

Editorial

Rob Hughes

This issue wraps up the 2001 season. During the year it looks as if a few new members have appeared, always an encouraging sign. Boy, this is getting clichéd already. Well..... this is the time of year when, if you're an orienteer, you don't do any, and you reflect on the past season's rankings...with rue, or not, as the case may be, and the time when, if you're the ONB Notes Editor, you have to try and think up something to say in the end of season newsletter.

Keeping fit is the order of the day - probably the best way to stay in shape for orienteering at this time of year is to go south, east or west far enough until you reach a climatic zone where they still orienteer. Failing that, if you have "proper" O-shoes with little spikes on them you can still run on ice. The jury is out on the usefulness of cross-country skiing. It probably isn't as good as running, but almost certainly better than popping a remote control, clicking a mouse, or turning a steering wheel. So join your local x-c ski club and go skiing, or running, or just look at last year's O-maps again and try to figure out what went wrong. Plan your next summer holiday around a mega orienteering event like the APOC-2002 in Alberta (July 6-14).

As usual, ONB Notes is looking for input of any kind which can be used in this newsletter. Send it in when you're thinking about it - i.e. NOW - don't worry about when the next issue is, deadlines etc. It will be used asap. Content should preferably relate to orienteering - but, heck, we'll consider anything. Health, exercising, shoes, sweatbands, most dramatic orienteering injuries, most interesting account of getting lost, biggest fluke finding a control, worst map you've ever seen, worst course ever set, most hideous overall orienteering experience, worst poison ivy attack, biggest waste of time after driving 4 hours to an event, and if anyone has ever had a perfect run, write in about that. Best ever event...best organised....any decipherable text will almost certainly be used.

The email address for all submissions to ONB Notes is rustics@brunnet.net.

The Ed.

President's Podium

Mike Smith

What a year for orienteering! Orienteering New Brunswick successfully held several regional orienteering events in the spring and many New Brunswickers participated in major orienteering events in Ottawa and the United States. No less than seventeen New Brunswickers traveled to Ottawa for the 2001 Interclub in Constance Bay, nine of whom placed in medal positions!
(<http://www.magma.ca/~ottawaoc/>)

This summer also saw the World Orienteering Championships (WOC) held in Finland from July 28 to August 4th. This was the premier elite orienteering event in the world and featured fast paced, high-tech racing by runners from over thirty-five orienteering nations. Six out of the eight Canadian team members were from the Maritimes! This is certainly a testament to the strength of our past and current orienteering programs. Mike Fellows, Wil Smith, Sandy Hott Johansen (formerly Smith) and Cherie Mahoney, and myself, all originally from New Brunswick, were joined by Pam James from Nova Scotia and Nick and Lumi Duca who received their Canadian citizenship less than a month before the WOC. Scandinavian runners dominated these races and though the Canadian team gave their best at the World Champs the physically tough terrain combined with a high degree of technical difficulty made the World Champs a tough overall competition to do well in.

Sep 23 2001

Rockwood Park, Bike and Score -O

| Wayfarers | Points | Penalty | Total |
|---------------------------------------|--------|---------|-------|
| Aralee Coombes & Michelle Chamberlain | 1400 | 0 | 140 |
| Jordan Quan & Alec McIntosh | 90 | 0 | 90 |
| Andrew Guance & Father | 60 | 0 | 60 |
| Andrew Teed & Michael Vautour | 50 | 0 | 50 |
| Owen McCausland & Becky McBriarty | 50 | 0 | 50 |

Bikers

| | | | |
|------------------------------|----|----|----|
| Geoff McBriarty & Syd Conley | 90 | 20 | 70 |
|------------------------------|----|----|----|

Female

| | | | |
|-----------------------|------|-----|----|
| Barb St. Laurent | 1200 | 120 | |
| Jenny Hughes | 90 | 0 | 90 |
| Helen Louise Mitchell | 60 | 0 | 60 |
| Maureen Holder | 30 | 0 | 30 |
| Danielle Cawley | 60 | 85 | 25 |
| Roisin Whaley | 60 | 140 | 80 |

Male

| | | | |
|------------------|------|----|-----|
| Rob Hughes | 170 | 15 | 155 |
| Daven Hughes | 1500 | | 150 |
| Alex Whaley | 1500 | | 150 |
| Ben Phalen | 150 | 10 | 140 |
| Evan Holder | 150 | 10 | 140 |
| Ryan Nightingale | 150 | 10 | 140 |
| Joe Kennedy | 140 | 10 | 130 |
| Ray Quan | 130 | 20 | 110 |
| Garth Holder | 1000 | | 100 |
| Rod McIntosh | 80 | 0 | 80 |
| Ray St. Laurent | 80 | 0 | 80 |
| Harold McQuade | 100 | 35 | 65 |
| Tali Folkins | 120 | 75 | 45 |
| Dave Fellows | 70 | 25 | 45 |

Autumn Amble 2001

Sep 30 2001

Meet Director: Luella Smith

Course Setter: Wil Smith

Controller: Ed Smith

It was a fitting end to the orienteering season as a number of participants, including scout groups from the Moncton District, enjoyed a beautiful day at the Autumn Amble in Fundy National Park on September 30. Sunny skies and cool temperatures prevailed. Courses were challenging. A corn boil culminated the event.

Mike Smith

COURSE 1: 1900 m. 60 m. climb

M - 12:

Vaughn Smith Foxes 39:54

Wayfarers:

Josh Bourque/Keagan Slupsky Falcons 30:32

1st Salisbury Scouts Falcons 41:25

Steeves Memorial Scouts 2 Falcons 57:22

Brent Cameron/Alex Labelle Falcons 68:10

Chocolate River Cubs Falcons 72:40

Steeves Memorial Scouts 1 Falcons DTB

COURSE 2: 1875 m. 55 m. climb

M13-14:

Evan Holder Falcons 35:56

James Smith Foxes 56:45

F - Open:

Theresa Whaley Foxes 64:39

M - Open:

Kevin Frenette Falcons 56:47

Wayfarers:

Tom Albert/Ben Phelan Falcons 44:10

The Looker Family Fundy 52:29

Mark Donovan/Mike Whitton Falcons 55:08

Slupsky, Noonan, Cunningham Falcons 67:10

Kathy Albert/Shaua Simpson Falcons 111:25

Ryan Nightingale/Nick Frenette Falcons DTB

COURSE 3: 2525 m. 100 m. climb

F - Open:

Danielle Cawley Falcons 58:02
Roisin Whaley Foxes 83:15
Aralee Coombs Fundy 110:59
Shirley MacMillan Fundy 126:25
Helen Mitchell Fundy 170:45
Bobbie Ross Falcons DHB

COURSE 4: 4075 m. 140 m. climb

F 17-19:

Vicky Whaley Foxes 131:46

F 45-54:

Barb St. Laurent Foxes DHB

M45-54:

Harold McQuade Falcons 164:48
Ray St. Laurent Foxes 185:15
Kirk Meldrum Falcons DHB

M 55-64:

Terry Edgett Falcons 89:24

F 65+:

Ilze Folkins Streakers DHB

M 65+:

Donald Folkins Streakers DHB

M Open:

Garth Holder Falcons 109:52

Wayfarers:

Mona and Sara Meldrum Falcons 121:18

COURSE 5: 5375 m. 195 m. climb

F 20-35:

Karin Kaill Hustlers 86:05
Pam James Hustlers 89:38
Bodil Kliem Hustlers 119:48

COURSE 6: 7100 m. 215 m. climb

M 20-35:

Mike Smith Falcons 80:27
Mike Fellows Foxes 93:24
Nicolai Kliem Hustlers 102:56
Jeff Mahoney Falcons 138:05
Alex Whaley Foxes 190:17
Tali Folkins Foxes DHB

Comments on WOC 2001

Cherie Mahoney

(Note: this was received too late for inclusion in the last ONB Notes)

Here's my comments for WOC:

The terrain was quite detailed and interesting at this year's World Champs. I found it physically tough though. The ground was quite soft and uneven and there were a lot of cut areas. It definitely wasn't my favorite type of orienteering terrain, but the courses were challenging.

I was really glad that I had the week before to train on maps in the area. It took me a few sessions to get used to the mapping style and vegetation. I was impressed with the training opportunities as there were actually controls set out in the woods.

This year they really had television involved in the event. The event was broadcast live on a Finnish station and they had a big screen TV set up at the finish area. Basically, they had cameras at a few controls and they would show the competitors entering and leaving the controls -- not too exciting, but kind of neat. It was a bit distracting. At one of the controls I went to there was 3 big tv cameras and about 8 camera men. You could also here the announcer almost the entire way around the relay course.

I was pleased with my classic and relay races. I made a couple small mistakes, but overall it was good for me. I tried to go too fast in the short and messed up almost every control. I think competing in the Fin 5 elite class and park race prepared me for the pressure of such a competitive event, as I really wasn't nervous for any of the races.

All in all, I had a good time at the event. I think I was better prepared than the World Champs in 1999. I think the team got along quite well and everything ran quite smoothly. It was unfortunate that no Canadians qualified for the Finals though. At least the girls beat the American team in the relay!

Fin 5

This summer I spent some time in Scandinavia orienteering. The main event was the World Championships in Finland. Two weeks prior to the World Championships I attended the Finnish 5-day near Turku, Finland.

At big races in Scandinavia most age classes have a few different categories (e.g. elite, A, B). I ran the elite D21 class, which I will now admit was a bit out of my league due to the number of strong Scandinavian orienteers. Nevertheless, it was good preparation for World Champs. My week consisted of one short distance race (3.7km), three classic distance races (6-8km), and a park race. There was a well-needed rest day after the third day.

Although I had problems following the map on the first day, the courses were challenging and the terrain was interesting. The maps had plenty of contour detail, with many open rock areas and small marshes. It was important to stay in close contact with the map as it was hard to relocate. In general, I found the terrain in Finland quite tough physically. The ground was quite soft and uneven, and the marshy areas were hard to run through. I think the best route choice was straight for most legs.

The park race was held at a park in a small tourist town on the water. Only the D21 and H21 elite classes ran this event, as well as the younger kids earlier in the evening. The 5 km race started and finished in a track field. There were lots of people watching, which made me rather nervous. The course was fairly easy -- mostly a runner's course. The spectators were all throughout the surrounding open rock areas, making about half of the controls spectator controls. We even had to run right through the main section of the little town, right out to the edge of a wharf for one control. It was a bit distracting with so many people around, but it was a lot of fun.

I really like how the accommodations are set up at events like this in Europe. Pam James, Karin Williams (an orienteer on the US team), and I all stayed at the camping area across from the event center with a couple hundred other orienteers. There were showers at the event center, a small coffee shop, and even free Internet access. There was bus transportation each day to the race area.

I really enjoy multi-day events like this. With each new day, I can set new goals and aim to improve. It is easy to get into the competitive spirit with so many great competitors. As you are settled in one place for an entire time, it also gives you time to relax, see some sites, and enjoy your vacation. I highly recommend attending an event such as this if possible.

LEVEL 2 OFFICIAL'S COURSE

Anyone interested in a Level 2 Officials Clinic, contact Stig Skarborn at skarborn@brunnet.net. Prerequisite is Level 1 certification. Course will consist of two days of theory at a mutually convenient time during the winter including a test (80% or better to pass), submittal of eight planned courses for course conductor's approval, organizing and hosting one COF sanctioned "A" meet together during the 2002 season, and acting as a course planner or meet director for a second COF sanctioned "A" meet and as a controller for a "B" meet, under the direction of a certified Level II, III or IV official.

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Stig

Transit Troubles & Intestinal Concerns

(Nancy Clark, MS, RD

(Reprinted with permission of Nancy Clark and DMB Publishing from an article in *Orienteering North America*, November, 2001 issue)

"More marathons are won or lost in the port-a-toilets than at the dinner table," proclaimed marathon king Bill Rodgers while talking to a group of runners. You can fully understand the truth in that statement if you are among the many athletes who worry about unwanted pit stops, abdominal cramps or diarrhea. Transit troubles and gastrointestinal (GI) concerns are surprisingly common among both athletes and non-athletes alike.

- An estimated 30 to 50% of distance runners experience intestinal problems related to exercise.
- The vast majority (83%) of 471 marathoners who completed a survey reported they suffered GI problems occasionally or frequently during or after running: 53% experienced the urge to have a bowel movement and 38% reported diarrhea. Women were more likely than men to experience these problems.
- Among 155 mountain marathoners, 24% had intestinal symptoms; 2 dropped out due to GI troubles.
- Dieters (including athletes-and those with eating disorders) are more likely than non-dieters to report abdominal pain, bloating, diarrhea and constipation.
- In a random survey of 2,500 Americans, 40% reported one or more digestive symptoms in the month prior to the interview: abdominal pain (22%), bloating (16%), diarrhea (27%). These problems were more prevalent than expected and more prevalent among women than men.

Given the above data, we need to acknowledge this fact: bowel problems are a concern for many active people. Yet this topic is rarely discussed; few athletes feel comfortable discussing their dilemma with diarrhea. This article addresses this concern and hopefully can reduce your transit troubles.

Causes of "runner's trots"

Many physiological facts help explain why diarrhea is a concern for athletes, particularly athletes in running-type sports: "jostling" of the intestines; reduced blood flow to the intestines as the body diverts blood flow to the working muscles; changes in intestinal hormones; altered absorption; dehydration. Add high intensity exercise, stress, anxiety, pre-event jitters, and little wonder athletes-particularly young and novice athletes whose bodies are yet unaccustomed to the stress of hard exercise - fret about "nervous diarrhea."

Exercise - specifically more exercise than your body is accustomed to doing - increases intestinal activity. (Even strength training accelerates transit time from an average of 44 hours to 20 hours in healthy, untrained 60 year old men). As your body adjusts to exercise, you may resume standard bowel movements. But not always, as witnessed by the number of experienced runners who carry toilet paper with them during exercise, and also know the whereabouts of every public toilet on the route.

Solutions

To help alleviate the problem, exercising lightly before the event to help empty the bowels. Experiment with training at different times of the day. Visualize yourself exercising with no intestinal problems; the problem may resolve with a positive mindset and experience.

Fuel wisely; the following nutrition tips might help to reduce some of the symptoms.

1) Reduce your intake of high fiber cereals. You don't need the roughage! Fiber increases fecal bulk and movement, thereby reducing transit time. Triathletes with a high fiber intake reported more GI complaints than those with a lower fiber intake,

2) Limit "sugar-free" foods such as sugar-free gum and hard candies that contain sorbitol. This type of sugar can cause diarrhea.

3) Keep a food & diarrhea chart to pinpoint food triggers. Take away any suspicious foods-excessive intakes of juice, coffee, fresh fruits, raisins, dried fruits, beans, lentils, milk, high fiber breads and cereals-for a week and then eat a big portion. Observe changes in bowel movements. If you stop having diarrhea when you stop eating bran cereal (but have a worrisome situation when you eat an extra-large portion), the answer becomes obvious: eat less bran cereal.

To find the food culprit, you may need to look carefully at your prior diet, because food moves through most people's intestines in 1-3 days. A simple way to learn your personal transit time is to eat sesame seeds, corn or beets - foods that can be seen in feces.

4) Drink extra water to maintain hydration. GI complaints are common in runners who have sweated off more than 4% of their body weight. (That's 6 lb. for a 150 lb. athlete.) These same runners often believe the ingestion of fluid causes the diarrhea. The truth is the dehydration that occurs due to inadequate fluid intake is the true culprit.

5) When all else fails, you might want to consult with your doctor about occasionally using an anti-diarrhea medicine (such as Imodium). This may have side effects that hinder performance; be educated.

The bottom line (so to speak): You are not alone with your concerns. By experimenting with different food and exercise patterns, you may find a welcome solution.

Nancy Clark, MS, RD, offers private consultations to individual athletes at SportsMedicine Associates in Brookline, MA. Her popular Nancy Clark's Sports Nutrition Guidebook, Second Edition is available by sending U.S. \$22 to Sports Nutrition Services, 830 Boylston St. #205, Brookline MA 02467 USA, or via www.nancyclarkrd.com.

Junior Development and Provincial Teams

Based on the ONB policy for selecting the junior development and provincial teams, and consideration of results in major out-of-province events, the following athletes have been selected for the teams:

A-Pool (Provincial team)

M20 Mike Fellows, Mike Smith, Wil Smith

M17 Alex Whaley

F17 Heather Smith, Victoria Smith

B-Pool

No one eligible

C-Pool

M20 Graham St-Laurent

M13 Evan Holder

M12 Fraser Ross, Ian Black

F17 Roisin Whaley, Vicky Whaley

F15 Lucy Hughes

F13 Carol Ross

F12 Emily Ross

Stig Skarborn

ONB Ranking 2001

| Name | Class | Flood-0N.B. Champ | Rock- Wood | Sass Peepre | N.S. Champ | Autumn Amble | Total Pts | |
|-------------------|-------|----------------------|---------------|----------------|---------------|-----------------|--------------|-------|
| Emily Ross | F12 | 8.00 | 16.00 | 0.00 | 0.00 | 0.00 | 24.00 | |
| Gen Lalonde | F12 | 0.00 | 11.20 | 0.00 | 0.00 | 0.00 | 11.20 | |
| Carol Ross | F13 | 8.00 | 16.00 | 0.00 | 0.00 | 0.00 | 24.00 | |
| Lucy Hughes | F15 | 0.00 | 0.00 | 8.75 | 12.00 | 0.00 | 20.75 | |
| Roisin Whaley | F17 | 0.00 | 0.00 | 6.25 | 8.40 | 0.00 | 14.65 | |
| Vicky Whaley | F17 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 14.00 | |
| Heather Smith | F17 | 0.00 | 0.00 | 12.50 | 0.00 | 0.00 | 12.50 | |
| Victoria Smith | F17 | 0.00 | 0.00 | 8.75 | 0.00 | 0.00 | 8.75 | |
| Luella Smith | F45 | 0.00 | 8.00 | 12.50 | 12.00 | 0.00 | 44.50 | |
| Barb St-Laurent | F45 | 10.00 | 0.00 | 7.50 | 0.00 | 0.00 | 17.50 | |
| Theresa Whaley | F45 | 0.00 | 0.00 | 0.00 | 0.00 | 16.00 | 16.00 | |
| Fraser Ross | M12 | 0.00 | 16.00 | 10.00 | 0.00 | 0.00 | 26.00 | |
| Ian Black | M12 | 5.60 | 9.60 | 0.00 | 0.00 | 0.00 | 15.20 | |
| Vaughn Smith | M12 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 14.00 | |
| Mark Stanford | M12 | 0.00 | 0.00 | 7.00 | 0.00 | 0.00 | 7.00 | |
| Evan Holder | M13 | 0.00 | 16.00 | 0.00 | 0.00 | 12.00 | 28.00 | |
| Ben Phelan | M13 | 0.00 | 11.20 | 0.00 | 0.00 | 0.00 | 11.20 | |
| James Smith | M13 | 0.00 | 0.00 | 0.00 | 0.00 | 9.80 | 9.80 | |
| Alex Whaley | M17 | 7.00 | 0.00 | 7.50 | 0.00 | 11.20 | 31.30 | |
| Mike Fellows | M20+ | 0.00 | 0.00 | 8.00 | 12.00 | 0.00 | 29.80 | |
| Wil Smith | M20+ | 0.00 | 0.00 | 0.00 | 0.00 | 12.00 | 12.00 | |
| Graham St-Laurent | M20+ | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 |
| Jeff Mahoney | M20+ | 0.00 | 0.00 | 0.00 | 0.00 | 6.00 | 6.00 | |
| Garth Holder | M35 | 8.00 | 0.00 | 7.00 | 0.00 | 0.00 | 15.00 | |
| Rob Hughes | M35 | 0.00 | 0.00 | 0.00 | 7.20 | 0.00 | 7.20 | |
| Paul Looker | M35 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | |
| Harold McQuade | M45 | 8.00 | 0.00 | 5.00 | 0.00 | 16.00 | 41.00 | |
| Ed Smith | M45 | 0.00 | 8.00 | 8.75 | 8.40 | 0.00 | 37.15 | |
| Ray St-Laurent | M45 | 4.00 | 0.00 | 6.25 | 12.00 | 0.00 | 32.05 | |
| Rolf Ohisson | M45 | 4.80 | 0.00 | 0.00 | 4.80 | 0.00 | 9.60 | |
| Stig Skarborn | M55 | 0.00 | 0.00 | 12.50 | 12.00 | 0.00 | 24.50 | |
| Don Heron | M55 | 10.00 | 0.00 | 8.00 | 0.00 | 0.00 | 18.00 | |
| David Fellows | M55 | 0.00 | 0.00 | 5.00 | 12.00 | 0.00 | 17.00 | |
| Terry Edgett | M55 | 0.00 | 0.00 | 0.00 | 0.00 | 12.00 | 12.00 | |

Ski-centre Abzakowo.

The centre consists from camping "Metiznik" **, hotels "Abzakowo" *** and "Werhneye Abzakowo" ***. It was founded in a 1965 at centre of the Ural mountains. The centre is located about railway station Nowo-Abzakowo in 230 kms from Ufa, capital of republic Bashkortostan. Ufa possesses the airport with regular trips. Up to Ufa from Moscow 2 hours of flight. At our centre there are excellent possibilities for skiing, cross-country ski, ski orienteering. Length of ski lines about 170 kms.. At centre constantly pass the largest international and russian competitions on biathlon, ski orienteering, downhill, slalom. In the summer we have excellent roller line, imitative and cross circles of length from 2 to 10 kms. We have all kinds of downhill: from freshers to professionals.

Cost of service from 7 \$ per day (including breakfast, dinner, lunch. We can supply transfer from the airport of Ufa up to centre "Abzakowo".

<http://orient.on.ufanet.ru/ENGLISH/load.htm>

Orienteering New Brunswick Event Schedule 2002

Beginner's Clinics

Registration at first clinic: \$30 for adults, \$20 for 20 years old and under.

| | | |
|------------------------------------|---------------------------|------------|
| Date TBA | Saint John, Rockwood Park | Heron |
| April 21, 28, May 5 1:00 - 3:00 pm | Moncton, Centennial Park | Ross |
| April 23, 6.45 pm | Fredericton, location TBA | St-Laurent |
| April 29, May 6, 13 7:00 - 9:00 pm | Fredericton, Odell Park | St-Laurent |

Events

| | | |
|---|-------------------------------|------------|
| May 5 (1:15pm registration, 2:00pm start) Street Orienteering for walkers and runners | Fredericton, Officer's Square | St-Laurent |
|---|-------------------------------|------------|

| | | |
|--|--------------------------|------|
| May 12 The annual Flood-O (B event) Orienteering for all in a park setting | Moncton, Centennial Park | Ross |
|--|--------------------------|------|

| | | |
|---|-------------|----------|
| May 18 - 19 Two day event. ONB will financially sponsor elite and junior A-squad participation. | Ottawa area | Skarborn |
|---|-------------|----------|

| | | |
|-------------------|-------------------------|------------|
| May 26 Score-O | Fredericton, Odell Park | St-Laurent |
|-------------------|-------------------------|------------|

| | | |
|--------------------|---------------------------|-------|
| June 2 B-event. | Saint John, Rockwood Park | Heron |
|--------------------|---------------------------|-------|

| | | |
|---|---------------------|------|
| June 16 Falcon Cup A-meet. A course for every skill and age level. Ranking event | Fundy National Park | Ross |
|---|---------------------|------|

| | | |
|---------------------------|--------------------------|------------|
| June 23 Ranking event. | UNB Woodlot, Fredericton | St-Laurent |
|---------------------------|--------------------------|------------|

| | | |
|--|-------------------|----------|
| July 1-4, 2002 Sass Peepre Junior Training Camp N.B. will support participation of A-pool members. | Calgary, Alberta. | Skarborn |
|--|-------------------|----------|

| | | |
|--|-------------------|----------|
| July 4 - 14 Follow the progress of the Canadian Elite Team at the Asia Pacific and Canadian Orienteering Championships on the web at http://www.apoc2002.com/ | Calgary, Alberta. | Skarborn |
|--|-------------------|----------|

| | | |
|---|--------------|------|
| September 29 Autumn Amble Ranking event | Hillsborough | Ross |
|---|--------------|------|

| | | |
|--|---------------------------|------|
| October 6 NB Provincial Championships A-meet - Ranking event | Rockwood Park, Saint John | Ross |
|--|---------------------------|------|

October 20

The Sass Peepre B-event

Mactaquac Provincial Park

St-Laurent

Named in memory of the man
who introduced Orienteering to Canada.
Ranking event.

November ??

ONB Annual General Meeting. Date and place to be determined.

April 6-7 23:rd Annual West Point "A"-Event

Skarborn

Contacts

Moncton to Alma area

Carol or Bobbie Ross

Telephone: 506 389 8091

Email: docsross@nbnet.nb.ca

Luella or Ed Smith

Telephone: 506 887 2030

Email: smithwe@nbnet.nb.ca

Fredericton area

Barb St-Laurent

Telephone: 506 459 4827

Email: raystl@nbnet.nb.ca

Saint John area

Don Heron

Telephone: 506 847 7208

Email: heron@nbnet.nb.ca

General Information

Types of Events

"A" events usually have 6 courses in New Brunswick, and 6-8 courses at major events elsewhere (e.g. Canadian Championships). Course preparation is to Canadian Orienteering Federation standards. Courses are pre-printed on the maps. Advance registration is much appreciated (can be done via email or phone).

"B" events have 3 or 4 courses with difficulty ranging from short and easy to long and difficult.

Competitors may have to draw their own courses on their maps.

Advance registration helps the organisers, but is not required except for large groups.

Event times

Unless otherwise indicated, registration for New Brunswick events is at 12:30pm with first starts at 1:00pm. Please refer to the event flyer or double check with the contact person listed above before an event.

Ranking Events

Results of events indicated as ranking events are used to determine provincial rankings. They are also

used to determine who obtains financial support among elite and junior squad participants.