



LEGENDS



Yukon Orienteering Association Newsletter

◼ OCTOBER 2012 ◼

President's Note *from Afan Jones*

Summer 2012 saw the Yukon Orienteering Association hosting a full slate of events. Here is a reflection of the past season.

The season kicked off in early May with the National Orienteering Week (NOW). During that week Yukon Orienteering Association joined a new initiative by Sport Yukon to highlight several active sports in an "athletics expo" at the Old Fire Hall. We enjoyed good exposure with a mini orienteering event on the waterfront.

Junior training was offered throughout the season in several age classes exposing many new, younger members to our activity. In early June we hosted a Canada Cup event at Lewes Lake in the form of a morning Sprint course and afternoon middle distance course. We used the scenic south west corner of the map with Lewes Lake as a backdrop and close encounters of the bear kind. These events dovetailed with a long distance event on Carcross Dunes to make up this year's Yukon Orienteering Championships.

Avid orienteers continued their quest for challenging courses by travelling to several European venues in July. Juniors travelled to Slovakia for world cup events; some went on to spectate at the world championships in France while others took in the Welsh 6 day event. A large Yukon contingent competed in the Western and Canadian championships in Alberta bringing home a large haul of medals.

Meanwhile local and loyal volunteers kept the home fires burning with the regular schedule of Wednesday evening events. Many thanks to all those members who helped out with our regular events. We look forward to more of the same next summer

Afan Jones
President

Junior World Orienteering Championships 2012

Junior World Orienteering Championships in Kosice, Slovakia Kendra Murray

This year was my second time competing at JWOC. This experience was just as exciting and rewarding as my first experience last year in Poland. However, there certainly were some differences. This time I knew what I was getting myself into, I knew a few people from different teams, and I knew what the atmosphere would be like in the dorms and in

the arena before and after the races. This knowledge collected from last year made me more excited to be at JWOC and to start racing.

Before the races started the team had some time to familiarize themselves with the Slovak terrain. The training week was especially important this year as every event was on a different type of terrain. So, for the week before the races started, we went to a different map every day and tried to figure out the intricacies of each map. The long was on world famous Karst Terrain which is only found in Slovakia and the immediate surrounding areas. This means that we from Canada had to get used to massive holes in the ground pretty fast! The middle was on classic European terrain (so I am told), this being super detailed terrain with small knolls and hills, with creeks and ditches running through it. The sprint was an urban sprint with small passages through downtown Kosice. Lots of variety!



Emily Ross in the sprint

The training week must have paid off because the week of races flew by with great results by everyone on the Canadian team. I had my best result in the sprint coming in 65th, but Emily Kemp made history by coming third in the long distance. It was amazing to be present at the JWOC when this breakthrough for Canadian Orienteering happened. It was astounding to see the reaction of the crowd at the medal and flower ceremonies. Emily and Canada got one of the loudest cheers. The only cheer that rivalled hers was the one for Matt Ogden from New Zealand who also made history by winning the middle final. I will always remember this JWOC as being special. The results by these two athletes opened the door for Canadian and New Zealand athletes to believe that they too can win medals. That is certainly part of my dream! I look forward to next year's JWOC, my final JWOC, to soak up the experience once again and to improve my results!



Emily on the podium

Canadian Orienteering Championships in Jack Pine (near Edmonton), Alberta

This COCs was quite a strange experience for me this year. I was only able to make it down for the weekend so I missed WCOCs, the junior camp and the HPP fundraiser race. I was definitely glad I made it to COCs though! Three highlights sum up my experience at COC 2012. First is the social aspect of COCs: I forgot how nice it is to see the same people each year at COCs and hang out with them. This, I believe, is a draw for many people that attend COCs. Since Canada is so big, and the orienteering community is so small, COCs is really the only time you see everyone in one place and can catch up. The next highlight for me was to run on completely different terrain than I ever had before. The three events at COCs mainly used open fields with varying lengths of grass joined by thick forest. This allowed for some interesting route choices, choosing to go around the forest in the fields or through the thick forest, (this was a factor mostly in the long). I am not sure it is my favorite terrain but I like running on something different! The last highlight of this COCs was to see the younger members of the YOT attend their first COCs outside the Yukon. Everyone did so well! This was especially rewarding to me as I have had the pleasure of coaching some of them for the past couple of years. This year's COCs was a lot of fun, thanks to all the organizers!

Orienteering in Europe!

Trevor Bray

This past summer I attended my first JWOC in Kosice, Slovakia which was also my first international orienteering competition. Having trained with most of the 2011 JWOC team at the Yukon Training Center last year I was really looking forward to the races. One of the most exciting races was the sprint because it was the first race of the week. Before anyone starts, all the athletes have to go into quarantine so that any finishers cannot talk to athletes who have not started. Generally the quarantine is quiet as athletes prepare for the race. Some listen to music while others read a book or go over their race plan with their coach. The organizers also provide a warm-up map, which is a good practice before the race. Although I was very nervous at the start line I managed to have a clean race. It was super exciting running the course with so many spectators cheering me on! The other JWOC race that was lots of fun was the long distance because of the unique terrain. It was on the famous karst terrain, which consisted of circular depressions all over the map. I had lots of fun on this race and it was super exciting seeing Emily Kemp make history by having the third fastest time! Although I did not have the best races of my life, I will never forget this experience and what I learned from it.



Running the sprint course

Western Championships in Alberta

During the WCOC weekend in August, I had some stellar races. The sprint race was held in Fish Creek Park in downtown Calgary. The race turned out to have some technical legs where I really focused on taking safe routes. Overall it was an excellent race and I had a lot of fun. The long distance was on the famous Rumsey map, which is known to be some of the fastest orienteering in Canada. The terrain consists of small open hills with patches of dark green forest. Unfortunately I ran into a wasp nest but on the bright side I only had a few small navigational errors. In the end, the WCOC were an

extremely enjoyable experience thanks to the many volunteers. Although the Canadians are over, I still have the North Americans in Pennsylvania this fall that I am really looking forward to.

Hi-lights from 2012: Yukon Orienteering Kid's Programs and Kids Running Wild

The YOA kids programs this year were another success! The Kids Running Wild program (ages 7-10) had 21 participants, the yellow group (ages 10-12) had 13 participants and the orange group (ages 12-14) had 5 participants. The programs were once again based out of the Mt. McIntyre recreation centre, which allowed for some great training opportunities.

Kids running wild is a program focused on getting kids active outside and having fun running in the forest. The hope for the coming years that participants of kids running wild will continue on to orienteering and make it a "sport for life". The yellow and orange programs start to concentrate more on orienteering including map reading skills, route choice and some compass work. These programs focus on keeping kids active and give them the basic skills needed to navigate on their own.

Some of the favourite sessions from this past year were the micro-O and map relays. It was a lot of fun for me to be working with the great groups of kids we had this year and I know they had a good time too!

Colin Abbott

SEEKING VOLUNTEERS

The YOA is always looking for volunteers to assist with events. If you are interested in volunteering, please let us know at info@yukonorienteering.

Coming Events for YOA:

Junior programming meeting on Wednesday, November 28th – 7:00 p.m. – Whitehorse Public Library

AGM on Wednesday, January 23, 2013 – Sport Yukon Boardroom #2

Yukon Sports Awards night is November 29 at the Westmark Whitehorse.
Please attend and cheer for our orienteers.

2013 Canadian Orienteering Championships

Will be held October 11-13 in Hamilton, Ontario.

Current Executive:

President: Afan Jones

Vice-President: Bob Sager

Treasurer: Ross Burnett

Secretary: Lorna Hutchinson

Director of Communications: Wendy Nixon

Director of Training: Brent Langbakk

Director: Karen McKenna

