



LEGENDS



Yukon Orienteering Association Newsletter

December 2013

President's Note *from Afan Jones*

YOA wrapped up another successful orienteering season with a well attended night O event on September 27. Membership total was almost identical to last year at approximately 240. Our best attended event was May 15 at Hidden Lake with 90 participants, just after the snow melted - remember our late start to the season?

In mid-summer many Yukon orienteers took in overseas events in Europe with the following highlights:

- Kerstin Burnett competed in four world cup races and six world ranking events culminating in her participation in the world championships in Finland
- Four Yukon juniors - Trevor Bray, Jennifer MacKeigan, Kendra Murray and Pia Blake comprised the majority of the Canadian team at the junior world championships in Czech Republic
- Eleven Yukon orienteers participated in the annual O-Ringen event in Sweden
- Nesta Leduc won bronze medals in the Sprint and Long events at the World Masters Championships in Italy

Congratulations to all!

More recently, eleven Yukon orienteers took in the Canadian Championships in Hamilton, Ontario returning with numerous medal placings. At that event, Forest Pearson was elected Director at large on the Orienteering Canada Board of Directors. YOA now has a voice on the national scene.

Several of the above local orienteers were honoured at the annual Sport Yukon awards on November 28. In addition, active member awards were given to Elvira Knaack and Maura Glenn for their very active participation in our regular events and to Savannah Cash as our most improved athlete.

Your executive is now preparing for next season and various projects to maintain the quality of our activity for 2014 as well as hosting the Western Canadian Orienteering Championships in 2015.

Afan Jones

Events of 2013

Sport Yukon Awards - Congratulations to our members on their achievements and enthusiasm!

Yukon Orienteering Association Active member Awards:

Athlete of the Year

Kendra Murray

Most Improved Athlete of the Year

Savannah Cash

Most Active Members

Maura Glenn

Most Active Members

Elvira Knaak

Yukon Orienteering Association Awards of Excellence:

Pia Blake

Trevor Bray

Kerstin Burnett

Nesta Leduc

Jennifer MacKeigan

Kendra Murray (Kendra was also named National/Territorial female athlete of the year for cross country skiing, which is how she stays in shape through the winter for orienteering)

For results of the 2013 Yukon Orienteering Championships go to the YOA website at <http://www.yukonorienteering.ca/>

Junior World Orienteering Championships (JWOC)

By Kendra Murray

This year's JWOC was a slightly different experience for me than the past years. Instead of being one of the younger members on the team, I was one of the oldest and experienced. Different, but definitely fun! In terms of the orienteering itself, this JWOC was also different, as we raced on such a wide variety of terrain. For each day - long, middle, sprint and relay - the terrain presented a completely different challenge. This was super exciting as it tested your ability to adapt to the type of terrain from day to day. The training week was especially important this year! My favourite terrain was definitely on the middle distance, with huge boulders, minor contour detail, and very few trails. However, my race on it definitely did not go too smoothly!

The overall hi-light of this JWOC, and possibly of my whole JWOC experience, was running the mass start of the relay. I had an amazing race that day. Standing at the start line, in the front line amongst the fastest juniors in the world was exhilarating. Still running with the fastest juniors in the world by control 13 was even more exhilarating. Finishing near the top ten was amazing! It was an awesome end to my JWOC career.

Canadian Orienteering Championships

By Leif Blake

It's not so often that you get the opportunity to lace up your o-shoes and pick up your map so late in the season. Orienteers are used to having the leaves on the trees, not off. However, this year's National Championships seem to disagree with this fact. Held in Hamilton, Ontario over Thanksgiving weekend, the COCs were particularly late as far as orienteering races go. Yet due to good weather and beautiful terrain, it's safe to say that they were an undeniable success. It was great to meet up with so many familiar faces, and even some new ones. Seeing people from all over Canada and abroad is really neat. The orienteering community in Canada is quite a niche, so it's great to be with others from the sport.

The Nationals themselves spanned three events. On Friday, the sprint kicked off the champs with a great course around the McMaster University Campus. It was full of tough route choice decisions and a few traps in between. Here in the Yukon we don't get much chance to train in urban areas like this, so it was a welcome change of environment. Planning ahead and making snappy choices was definitely a necessity on this tight map. Checking control descriptions was important too, as many controls were behind impassable fences.

Next on Saturday came the middle. This terrain was a complete overhaul from Friday's sprint, with hardly a trail in sight. After having run a training course the other day, it's safe to say that I was somewhat prepared for what lay ahead. Still, the terrain was hardly like anything I'd run on before. The map was a mix of intricate contours and flat marshes. For the first half of the course, spent mostly navigating around the spurs and re-entrants, I found myself having to be constantly aware of where I was to avoid any parallel errors. Progress was made fairly slowly, whether you chose to tackle the hills or weave your way around them.

Once I got out onto the flatter marshes, however, my strategy changed. Here it was all about finding a route choice that wouldn't leave you stranded in the near featureless forest. Marshes were fairly distinct, but can always vary depending on the weather. I opted for larger attack points that would bring me closer to where I had to go, like big hills, fences, or even my other controls! This worked quite well, and by the time that I was scrambling up the treacherous hill to the finish area, my race had gone by without any disastrous mistakes.

After a "spot" of early morning rain, it was time for Sunday's long distance course. Running amongst the colossal hills, good route choice here was a must. The longer legs between controls were often occupied by a lot of trail running, although this varied immensely based on how you chose to go. Of course, the course presented itself with some technical bits too. Mostly based around contour orienteering, these sections could be confusing, tiring, and slippery on the freshly watered dead leaves. The "hitch-hikers" were quite a nuisance as well, clinging to every inch of your body. But isn't that what orienteering's all about?

Programs 2013: Yukon Orienteering Kid's Programs and Kids Running Wild

A total of 34 kids registered for the Kids Running Wild (9), Yellow squad (16) and Orange squad (9) programs this past summer. The programs were coached by Colin Abbott, Trevor Bray and Kendra Murray, and overall coordination was provided by Karen McKenna. Kids Running Wild met once a week over a 6 week period, the Yellow squad had 9 sessions over 6 weeks, and the Orange squad had 12 training sessions over an 8 week period. Thanks to the many parents who helped out with these programs. If you have suggestions for the coming year, or would like to provide feedback on the programs, please send a note to info@yukonorienteering.ca

Also, please see the notice on the last page of this newsletter regarding "Sass Peepre Orienteering Training for Teens".

The coaches were also involved in short term programs and introductory sessions with the Kwanlin Coyotes, Porter Creek Secondary School and Holy Family School.

A BIG THANKS TO ALL OF THE VOLUNTEERS

The YOA would not be able to run meets and other events without the numerous volunteers who plan courses, set and collect controls, register participants, run the start and finish lines, operate the timing devices, and keep track of equipment. A BIG THANKS to everyone who has helped out over the past year. The YOA is always looking for volunteers to assist with events and activities. If you are interested in volunteering, please let us know at info@yukonorienteering.ca

The YOA AGM will be held Jan. 29, 2014 at 7:00 p.m. in the Sport Yukon boardroom. Members are welcome.

Current Executive:

President: Afan Jones

Vice-President: Bob Sagar

Treasurer: Ross Burnett

Secretary: Lorna Hutchinson

Director of Communications: Wendy Nixon

Director of Programs: Karen McKenna

Director at Large: Forest Pearson

Contributors to this Newsletter:

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Notice from the Sass Peepre Junior Development Committee:

SPOTT: SASS PEEPRE ORIENTEERING TRAINING FOR TEENS

The 2013 “pre-HPP program” is evolving. In 2014, this program will be called “SPOTT: Sass Peepre Orienteering Training for Teens”.

It is anticipated that most participants will be at the “Train to Train” stage, with some being at the “Learn to Compete” stage (see Orienteering Canada’s LTAD Guide).

In 2014, SPOTT will focus on providing coaching, training and mentoring support for a national network of orienteering teens. SPOTT will include some exposure to mapping, coaching, course setting and event organization as well. Joining SPOTT will help you to build friendships and strengthen your peer support network. For teens who might join the High Performance Program in future years, SPOTT will help you move in this direction.

Athletes in the SPOTT program will meet on-line every 2 weeks from January through June. These sessions will include discussions, map study, guest speakers, Catching Features games, and other orienteering activities. In addition to these on-line group sessions, SPOTT athletes will be encouraged to connect with each other directly, using a variety of networking tools. Where possible, the Sass Peepre Junior Development Committee will identify local mentors who are willing to assist with outdoor training for SPOTT participants in May and June.

The cost to join the program is \$80 (\$65 for additional siblings in the same household), which will help cover the costs of program preparation and delivery. Sass Peepre funds will cover the remaining program costs.

Further details about the 2014 SPOTT program will be available by the end of December.

If you might be interested in participating in SPOTT, either as a junior athlete, or as a guest speaker or mentor, please contact Anne Teutsch at anne@teutsch.ca (even if you were a participant in the “pre-HPP program” in 2012 and/or 2013).

Questions? Contact any of the following members of the Sass Peepre Junior Development Committee: Anne Teutsch (Ottawa), Meghan Rance (Vancouver), Marg Ellis (Vancouver), Sabine Schweiger (Whitehorse), Marsha Fehr (Calgary) and Kitty Jones (Calgary).

