

Legends

Yukon Orienteering Association Newsletter

* March 2009 *

President's Note from Barbara Scheck

The skiing is perfect as I write this so it is hard to imagine that in two months we will be running in the forest. However it will happen, and we are getting organized.

At our Annual General Meeting held in January we said thank you to Pippa McNeil, Ross Burnett and Deb Kiemele who stepped down from the Executive, and welcome to Pam James, Ryan Kelly, Eleanor O'Donovan and Linda MacKeigan who stepped forward. Pippa, Ross and Deb have all worked tirelessly for YOA and have earned a rest! We are excited to have new faces, energy and ideas on the Board and look forward to another great year of orienteering. As a small aside **we are still actively looking for someone to take on the Treasurer position.** If this is something that you think you could assist with, please call me at 668-2306. Thanks!

I hope you will look through this newsletter and find something that peaks your interest. Once again there is a full slate of activities and meets for the 2009 season, beginning with a Community Coaching Course on April 25th and running through to our Year end wrap up on September 9th.

Also included with this newsletter you will find the season schedule and a membership form. If you haven't already checked out our redesigned website please have a look at www.yukonorienteering.ca. Ryan Kelly will be putting his skills to use keeping the website interesting and current.

You will notice some changes on the membership form. In an effort to simplify the registration procedure we now offer the choice of prepaying for the season's meets. Not only will this avoid the need to bring cash to the meet but if you attend more than five meets it will actually lower the cost to you and your family. If you have any questions about this new system please direct them to Pam James at 668-3142.

And finally I would like to congratulate Colin Abbott and Lee Hawkings who were recently selected to represent Canada at the 2009 Junior World Orienteering Championships in Italy in July. This will be their second trip to JWOC.

See you in the woods,
- *Barbara*

Membership and Meet Fees

We have revised the Meet Fee options in hope of making registration at Wednesday night meets easier. **By pre-paying for all your Wednesday meets and the Yukon championship events at the beginning of the year, you will be able to just check your name off a list, pick up a SportIdent (SI) stick, draw your map and go.**

Membership Fees

- Adult: \$30
- Junior (20 & under): \$20
- Family: \$70

Membership fees include season SI rental. Deduct \$10 from your membership fees if you own an SI stick (maximum deduction \$30 per family membership).

Event Fees

Pay As You Go

\$5 / start for Wednesday Night Events

Pre-paid Event Fees

Junior Program participants must choose this option.

- Adult: \$40
- Junior (meet only): \$30
- *Jr. Program: \$40

*Junior Program also includes 10 practices held every second Wednesday.

Day Membership Fees

Not sure if you want to be a member yet? No problem. Come and try one of our Wednesday Night Events (see Schedule of Events). There are courses for every ability level.

- \$10 / start

How orienteering meets work

- When you arrive at the event site, review the maps to determine what course you will try.
- Go to the registration table.
- If you have a **prepaid membership**: Check your name off the list, Pick up the SI stick if you need one, write the SI number on the list, get a map, copy your course and go.
- If you have a **regular membership**: Register and pay the \$5 fee, receive an SI stick, get a map, copy your course and go.
- If you have **don't have a membership**: Register and pay registrar \$10, receive an SI stick, get a map, copy your course and go.

You may choose to re-use an old map of a site, but you will still have to pay a fee for each meet you take part in, unless you have a prepaid membership.

Dog Etiquette

Dogs are welcome at "O" meets, and here are some tips to ensure your dog is under control.

- When you arrive at an "O" meet, keep your dog in your vehicle, or restrained away from the registration area. This area can become crowded, and orienteers are often copying out maps at ground level.
- When you are ready to start out, keep your dog on a leash until you are well away from the start area.
- If your dog tends to wander (is not trained to heel), best to keep it leashed during the entire event. Remember there are many families with small children attending "O" events. Small children (and even some adults) may be frightened by a dog, even a friendly dog, suddenly rushing towards them.
- Leash your dog again at the finish
- If your dog leaves a "deposit" on the trails, please clean up after.

Staying Safe on the Orienteering Trail

When you are heading out to the Orienteering meet remember:

- ***Appropriate footwear and clothing***
(especially if the woods are wet...it can get pretty cold)
- ***Your Whistle and compass***
- Bear spray is not required, but you may want to bring your bear spray along.



Important Dates

Ski "O" Sunday March 29th
at Whitehorse Cross Country
Ski Club. Mt. McIntyre
Start time is 11:00 am
\$5 plus WCCSC membership
or day pass required.

**Junior Orienteering
Program Info and
Registration Night**
Wednesday April 8th from 5 to
6:30 p.m. at Sport Yukon
For more info call Brent at
668-7767

**Orienteering Community
Coaching Workshop**
Sat April 25th
For more info call Ross at
633-3154

Meet Director's Workshop April 4, 2009

Cost: Free for all Meet Directors and Co-Meet Directors with Mentors

The YOA relies on volunteers to offer our regular meets every second Wednesday through the summer. Being a **Meet Director** is incredibly important, not that hard and extremely rewarding. Learn everything you need to know to be a **Meet Director** for one of our local Wednesday evening meets in this one day workshop. Learning how to set courses for the different levels is a great way to learn the "anatomy" of an orienteering course and improve your skills. In addition, we will cover the procedures for hanging controls, the set up of the start/finish area. We will also have short sessions on our course planning software, "Condes", and our timing system, "Sport Ident". If you don't feel confident enough to be a Meet Director on your own yet, don't worry, we can pair you with a mentor to begin with. Even if you are not sure about becoming a Meet Director, this workshop will give you a taste of what it involves.

Contact Brent or Pippa at 668-7767 for more information.

Junior World Orienteering Championships 2008

It's been just over half a year since I raced in Goteburg, Sweden at the Junior World Orienteering Championships (JWOC). As the 2009 edition of JWOC in Italy rapidly approaches, I can't help but wonder how the races in Sweden will compare to what lies in store for me and my teammates.

Racing in Sweden was difficult in more ways than one. On the first day of racing (a sprint through an urban/parkland area) I managed to have one of my worst mistakes ever. I lost my focus after following another racer into a control, and I wound up thinking I had missed a control. After backtracking, re-locating and running around like a chicken with its head cut off, I managed to get back on track and finish the race. Needless to say, I was less than happy with my race after finishing in second last position.

The next races were the middle qualifier and middle final. At the start of the race I pulled myself together, and told myself to get back to the basics and focus on the essentials only. It worked, and I just missed making the B-final along with most of the Canadians. The technical terrain and difficult running made it hard for me to focus in the final, and I blew a couple of legs on my course, leading to a less than satisfactory race for me.

We finished off the week of racing with the long distance and relay events. The long distance was a difficult race to say the least. It was nearly ten and a half kilometers long, with four hundred meters of elevation gain. The course took us through swamps and over cliffs with very slow running throughout. I found myself walking much more than normal, even though I had taken a number of feeds and was well hydrated. This was frustrating, but there was nothing I could do about it, so I used the slow running to plan ahead for the remainder of my course. I was pleased with my race, if not my result, as I navigated well, planned my routes ahead of time, and avoided major mistakes.

As for the relay, it was the best race of the week, and the Canadians beat both American teams. While this may sound impressive, we were still close to the bottom of the overall results, and the awards ceremony had finished by the time our last runner came across the line.

While we didn't have good rankings compared to other countries, our team learned a lot about orienteering at an international competition. We hope to build on our experiences from Sweden, and apply them to JWOC in Italy this year. I am grateful to the support, coaching and encouragement of the Yukon Orienteering Association.

- *Colin Abbott*

New mapping in the Yukon

Since they emerged from diapers, some long time orienteers have always kept an eye open for new orienteering areas to map. As we drive highways and travel back roads we've practiced that competitive technique of peripheral vision for interesting terrain, open forest, a network of trails or combination of all. Flying in or out of Whitehorse we've peered down for a quick air photo view of areas that aroused our curiosity, but have never had the chance to check out from above.

Many areas are worth second or third visits because they may work out as new orienteering venues. I came across one of my favourite spots 20 years ago on a hiking trip that included a long lake crossing and a 10km hike. It wasn't until last year that I had a chance to check it from the air. It looked even better. (This is risky: the grass is always greener from above) It may be another 20 years before we get to map it but its worth keeping in our hip pocket.

Let us know of any areas you know about that are tucked away that we may have overlooked.

– *Afan Jones*

High Performance Program

The High Performance Program is aimed at those interested in competing. Those juniors in the Orange or Red group of the Junior Program are eligible for the High Performance Program. The HPP is also open to adults wanting to train seriously. Regular technical and physical training is designed to help the athletes be their best and reach their goals. There will be regular physical and technical training in 3-4 sessions per week, along with race preparation and analysis.

Contact: Brent for more information 668-7767 or brent.langbakk@gmail.com
Cost: \$40.00 for the season. This does NOT include membership or meet fees.

Current Executive

President: Barbara Scheck

Vice-President: Pam James

Treasurer: TBD

Training Director: Brent Langbakk

Past President: Pippa McNeil

Communications Director: Wendy Nixon

Mapping Director: Ross Burnett

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Newsletter preparation: Wendy Nixon, Pam James, Barbara Scheck, Brent Langbakk

See the YOA website for up to date information