

Sprint O - "A" Meet - Follies - Score O - "A" Meet Again Training

Alberta Barebones '97 Orienteering Festival

May 23 - 25, 1997*



The **Foothills Wanderers Orienteering Club** would like to invite orienteers of all caliber and experience to join us on this weekend in May for a three-day festival packed with events and activities that is guaranteed to be a fun, fun gathering of new and old friends. Three days of high quality orienteering in the Innisfail area in Central Alberta. Our headquarters for the weekend will be the lovely Anthony Henday campsite. Everyone, no matter what level of experience, is invited to take part in all events.



Barebones Philosophy

We reckon that quality orienteering shouldn't need millions of organizers plus a dozen nervous breakdowns. The Alberta Barebones '97 Orienteering Festival will encompass the idea of quality orienteering with minimum organizational effort.

Camping

- We have booked the Anthony Henday Campsite in Innisfail for Friday and Saturday nights. This beautiful camp is on the west edge of Innisfail. It is an ideal spot for children to play and for some serious kick-back relaxing. The cost of the campsite is \$8/site each night and will be collected at the campsite.
- There are hot showers at our campsite (included in the camping fee) and plenty of firewood.
- If camping does not appeal to you, all of the events are within a 30 minute drive from Red Deer. And, of course, Innisfail has a variety of other accommodations for those more inclined to luxury.
- There are plenty of shops and restaurants in Innisfail.
- Special activities and events are at this very moment being planned for the Group Campsite. Be there or be square.

Beginners Welcome!

If you've never orienteered before, or if you've done it a couple of times and are a bit nervous about trying it out - then the Barebones Festival is for you! Every event will have: 1) a beginners clinic starting one hour before the first start; 2) courses suitable for newcomers; 3) courses suitable for novice and intermediate orienteers; 4) non-competitive 'open' categories.

Check out the web page of the Alberta Barebones '97 Orienteering Festival at:
<http://www.cyberbia.com/fwoc/barebones97.htm>

*Not the long weekend!

Day One Friday May 23 Short O at Raven River

This evening event sets the weekend off on a fun footing! Nothing better than a mass start and lots of controls to test the concentration and add a few head-to-head encounters that will be talked about for ages after! Organized by Mark Astridge, King of the Sprints.

Meet Director	Mark Astridge
Map	Raven River 1:10,000, 2.5m contours 1990, George Kirkov
Sign in & Late Registration	6:00 - 7:00 pm
Map Drawing	6:00 - 7:00 pm
Start	7:00 pm
Course closing	9:00 pm
Courses	Course 3 5.0 km - advanced
	Course 2 3.5 km - intermediate
	Course 1 2 km - novice
Categories	As appropriate for the number of entrants (will be posted at the registration area)
Awards	At group campsite, later on
Directions to Site	Take highway 54 west from Innisfail, go 4 km beyond Spruce View. Turn south at the sign to Eckville. Follow orienteering signs to meet site (about 10km). About 25 minutes from campsite.

Day Two Saturday May 24 'A' meet at Beaver Lake

An 'A' meet just to get Adrian certified so he can control at the 1998 Canadian Championships. Revisit the site of the 1990 North America championships where 1990 course planner Don Bayly will once again set fun courses for all!

Meet Director	Adrian Zissos
Course Planner	Don Bayly
Controller	Nancy Craig
Map	Beaver Lake 1:15,000, 2.5m contours, 5 colour 1990
Sign in & Late Registration	10:00 - 11:00 am
Map Drawing	Late registrants will have to draw their courses & map corrections (all 20 of them!) after they start
Start list	Will be available at the registration area and at group campsite.
First start	11:00 am
Maximum Time	Competitors will be allowed three hours to complete their courses
Courses and Categories	Course 6 M20-34
	Course 5 M17-19, M35-44, F20-34, F35-44, MOpen-5
	Course 4 M45-54, M55-64, M65+, F17-19, F45-54, F55-64, F65+, MOpen-4, WOpen-4
	Course 3 M15-16, F15-16, MOpen-3, WOpen-3
	Course 2 M13-14, F13-14, MOpen-2, WOpen-2, Groups-2
	Course 1 M12, F12, MOpen-1, WOpen-1, Groups-1
Awards	At the group campsite later in the day
Directions to Site	Follow orienteering signs south from the village of Caroline (about 35 minutes from campsite)

Day Two Saturday May 24 Social Events

Napolean Lake Follies

FWOC's champion joke teller Jim Webster will be hosting a fun, informal event Saturday afternoon after we're all back and showered from the "A" meet. The Follies will take place on the Napolean Lake map which is adjacent to the group campsite in Innisfail. There may be a nominal additional charge to cover map costs.

Pot Luck Supper

Bring your favorite dish. And cutlery. And plates. And beverage. And join in the fun. Location To Be Announced.

Day Three

Sunday May 25th

Score Event at Beaver Lake

The Barebones tradition continues - Score 'O' with extra points for finding dem bones.

Meet Director	Adrian Zissos
Map	Beaver Lake 1:15,000, 2.5m contours, 5 colour 1990
Sign in & Late Registration	9:00 am - 10:00 am
Map Drawing	Hey, we liked the idea of color photocopies so much that we did it again. Yippee!!
Start	10:00 am
Course closing	11:30 pm
Courses	Score O
	Orienteers will choose which controls to visit. Controls will have different values assigned, depending on the difficulty and distance to the control.
Time Limit	There will be a 90 minute time limit.
Penalties	Hefty penalties will be imposed for lateness to ensure everyone returns within the time limit
Categories	As appropriate for the number of entrants (will be posted at the registration area)
Awards	High noon. Or as soon as we get it figured out.
Directions to Site	Follow orienteering signs south from the village of Caroline (about 35 minutes from campsite)

Day Three

Sunday May 25th

"A" Meet Again Training

After an event I always, always, always draw out my route and wonder to myself "how could I have been so ..." and "if only I could do it again". Well, here's your chance. We'll be leaving out the controls a little bit longer from Saturday's "A" meet. You can re-run your course in whole or in part; you can revisit particular trouble spots; and for those who prefer, coaches will be available to give insight and suggestions on areas that you may have particular problems with. This is how the Swedes get so good! Organized by Charlotte MacNaughton. Fees are included in event registration. Runs from 1:00 pm till 3:00 pm.

Need more information??

By E-mail Charlotte MacNaughton CharlotteM@CompuServe.com
By phone Adrian Zissos or Charlotte MacNaughton (403) 283-4473
By fax Attention: Adrian Zissos (403) 294-4301
By mail Alberta Barebones '97 Orienteering Festival
 902 1st Ave NW Calgary, Alberta, Canada T2N 0A5
Internet Visit the web site of the Barebones '97 Orienteering Festival at:
 <http://www.cyberbia.com/fwoc/barebones97.htm>
 Also check out the Canadian Orienteering Federation site at: <http://www.orienteering.ca>

Child Care

If you require baby-sitting, please send a note with your registration giving the number and age of the children. The organizers will try to figure out something - but there will be a charge!

Rules

All entrants must sign a Release and Indemnity form at the event site.
Whistles are mandatory (and, as always, can be purchased at the event).
No spikes! This is to protect the ground cover.

Early Bird Special!

On May 13th we will draw one pre-registered orienteer and award that person free entry to all of the events.

*The Barebones Orienteering Festival is being run on a low budget and profits from the event will be used to support the development of orienteering in Alberta.
Last year's Barebones raised \$1500 which is about one third of the cost of a new map.*

Registration

We are providing pre-registration in order to help organize the start draw for the "A" Meet, to encourage participation, to simplify on-the-day administration and to ensure adequate facilities. Pre-registered participants will receive pre-drawn maps. Note that there are significant financial incentives to register early - by May 13th. And there is an Early Bird Draw for a free entry! So send in your registration right away.

Fee (received on or before May 13th)		Late fee (received after May 13th) and Non-members Fee*
Day 1 & 3 (per day)		
Adult	\$10	\$13
Junior/Senior	\$5	\$8
Family Max.	\$25	\$34
Group	\$8 (includes 1 map) extra maps \$3 each	\$8 (includes 1 map) extra maps \$3 each
Day 2 (A meet)		
Adult	\$12	\$15
Junior/Senior	\$8	\$11
Family Max.	\$32	\$41
Group	\$8 (includes 1 map) extra maps \$3 each	\$8 (includes 1 map) extra maps \$3 each

*Contact Charlotte MacNaughton (see over for address, phone and e-mail) to receive a membership form
 Junior is 20 years and under on Dec 31st, 1997 Senior is 60 years and over on Dec 31st, 1997

Complainer's Fee

Another Barebones' innovation. The complainer's fee of \$10 is to be paid in advance by anyone who thinks they might take to whining about the terrain, the courses, the punch-stands, the organization, the weather, or anything else that will make the organizers wish they'd never put their heart and soul into staging this event. Constructive criticism, as usual, is free :-)

Cancellation

In the event you should cancel your entry, we will refund 80% if the cancellation is received in writing before May 13th, but only 50% after that. No refunds will be given after May 22nd.

Registration procedure

Mail your entry (and fee) to: Alberta Barebones '97 Orienteering Festival, 902 1st Ave NW, Calgary, Ab T2N 0A5

Or fax your entry to: 294-4301 Attn. Adrian **Or e-mail** your entry to: CharlotteM@CompuServe.com

If you desire, fax or e-mail us all of the information and mail us a cheque separately. Note that we will not consider you properly registered until we get the cheque! (So entry fees are determined by the date we receive the cheque - and so is eligibility for the early-bird draw).

REGISTRATION						
Contact name						
Club						
Address						
Phone			E-mail			
Entrants						
Name	Yr of Birth	Category	Entry fees			Total fees
			Day 1	Day 2	Day 3	
1						
2						
3						
4						
5						
6						
Make cheques payable to F.W.O.C.						TOTAL