30 cm controls with SI will be used.

Parking:

Parking is in the field on Smokey Rd off County Rd 22 just south of the Fish Hatchery itself. This is also where the finish will be. The start will be a short walk up Smokey Rd which rapidly turns into an ATV trail.

The various parking locations can be viewed at:

<https://drive.google.com/open?id=1ktXUbG0Zn2NaazknnZlzzrCLzPPNU0fc&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 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.

Additional notes:

Orienteers are welcome to sign up for this race on site. Registration will be open from 10 am to 11:30 am and starts from 10:30 to 1:00 pm. Courses will close at 4:00 pm.

All day of registration will be handled by Central New York Orienteering and payment will be in US dollars and cash only.

The fees are as follows:

Map fee is \$8 per map, \$5 for club members, \$1 per extra person sharing a map.

Lunch

It is up to you to determine what you want to do for lunch.

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 1.6 – 1.8 km 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. 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 1.6-1.8 km advanced level legs.

Controls:

Full 30 cm controls with SI will be used.

Parking:

Parking is the same as for the morning event. The start and finish of the relay is where the start for the morning's courses is.

The various parking locations can be viewed at:

<https://drive.google.com/open?id=1ktXUbG0Zn2NaazknnZlzzrCLzPPNU0fc&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 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.