

Barebones 2003 Orienteering Weekend

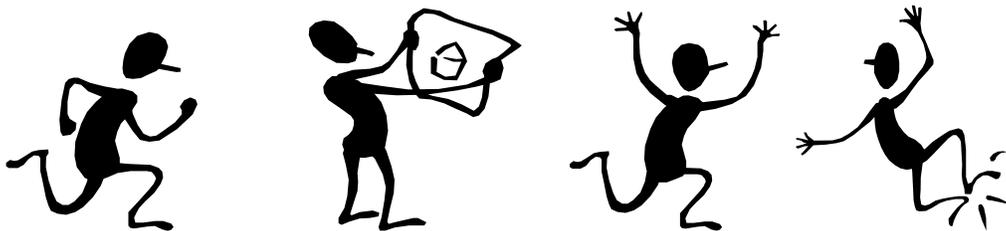
Canmore, September 19th - 21st

This autumn be part of the seventh annual Barebones weekend and enjoy: five races in two and a half days, glorious fall colours, abundant ambience, a laid-back atmosphere, world-famous potluck dining, and (need we mention?) fabulous orienteering courses - all with the usual promise of "hardly any" technical mistakes by the organizers. The races take place in a variety of breathtaking terrain on brilliant maps. Orienteers and adventure racers of all experience levels are invited to join in.



At A Glance

- Friday afternoon take some time off work and enjoy the *Classic O* race in detailed terrain on the new Moose Creek map 65km west of Calgary.
- Friday evening pitch your tent at the group campsite in Bow Valley Provincial Park then take a short drive to the Mount Laurie map for the *Night Sprint* event. Showers are available close to the campsite.
- Saturday morning take a short drive to the Barrier Lake map for *The Setup*, part one of the day's two-part race. A short fast event with expected winning times of thirty minutes.
- Saturday afternoon return to the group campsite for *The Chase*. This event uses a chasing start based on the morning results so that the first across the finish line is the winner of the two-event total-time Barebones Chase.
- Saturday evening socialize at the ever-increasingly stupendous Barebones Potluck dinner at the group camp.
- Sunday morning drive to the Canmore Nordic Centre for the *Enduro* - a long-distance event with an expected winning time of 3 hours. The course is designed to be fun and to challenge your versatility with a wide variety of navigational tools including orienteering maps, topo maps, sketch maps, and air photos. Visiting control sites is optional, but you score points for each control you do visit. An early start time and quick awards will get everyone homeward bound by mid afternoon.



Group Camping and Event Center

- The group campsite is always at the heart of Barebones. This year we'll be staying at Elk Flats group campsite in Bow Valley Provincial Park. This will be the location for the camping, potluck dinner, and the finish for the Chase event. The organizers will generally be available here if you need them.
- 30 sites are available, some with hookups but mostly tent sites. Cost is \$15/unit/night. Be sure to book your spot using the registration form. Overflow camping is available at the public campsite close by (slightly higher fees).
- Outhouses onsite. Flush toilets, showers, and laundry are nearby.
- Firewood is provided. Liquor is allowed, but only within the group campsite. Pets must be kept on a leash at all times.
- There is a camp store in the park, and the villages of Seebee, Exshaw, and Canmore are all just a short drive for supplies.
- Directions: Take Highway 1 west from Calgary for about 45 minutes. Take the Bow Valley Provincial Park exit (Highway 1X). Turn left into Bow Valley Provincial Park and follow the signs for about 4km to the Elk Flats group campsite.
- Distance (approx.) from: Calgary 90 km, Edmonton 340 km (bypass Calgary and come through Cochrane).

Classic O - Night Sprint - Setup - Chase - Enduro

**** All event locations are subject to obtaining permission for access.

Friday September 19th, 3pm

Classic O

Moose Creek

The new Moose Creek map features foothills terrain in the valley of Jumpingpound Creek near Sibbald Flats. A mix of deciduous and coniferous forest, flat areas, detailed areas, steep slopes, creeks and marshes.

Officials	Course Planner: Mark Astridge	Controller: Adrian Zissos	Timing: Richard Obreiter
Map	Moose Creek	1:10,000	5m contours. Fieldwork: Robert Micek, 2002
Sign in	3:00 pm - 3:45 pm		
Start time	4:00 - 4:30 pm, times assigned at start line.		
Maximum Time	Competitors will be allowed two hours to complete their course.		
Courses	Course 1: 2km; Course 2: 3km; Course 3: 4km; Course 4: 6km		
Directions to Site	Take Highway 1 west from Calgary about 50km then turn south on Highway 68 (partly gravel) for approximately 15km.		

Friday September 19th, 8:15pm

Night Sprint

Mount Laurie

Sprint length - winning time of 15 minutes anticipated - in the dusk on the wonderfully detailed Mt Laurie map. Don't forget your flashlight.

Officials	Course Planner: Adrian Z.	Controller: Mark Astridge	Timing: Richard Obreiter
Map	Mt Laurie	1:10,000	5m contours Updated 2002, Bryan Chubb
Start time	Mass start at 8:15pm. Sunset is 7:39pm		
Maximum Time	Competitors will be allowed sixty minutes to complete their course.		
Courses	Course 1: 1.5km; Course 2: 2.0km; Course 3: 2.0km; Course 4: 2.5km		
Directions to Site	Look for O-signs at the intersection of Highways 1A and 1X (near Seebee). Approx. 10km from group camp.		

Saturday September 20th, 10am

The Setup

Barrier Lake

Part one of the Barebones Chase. Your finish time in this event determines your start time in the afternoon's Chase.

Officials	Course Planner: Charlotte MacNaughton	Controller: Miles Tindal	Timing: Richard Obreiter
Map	Barrier Lake	1:15,000	5m contours. Fieldwork: Afan Jones 1984
Start times	10:00 - 10:30 am, times assigned at start line. 30 second (or less) start interval.		
Maximum Time	Competitors will be allowed one and a half hours to complete their course.		
Courses	Course 1: 2.5km; Course 2: 3km; Course 3: 3km; Course 4: 4km.		
Directions to Start	From the Highway 1 turn-off for Bow Valley Provincial Park follow the O-signs a short distance (toward Rafter Six).		

Saturday September 20th, 3pm

The Chase

Bow Valley Provincial Park

Part two of the Barebones chase. Short courses, lots of controls, the excitement of a chasing start, and all this just a short walk from the group campsite! Following the event, gorge at the Barebones potluck dinner.

Officials	Course Planner: Miles Tindal	Controller: Charlotte MacNaughton	Timing: Richard Obreiter
Map	Bow Valley Provincial Park	1:10,000	3m contours. Fieldwork: Kitty Jones 1985. Misc updates since then.
Start time	3:00pm - 4:00pm depending on your Setup results. Mass start at 4:00 pm for people who don't have a Setup time.		
Maximum Time	Competitors will be allowed one and a half hours to complete their course.		
Courses	Course 1: 2.5km; Course 2: 3km; Course 3: 3km; Course 4: 4km		
Directions to Start	A short walk from the group campsite.		

Pot Luck dinner 7:00 pm at the group campsite. Chili & Hotdogs provided. Please bring utensils, chairs, and a salad or dessert to share.

Sunday September 21st, 10am

Enduro

Canmore Nordic Centre

A unique challenge to test your navigation skills and fitness in a variety of circumstances. Start and finish at the Canmore Nordic Centre.

Officials	Course Planners: Alaric Fish	Controller: Adrian Zissos	Timing: Richard Obreiter
Map	All kinds of maps will be provided. Only those provided by the organizers are permitted.		
Start time	Everyone starts together at 10:00am at the main lodge.		
Course	One course with several orienteering controls to visit, each worth one point. Visit only those you want. At the end of the race, the competitor with the most points will win, with ties going to the fastest. The full course is about 20km.		
Maximum Time	We expect most people will hike the course, and have designed it so that a fast-ish hiker will complete the entire course in 4-5 hours. We expect the winners will be done within three hours. The time limit is six hours.		
Equipment	Normal orienteering/hiking equipment. Bring your own water.		
Categories	Individual: Open (M/F) and Venerable persons (M/F). Teams: 2-person open, mixed, senior; Other categories depend on who enters (for example: family, groups, etc). Note: Youth (16 & under) can only enter as part of a team with at least one adult.		
Directions	From Canmore, follow signs to Canmore Nordic Centre. Approximately 25km from group camp.		

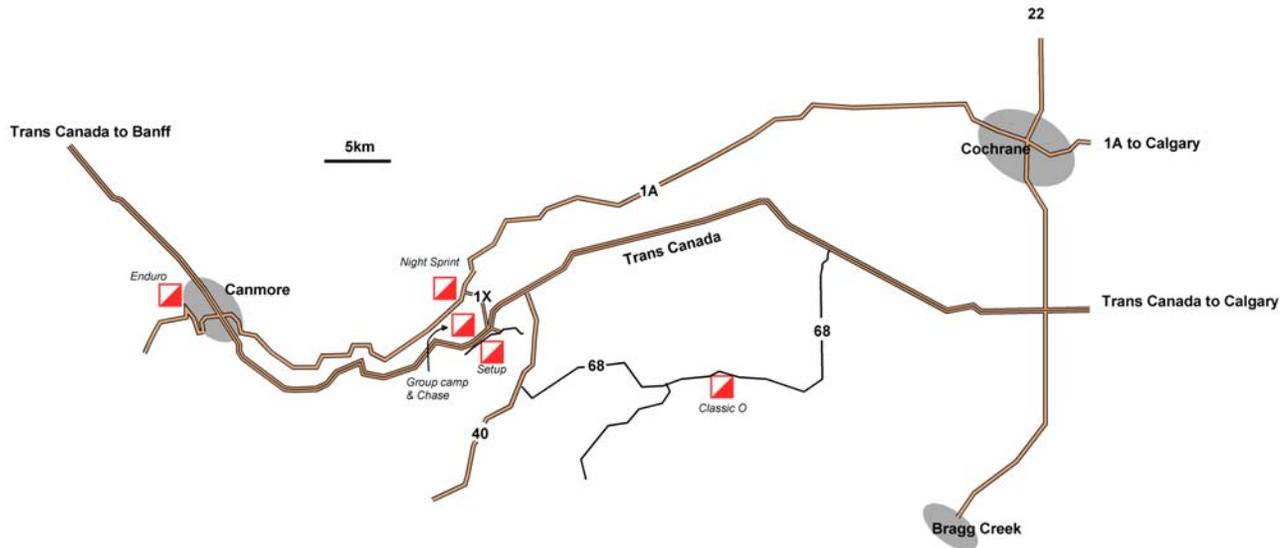
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Courses

At each Barebones event (except the Enduro) we offer 4 courses to suit every level of navigational ability and fitness. Course 1 is technically the easiest and shortest course, and is suitable for young beginners. Course 2 is longer and more technically difficult, and is suitable for experienced youngsters or for adult beginners. Courses 3 and 4 are the most technically difficult, with Course 4 being the longer and more physical.

Beginners Welcome

If you're just starting orienteering and want to hone your skills while thoroughly enjoying our wonderful countryside then the Barebones weekend is ideal for you. Take part in as many or as few events as you wish. Each event has courses to challenge all levels from beginner to advanced, and the emphasis (Olympically) is not in the winning but in the taking part. Wear running clothes you don't mind snagging (long pants essential), trail shoes you don't mind muddying up, and bring a cheapo compass. Lots of events, lots of friendly "experts" to help you out - the Barebones weekend is for you.



Potluck Dinner

7:00pm Saturday night at the group camp. We'll supply Chili (regular and vegetarian) plus hotdogs and trimmings for everyone. Please bring utensils, cups, drinks, and chairs. Contributions of salads and desserts gratefully accepted.

Prizes & Awards

All results will be posted on the web. And as usual for a laugh we'll acquire a bunch of junk and distribute it to people who win the races in very short award presentations.

Need more information??

By E-mail	Richard Obreiter: rpo@barebones.ca
By phone	(403) 295-8741; Richard Obreiter
By fax	Contact Richard for instructions
By mail	Barebones 2003 Orienteering Festival 112 Bermondsey Rise N.W., Calgary, Alberta, Canada T3K 1T9
Website	www.barebones.ca



Barebones Philosophy: We reckon that quality orienteering shouldn't need millions of organizers plus a dozen nervous breakdowns. Barebones 2003 encompasses the idea of quality orienteering with minimum organizational effort.

Emergency

- Call 911
- Closest hospital is in Canmore.

Child Care

For those that need it "community childcare" can be arranged at each event.

Rules

Whistles are mandatory (and can be purchased onsite). All non-orienteering-club-members must sign a Waiver (or become members - and why not? It's cheap)

Entry Fee <u>received on or before September 12th</u>				
event v	category >	Youth 16 & under	Venerable 60 & over	The Rest 17 - 59
Classic O		\$5	\$12	\$15
Night Sprint		\$5	\$8	\$10
The Setup		\$5	\$10	\$12
The Chase		\$5	\$10	\$12
Enduro	as individual	n/a	\$20	\$25
	as team member	\$10	\$10	\$15
For all events:				
including Individual Enduro		n/a	\$50	\$60
including Team Enduro		\$20	\$42	\$52

Late Fee: After Sept 12th add \$3/person/event (so register early).

Non-O-Club members: add \$5 / person / event (it's cheaper to buy a club membership).

Classic O, Sprint, Setup, Chase: Groups pay one entry fee plus \$3 for each extra map.

Enduro: Youth can only enter as part of a team with an adult.

Electronic Punching: All events use electronic timing. There is a small charge of \$2/event or \$5/weekend to rent SportIdent cards if you don't have your own.

Group Campsite: 30 sites are available for pre-registration. Cost is \$15/unit/night. Register early to ensure a place.

US Exchange: We'll accept payment in US\$. Please multiply the total amount payable by 0.75 to convert to US\$.

Registration Deadlines

August 15th is the early registration deadline and on that day there is an Early Bird Draw for a free entry to all of the orienteering events.

September 12th is the registration deadline. Limited number of entries are available (at a higher cost) after this date.

Complainer's Fee

A complainer's fee of \$15 is payable in advance by anyone who thinks they might take to whining about the organization, the courses, the map, the terrain, the weather, or anything else that will make the organizers wish they'd never bothered organizing this event. Constructive commentary, as usual, is free and welcome.

Cancellation & Refunds

In the event you should cancel your entry, we'll refund 80% if the cancellation is received in writing before September 12th, but only 50% after that. No refunds will be given after September 19th (it'll all be spent by then).

Registration procedure

Mail your entry (and fee) to: Barebones 2003 Orienteering Weekend, 112 Bermondsey Rise N.W., Calgary, Alberta, Canada T3K 1T9. If you prefer, **fax** or **email** us all of the information and mail us a cheque separately. We will not consider you properly registered until we get the cheque. (Entry fees are determined by the date we receive the cheque - and so is eligibility for the early-bird draw).

BAREBONES 2003 REGISTRATION												
Contact name												
Club												
Address												
Phone						E-mail						
Entrants					Entry Fees							
Name	SI card number	M/F	Age	Course (1-4)	Classic \$	Sprint \$	Setup \$	Chase \$	Enduro \$	All Events	ePunch Rental	Race fees
Eg: Mr. Joe King	623124	M	39	4						60	----	60
1												
2												
3												
4												
5												
Group Camp Site												
Number of units _____ X Number of nights _____ X \$15/unit/night										Camping fees:		
Make cheques payable to: Alberta Orienteering Association										TOTAL FEES		