

Sumas Mountain Orienteering Challenge

Event Information

June 13-14, 2009

The Sumas Mountain Orienteering Challange crew and host club GVOC would like to welcome you to a weekend of orienteering in Abbotsford! Please read through this document as it contains important race information.

1 Important Information

- Please respect the closing time for the courses. These are listed under Schedule.
- If you abandon your course, you MUST report back to the finish otherwise we will assume you are missing and send out a search party.
- If a SportIdent unit fails you MUST use the manual pin punch. Punch anywhere on the map.
- Race packages can be picked up at the finish area at any of the events.

2 Schedule

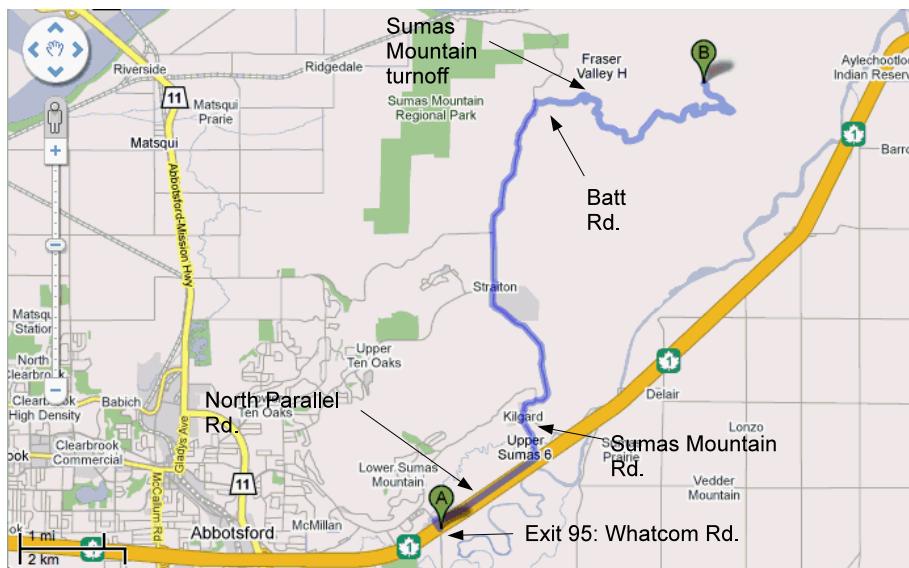
Day,time	Event
Saturday, 10:00am	First start Middle
Saturday, 1:00pm	Middle courses close
Saturday, 4:00pm	First start Sprint
Saturday, 5:00pm	Sprint courses close
Saturday, 6:30pm	Banquet starts
Sunday, 10:00am	First start Long
Sunday, 2:00pm	Long courses close

3 Middle and long controllers' notes

To get there

The Middle and Long orienteering events will take place around the top of Sumas Mountain, a 900m high hill located north of Highway 1, just east of Abbotsford. To reach the competition site, take Exit 95 off Highway 1, and turn north on Whatcom Rd. Mileages shown here are measured from this point. Turn east almost immediately onto the North Parallel Road, and continue east alongside Highway 1 for 2.4 km, until you reach Sumas Mtn. Rd, on your left. Turn north on Sumas Mtn Rd and pass the Tank Farm (6.3 km) and Quarry (9 km) to reach Batt Road (10.3 km) which enters from your right. Turn right onto Batt Rd, and follow this for 1.1 km until you reach a sign on your right for Sumas Mtn Park. Turn onto this road, which is only paved for a short distance before becoming a forest road as it climbs up Sumas Mtn.

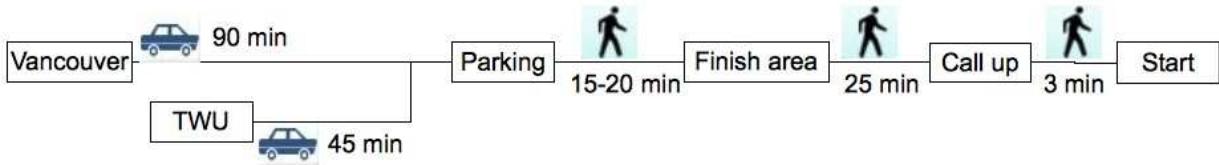
This road becomes rougher and narrower as it climbs, and there is very limited parking available in the upper reaches. All vehicles proceeding up the park road beyond the upper gate (located 4.7 km from the entrance to the park road) should try to take with them as many passengers as they can safely carry. This will allow everyone to reach the assembly area/finish (situated 1.7 km beyond the upper gate) without an excessively long uphill walk. Drivers should park their vehicles on the right side of the road. Please follow the directions of parking personnel, and leave enough room for up-bound vehicles to get past without difficulty. No vehicles (other than meet officials) will be allowed to proceed up the road beyond the assembly/finish area.



From the assembly/finish area, the start is reached by continuing to walk up the road. You should probably allow about 25 minutes for this walk, if you are moving at a moderate pace. The forested terrain on both sides of the road between the assembly/finish area and

the start is out of bounds to competitors on Saturday, and on Sunday until the Long courses are closed.

Use the following diagram to plan your arrival:



Terrain

The area being used for the competition is truly unique in the Lower Mainland. The courses will all begin near the top of Sumas Mtn, which is almost sub-alpine in some respects, and shows no sign of having been logged in the previous centuries. As a result, much of the landscape is dominated by widely-spaced mature conifers, with an almost complete lack of understory. While there is a scattering of dead timber on the ground in most areas, the visibility is excellent. There is also relatively little stony ground underfoot, except on the steepest slopes.

There are numerous land, rock and water features in the terrain, on all scales, but relatively few trails or manmade objects. Those trails that do exist vary in their visibility from well-worn single-track grooves to barely detectable tracks in the clean forest floor; use caution when trying to use them as attack points or catching features. Mountain bikers and off-road trail bikes also use the trail system, so be vigilant.

Depending on the weather in June, some marshes or swampy areas may have dried up, but they are still distinctive in the terrain. On the other hand, if the weather has been wet, additional small patches of swampy ground may be encountered that have not been mapped. Similarly, after heavy rain, small streams will be found running down most re-entrants, and these have generally not been mapped as intermittent streams.

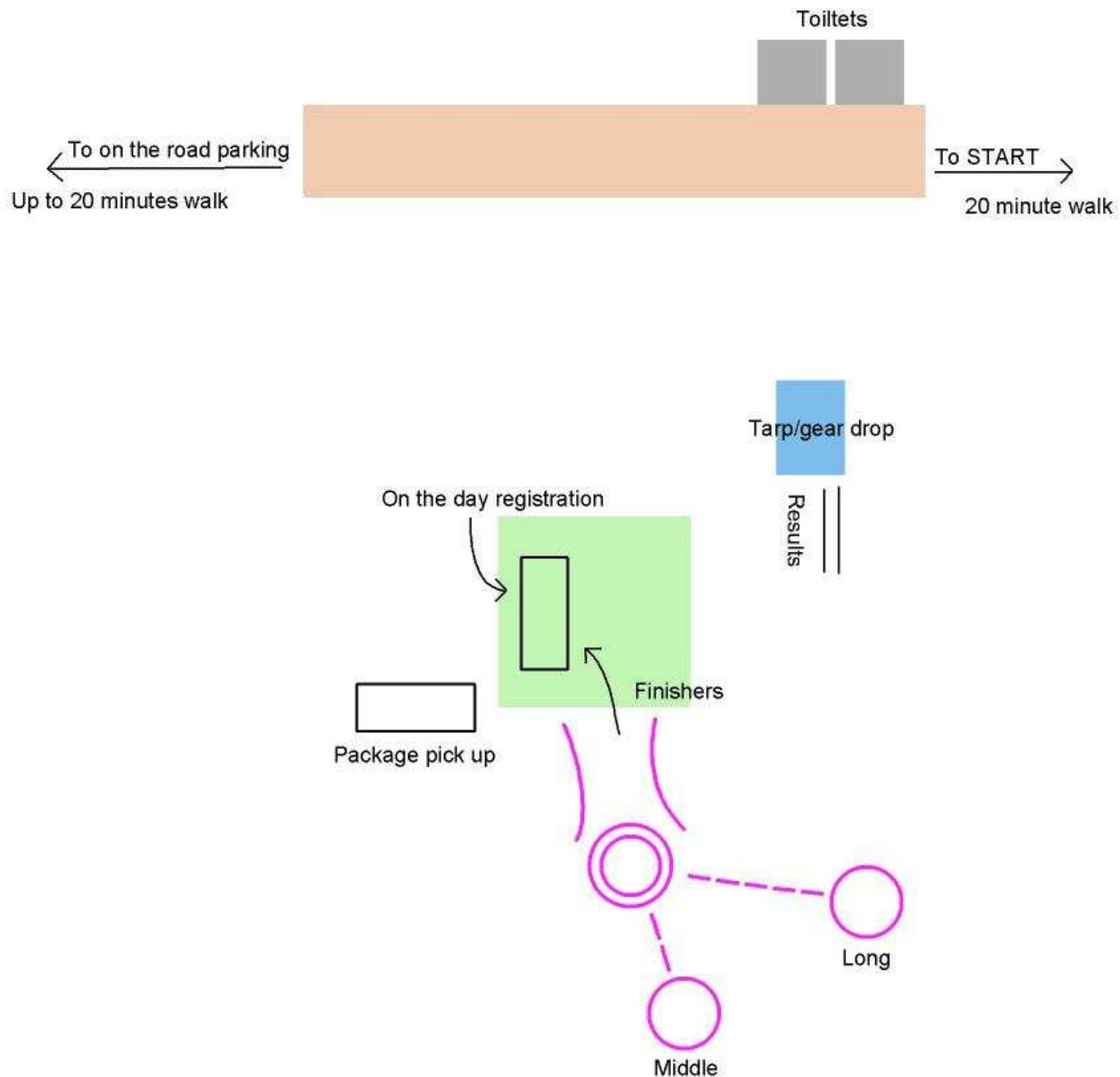
While most of the competition area on the map is very open, there are semi-open patches of berry bushes in some places, as well as a few areas of blow-down, new undergrowth (small conifers, especially along the roadside) or recent tree-felling.

There has been extensive logging around the perimeter of the mapped area, as well as a large block in the middle of the map. These areas are essentially impassable, and are mapped in various shades of green. Since the competition area is rather small, some control points are inevitably located near the edges of the map; use care in approaching these. We have avoided placing controls in thick areas - if the forest suddenly becomes impenetrable, you have probably missed your control!

In addition to the unusual forest, the other characteristic of the Sumas Mtn terrain that you will notice is its angle! The mapped area has a considerable height difference between its upper and lower boundaries (250 m), which means that the amount of climb usually

allowed on advanced orienteering courses (in this case, courses 6, 7 and 8) will be exceeded, even though the start has been situated above the finish. Overall, however, the courses have been designed to maximize your enjoyment of the area while still allowing for appropriate winning times for each course. The steepness of some of the slopes you might encounter means that you should go downhill carefully, and pace yourself on the uphill climbs. Note that on the steep slopes, because of the numerous rock outcrops, only the major cliff faces and outcrops have been mapped. Note also that where cliffs are mapped as uncrossable, they really are serious; treat them with due respect!

Here is a finish diagram for the middle and long distance events:



Starts

Competition timing will use the SI system; don't forget to take your SI stick to the start with you! The start is located at a somewhat different site for the Middle (Saturday) and Long (Sunday) events, but each day you follow the green streamers up the park road to reach it. On a given day, all courses will use the same start. Timing will use a start punch system, and the start triangle is located at the end of a flagged route beyond the start punch.

There are no toilet facilities at the start; portable toilets are only available on the roadside near the assembly area. There will be a clothing return from the start to the finish. Water will be available at the finish on both days, and at one or two controls on each of courses 4 to 8, including the map exchange point for course 8, on Sunday.

4 Sprint controller's notes

The sprint terrain is typical for a suburban campus: buildings, grassy areas, and some patches of forest on the longer courses. Please respect the flower beds and avoid running through them.

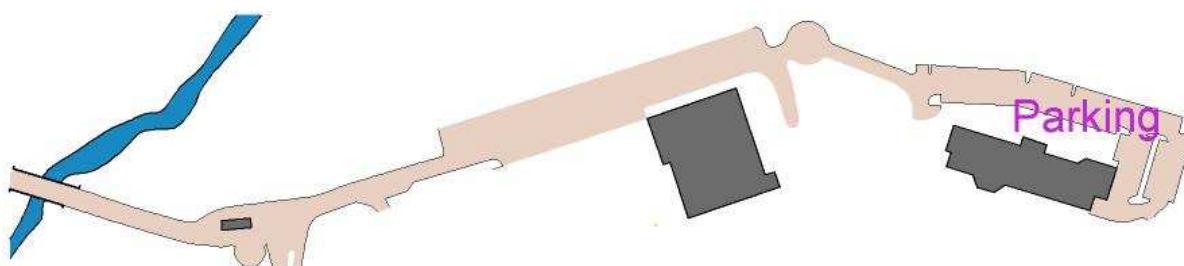
While we are starting and finishing on the running track of the TWU stadium, the infield grass is out of bounds, since it was recently seeded. TWU has very kindly allowed us to use the track area as long as we stay off the grass. You should therefore restrict your warm-up to the running track. The rest of the campus is out-of-bounds until you actually complete your course.

To get there

From Sumas Mountain: Go westbound on highway 1 and take exit 66 south onto 232 street (Hwy 10). Follow to the road until the T-intersection at Glover Road. Turn right onto Glover Road. Turn right after about 1km onto 78th avenue to enter the TWU campus. Follow signs and directions of parking personnel.

Parking costs \$1.50 per hour or \$4.00 per day/car for those running the sprint or attending the banquet who are not staying in residence.

Parking diagram:



5 Courses and classes

Course	Middle
1	W/M-12, Beginner, W/MOpen1
2	W/M13-14, W/MOpen2
3	W/M15-16, W/MOpen3, Intermediate
4	W55-64, W/M65+, W/MOpen4
5	W45-54, M55-64, W21-34A, W/MOpen5
6	W35-44, M45-54, W17-20, M21-34A, W/MOpen6
7	W21-34E, M35-44, M17-20, MOpen7
8	M21-34E

Course	Sprint
1	W/M-12, W/M-13-14, Beginner, W/MOpen1
2	W55-64, W65, W/MOpen2
3	W45-54, M55-65, M65, W21-34A, M21-34A, Intermediate, W/MOpen3
4	W/M15-16, W17-20, W21-34E, W35-44, W/MOpen4
5	M21-34, M17-20, M35-44, M45-54, W/MOpen5

Course	Long
1	W/M-12, Beginner, W/MOpen1
2	W/M13-14, W/MOpen2
3	W/M15-16, W/MOpen3, Intermediate
4	W55-64, W/M65+, W/MOpen4
5	W45-54, M55-64, W21-34A, W17-20, W/MOpen5
6	W35-44, M45-54, M17-20, M21-34A, W/MOpen6
7	W21-34E, M35-44, MOpen7
8	M21-34E

Course distances (km):

Course	Middle	Sprint	Long
1	1.4	1.3	1.7
2	1.8	1.5	2.6
3	1.8	1.8	2.4
4	2.3	2.4	2.9
5	2.4	2.6	3.7
6	2.8		4.5
7	3.1		5.4
8	3.9		8.4

6 Awards

A local company called Chocolate Arts is providing us with awards for the events. These are in the form of chocolate medals.

Robert Davidson, creator of the Haida design on the medals, is an internationally acclaimed artist who expresses his Native Canadian heritage through modern interpretations of traditional motifs. Raised on Haida Gwaii (Queen Charlotte Islands, B.C.), Robert made a commitment to enrich the present by keeping alive the representations of nature found in his community. Chocolate Arts is honored to provide a medium for the expressions of this distinguished artist.

The motif is an Eagle, which Davidson said has become his power symbol, connecting him with his cultural past and giving him strength to continually expand his boundaries.

Awards for the middle and sprint distances will be given out at the banquet, and long distance awards at the meet site on Sunday.