

Notes to Competitors

SAGE Events at the North American Orienteering Festival

July 6-7th 2010

Welcome to the open spaces and warm temperatures of SAGE country and Kamloops! Our club is small in numbers but big in heart and we are delighted to welcome you to our terrain. We have chosen two maps for you to experience. The sprint map is of Thompson Rivers University, with the typical arrangement of buildings, grass areas, trees, sports fields and gardens of many sprint maps but with the added bonus of a spectacular view of the Thompson Rivers. Kamloops is where the North and South Thompson Rivers meet. Following the sprint, there is a social event and evening meal at the University Gardens. Tickets for the BBQ are still available but we must know final numbers by July 2nd. Next morning the middle distance event will be held on the Edith Hill map, about 15 km south of Kamloops. There the running should be cooler in grassland and forest terrain should be cooler than in the valley heat of Kamloops.

Both events take place wholly or partly on private property. Please respect the areas. Stay off obvious cultivated garden areas in the sprint and avoid damaging fences in the middle event.

Be prepared for heat! Summer has been very cool in Kamloops so far this year, but warm temperatures are always possible. Make sure you hydrate before each event, even the sprint. The University campus can be very hot in late afternoon: not so good for running but very nice for cool drinks in the gardens after the event. The Edith Hill map is at much higher elevation and should be cooler.

Registration packages

Packages containing tourist information for Kamloops, start lists and a copy of these notes can be picked up at the meet sites at the North American events, July 1-3.

Starting procedures

Procedures will be similar to those at the North American events. The Sprint start is adjacent to the Parking. The Middle start is 10 minute walk from the parking. Although these events are not championship events, please try to arrive at the Start by your assigned time. We will not be using a start punch.

Water and refreshments

There are no water stations on the sprint map. There will be a limited amount of water on courses 4-8 of the Middle event. Water will be available near or at the Start and Finish and refreshments will be available at the Finish of both events.

The middle courses pass through a lot of open terrain on south facing slopes and temperatures could be in the low 30's C. (80's F.) so it very important to ensure that you are adequately hydrated.

Showers

Showers will be available following the Sprint event at the Tournament Capital Center which is located on the SW corner of the Sprint map. The showers can be accessed by walking to the SE end of the running track. The showers have been made available by the City of Kamloops free of charge. The Canada Games Pool is in the same building complex but if competitors wish to swim they will have to enquire at the pool.

Free river swimming is available at Riverside Park in downtown Kamloops.

Safety issues

The sprint event takes place in an urban setting. There will be cars on the roads. Please take care when crossing roads. The middle event is in a wilderness setting. Bears could be encountered although this is a rare occurrence. If you encounter a bear back away slowly making lots of noise. You may also encounter cows.

First aid

A qualified first aid attendant will be available at the finish of both events. Kamloops has a major hospital located on Columbia Street.

Toilet facilities

At the Sprint event, toilets are available in the Old Main building adjacent to the Finish. Portable toilets are available near the start of the Middle event.

Social event July 6th

The event will be held in the University Gardens which are located on the west part of the sprint map. The bar will open at 6.30 and the meal will be served at 7pm.

Awards

A number of prizes are available for competitors who have been selected at random from the start lists. The prizes are available at the Registration table. Sprint Event Class winners (1,2 and 3rd place) will be awarded laminated maps at the BBQ. Middle event winners will be awarded maps at the closing ceremonies at 1pm July 7th. Canada 5 day event winners (1st place only) will be sent \$25 gift certificates by e-mail.

Course closing times

Sprint event course close at 6pm

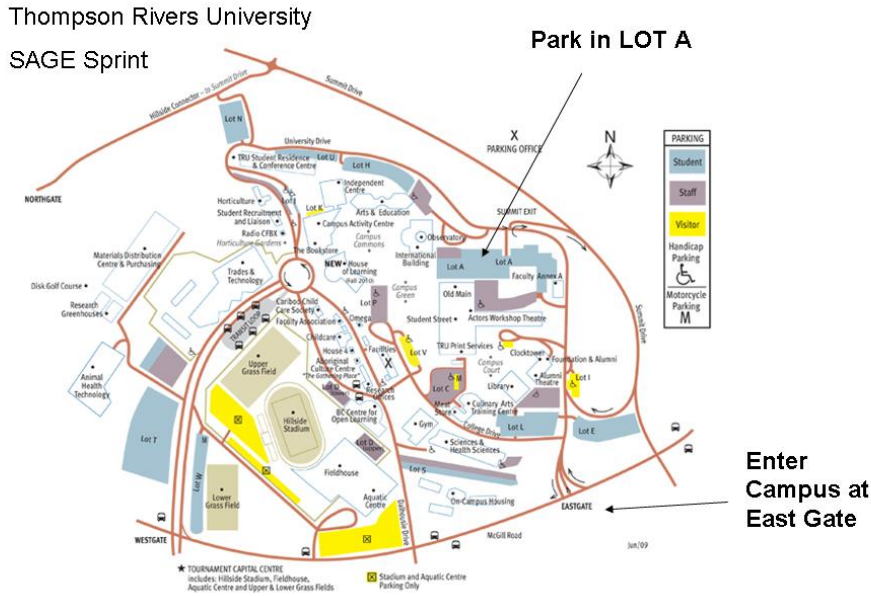
Middle event courses close at 2pm

ALL COMPETITORS MUST REPORT TO THE FINISH

Event locations

Sprint Event at Thompson Rivers University

Thompson Rivers University is in the heart of Kamloops. A map of Kamloops is included in your package. Please enter the campus at the East Gate and park in Lot A. You will have to pay a fee if you choose to park in any other lot. The Start and finish of the sprint courses are in the vicinity of Lot A.



Middle event at Edith Hill (Maps will be available at the Sprint event).

Take exit #368 off the Trans Canada Hwy 1 (freeway) in Kamloops, onto Hwy 5A to Merritt. Start your odometer at the first traffic light and then proceed South. At 4.5 km (2.6 miles) turn right at an "O" sign onto Long Lake road, and then at 1.5 km up this road, keep left at the second "O" sign and 2.0 km further, turn right at the third "O" sign. You now proceed up this gravel road (may be dusty, so keep your distance and watch for on coming traffic) for 5.4 km (past Edith Lake on the left) to the final right turn at the last "O" sign. You must now pass through a large steel gate. If there is no attendant there when you arrive, you may manually pull the gate bar open wide to allow you to pass through, but PLEASE ENSURE THAT YOU SWING THE GATE BACK CLOSED AGAIN AFTER YOU HAVE PASSED THROUGH. From this point on you will find yourself on a small, slow farm road which passes through two OPEN barbed wire fences during the final 0.5 km to the parking area adjacent to the obvious toilets on the right. Please park on the left (south) side of the road, right angles to the road. Please leave about 30 minutes to reach this point from Kamloops. The start is 350 m north up the fence line from the toilets.

Notes from the Course planners

Marie-Cat Bruno: Sprint event

Even though urban sprints tend to be thought of as being "runner's course", believe me when I say that this is a very challenging map! There are lots of intricate details and control locations have been picked to challenge even the elite orienteer.! Even though this is a large scale map, a magnifier could definitely come in handy in some areas of the map.

Be extremely careful when crossing or running along roads. There will be a road marshall at the busy road crossing, but this is an urban sprint, which means lots of road crossings. Please use your head: cars are bigger than you! Course 1 and 2 are strictly urban. Courses 3 and 4 will go off track slightly. Orienteering shoes are not necessary - and probably not recommended, especially if the metal stud type.

This is a 1:4000 ISSOM sprint map which means that some symbols are different than regular course orienteering. Please respect "olive green" flower gardens and any crossing of impassable walls (thick black line) could result in a disqualification (as it is the rule in sprints). We work hard to gain access to such sites so please help us maintain our infraction-free record with TRU.

Murray Foubister: Middle event

The start area is 10 minutes walk from the parking. The finish is 600 m west of the parking area along the road. After finishing, competitors need to return to the parking area to download at the Officials tent.

GENERAL MAP NOTES: The map is very open in some places and lightly forested in others and quite runnable throughout. It is also quite hilly with some brushy areas (rose bushes) in the gullies and some recent blowdown in a few spots. Long pants and/or armoured gaiters are recommended. You may encounter a small bit of low lying cactuses in the lower areas and, though past their main season, occasional wood ticks may also be picked up from the grass so check yourself after your run. Bears do live on the map but they are unlikely to be encountered. If you do see a mother with cubs, be sure not to get between them. Please leave all gates as you find them and use caution when crossing fences. Cross between the wires, or underneath them, or leap them at full stride, but please DO NOT CLIMB ON THE WIRES.

This map was first used for the Asia Pacific Championships in 1990, and it is now 20 years old, so expect a few wrinkles. There has been some selective harvesting of trees over the years (with a few unmarked tractor trails) and some of the forest edges have expanded with new growth so be cautious about using these forest boundaries for navigation aides. Also, mapping standards have changed these days so there are a lot more small rock features than shown on the map. Finally, note that many lakes and swamps are much lower or drier than shown. The area is complex in many areas, steep in others and challenging throughout. Be safe and have fun!

Courses for each class: Sage events

CLASS	SPRINT (4 courses)	MIDDLE (8 courses)
M and F 10	1	1
M and F 12	1	1
M and F 14	1	2
M and F 16	3	3
F20	4	6
F21	4	7
F35	3	6
F45	3	5
F55	2	4
F65	2	4
F75	2	4
F80	2	4
M20	4	7
M21	4	8
M35	4	7
M45	3	6
M55	3	5
M65	3	4
M75	3	4
M80	3	4
Open TR 1	1	1
Open TR 2	2	2
Open TR 3	3	3
Open TR 4	3	4
Open TR 5	3	5

Course distances: Sage events

Course	Sprint event		Middle event	
	# of controls	distance (km)	# of controls	Distance (km)
1	14	1.3	6	2.1
2	18	1.8	6	2.1
3	20	2.2	8	2.8
4	26	2.9	9	3.3
5			8	3.8
6			9	4.2
7			9	4.4
8			14	5.4

SAGE events staff

Meet Director: Alan Vyse

Registrar: Peter Gray

Sprint event planner: Marie-Cat Bruno

Sprint event advisors: Brian May, Pam James

Middle event planner: Murray Foubister

Middle event advisor: Scott Foubister

Middle event map revisions: Bryan Chubb

Meet assistants: June Emery, Lee Emery, Frances Vyse, Allan Stradeski, Rebecca Farad,
Brendan Matthews, Marta Green, Abbi May, Sheena Van Dyk

SAGE event supporters

Sage O Club wishes to thank:

Thompson Rivers University Campus Activity Centre and Facilities staff

City of Kamloops Tournament Capital Centre staff

Tourism Kamloops staff

George Little, Edith Hill landowner