

BC Orienteering Championships, 2006

Whistler

Special Notes!

Sport Ident

- All 3 races will use a start punch procedure.
- A few runners didn't give their SI number during registration. If your name does not have an SI number in the start list, please report it to the finish crew **before** you start your race.
- At the **Sprint** and **Middle** on Saturday, we use the new, smaller, type of SI units. At these two races there will be **NO manual needle punch in case of unit failure**.
- At the **Long** on Sunday, we are using older SI units and there will be a needle punch hanging at each control flag. **In case of unit failure, no beep and no flash, you have to use the needle punch and punch somewhere on the map, otherwise you'll be disqualified!**

Courses

- The Sprint and the Middle is using a 6 course format 1 to 6.
- The Long is using the 8 course format, but only 3 to 8 is available due to the difficulty of the terrain for children and beginners.

Sprint and Middle

- Course 1: M/W 12, Open 1
- Course 2: M/W 14, Open 2
- Course 3: M/W 16, Open 3
- Course 4: W 19, M/W 45, M/W 55, M/W 65, Open 4
- Course 5: M 19, W 20, M/W 35, Open 5
- Course 6: M 20

Long

- Course 3: M/W 16, Open 3
- Course 4: W 55, M/W 65, Open 4
- Course 5: W 19, W 45, M 55, Open 5
- Course 6: M 19, W 35, M 45, Open 6
- Course 7: W 20, M 35, Open 7
- Course 8: M 20

Sprint @ Nesters Hill, Saturday September 9

Map Nesters Hill
Scale: 1:4,000, Contours: 2.5m
Field Checked 2006 Magnus Johansson

First Start at 10 am

Parking → Assembly Area: 50m
Assembly Area → Start: 750m with significant climb (allow 15 minutes walking)

- Beware of the scale – you will move very quickly across the map and it is very easy to overrun features, especially trail junctions. **Bring the model map with you to the start!** Use it on the northern part of the map during your warm up.
- The walk to the start is quite strenuous so please allow plenty of time. There will be no clothing return. Our apologies for the long walk, but this is the price to be paid to get to orienteer on the best part of the map.
- Terrain – this map features two different terrain types. The area on Nester's Hill is highly detailed with a tricky network of twisting bike trails, lots of rock detail, and a mix of open knolls and thicker forest. The area around the school and its fields is much simpler, with a variety of control features – some in forest and some on the open fields.
- Navigation hints – start carefully to get used to the scale and contour interval, then speed up as the navigation gets easier towards the end of the course.

Directions:

The event site is at Myrtle Philip School.

From Vancouver

1. Head north on HWY 99 to Whistler
2. Turn left at traffic lights at Lorimer Road, just north of Whistler Village
3. Go approx 800m and turn right into Myrtle Philip School
4. Park in the parking lot

From Pemberton and/or Riverside Campground

1. Head south on HWY 99
2. Turn right at traffic lights at Lorimer Road
3. Go approx 800m and turn right into Myrtle Philip School
4. Park in the parking lot

EVENT SITE NOTES:

- Registration and washrooms in the school
- **NO SHOES ALLOWED IN BUILDING**
- Please be respectful of other Park users

Middle @ Lost Lake Beach, Saturday September 9

Map Lost Lake

Scale: 1: 7,500, Contours: 4m.

Field Checked: 2003 – 2006 by Magnus Johansson and his helpers including: Adrian Zissos, Louise Oram, Thomas Nipen.

First Start at 3 pm

Parking → Assembly Area 1.6km along wide public trails
(drop-off available 100m from assembly area)

Assembly Area → Start 1.4km along wide public trails (approx 15 minutes easy walk)

- The scale is 1:7,500 to enhance readability of this very detailed area
- The Start is on a major trail. Please keep to the side and do not block the trail
- The walk to the start is pleasant walk along Lost Lake. It is a good chance for a proper warm up!
- Terrain – the area is absolutely crammed full of twisting and turning trails of all sizes (from large vehicle tracks to narrow but generally very distinct single track bike paths). Trails are fast but rarely go in a straight line so you will need to include forest running too. The forest is a mix of small clearings, distinct marshes, and open forest and thicker forest with closely packed trees. The ground tends to be quite rocky. There are many rock features and intricate contours. Enjoy the smorgasborg!
- Trails have heavy use – please be considerate to other users and avoid being a trail hog. Watch out for fast moving mountain bikes.
- Lamp posts are not marked on the map
- Course 1 – will be expected to recognize a variety of trails, from major paths to small single track. Will be expected to follow the twisting trails and recognize path intersections. On some legs will need to make one or two turns at intersections without the help of having a control point.
- Course 5 & 6 – these courses crisscross themselves, so make certain you are navigating to the correct next control
- There is voracious trail-making in Lost Lake and it is not inconceivable that new trails will have been made and old ones closed in the four weeks since Magnus last checked!

EVENT SITE NOTES

- Please be respectful of other Park users. We do not have exclusive use of the entire Park, and there will be many people on the trails hiking and mountain biking.
- The BBQ and Beer Garden is at the finish on the edge of Lost Lake.
- There are flush toilets and a great lake to swim in at the finish area.
- The Finish area is a secure site so you can safely leave your gear here.
- The temperature drops quickly in the evening so bring your warm gear. Really!
- Please do not try and sneak a parking spot at the small parking area close to the finish area. Park legally or be towed.

Directions:

To Lost Lake Park Parking and Walk 1.6 km to Finish Area:

From Myrtle Philip School

2. Turn left out of school onto Lorimer Road
3. Go straight thru traffic lights at HWY 99
4. Go straight thru traffic lights at Blackcomb Way
5. Take next right into “Day Lots”
6. Take first left...aim for wooden arch in the distance
7. Park near wooden arch, grab your gear for the rest of the day (O gear, change of clothes, warm clothes – see note below)

8. Walk through arch towards river
9. Turn left on paved Valley Trail next to river
10. Go under underpass
11. Turn right across wooden bridge
12. Go straight through 4 way trail intersection so that small wooden cabin is on your right.
13. Walk along wide gravel trail approx 800m.
14. Turn right at wide 4 way trail junction ...go across bridge
15. Stay left at next junction
16. Cross another bridge
17. Walk along paved trail about 200m
18. Take first paved trail left and head towards the lake (at turn note washroom off to your right)
19. Follow paved trail to your left and into another clearing...
20. Welcome to the finish area at Lost Lake!

To Drop off Gear/People at Lost Lake Finish Area

From Myrtle Philip School

1. Turn left out of school onto Lorimer Road
2. Go straight thru traffic lights at HWY 99
3. Go straight thru traffic lights at Blackcomb Way
4. Keep going straight until you come to the 4 Way Stop sign
5. Turn left
6. Go about 800m and turn left at **small** sign pointing to Lost Lake (If you hit the cul de sac/private gates you've gone too far)
7. Follow the road to Lost Lake Park.....
8. Eventually you'll come to the small parking lot. **THIS IS FOR DROP OFF AND PICK UP ONLY.** Don't try and sneak a parking spot here – you will get towed, and we'll get our knuckles rapped by the Police and Emergency Services.

To get back to Parking Lot from the Drop Off

1. Exit on park entrance road.
2. Turn right at Stop Sign
3. Turn right at 4 Way Stop Sign
4. Go across bridge over river
5. Take first left after the bridge into the "Day Lots"
6. Take first left...aim for wooden arch in the distance
7. Park near wooden arch
8. Follow walking directions to finish area as listed above.

BBQ @ Lost Lake Beach, Saturday September 9

The BBQ is at the Lost Lake Beach in the evening after the middle distance race. Bring everything you need for the race and evening from your car and hang out at the event. Go for a swim in the lake!

Menu:

Angus Beef Hamburger, All Beef Gourmet Smokie and Vegetable Burger Barbeque,

Two salad from the following; Tossed Spring greens with fresh vinaigrette

Caesar salad with fresh croutons

Nugget potato salad with pesto aioli dressing

Penne salad with brunoise

Selection of Chips

Watermelon and Cookies

Long @ Brandywine Falls, Sunday September 10

Map Brandywine Falls
Scale: 1: 10,000, Contours: 5m.
Updated 2006 by Magnus Johansson

First Start at 10 am

Parking → Assembly Area: a few hundred meters, depending on where exactly you park.
Assembly Area → Start: 600 meters on small trail and forest (approx 20 minutes easy walk)

- Brandywine Falls Provincial Park is an area of basalt columns, lava flows and fractured rock covered with many ponds, marshes and water holes, and a Douglas Fir and Lodgepole Pine Forest.
- Visibility in the forest, by and large, is good, but conditions underfoot are difficult because of the abundance of rock, especially if it is wet.
- So far this summer there has been a drought, so all the smaller water features are dry, and also some of the larger ponds. However, it is quite easy to spot where the water might have been, so navigating from pond to pond is still a good technique.
- I have tried to minimize the bushwhacking but you will be faced with small amounts from time to time. Just take it as part of the experience and don't get frustrated.
- Competitors on Course 5, 6 and 8 have a common control (5th, 6th and 12th respectively), which is just below a steep re-entrant with a vertical cliff on the eastern side. I would suggest that you go down the right hand side of the re-entrant carefully!
- Brandywine is a unique piece of terrain, and will challenge your technical and physical resources. Good running and good luck.

EVENT SITE NOTES:

- Please be respectful of the operational needs of Whistler Bungee and their clients. They are graciously allowing us access across their bridge. Spectating is ok but please stay clear of their operational areas.
- PARK EFFICIENTLY IN DESIGNATED AREAS ONLY
- USE DESIGNATED OUTHOUSES ONLY
- **PLEASE.....NO RUNNING ON THE BRIDGE**

Directions:

Whistler to Bungee Jump Bridge Site

2. Go south from Whistler on HWY 99
3. Cross railway tracks
4. After about 5 minutes of driving you will see a sign on the left for Whistler Bungee Jump. It is illegal to turn left at this point so continue a bit further south into the section of highway with 4 lanes.
5. Go past the construction depot site on your right
6. Take the next right. Use this space to legally turn around and safely head back north towards Whistler
7. Just past the end of the 4-lane section of highway you'll once again see the Whistler Bungee Jump sign on your right.
8. Turn right at the Whistler Bungee Jump Sign
9. Follow Whistler Bungee signs
10. Turn right under hydro line
11. Cross river on the one lane bridge
12. Follow road until you reach the Bungee jump bridge (you'll know it when you see it)
13. Park in designated areas only, along the road, and on one side only. Parking is limited so please park efficiently (tightly).

**Annual General Meeting of the Orienteering Association of BC
Saturday, September 9th, 8pm
2-2200 Taylor Way, Whistler, BC**

AGENDA

1. Minutes of the previous AGM

2. Matters Arising

3. President's Report

4. Finances:

Motion: Proposed by Leigh Bailey and seconded by Alex Kerr: that the administrative costs of running OABC should be budgeted at the annual Planning Meeting, and that those costs should be recovered from clubs via an event participation fee.

5. Membership

6. Mapping

7. Officials Development

8. Junior Development

9. Coaching and Website

10. Club Reports

11. Past Events: 2006 COC's at Williams Lake, 2007 BCOC's at Thetis Lake, Sage Stomp, 2006 Spring Ramble, 2006 BC Champs at Whistler

12. Future Events: 2007 BC Champs at Kimberley and 2007 WCOC's at Savona, Sage Stomp, Spring Ramble. As COF is looking to have the provinces run three World Ranking Events a year, should OABC apply to have one of the days of the WCOC's classed as a World Ranking Event. 2008 BC Champs

13. Government Grants: Gaming Branch and 2010 Legacies Now/Sport BC

14. COF Report

15. Election of Officers: After 3 years as President, Alex Kerr is resigning, so this position is open for election

16. Any Other Business

Directions: From Whistler Village take Highway 99 south to Creekside. Pass the Husky Station and turn right after about 150 metres, then immediately right again into Baseline. Unit 2 is the middle of the first group of three on the left hand side. There is limited visitor parking in the complex, so you will probably have to park on Lake Placid Road. If you are coming from South of Creekside, take Highway 99 to the Husky Station, turn left, follow the road round past the railway station, then turn left at Taylor Way and immediately left in to Baseline.

Please note that the Gaming Branch and Sport BC keep an eye on the number of members at the AGM, so we would greatly appreciate as many members attending in person as possible