

ONB NOTES



Orienteering New Brunswick Newsletter

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TABLE OF CONTENTS

Presidents Message / A word from the Editor	3
From the Mailbag	4
Surfing "O" / New ONB Web site	5
Catching Features	6
IOF Control Descriptions	7
Moncton Coaching Clinic / Thousands Compete in Schools orienteering	8
GO NB?	10
Beginners Corner	11
Coaching Tips	13
The Running Room	14
Are we selling our sport too cheaply	16
2004 Saas Peepre Junior Training Camp	18
Autumn Scramble Answers	19
For the "Control Freak"	20
Run the Gauntlet in September	21
HPPA / Provincial Team	22
O Rules!	22
FOC News	24
Meet Flyers: Rockwood / Falcon Cup	25
Membership Application	27
This space reserved for you	28
Schedule of Events	29
ONB Executive/ Directors	31
Magazine Subscriptions and Meet Entry Information	32

On the cover: Logo designed by Robert Hughes for the NB Rogaine, September 18th -19th, 2004. The motto translates to "While I breathe, I hope", sometimes paraphrased to "while there's life, there's hope". Seemed appropriate for a rogaine.

ONB Notes is the official newsletter for Orienteering New Brunswick, the provincial body for orienteering in New Brunswick. The newsletter is published three times per season: pre-spring season (~April), late summer (~August), and post-fall season (~December). ONB Notes is printed and mailed by Sport New Brunswick in Fredericton. Comments, suggestions and submissions are gratefully received by the editor of ONB Notes at any of the following:

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More information on orienteering in New Brunswick, including current issues of ONB Notes, may be found on the official ONB web site:

<http://www.orienteering.nb.ca/index.html>

President's Message

To all:

It is spring and peoples thought's are starting to turn toward warmer and sunnier days and to a new season of orienteering. For the winter sport enthusiast, the winter was favourable for outdoor activities and, it maybe difficult to abandoned the skies and poles for sneakers.

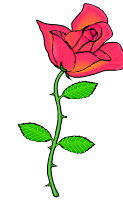
The ONB orienteering 2004 schedule has been prepared and includes both local and some out of province events. Our neighbours down south have several upcoming events that should be included in your orienteering calendar, the 25th Annual 2-day Individual at West Point NY, the 2-day Individual USOF at Harriman S.P. NY. and the North American Champs in Ohio, all happening in May. Rent a motor home and make it an orienteering vacation. Check with your local clubs for transportation and travel companions as there are people planning to attend some of these events.

Shake the dust of the O equipment, bring a friend and come out for a what should be a great season of orienteering.

See you all this summer.

Harold McQuade
President Orienteering New Brunswick

A word from the Editor



What does a rose have to do with orienteering? Nothing really. But, as I am starting to prepare this issue it is close to Valentine's Day and, well, I figured a rose might be nice. A rose is a thing of beauty and a symbol of love and affection. A rose might be appropriate for all our better halves who have endured our madness, for orienteering, over these numerous years. A way of saying "I love you Dear. Do you mind spending your holidays orienteering, once again?"

A rose might be a nice peace offering for all the weekends, when we will be coming home with our shoes covered in mud, our clothing covered in a concoction of our own sweat, bug spray, dust, and pine needles. An apology for the hundreds of emails that your better half will download when checking for their own mail. And something of beauty amongst the controls hanging to dry, the maps and magazines strewn on the table, and the compasses hanging from the bannister.

The rose also has its thorns. This is nature's way of protecting the flower from certain animals. Well, to carry the rose metaphor even further, I will look to offer our readership the opportunity to air their opinions on any "thorny" issue or any other topic of their choice in a new column, "From the Mailbag...". So if you have any comments that you would like to have published, to engender discussion, please forward these to the address on page 2, for inclusion in a future issue.

PSL

From the Mailbag...

Paul:

I did not include the North American Champs on the ONB schedule.

Could you include it in the next copy of ONB notes as separate item from the ONB schedule. If you want to, it can be included in then ONB schedule. I do not see the need to unless you want to.

May 29 & 30

NEOOC A-Meet & North American Champs

2-Day Individual USOF A (MIDWEST)

Cuyahoga Valley National Park; between Cleveland and Akron
Ohio, approx. 25 miles from each city.

Harold McQuade

Hi Paul,

Thanks for your mail. You are welcome to use any of our articles that are of interest but please credit us. If you want updates then feel free to come back and if you need photographs digitally at high resolution, please also ask.

We'd very much appreciate a plug, so you can use anything from the web site.

We'd also appreciate a link to our web site from yours if you have one.

Best wishes,

Suse

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Hi,

Please change the address for ONA to the following. And, if you'd like to put ONA on your newsletter list, I'd love to receive them. I often reprint articles from club newsletters. Also, if you could spread the word, ONA is always

interested in articles and pictures about Canadian events or training tips.

Thanks, Donna

Orienteering North America
c/o Donna Fluegel
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Bethel, CT 06801
203-798-0231
donnabf@aol.com

Surfing "O"

While looking for material for this edition of ONB notes I've had the opportunity of visiting many sites that I had previously not spent the time to go through. There are many interesting web sites, and it was interesting to see how many other clubs are organized, and the people involved. I have included below just a few of the many sites that I have visited. I hope you find them interesting as well.

<http://www.nzorienteering.com>

I like this site. I have referred to it on several occasions for teaching and learning material. I have a fascination with New Zealand and would like to one day visit there. (I can dream too, can't I?)

<http://www.fortnet.org/icd/index.html>

<http://www.fortnet.org/icd/mst/index.html>

These two sites are quizzes which test your control description, and orienteering map skills, knowledge. This could be a useful testing tool for teachers and coaches.

<http://www.dontgetlost.ca/osquad>

Our National Teams web site. If you are like me, beyond the NB contingent, the rest are names to which it is difficult to put a face. This site gives any who visit the opportunity to get to know our national team better. A good site with training information and some interesting links.

<http://www.ffco.asso.fr/plan.htm>

<http://www.orienteringquebec.ca/francais/findex.htm>

Il y a très peu de sites web en français. Ces deux sont à considérer. Si vous en trouvez d'autres laissez le moi savoir.

<http://personal.brunnet.net/rustics/rogaine/rogaine.html>

The New Brunswick Rogaine "Run the Gauntlet" 8 & 24 Hour Adventure Race. Rob Hughes has done a good job on this site. The front cover of this edition is sporting the event logo. Well detailed site. If you are not going to participate I'm sure Rob would love any assistance that you might like to provide.

New ONB Web site

ONB has a new web site complete with its own domain name. The new site went live March 12th.

For the time being, the new site looks pretty much the same as the old one. Members will notice that loading pages from the new site is much faster. We are adding some pages in french. I will be considering restructuring it to take advantage of the services our new hosting provider supplies.

I also plan to make space available to each of the clubs for them to maintain their own web

pages. I have already moved the Foxes pages. What remains to be resolved is how to grant appropriate access privileges to the respective maintainers.

This seems like an appropriate time to thank the Fredericton Area Network for their support over the last nine years.

It will take some time for the search engines like Google to find and index the relocated site. I

will shortly be updating the pages on the old site to point people to the new one. This should bridge the gap.

So... update your bookmarks to:

For ONB
<http://www.orienteering.nb.ca/>

For Fredericton Foxes
<http://www.orienteering.nb.ca/foxes/>

Visit early and often.

By David Fellows

Catching Features

<http://www.catchingfeatures.com/>

While surfing the web recently, I came across this program. It is an Orienteering simulation game, where the person(s) playing assume or create a competitor and try to find their way around a course. Just like in real life! I am not much of a video game player, but I thoroughly enjoyed myself with this game. Catching Features advertises this program as “an

orienteering game you can play at home” and to “use it for rainy-day training or rest-day enjoyment”. I downloaded the free demonstration version. This was enough to provide several hours of Orienteering entertainment.

From continuously running into trees, running out into the middle of a lake, and looking up from the lake bottom through the water, to the fish above, and birds in the sky, the graphics proved quite realistic, even distracting. But there I go, making excuses for my poor orienteering skills once again. Sometimes the weather can be inclement, and you will have to orienteer in the rain. There are other competitions that occur at night and you have to run through the course with a headlamp to illuminate your way. One beautiful thing about the program, is the disparaging comments that appear on the screen when you lost or about to run off the map. They are not really disparaging, but you know how it feels when you are frustrated, and you have walked 500 metres in the wrong direction. I found the tricky thing was learning to move the map around, but it is pretty easy once you get used to it.

From a training perspective, this game forces you to read the map. I am sure it is possible to read the map on the run, but I still haven't progressed this far yet; another parallel to my real life orienteering. In my playing of this game, I was also forced to work on relocation skills. This is where I really appreciated the “virtual reality” aspect of computer games. I mean, you can run up and down that “darn” hill as many times as you want and you won't exhaust yourself physically. The teaching and coaching possibilities of incorporating these type of computer games into ones repertoire might be something to look into.

The “demo” version has only two maps, but with several courses of varying length for each one. The full version is available from the web site address provided above. Each course you run will earn you a number of ranking points based on the other runners that day. By earning more points you can unlock additional events to run. The program has the capability to download different maps and an editor to create your own maps. OCAD maps can even be converted for use in Catching Features. It is even possible to play on-line against friends and acquaintances from around the world.

There is a link to a web site from within the Catching Features pages to competitions. Judging from the names on this list (that is if they are not assumed names), some rather elite orienteers participate (Thierry Gueorgiou, France, Oli Johnson, Great Britain,...) in these competitions. The link to this web site is

<http://home.tiscali.be/cfmaps/>.

NB. If you have any comments or experiences with this program, or would like to provide a review of any other Orienteering games, technical programs, etc... Please feel free to make a submission for inclusion in ONB notes.

Recommended Computer Requirements

Catching Features should work well on most systems equal to or better than:

Windows 98, ME, 2000, or XP. (CF will NOT work on Win95)

DirectX 8.1

PIII 450-ish

Hardware accelerated graphics card. (REQUIRED!)

Any sound card.

An Internet connection for sweet network play.

It is highly recommended to try the demo version before you purchase Catching Features to ensure that it will work correctly on your system.

PSL

IOF Control Descriptions

Valid as of 1 January 2004

Major Changes to the 1990 version:

- 1) Names and descriptions brought into line with the ISOM 2000 terminology.
- 2) Removal of 1990 symbols for Rib, Cairn/stone pile, Small marsh, Ditch, Felled area, Hedge.
- 3) Removal of Additional symbol for Salt Lick.
- 4) New symbols introduced for Boulder cluster, Water tank or trough, Tunnel, Crossing point, Paved area, Pipeline, Low, Beneath.
- 5) Change of symbol for Copse, Distinctive Tree.
- 6) Redefinition of symbol previously used for Seasonal watercourse.
- 7) Three new symbols introduced for use in Park/Sprint 'O'.

- 8) New special instruction lines introduced for Taped Route between control sites, Mandatory Crossing Points between controls, and Mandatory Route through Out of Bounds.
- 9) Crossing and Junction symbols moved to Column F, and both features must always be shown in columns D and E.
- 10) Between symbol remains in Column G, but both features must now be shown separately in columns D and E.
- 11) Clarification of when Column G -



Location of the control flag needs to be used.

The latest changes can be downloaded from the IOF Web site,

<http://www.orienteering.org/footo/IOF%20control%202004.pdf>

Coaching Clinic

Moncton (Falcons Orienteering Club) is once again leading the way. The recent

Coaching Clinic's participants were mainly from the "Hub City" area.

With the momentum they have, lets hope their enthusiasm spills over to the surrounding clubs and has similar effects. Way to go Moncton.

The level 1 coaching clinic gang in Moncton on March 15, 2004.

Front row L to R: Lise Frigault, Carol Ross, Danielle Cawley, & Bobbie Ross.

Back row, David Ross, Stig Skarborn, Andrew Stanford, Brigitta & Serge Oulette, and Harold MacQuade.

Photo submitted by **David Ross**

Thousands Compete in Schools orienteering

I encountered this headline in the December 2003 edition of CompassSport. What an amazing by-line. How it would be nice, to see this in a Canadian Newspaper or magazine. Below are two separate articles reporting school events in Great Britain.

British Schools Score Championships

Gilling Woods,, Yorkshire

11th October 2003

On a wonderfully sunny autumn day almost 500 girls and boys were challenged to find the fastest way round 25 controls in Gilling Woods, North Yorkshire. EBOR organized a great day for schools from all over the country and a good crowd cheered in the finishers and congratulated the prize winners. Jenny Whitehead, herself a 'local girl', and Oli Johnson presented the prizes.

Many thought that the route choice(s) were the hardest yet in this annual competition and some experienced orienteers found themselves over the time limit. For the primary age competitors, who are used to running a 'White' course, the score format is very difficult with so much decision - making. 8 controls were linked to make a 'Yellow' course, so those Year 5s and 6s who succeeded in punching 8 or more did very well. 25 of these year groups were particularly speedy and got 10 + controls in their allotted 45 minutes.

Individual prize winners, as expected, were spread around the experienced orienteers but it was good to see many school teams taking part. King Henry VIII Junior School (Girls Primary), Burford School (Boys Primary) and Bramcote Lorne School (Middle/Prep Girls and Boys) were victorious in the younger school categories.

Local schools and colleges did well - for example The Mount School, York, were 2nd in the Lower Secondary Girls class and 4th in the Upper Secondary Girls class and York

Sixth Form College came 5th in the Upper Secondary Boys class, mostly with a team of year 12s who were new to the sport!

Unsurprisingly the 'usual suspects' were at the top of all the secondary team lists, with a clean sweep of all 4 secondary team classes by Ulverston Victoria High School. Once renowned only for their girls Ulverston Victoria are now a force to be reckoned with in the boys classes too.

Hilary Palmer

British Schools Orienteering Championships

**Delemere Forest,, Cheshire
16th November 2003**

Over 150 schools took part this year with more than 1000 children entered, ranging from 9 to 18 years old.

Manchester and District and Deeside took on the organizing and it certainly felt like a British Championships, as you entered the assembly field, music was blaring out, creating a great atmosphere.

The competitors range from members of the BOF start squad, to children who normally compete in a town parks, Delemere provided a challenge to them all, but a good path network enabled the younger, and less experienced ones to be catered for.

Jamie Stevenson kindly flew in from Sweden to attend, sign autographs and presented the winners with their medals and trophies. The children kept him busy all morning, and Helen Winskill chatted to them all whilst they waited. Listening to many of them, he is certainly an inspiration.

The school trophies were hotly contested with Ulverston/ Victoria High and Burford schools retaining their large school, and primary school trophies respectively. 2nd and 3rd places were close with Walton Comp followed by Bolton Girls Grammar in the

large schools and Hale Primary then King Henry VIII junior School in the primary category. St Andrews, Parigbourne came from 4th place last year to win the middle/prep school trophy whilst the Mount School won the small secondary. York College after a gap of 3 years won back the tertiary trophy.

The organizers also arranged on the Saturday a training event, a selection race for the International Schools Federation World Orienteering event, and overnight accommodation, making this a weekend to remember for hundreds of future orienteers.

Pauline Olivant

Both the above reports were published on page 7 of the December 2003 issue of CompassSport.

For subscription information to CompassSport please refer to the address and contact details on Page 32 of this issue.

GO NB?

Have you heard of this? Have you seen the emails circulating amongst some our readership? If you are like me you probably only glanced at or skimmed over the material. But there have been members of the executive who have worked really hard on the behalf of ONB to prepare our application to participate in this program. For this reason I will try to provide an overview of what the program is all about.

GO NB is an initiative undertaken by the Culture

and Sport Secretariat of the Province of New Brunswick in partnership with Canadian Heritage, Sport Canada. The purpose of GO NB is to provide funding to support partnerships among sport and recreation organizations, schools and communities. The aim is to offer successful "Learn To"/ Introductory sport participation programs and initiatives for school-aged children and youth.

The Grant Program is intended for not-for-profit provincial, regional or local organizations that are:

- 1) involved in the delivery of sport and recreation programs and services and,
- 2) have partnered with a school(s) to deliver a sport or recreation initiation project.

The grants will range between \$500 and \$5,000 per project.

The grant program intends to provide:

- 1) a balance across seasons and regions;
- 2) a focus on lower profile sports to ensure a broad range of sport opportunities;
- 3) consideration for sports that have the capacity to reach participants who have traditionally been under represented in the sport system;
- 4) Innovative initiatives which increase New Brunswickers' awareness of the benefits of sport and regular physical activity; and
- 5) opportunities to advance sport and recreation leadership skills within NB.

Consideration for GO NB Grants will be given to projects that include the following:

- 1) a "Learn To" / Introductory program

established by the National Sport Federation or the provincial sport or recreation organization);

- 2) a capacity to deliver the program to school-aged children and youth, including a registration process, eligibility for insurance coverage, adherence to appropriate school protocols and guidelines for school sponsored activities;
- 3) collaborative partnerships that include a school;
- 4) qualified leaders (for example, certified coaches and/or instructors);
- 5) accessibility related to ability, language and cost; and
- 6) a plan for continuing participation opportunities.

Having tried to bring orienteering into the realm of the school system, from outside, I anticipate great results from this program as it shall create new physical and financial partnerships that will hopefully ease the burden of trying to create something new. Stig Skarborn, with the help of many others who did the "legwork", has worked hard on the behalf of ONB to prepare the application for this Grant Program. I wish to extend a hearty "Thank You" to all, and let us hope for a successful new partnership. Maybe, in a few years, it will be our local newspapers that are reporting about the large number of students orienteering.

PSL

Beginner's Corner

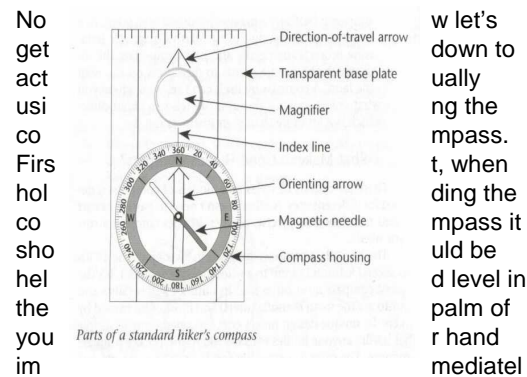
In the last issue, this column was launched as a reference centre for the beginning orienteer. The basic concept of keeping the map oriented

was introduced. In this issue, we will talk about the use of the compass. I know. I know. I have said, that I like to stress the development of map reading skills, and normally I would introduce the map to beginners first. But, I have found through several beginner's clinics that the debutant always seems impatient to learn how to use the compass, and so, it shall be covered here at this point.

To start with, I will present to you a working definition of the compass for orienteering. "The Compass is a direction finding instrument, invaluable as an aid to precise navigation. Its skilful use will allow the orienteer to keep the map oriented, to select more direct routes and follow them faster while maintaining contact with the map."¹

While trying to instruct compass use, I have often found that problems arise when trying to describe the compass to beginners. So it is necessary that terminology is developed and used consistently throughout. The terminology may vary between instructors but should always convey the same meaning. A compass and its respective parts are included in the diagram below.

Diagram A: Staying Found, The Complete Map & Compass Handbook, by June Fleming. The Mountaineers. 1994. Page 48.



Let's get down to usually using the compass. First, when holding the compass it should be held level in the palm of your hand immediately in front of you. It is often recommended to hold it at waist height in front of your belly button. Hold the compass base plate so that the direction of travel arrow points straight ahead. As well, use the attachment cord to loop the compass around your wrist, to prevent from dropping or losing it.

Taking a bearing without a map is a simple two step process. First, holding the compass correctly, turn your body until you are facing the direction you wish to travel. Second, turn the compass housing until the orienting arrow of the compass housing lines up with the red end of the magnetic needle. The direction indicated at the index line of the compass housing is your bearing.

¹ Teaching Orienteering, Second Edition. Carol McNeill, Jean Cory-Wright, Tom Renfrew. Harvey's, Human Kinetics, 1998. Page 70.

Using the compass with a map is often taught as a 3 step process. An example being...²

A) Position the compass on the map and align the side of the compass base plate along a straight line connecting the point where you are to the point where you want to be. Ensure the base plate arrow is pointing in the direction of travel.

B) Rotate the compass housing until the red lines in the housing are parallel to the magnetic north lines on the map. Again, ensure that the red arrow in the housing points in the same direction as north on the map.

C) Take the compass off the map and turn the whole compass (yourself included) until the red end of the compass needle aligns with the red arrow on the bottom of the compass housing.

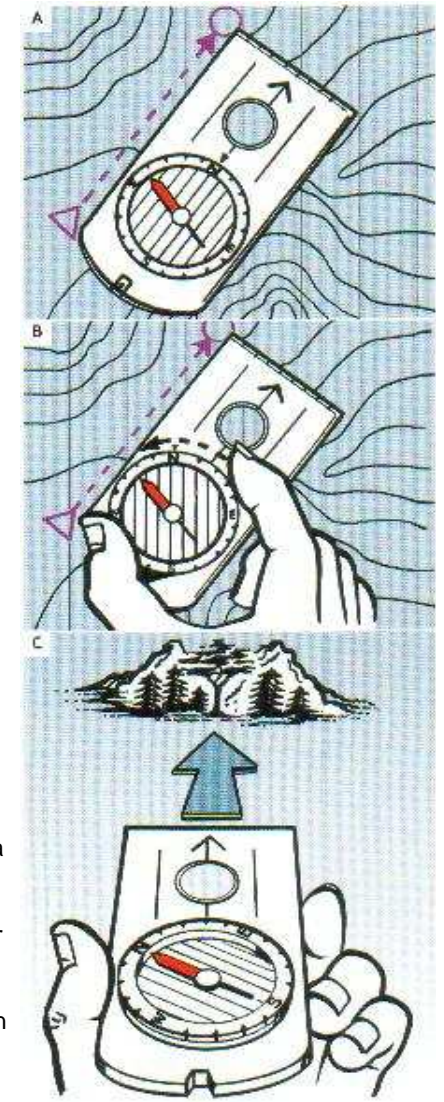


Diagram B: Orienteering, The essential guide to equipment and techniques.

Ian Bratt. New Holland Publishers, 2002. Page 31.

The arrow on the base plate indicates the direction of travel.

² Orienteering, The essential guide to equipment and techniques. Ian Bratt. New Holland Publishers, 2002. Page 31.

The basics of compass use have been explained. The precision with which a compass is used and our reliance upon it shall be covered in future discussions of orienteering techniques.

The right time to introduce the compass for orienteering is always a matter for debate. I look forward to hearing any ideas on the methods of instruction that you may have used and found effective.

PSL

Coaching Tips

It's snowing again. As I write this article my eyes have drifted once again to the view outside of the patio door. I find that has happened often as I've been trying to decide which subject to write about. I'd much rather be outside running the hard packed skidoo trails in the woods behind our house. Oh, well... There you go! I have struck upon an idea of a topic for this column. The style of orienteering that we do when we are running through the woods. The technique of rough orienteering.

What? What is this guy going on about? Well, believe it or not, there is technique to rough orienteering and we can train for it too. There are benefits to knowing how and when to use this technique of navigation. And, it can incorporate many skills that are beneficial in any orienteers repertoire.

There is no point in going slowly and reading every detail on the map if you are a long way from the control. Been there, done that, wasted a lot of time. What is the first thing you should do after determining what the next control is? Right. Locate an attack point. Next? Our route choice. This is where the decision is made on Orienteering style. Rough orienteering can be used to navigate to a large catching feature or the attack point.

When rough orienteering you should use clear handrails and orienteer towards catching features. If you have difficulty determining easy handrails then the orienteer may take a rough bearing to a distinct catching feature or a large attack point and run following the bearing and using rough map reading. It is important to check the map often, to make sure it remains orientated, so that you really do run where you have planned to run. You should notice the details of the map but don't waste time registering them, check off large clear features.

On a highly detailed map how does one note only the large clear features? This can be done by observing the structure of the terrain, or simplifying the contours. Pull out the main features; the main hill, ridges, steep hill-sides, long re-entrants, and strips of low land.³

Using rough compass bearings you can head in the right direction despite ignoring most of the features on the map. If you need to run 300m through a block of forest until you reach a track, then all the map detail in the block is essentially irrelevant- reaching the track in itself will tell you

how far you have gone. Your focus when using rough navigation should be to reach the catching feature or attack point easily. The transition between rough and fine navigation usually takes place at the attack point⁴.

How can we train our rough Orienteering skills. First, and this should be appealing to the more sedentary amongst us, we can do some armchair orienteering. That is, grab old maps and try to identify the various handrails and catching features on courses that we have done in the past. Try and pick out different features and see what would be most suited to your orienteering style. More skilled orienteers can also use contours as a form of handrail, and use these to guide them towards their chosen attack point.

Another skill to train and develop is the ability to read the map while on the move, and in the case of those few gazelles out there, on the run. While running to the catching or collecting feature read the map to note the large features you are passing, and look ahead to prepare for the fine orienteering from the attack point to the control point. Out of season, or away from the orienteering course, practice map reading while walking, jogging or running as part of your daily exercise routines. Remember to check the map often. You will have to use your imagination to pretend you are following your selected course, so just do it for short periods to start.

The most important skill to develop will be to know when to use rough orienteering skills. With practice hopefully you will be moving

faster through the woods and not wasting time looking for intricate detail when it is not necessary. Confidence in your map reading skills is essential. So practice. And practice often.

³ Orienteering Technique from Start to Finish, 1991, Svenska Orienteringsforbundet. Bertil Norman & Arne Yngstom. Pages 14-17.

⁴ Orienteering, The essential guide to equipment and techniques, 2002, New Holland. Ian Bratt. Page 34.

The Running Room

Submitted by David Ross

Hi Paul, I thought that this might be of interest to our readers.

The Running Room Training Opportunities

I wanted to bring to the attention of orienteers the fact that the Running Room has been open for over a year in Moncton and offers at least three opportunities for us all. These include running clinics, public runs and their online log for recording your training. they also offer the most extensive selection of running shoes, an extremely comprehensive shoe fitting experience and the most amazing assortment of running apparel and other accessories. Here is a brief summary of the areas that are of most interest.

1. Clinics: The Running Room is a national chain of stores that has focussed on training and servicing runners. They offer many different clinics for a fee but those that include learn to run, 5 km, 10 km and the personal best (an

increase your speed programme) clinics are probably of the most interest to orienteers. In the clinics you are introduced to the concept of running ten minutes and then walking one. This reduces dramatically the injury rates while allowing you to increase your endurance. Remember there is nothing worse than an injured customer! Danielle Cawley has been our Falcon member with the most involvement and she has gone on to even take the marathon clinic, run a marathon and she is now leading one of the shops clinics. Serge, Natasha and Brigitta Oullette as well as Carol Ross have been taking the 10 km clinic this winter as part of their base training for orienteering with a 10 km run on St. Patrick's day being the goal by the end of the clinic. One of the main advantages to these programmes is the sheer number of participants makes for lots of fun! No lonely running and they morph winter running into seeming normal. When was the last time you ran at minus 24 C or in 15 cm of snow?

2. Free Public Runs: The free public runs that commence at the store are on Wednesday, 18:00 and Sunday, 08:30. Our experience is mainly with the Sunday event when the store is packed with people being sorted out into different distances and speeds. Each course returns you back to the store for a wind down stretch, an chance to socialize and to drool over the latest in running apparel and shoes. If you are in Moncton, Halifax, St. John's or any other city with a Running Room you would be welcome to join in on these public runs.

3. Online Training Log: The online training log gives you a chance to record all your physical activity. It can be found by going to the Running Room Web site then picking the

clinics section then the clinic member login. In this section you can register for a login name and password even if you have not taken a clinic. It will tally your total mileage for you and even let you know when you need to replace your shoes! You can directly access it by www.clinics.runningroom.com

Overall the Running Room experience has given a tremendous boost to running in Moncton. Athletes are being educated and offered properly fitted equipment in a professional fashion. The camaraderie amongst members is akin to a tightly knit cult!. The only down sides I can think of is that the running may be of a lesser intensity and often on roads. I do think that it can offer a fun running opportunity as part of an overall orienteering training programme. By reading this article it is hoped that you will be stimulated to 1. go to their Web site and consider starting a training log 2. stop at the store just west of the Chateau Moncton even if it is only to ogle some great running gear.

Moncton Store

Landing at the Bend
300 Main Street
Moncton, NB E1C 1B9
Ph: (506) 386-6002
Fax (506) 386-6010

Store Hours:

Mon - Wed: 9:30am - 8:30pm
Thur - Fri: 9:30am - 9:00pm
Sat: 9:30am - 6:00pm
Sun: 12:00pm - 5:00pm

E-mail: moncton@runningroom.com

Running Room Club: Wed: 6:00pm & Sun: 8:30am

Are We Selling Our Sport Too Cheaply? Asks Clive Allen

(I found this article in the February 2004 issue of CompassSport, pages 14-15. It is a discussion that has been had many times at past AGM's, and no doubt at many in the future. I included this to show that many of the concerns of orienteering in New Brunswick are similar to those in other parts of the world.)

It is not just in the UK where Orienteering is an unknown sport. According to a recent public poll in Norway, orienteering is pretty low on the popularity list of sports. Around 1200 people were asked to sort different sports by their interest in them. First place was taken by Biathlon, second by cross-country skiing, 3rd by XC sprint, 4th football, 5th alpine skiing and so on. Orienteering was 28th, just after swimming and tennis and before volleyball.

Orienteering - A sport for all. A great way for everyone to enjoy the outdoors.

COMBINING FUN AND FITNESS

This is the slogan accompanying the '20% off British Orienteering Federation Membership Fees' special offer, one of a big batch of discount offers sent to all YHA members annually. It's the message we've been mainly using to market orienteering for some time now, and it picks out some of the big pluses of orienteering - everyone can take part, it gives beneficial exercise in the fresh air, it's fun!

Well, sometimes it is. Like the holiday brochures which always show pictures of resorts bathed in sunshine under cloudless skies, you know it's not always like that.

Sopping wet after an hour or more's rain-soaked running, pushing through blocks of thick forest, battling through clingy and scratchy undergrowth, up hill and down dale, a stupid route choice between 8 and 9 and 5 minutes lost on control 7 - the last thing we think of saying as we finish is *hey, that was fun!*

But a few minutes (or, to be fair, sometimes hours) later, we feel different and just want to know when's the next event?

Delivering the Image

Our *Sport for all / fun and fitness /enjoy the outdoors* tags undoubtedly attract people to orienteering. Many of these people, I contend, are attracted by the vision of a nice relaxing outing where all the family can take part, in a nice forest on a nice day with this nice treasure-hunt element to make it a bit more interesting. When one of the 'nice' elements is found to be lacking, that's the last we see of them.

And these tags certainly don't attract the young outdoor set looking for an exciting, challenging sport to get to grips with. They've all gone mountain biking, fell running, climbing, white-water canoeing and the like, or into adventure racing, pursuits where the excitement and challenge are more obvious, and better portrayed by the media.

So what is the right message for attracting young people with a spirit of adventure and a strong sporting instinct looking for a tough competitive challenge in hard terrain - in other words, potential future elite orienteers? This is the question recently asked in Norway, with the result that *Idrett for alle (Sport for All)* is being replaced as the Norwegian Orienteering Federation's marketing slogan by *Vilt, vakkert og r tt*

(literally *Wild pleasurable and tough*). Between them, the three words represent many of the values the Norwegians have identified as being associated with orienteering, and are intended to form the basis for presenting the sport as demanding, exciting and highly competitive.

Britain isn't Norway

Norway has vast acres of tough terrain ideal for orienteering as the Norwegians now want to portray it. Norway's culture is very different from ours, so it would be wrong to look at what Norway is doing and say that's right for us too. The marketing message should of course also be altered according to the 'audience', putting emphasis on different values according to the known interests of the target group.

However I'm reminded of the well-known fact that an item offered for sale too cheaply doesn't sell well, because potential buyers think the quality must be poor. Up the price, emphasize the quality and style, and sales go up too.

It's a Real Sport!

With orienteering, I contend that, as in Norway, we've taken the wrong route choice in the past by more or less ignoring in our marketing the mental and physical effort, the skill and stamina, the determination to make seconds count, the quick thinking whilst you read your map on the run which enables you to hit a control cleanly and know exactly in which direction you're going to leave it, and so on... It's elements like these which provide the real enjoyment and satisfaction when you get it right; these help to

form the 'quality and style' of orienteering, and illustrate that it's a real sport and not just a 'nice' outdoor recreation.

Let's look at the three words in Norway's slogan and the way Norwegian orienteers are interpreting them:

Wild - a genuine sport for individuals in which you can be pushed to your limits in finding your way at speed through wild terrain. There is a sense of adventure, of going into the unknown.

Pleasurable - in Norwegian terms this covers being out in beautiful countryside, using all your senses, enjoying an activity with like-minded companions, finding your way and making route choices, and the sense of achievement. Furthermore, orienteering is a sport for all and relatively inexpensive.

Tough - orienteering is challenging, and physically demanding in unknown terrain. It requires high concentration, it gets the adrenalin going, and there can be a tough contest against the elements. Success or otherwise is down to your own navigational and terrain running skills coupled with your determination.

A New Slogan - a Fresh Image

A dynamic slogan which sums up these values in a British context would give a substantially different message and image from the one at the top of the page. Old slogans such as *Cunning Running* and *Give me a Map and I'm Magic*, used along with lively sketches of orienteers in

action, did provide an image of a competitive sport, but a new slogan ought to give a broader image than those did.

Firstly, I believe BOF needs to undertake a prompt review of what facets of orienteering should be portrayed in the media and in our adverts and handouts. Then it's down to the marketing experts to find the right phrases and picture images - as has clearly been achieved in, for example, the mountain biking world.

I contend that if we in the U.K. were to alter our ways of portraying our sport to the public at large, orienteering could become a trend-setting sport with our clubs attracting many more young and enthusiastic participants. They might even call it cool! Isn't it time to get away from the boy-scouts / army training image once and for all?

2004 Sass Peepre National Junior Training Camp

This year's Sass Peepre National Junior Training camp will be held in Whitehorse, in between the Barebones events and the Canadian Orienteering Championship events. Many of last year's coaches will be back,

including Ted de St Croix. We hope all you enthusiastic juniors will come back to renew old friendships, spike more controls and learn new ways to exhaust your coaches.

Start: Monday, July 12, noon
 End: Thursday, July 15, noon
 Location: A school to be determined, in Whitehorse
 Camp Fee: \$150 per person (Consider contacting your own club for a subsidy.)

Registration: Fill in the registration form and send it to the Registrar with a non-refundable deposit of \$50. The balance is due by June 15, 2004.

The registration deadline is June 15, 2004.

Camp Director: Kitty Jones

Registrar: Jennifer Hamilton,
 890 Palmerston Avenue,
 Winnipeg, Manitoba
 R3G 1J5

Phone: 204-775-3721

email: jfahamilton @shaw.ca.

Head Coach: Ted de St. Croix

Autumn Scramble

Created by Carol & David Ross with Eclipse Crossword -
 www.eclipsecrossword.com

(Answers to last issues crossword puzzle)

Across

2. **ORINGEN** - Largest O-event in the world

4. **KAZAKHSTAN** - Host country of the 2004 APOC

5. **THUMB** - Some swear by this type of compass while others are unconvinced

7. **PUNCH** - This card is used to prove you were at the control

9. **TILLANDER** - Swedish inventor of the liquid dampened orienteering compass

10. **SPIKE** - This gives your cleated shoe an even better grip

11. **STUD** - Another name for the bit that keeps your cleat from sliding

14. **COF** - Canadian Orienteering Federation

15. **PLUMSWEEP** - Map near Sussex

18. **TRIMTEX** - Maker of the new NB O-suits

19. **JALAS** - Finnish 0 shoe manufacturer

20. **FALCON** - Maritime team championship cup

22. **OANS** - Orienteering Association of Nova Scotia

23. **SUUNTO** - Famous Finnish compass manufacturer

Down

1. **CHANTERELLE** - Gourmet orange mushroom that distracts bon vivants while they are orienteering

2. **ONB** - Orienteering New Brunswick

3. **EDMONTON** - Canadian city hosting the world masters games in 2005

6. **MOSCOW** - Russian compass maker

8. **BRUNTON** - American subsidiary of Silva

12. **DEET** - The most effective ingredient in mosquito repellent

13. **TAPE** - Some people put this on their laces before they start

16. **SILVA** - Swedish compass maker

17. **FINLAND** - Country where the popular Jalas 0 shoes are made

21. **CLUE** - The sheet that describes the control code and feature


For the "Control Freak"...



I recently received a copy of the "The Pathfinder" (Feb 2004), the Manitoba Orienteering Association's newsletter. Part of the issue comprised the presentation of stories, using control symbols, created by members. I have included one of the submissions as an example. I like this idea and offer up to our readership, the chance to show just how creative they are.

Symbol Story Contest: Judging criteria

- Number and variety of symbols used
- readability and entertainment value
- artistic presentation

Entry Deadline: June 15th 2004, Prizes: To be determined, & publication in ONB notes


Dear ,



, I've just had a shopping experience that could lead to .



, I decided to shop at January sales for orienteering equipment.



As I approached Mountain Equipment Coop on the  of a good deal,



I noticed a steady  of customers lined up on the . When

the doors opened, the crowd was so  I was poked in the  &

bopped on the . I couldn't believe the ness of those



shoppers! They almost ed my shoes while beating a  to the



bargains. Anyway,  in the third aisle(the ) I found a

 of a deal. I saw they were  thumb compasses for

\$10. I  I'd have to  all over the country to find a

better price.

The experience was the  but, u  my word, I am sure next

 I'll be on the  to a great orienteering experience.

Running the Gauntlet in September

Submitted by Rob Hughes

To ruggedly go where few have gone before.....at least in this province....that's the mission of the Run the Gauntlet Rogaine organizing committee - namely me, Harold McQuade, Stig Skarborn and Paul Looker. We'll be breaking new ground by holding an event of this kind, and also by staging it in part of the CFB Gagetown Training area. Negotiations to gain permission to use this area took over nine months, but, having given us the nod, officials there are being very helpful and are making many useful facilities available to us. This is a rare chance to explore some terrain that is normally inaccessible, and thereby experience some "genuine orienteering" - on a map you have not navigated on before.

We invite all ONB members to take part. Event dates: Sep 18-19. There is an 8-hour option available, as well as the classic 24-hour duration. The 8-hour trek will start at 10 am, and the 24-h at noon on the 18th. Whereas the shorter alternative takes place entirely during daylight, an essential part of the full rogaine experience involves night navigation - you have to take on the 24-h challenge to experience this! Other important aspects of a rogaine include the provision of a "hash house", a staffed location that offers food, drink and recuperation - you can return to indulge and recharge at any time (even sleep!), then head back out to bag more controls. Or not, if you've had enough.

Rogaining is a team sport. You are covering a lot of ground, over a long time, so you move more slowly than during regular orienteering. This gives you more time to strategise, stay in contact with your map, chat with your partner, and enjoy the outdoors. Rogaines are basically very large score-Os. For the Run the Gauntlet Rogaine, we are offering recreational and competitive categories in both the 8 and 24-h events. A good map, diverse and scenic terrain, plentiful food, and control locations suitable to a range of navigational abilities, are all guaranteed. Plus the opportunity to socialize and compare notes with your friends at the hash house. How can you refuse!?

As well as competitors, we are also looking for a few additional helpers, to assist with running the event. If you can help out with tasks such as maintaining water drops, helping with check-in/registration, or serving food, please get in touch with me (tel 363 5980, email rustics@brunnet.net), or another member of the organizing team. As a volunteer, you will be able to enjoy the event as teams come in and out of the hash house, you'll get free food, and the opportunity to take a map and seek out a few controls when there are slack periods. So think "rugged outdoors navigation" in September and join us! There are additional details on our event web site:

<http://personal.brunnet.net/rustics/rogaine/rogaine.html>

High Performance Athlete Assistance

The NB Culture and Sport Secretariat have announced that the elite level NB athletes Wil Smith, Sandra Hott Johansen, Mike Smith and Anita O'Brian have received the second half of their financial assistance, a total amount of \$2,250.

The High Performance Committee (Stig Skarborn, Harold McQuade and Terry Edgett) will soon be making recommendations for next years HPAA program. In order to be eligible, athletes are assessed based on performance (50 points max.), potential (25 points max.) and consistency (25 points max). Examples are senior top 10 in Canada, 40-50 points, or junior top 10, 30-40 points. If you require further information on the HPAA, contact me at skarborn@rogers.com. To be eligible you must compete, compete, compete, and do well, well, well.

Stig Skarborn

Provincial Team

Based on performance and participation last year, athletes have been ranked as follows for our provincial team:

Provincial Team (**A-Pool**): Wil Smith (M20), Mike Smith (M20), Sandy Smith (F20) and Carol Ross (F15-16)

B-Pool: Anita O'Brian (F20), Emily Ross (F-12), and Natasha Oulette (F15-16)

C-Pool: Danika Oulette (F12), Danielle Cawley (F20), Jeremie Oulette (M12), Fraser Ross (M13-14)

The age categories listed above is what they competed in last year. For a complete description of requirements and advantages see ONB Web site, <http://www.orienteering.nb.ca>.

Members of the A-pool are eligible for a \$100 contribution to defray costs of participating in one major, two-day minimum, A-meet in the spring, and one in the fall, plus the Canadian Orienteering Championships in Whitehorse. In addition, anyone from the A, B or C-pools who participates in the Sass Peepre Junior Training Camp in Whitehorse is eligible for a \$100 contribution. To apply for the contribution contact our Treasurer, Don Heron, directly.

Stig Skarborn

O Rules!

I envision orienteering, after becoming extraordinarily popular, overwhelming all other sports and related activities. Athletes and television personalities from other sports will have jumped on the orienteering bandwagon just to survive in what had become an O-exclusive world. Orienteering evolved to adapt to the huge influx of those from different backgrounds. To heighten TV drama, electronic punching was modified to resemble mechanical punching, including all

the possibilities for mispunching.

But it was the newcomers who struggle most with adaptation. Some are less successful than others. Tennis commentators still occasionally call our sport Loverienteering. Other examples of incomplete adaptation can be found by listening to excerpts of a broadcast from a typical orienteering event.

At the call-up area a pair of commentator witness the parade of contestants. "Don't they look lovely, June?" "Actually, Bob, I think they look terrible, either as if they got out of bed in their silliest pyjamas or else they are running in long spandex underwear." "June, cool it, we need this gig."

At the assembly area, two beefy participants, one wearing a hooded mask, gesticulate wildly screaming at each other. "No one follows the mask!" "Yeah, follow in front if you maybe. You are going down today, choking on my dust if you try to follow."

Between controls 1 and 2, a couple of commentators watch competitors pass Coach's Copse: "Just look at the pansies wearing eye protection for the tiny twigs. And don't get me started on the one's wearing gaiters. Do they hold them up with garters?"

At control 3 a meet official catches one competitor pushing another away from the punch. So on the next control, if the offender arrives before the victim, he must wait to one side while the other gets free access to punch the control.

There is an upset at the finish. One of the

most aggressive competitors has just had his punch card rejected: "What do you mean the punch is off?. You are a sightless person born of an unwed mother (sentence translated by author).

On the course again, a particularly aggressive competitor has held back the arm of another just as he was about to punch control 4. The offensive person has been given a two minute holding penalty time to be added to their final result.

The colour commentator for the leg to seven explains: "This long leg is quite a stretch to seven. The control is a on a knoll with a steep pitch towards a foul marsh."

On control 9 of the short O, judges observe competitors as they approach, punch and leave. Marks are awarded for technical and artistic merit. Technical marks are assigned based on the speed and accuracy of the punch. Artistic points are awarded based on the grace of the individual: smoothness, and whether the competitor actually stopped to punch or take a bearing to find or leave the control.

"The leader looks like he might be in trouble. On the first 10 controls, the time splits for 7 and 10 are off. He can't spare any more delays if he hopes to win.

"Starting towards control eleven is the current second place holder. He is going to have to hustle to pick up some time points in the second half of the meet. Oh, he's chosen to weave his way through that difficult field of boulders. Look at him go. Oh, he's down, dropped by a fence of tangler wire.

"The course between control 13 and 14 must make a dog leg around a large water feature. The competitor is forced to begin his

leg by choosing which clumps of wood to traverse. Most believe the best wood to choose is the small deciduous clump

At the finish line, the Canadian team is cheering on one of their own. "Hur-ry, Hur-ry, streak, streak.

Here are the two initial commentators again as they watch the finishers: "Don't they look lovelier, June, with the crimson highlights on their glistening brows and the bold splashes of cocoa colour. The small pennants fluttering on their uniforms are especially festive as they arrive with a syncopated grace.

"Lovely I don't think so. What you are describing are bloody gashes on sweaty foreheads and their orienteering suits covered in mud. The pennants are rips in the fabric of their costumes and their motion is due to limping.

"We are almost at the end of our broadcast. This program has been brought to you by Happy Trails Nutrition. Rely on O-Joule energy bars to rejuvenate you after a grueling orienteering meet."

"And, as usual, here is the jovial president of the Happy Trails Corporation, Sandy Klaus, signaling the end of the meet by tossing out O-Joule packages to the crowd. You can hear him laughing as he exclaims O, O, O. Merry trail mix, Merry trail mix."



Fundy Orienteering Club News

Don is recovering from knee surgery, I haven't run a step since December 31st. Trying to teach the kids how to snow board is something I won't try again! I will be starting a new job on April 1st (April Fool's), and have not been able to commit 100% to anything in advance of this date, for the upcoming orienteering season.

So what does all this mean for the Fundy O.C.? Well let's start with the beginners clinics. As this issue of ONB Notes is going to press there are still no dates set for the clinics. How shall we handle this then? When dates can be set, they will be advertised at the following locations?

- ONB Web site
- local newspaper (Telegraph Journal)
- Bulletin boards at Schools, Public Libraries, Aquatic and fitness centers, and Rockwood Park.

This year the submission for hosting another

summer teaching institute for the Board of Education was not made. This was due in part to the new initiative **GO NB**, described earlier in this issue. With this new initiative it's hoped that the introduction of orienteering into the school system reaches a broader audience.

Assistance will be made to the St. Mark's Scout Challenge again this year. They had a very large turn out for the Score "O" last year. Looking forward to a similar turn out for the first weekend of May. For more information please contact Raymond Quan at Ph#:(506) 672-7527.

"ORIENTEERING FINAL EXAM"

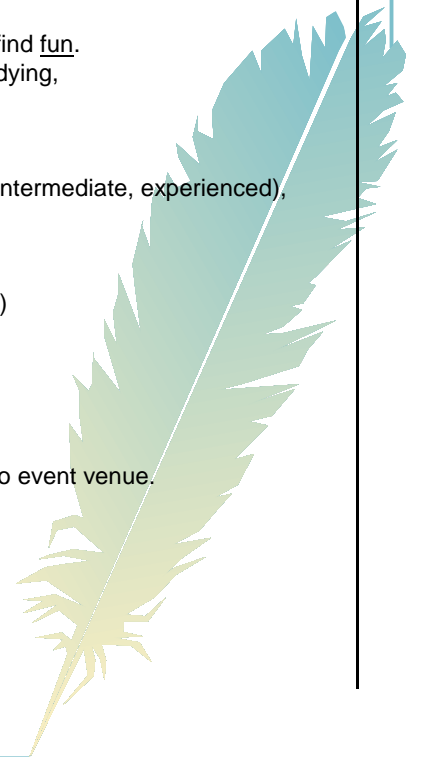
It's that time of year again!
Come try the one test that you will like, and find fun.
Give yourself an enjoyable break from studying,
and keep your mind sharp.

What: Orienteering "B" Meet, 4 courses (beginner, adv. beginner, intermediate, experienced), Five colour, 1:10,000 map

When: Sunday, June 13th, 2004
12:30 Registration (on site)
13:00 First Start
15:00 Awards
16:00 Course closes

Where: Rockwood Park, Saint John, New Brunswick. Follow signs to event venue.

Who: Host: Fundy Orienteering Club.
Meet Director: Don Heron
Controller: Paul Looker
Course Setter: Carol Ross



Why: Best Map in Southwestern New Brunswick. Challenging courses and terrain, right in the middle of a city! Great preparation for the Falcon Cup and COC's.

Fees: \$7.00 Adult, \$5.00 Youth and Wayfarer groups, Family (Max) \$20.00

- pre-register: by phone (506) 738-8109 or by email aplooker@nb.sympatico.ca
- Visa** will be accepted as a means of payment for pre-registered phone entries.
- persons registering on June 13th may have to copy their map from master maps.



The Falcon Orienteering Club

Invites You To Participate In The
16th Annual Falcon Cup in Hillsborough, NB
 Sunday June 20, 2004

Location: From Moncton go to Riverview and follow highway 114 south 28 km to Hillsborough. Follow the orange/white "O" signs from Irving!

Sanctioning: Orienteering New Brunswick/Canadian Orienteering Federation "A" Meet

Map: five colours, 1:10,000, and 5m contours, "**Pits of Despair**" used for the 2000 Eastern Canadian Championships. A map for anyone who wishes challenge!

Schedule:

Registration: in advance to Garth Holder by June 13th and on site 12:00-12:30 hr.

Start 13:00 hr. and later.

Course closes at 15:30 hr.

Fees: ONB and COC members: \$8 adults, \$6 Junior (under 21), Family \$25, Non-members: Add \$3 for juniors and adults; add \$5 for a family. All wayfarers are \$5 per group/map. Cheques are payable to "Falcon Orienteering Club". The actual fees however can be paid on site on the 22nd of June.

Late Fees: \$4 per entry. No late fees for novices or wayfarers. Late entries may have to use master maps.

Pre-register by June 13th to guarantee a map and to avoid the late registration fee.

Course #	1	2	3	4	5	6
Fastest Time minutes	25min	40min	50min	55min	70min	90min
Length kilometers	2.5-2.8	2.5-.5	3.5-5	5-7	5-9	10-13
Classes/ages	F&M12, F=female Novice& M=male Wayfarer	F&M13, Wayfarer, & Open	F&M15-16, & Open	F17-20, 35, F&M 45, 55, 65Open	F21, M17-20, M35, Open	M21

Whistles: All participants must have a whistle. They will be available for \$2 each on site.

Awards: Prizes to the winners in ages and categories, and the Falcon Cup to the winning team

Officials: Meet Director: Garth Holder. Controller Dave Ross, Course Planner: Harold McQuade.

To register contact assistant Meet Director, Garth Holder: <mailto:rosemere@nbnet.nb.ca> or by mail to 47 Edgehill Drive, Moncton, NB, E1A 4J3.

ONB MEMBERSHIP APPLICATION 2004

Mail to: Orienteering New Brunswick, c/o Ariane Looker, 53 Ridge Way, Grand Bay-Westfield, New Brunswick, E5K 1Y9

Name: _____ Telephone: _____ H/W E-mail: _____

Address: _____ Postal Code: _____

Year Born: _____ Sex: M / F Affiliate Club: _____

Membership types available are :

available to commercial enterprises or other organizations.

Family, adult, and 20 or younger membership. Includes membership in local club (if existent), Orienteering New Brunswick (O.N.B.), and the Canadian Orienteering Federation (C.O.F.). It includes three issues per year of your provincial newsletter (O.N.B. Notes), four issues per year of Orienteering Canada, and the right to participate in all nationally and provincially sanctioned events.

*Temporary wording until other provided by SNB

Group membership. Includes membership in the local club (if existent), Orienteering New Brunswick, and the Canadian Orienteering Federation. Only the designated person receives mailings. Associate members do not have the right to compete in championship classes at nationally sanctioned events. A list of the names, addresses, and telephone numbers of all associate members **must** be provided to Orienteering New Brunswick.

Type of Membership requested:

Family *	[\$40.00]	\$ _____
Adult	[\$25.00]	\$ _____
20 or younger, 2003	[\$15.00]	\$ _____
Group # [\$1/member; \$50. min.]		\$ _____

TOTAL = \$ _____

Please make cheque payable to 'Orienteering New Brunswick'

GENERAL RELEASE :

I, the applicant, on behalf of myself, members of my family, or all members of the group represented, hereby waive all responsibility from the O.N.B. and/or their associated clubs and agents, and any or all persons who own or occupy the lands for any loss of property, or personal injury that may incur during participation in any O.N.B. sanctioned event.

* Family membership - please list other family members covered by this membership, below.

Group membership - please send a separate list with the names, addresses and telephone numbers of **all** group members.

Signature _____
(Parent or guardian if under 18)

Name	Year Born	Male /Female
(2) _____		
(3) _____		
(4) _____		

Date : _____

Privacy Clause: *

Information provided here will be used only for Orienteering New Brunswick, Sport New Brunswick, and Canadian Orienteering Federation administration and the mailing of Orienteering Meet Flyers and News Letters. It will not be made

(5) _____

(6) _____

OFFICE USE ONLY

Fee Date Received Member Number Card Issued

This space is reserved for you!

Do you have an interesting story, or an event that you would like to tell people about? Then, this is the place. All submissions are considered for inclusion in the newsletter. With

your participation, ONB will better the of all rs and relevant, ve and g.



participat Notes reflect interests Orientee will be informati interestin

Thank who took to items for issue.

you to all the time prepare this

Have a great Spring Season!
See you in the woods!

Orienteering New Brunswick – Schedule/ Horaire 2004

Beginner's Clinics

Saint John:

Contact: Paul Looker Tel: 738-8109

Fredericton:

April 26 and May 3: Odell Park 6-8:00

May 10: Beginner's clinic & score-O,
Mactaquac, Provincial Park, 6:00-8:30

May 17: Beginner's clinic & score-O,
Woolastook, 6:00-8:30

Moncton:

June 1, 8 & 15, Centennial Park
Orienteering Field Exercise

Contact: Dave Ross; 389-8091

May 7, 8 & 9, Junior Camp, Mapleton
Park

Contact: Dave Ross; 389-8091

Moncton & Area, Tuesday Night Events

April 20: Centennial Park, 6:00 - 7:00,

April 27: Centennial Park, 6:00 - 7:00,

May 4: St. Anselm Park, 6:00 - 7:00,

May 11: Mapleton Park, 6:00 - 7:00,

May 18: Mapleton Park, 6:00 – 7:00

May 25 :St. Anselm Park, 6:00 – 7:00

Contact:

David Ross

Tel: 389-8091

Harold McQuade

Tel: 852-3909

Formation : Introduction à l'orientering :

18 mai :parc Mapleton, 18:00 – 19:00

25 mai : parc St. Anselm, 18:00 – 19:00

Fredericton:

26 avril et 3 mai : parc Odell 18:00-
20:00 hr

10 mai : formation : introduction et
score-O,
Mactaquac, parc Provincial, 18:00-20:30
hr

17 mai : formation : introduction et
score-O,
Woolastook, 18:00-20:30

Moncton :

1, 8 & 15 juin, parc Centenaire
Exercice de champs Orinetation

Personne resource : Dave Ross; 389-
8091

May 7, 8, & 9, Junior Camp, parc
Mapleton

Personne resource : Dave Ross; 389-
8091

Saint Jean:

Personne resource :Paul Looker
Tel:738-8109

Moncton et banlieue, Activités du mardi soir

20 avril : parc Centenaire, 18:00 - 19:00
hr,

27 avril :parc Centenaire, 18:00 - 19:00
hr,

4 mai :parc St. Anselm, 18:00 - 19:00,

11 mai :parc Mapleton, 18:00 - 19:00,

Personne resource :

David Ross
Tel: 389-8091

Harold McQuade
Tel: 852-3909

ORIENTEERING EVENTS

-May 1: St-Mark's Scouts Orienteering Challenge
Contact: Ray Quan - **Tel:** 672-7527

-May 1-2: Halifax, N.S., SAR ECO-Challenge.

-May 2: Moncton N.B., Centennial Park
 The annual Flood-O
Contact: Brigitta Ouellette
 Email: sbouell@nbnet.nb.ca
 B-Meet

-May 1-2: West Point, N.Y. USA
 25th Annual 2-Day Individual USOF A
 A-Meet

-May 8: Moncton N.B., Mapleton Park,
 B-Meet
Contact: **Danielle Cawley**

-May 15-16: Harriman S.P. NY, 2004 HVO
 2-day Individual USOF
Details: <http://hvo.us.orienteering.org>
 A-Meet

-June 6: Fredericton, N.B., UNB Woodlot
Contact:
 Long distance "B" meet

-June 13: Rockwood Park, Saint John NB,
Contact: Paul Looker
 "B" Meet

-June 20: Hillsborough, N.B., Falcon Cup
Contact: **Garth Holder**
 A-Meet and ranking meet

ACTIVITES D'ORIENTERING

Rencontre "A" et événement de classification

-1 Mai : St-Mark's Scouts Orienteering Challenge
Personne Ressource: Ray Quan
Tel :672-7527

-1-2 mai: Halifax, (N.-S.), SAR ECO-Challenge.

-2 mai : Moncton (N.-B.), parc Centenaire
 Flood-O annuel
Personne ressource : Brigitta Ouellette
Courriel : sbouell@nbnet.nb.ca
 Rencontre " B "

-1-2 mai : West Point, N.Y. Etats Unis
 25^e événements de 2 jours, individuel
 USOFA
 Rencontre " A "

-8 mai : Moncton (N.-B.) parc Mapleton,
 Rencontre " B "
Personne Ressource : **Danielle Cawley**

-15-16 mai : Harriman S.P. NY, 2004 HVO
 2-jours, individuel USOF
Information : <http://hvo.us.orienteering.org>
 Rencontre " A "

-6 juin : Fredericton, (N.-B.) bois UNB
Personne Ressource :
 Course de fond; Rencontre "B"

-13 juin : Rockwood Park, Saint Jean NB
Personne ressource : Paul Looker
 Rencontre " B "

-20 juin : Hillsborough, (N.-B.), Falcon Cup
Personne resource: **Garth Holder**

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-- vacant --

Region 4: Miramichi/Kent
-- vacant --

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Meet
2 5th
Meet

Two day
1&2 May,



Info
Annu
individ
2004



mation
al West Point "A"
ual Orienteering Meet

West Point, New York, USA

http://www.dean.usma.edu/geo/clubs/o_team/A_Meet/A

[Meet_main.htm](#)

OANS

Schedule

E2C Challenge, May 1&2,

Halifax, NS.

<http://www.hrsar.ca>

COC's 2004, July 14-18 <http://orienteingns.ca>

Whitehorse, YK.

<http://www.icefield.yk.ca/yoa>