

2008 WCOC's

Friday June 27 - Monday June 30

Meet Notes

On behalf of the Alberta Orienteering Association, the Foothills Wanderers Orienteering Club and all the event organizers and volunteers, thank-you for coming to Sundre Alberta for the 2008 Western Canadian Orienteering Championships. We hope you enjoy your 'Canada Day long weekend' both on and off the orienteering courses. During the event if there is anything we can do to help you out please let us know.

These meet notes include details on the following:

1. Registration & Check-In (note: everyone must check-in and pick-up package)
2. Driving Directions
3. James River Children's Retreat
4. Full Weekend Event Schedule
5. Start Time & Live Timing Info
6. Information on Specific Events
7. Practice Map / Model Map Info
8. Things To Do In Sundre
9. WCOC Championship Event Course Lengths / Elevation

Registration & Check-In

Registration is at the James River Children's Retreat starting Friday afternoon at noon.

Driving directions to the JRCR can be found below. If you need it the Sundre Visitor's Centre (on Main Street by the bridge) will be open from 10am until 6pm and they will be able to direct you to the Retreat.

At check-in : We will assign you to your room or cabin
Hand out tickets to the Banquet
Collect Waivers & bio Info
Check your SI number & whistle
Pick up Practice map & Model map (if you ordered it).

For those arriving Saturday, on-site registration will be at the Coyote Canyon Staging Area. Directions to the staging area can also be found below.

The Biography Form attached is a form that we ask you to complete which will help out with our announcers. If you get an opportunity please fill it out before you arrive, or fill it out Friday evening when you get to James River.

Waiver forms will be signed when you register. For minors who will be attending without their parents/guardian, please contact us and we will send you a waiver you can have completed before you arrive.

Driving Directions

Please Note: Do not rely on Google Maps as they have Highway #22 north of Sundre plotted wrong (one range road too far East). Yahoo Maps does have it correct.

Maps of the James River Bridge area (where the Retreat & Coyote Canyon are located) - are in the back of this package.

To get to the James River Children's Retreat:

From Calgary: First go to Sundre either by taking the #2 highway North , exiting onto the #27 West at Olds (exit 340). Take the #27 west all the way to Sundre ,

OR – for a more scenic route – Take Highway 1A west to Cochrane, and then take #22 North all the way to Sundre.

To get from Sundre to the James River Children's Retreat, take Main Street west out of Sundre (still Highway #22). Just out of the main part of Sundre , the #22 turns North again. Travel approximately 12 km to James River Bridge. Take the first left after crossing the James River onto Township Road 343. The James River Children's Retreat is less than 500 m off the #22 highway. You know you've missed the turn-off onto the Range Road if you come to the junction between the #22 & the #587.

From Edmonton: You could take the #2 south , exit at Olds onto the #27 and follow the same directions above. Or for a slightly shorter drive , exit the #2 highway at Bowden (exit 357) and take highway #587 West . Take the #587 to the junction with the #22 (just past the James River General Store) – then take the #22 south approximately 2 kms and turn right onto Township Road 343.

To the Coyote Canyon Staging Area:

From the JRCR: Go south on #22 , cross the James River and turn right onto Township Road #342. Take this road west. The Coyote Canyon Staging Area is west of Range Road 61 and will be marked.

From Sundre: Take Main Street west out of Sundre (still Highway #22). Just out of downtown , the #22 turns North again. Travel approximately 11 km and turn left (west) onto Township Road #342. The Coyote Canyon Staging Area is west of Range Road 61 and will be marked.

To the Snake Hill Sprint Staging Area:

The Sprint & Sprint Challenge will take place in the town of Sundre. The parking will be at the Rodeo Grounds – a map to the Rodeo grounds will be in your registration package.

James River Children's Retreat

The James River Children's Retreat is owned by the Alberta Foster Parent Association. The main lodge has a dining hall and a common room with pool and foosball tables. The area was originally a youth bible camp so has lots of amenities; make sure to bring some of your sports gear. Besides the lodge, small and large cabins are spread throughout the property.

Most of the rooms and cabins are equipped with bunk beds with two foam mattresses. You will need to bring a sleeping bag, and for extra comfort you may wish to bring your own sleeping pad and pillow.

There are showers in the main lodge, and in a separate building for those staying in the cabins or camping. The showers have instant hot water – so there shouldn't be a rush to them after the events.

Main facilities at the James River Retreat :

- Sleeping space for over 250, plus area for tents and RV's.
- Coin Laundry facilities
- Soccer field , baseball diamond & volleyball court.
- Indoor Basketball court
- 9-hole mini-golf course
- Ropes adventure course
- Story-telling fire pit
- Playground

I'm sure we'll have a few pick-up games – and include them in our evening events as well.

There is a mud-room on the side of the main lodge. Please do not wear "outdoor" shoes inside the main lodge – and instead leave them in this mud-room (especially after the events). Also – the deck on the back of the main lodge is brand new so ABSOLUTELY NO SPIKED SHOES on this deck.

The JRCR is bounded on the south by the James River (imagine that...). Please warn any children about the dangers of getting too close to the river, as the river is flowing quite fast at this time of year.

Be aware - Cell Phone reception may not be very good around certain areas of the Retreat.

Schedule

The full weekend schedule is enclosed at the back of this package. Any changes to the schedule will be included with your registration package at check-in.

We've arrange the weekend with plenty of orienteering – but also time to explore the area or just to kick back and relax if that's what you're looking for.

Start Time & Live Timing Info

Start times for the three official events will be available on Monday June 23. We will not be assigning individual start times for the other events. Should you happen to miss your start time – please report to the Start Officials and they will start you at the next available start time using a start punch.

As we will be using Live Timing (for the first time ever in North America using radio controls) – we need you to start at your designated start times. We will be using a Public Address system at the staging area to track your progress and announce it to the audience – including when you are approaching the finish chute. The back of this package includes a BIO sheet which we ask you to fill out and drop-off at the on-site registration. This will make the announcer's job much, much easier.

Always with new gear comes learning hurdles – so if we have some issues with the radio controls please be patient.

Information on Specific Events

Middle & Long Distance

Coyote Canyon

Map Scale: 1:10000 (1:15000 on M21 & W21 Elite Long courses) Contour Interval: 5m

Both the Middle and Long distance events will take place at Coyote Canyon. This is a new map created over the past two years and never used before for any competition.

Terrain is a mix of classic Alberta. Forests are mainly Aspen which should provide fast running times. The deep canyon passing through the middle of the map and other contour details mean higher than average climb. Marshes and creeks will be full after heavy rain the first two weeks of this month.

Light green dots represent an area of scattered shrubs that may slightly reduce visibility and running speed. They do not depict locations of individual shrubs. There are quite a few dot knolls and elongated dot knolls on the map. Many of these are very subtle in the terrain. Part of the canyon has very steep banks that are too dangerous to cross. These areas are marked on the map with purple cross hatching as out-of-bounds and you must stay out of them (this affects Long courses 6 through 10).

The area is provincial land with some oil & gas development. There is a grazing lease on the property so you may encounter cattle. The principle to go by is: if you don't disturb them, they won't disturb you - so please give the cattle enough space. There are some fences on the map. When crossing a fence please do not step on any wires, instead cross under the wires or between them. Also, make sure to close and secure any gates if you open them.

There will be a very short walk from the staging area to the start of the Middle event. On Sunday's long event – the walk from the staging area to the Start will be approximately 600m and will be mostly along a trail with the last section on a marked route. This walk to the start should take 10 minutes. Be sure to include this in your preparations to arrive at the start area before your assigned start time.

The Safety Bearing for both the Middle and Long Events is South. At the southern edge of the map is a very noticeable dirt/gravel road. Should you need to take the south safety bearing you will reach this road. Once you reach the road please stay there. Do not try to walk back to the staging area. Once that event is completed and the course closes, if any competitor has not checked in at the finish line we will drive along this road first.

There will be water available on the Long Distance course for all courses.

Sprint Distance

Snake Hill

Map Scale: 1:5000 Contour Interval: 2.5m

The Sprint Event on Monday takes place in the town of Sundre itself. Parking will be at the Rodeo grounds, close to the finish. There will be a walk of approximately 1.5km to the start of the Sprint along marked roads in Sundre – taking approximately 15-20 minutes.

An area of Sundre is under embargo before the Sprint Race. No competitor may enter this area at any time before the event. The area is defined by:

From BearBerry Creek north to 12th Avenue / From Centre Street east to the Red Deer River

The area for the sprint includes town streets and parks, town pathways and areas of forested and bush next to the Red Deer River.

Urban Hunt

The Urban Hunt on the Friday evening will start at the Sundre Pioneer Village Museum. The Museum is located on 1st Avenue at 2nd Street in Sundre. - one block south of Main Street and two blocks west of the bridge.

The Urban Hunt will start at 6pm – with instructions given 10 minutes prior to the start. You will be given a clue sheet at the start. The goal is to complete as many of the checkpoints before the course closes at 7:30pm (giving you 90 minutes). There is penalty for late finishers, incorrect answers or failed checkpoints. Part of this Urban Hunt will require you to interact with the people of Sundre, and enter buildings or businesses. Everyone that we've dealt with in Sundre has been very friendly and helpful. Please continue our great tradition and be courteous friendly representatives of orienteering. If you enter a building or business – please NO running.

James River Retreat Event

These fun events will take place Saturday and Sunday evening. They will not be traditional orienteering events – or a Night-O (as sunset is far too late). The events will include some form of orienteering , may include a test of your orienteering knowledge, and will involve some of the recreational activities that are at the James River Retreat. These evening events will not be officially timed.

Sprint Challenge

The Sprint Challenge takes place after the official WCOC sprint on Monday. It takes place at the Sundre School grounds which is across the street from the Rodeo Grounds. There will be a spectator area so if you have a lawn chair you could bring it here and enjoy your lunch while watching the heats (until yours come up). The structure of the Sprint Challenge will be explained at the end of the Banquet on Sunday evening – but here are the general rules.

The format of the Sprint Challenge is :

1. Course consists of mini-sprints , each with a 3-5 minute winning time (approx. 1 to 1.5 km distance). Course is in full view of spectators.
2. Four divisions : a) Men's b) Women's c) Youth d) Junior and Recreational
3. Each competitor runs in 2 qualifying heats, with 4 or 5 runners in each heat.
4. Points given for each heat as follows: 1st place - 10 pts , 2nd place - 6 pts, 3rd - 4 pts, 4th - 3 pts , 5th - 2 pts
5. Combined points results of qualifying heats will determine which Final Heat each runner will race in. Top six in each division will race in the 'A Final'. Next six in each division will race in 'B Final' etc.
(Tie-breaker will be based on % of winning time combined for your two heats).
6. During the Sunday Banquet - a random draw will take place to determine which qualifying heats you will run in.
7. Each mis-punch will be a 1 minute penalty - which will normally place you in the bottom of your heat.
8. Maps are roughly 1:1800 scale. Control flags on the courses WILL NOT have control numbers on them. Sample map will be shown at the banquet.

Practice Map & Model Map

For those that purchased the Practice Map separately or as part of one of the package, you can pick-it up when you register / check-in at the James River retreat on Friday , or on-site at Coyote Canyon on Saturday. The practice map is for Beaver Lake – site of the Day 1 classic distance for the (pre-masters) 2005 Barebones event. Beaver Lake is about a 20 minute drive from James River Bridge on the way to Caroline. Specific driving directions will be given with the Practice map. You can visit Beaver Lake anytime throughout the weekend starting Friday afternoon.

The practice map consists of approximately 12 controls. While there is no 'course' to take, we have suggested some running legs with route options. But you are always free to find the controls in any order you wish to. There will be no electronic punching, timing, or results.

The Model Map for Coyote Canyon will also be in your registration package. It is a small area of the map which will be unused during either the middle or the long events. It is located beside the staging area so access is easy. The map will be printed in 1:10000 and 1:15000 scales, and will have two or three controls on it. You can explore the model area anytime on Saturday or Sunday before the middle and long events.

Things to do in Sundre

Besides all the activities at the James River Children's Retreat, there are many things you can do during your visit to the Sundre Area.

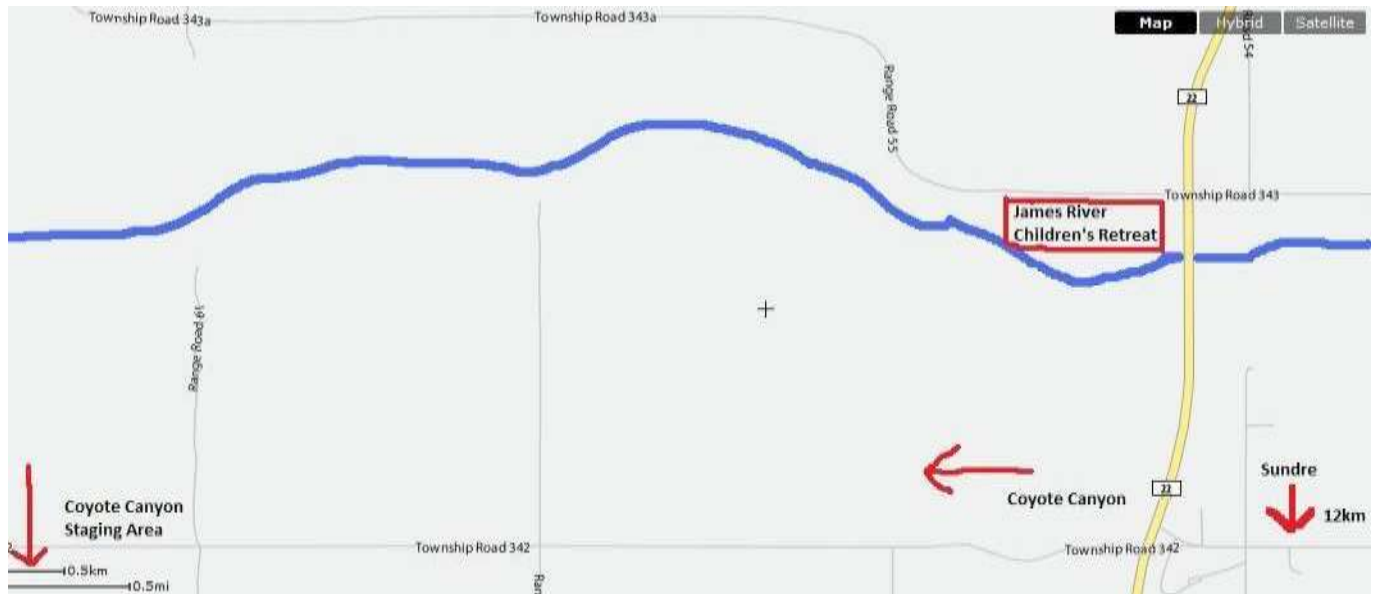
- In Sundre – visit the Sundre Pioneer Village Museum and the "Chester Mjolsness' World of Wildlife" Exhibit. All Youth and Juniors (18 and younger) will receive free admission to the Museum. For information on the museum and World of Wildlife – visit <http://museum.sundre.com/home>
- Explore the trails of Snake Hill and the view of Sundre and the mountains (West of Centre street)
- Visit the BearBerry Heritage & Arts Centre (open every Saturday & Sunday until 4:30pm)
- Take a hike up the Blue Hill Fire Lookout
- Drive to Ya Ha Tinda and Big Horn Falls
- Take a swim at the Sundre Aquaplex which has a waterslide

Sundre has a population of 2500. It has many amenities including a quality coffee shop, several restaurants/fast food outlets, a full grocery store, pharmacy, 2 liquor stores, hospital, etc.

Course Lengths & Elevation (subject to small changes)

		Middle Distance		Long Distance	
Course	Categories	Length	Elevation	Length	Elevation
Course 1	M Under 10, W Under 10 M10 – 12 , W10-12	2.5 km	100m	3.2 km	80m
Course 2	M13-14, W13-14	3.3 km	115m	3.0 km	70m
Course 3	M15-16, W15-16	2.8 km	75m	3.5 km	110m
Course 4	W65-74 , W75 +	2.2 km	40m	2.5 km	80m
Course 5	W55–64 , M75 +	2.6 km	65m	3.2km	110m
Course 6	W21–34A , M65-74	2.8 km	85m	4.1km	205m
Course 7	M21-34A, M45-54, M55-64	3.2 km	85m	5.0km	205m
Course 8	W17-20, W35-44	3.7 km	90m	4.5km	205m
Course 9	M17-20, M35-44, W21-34E	4.1 km	80m	7.0km	340m
Course 10	M21-35E	5.0 km	100m	9.1km	440m
		Sprint Distance			
Course	Categories	Length	Elevation		
Course 1	M Under 10, W Under 10 M10 – 12 , W10-12 M13-14, W13-14	1.4km			
Course 2	W55-64, W65-74, W75+, M75+	1.5km			
Course 3	W21-34A, W45-54, M21-34A M55-64, M65-74	1.8km			
Course 4	W15-16, W17-20, W35-44 M15-16, M45-54	2.2km			
Course 5	W21-34E, M21-34E, M35-44	2.5km			

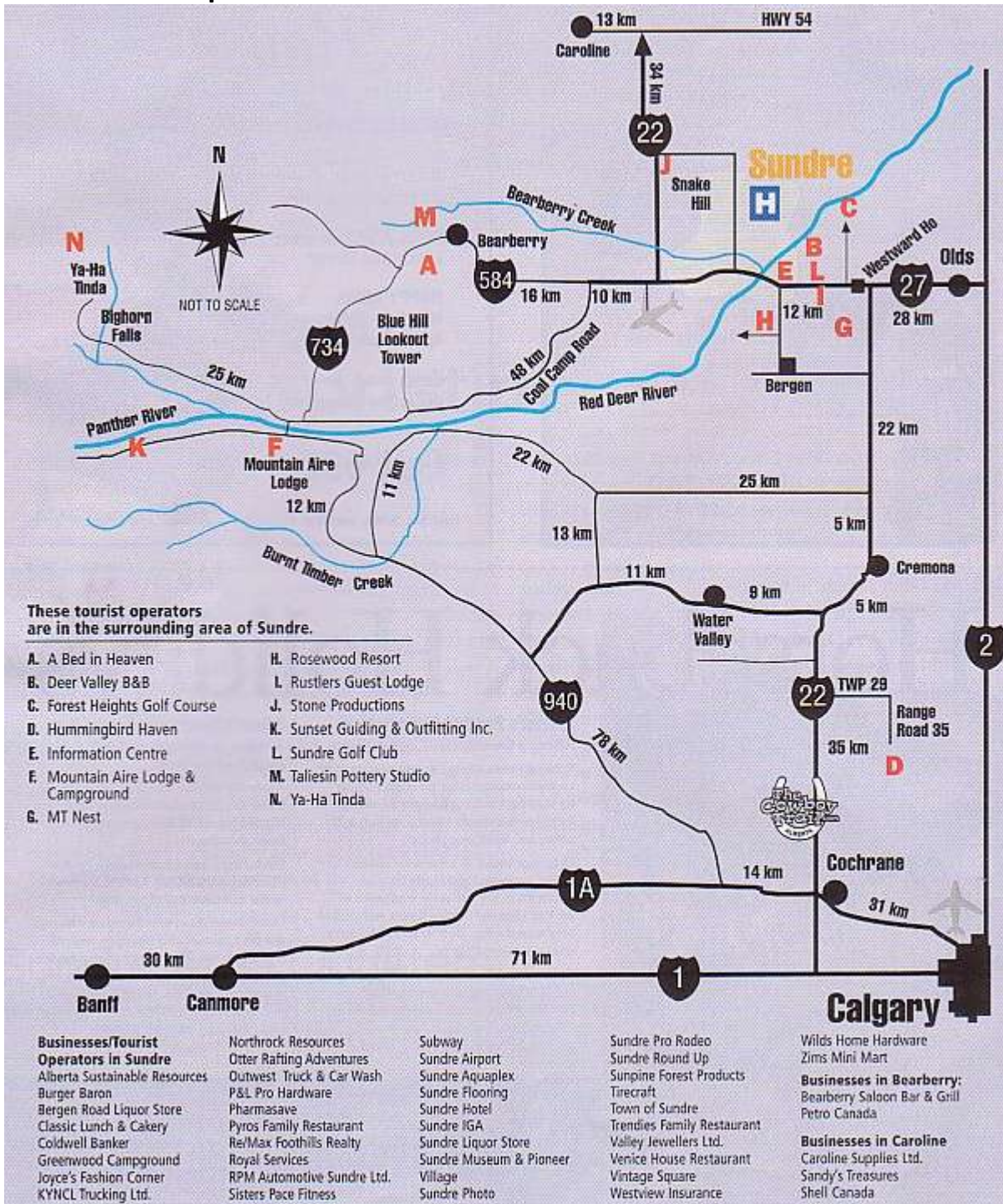
Map to James River Children's Retreat and Coyote Canyon Staging Area



James River Children's Retreat – just off the #22 on Township Road 343

Coyote Canyon Staging Area – off the #22 on Township Road 342 , west of Range Rd 61

Map of Sundre Area



Schedule of Events

Friday

- 12 Noon Registration & Check-In opens at James River Children's Retreat
- 6pm Start of Urban Hunt in town of Sundre
Briefing for Urban Hunt to start at 550pm / Urban Hunt Closes at 730pm

Saturday

- 9am On-Site Registration starts at Coyote Canyon Staging Area
Coyote Canyon Model Area opens
- 10am First Start at Coyote Canyon – Middle Distance
- 1pm Course Closes at Coyote Canyon
- 6pm Dinner at James River Retreat / Awards for Middle Distance
- 730pm Garmin OGPS demonstration / Thomas Graupner
- 830pm Evening Event at James River Retreat

Sunday

- 9am On-Site registration starts at Coyote Canyon Staging Area
Coyote Canyon Model Area opens
- 10am First Start at Coyote Canyon – Long Distance
- 230pm Course Closes at Coyote Canyon
- 6pm Banquet Dinner at James River Retreat
Awards for Long Distance
Draw for Heats for Monday's Sprint Challenge
- 845pm Coyote Howling competition
- 9pm Evening Event at James River Retreat

Monday

- 10am First Start at Snake Hill – Sprint Distance
- 12pm Course closes at Snake Hill
- 1230pm First Heat of Sprint Challenge
Awards for Sprint Distance
- 230pm Sprint Challenge Complete

My Bio Form : Please Complete for each Registrant

Name: _____

Club: _____

Class: _____

of Years Orienteering: _____

What are your orienteering goals for this event & this year ? _____

Most Memorable or Proudest Orienteering Experience: _____

Which Orienteering Event you would Most like to Attend and Why ? : _____

If your friends gave you an orienteering Nickname , what would it be ? _____

Who is your closest orienteering rival ? _____