



Barebones 2004 Event Information



Welcome to the Ninth Annual Barebones Weekend, a collaboration of organizers from Calgary and the Yukon. We've planned five orienteering races for this weekend and that is a lot. So whether you take part in some of them or all of them make sure you look after yourself: eat lots, stay hydrated, sleep lots, stretch lots, and warm up properly before your races. We hope everyone will enjoy (and participate in) the laid-back atmosphere of Barebones Orienteering.

Super important information

- You must *always report to the finish, even if you don't finish your course*. This is to avoid us worrying unnecessarily and/or pointlessly executing our emergency search procedure.

Registration / Sign In

You might need to go to Registration for some reason such as to give us money, to get your rental ePunch, to change courses, or to pick up valuable information such as a copy of this brochure. This will involve finding Richard. Just ask a bunch of people and soon you'll find someone who knows where he is. Be aware that the closer to the start (or finish) of a race that you talk to Richard, the more cranky he is - be sure to address any registration issues as early as possible.

First Aid and Emergency

- Gabrielle Savard is the Barebones 2004 Safety Chief
- Adrian Zissos is the Barebones 2004 Meet Director (403 589 7470)
- Limited first aid is available at the finish.
- Contact Adrian Zissos or Gabrielle Savard in the case of serious injury or an overdue competitor.
- In Whitehorse medical service is available at the hospital. Dialing 911 contacts emergency services.
- In Carcross the Health Center can provide limited assistance (867 821 4444). RCMP is 821 5555.

Childcare

Childcare is ad hoc - nothing formal has been arranged, but it may be possible for parents to make arrangements directly with each other or with Richard.

Group Camping & Event HQ & Sunday Buffet Dinner

All this is at the Sundog Retreat. If you need to contact the organizers for any reason, you will most often find us here. Either that, or we'll be at the event site. Feel free to drop in anytime (or call 403 589 7470). Especially if it's to volunteer to help with something. Especially if that something is picking up controls or feeding the organizers.

Directions to Sundog Retreat: Take the Alaska Highway north. About 13km from Whitehorse turn right onto the Klondike Highway. Drive for about 10km, passing the Takhini Hot Springs turn off (where there is a laundry and grocery store and a local market on Saturdays 10am - 2pm). About 3km past the Burma Road look for the Sundog Retreat sign and turn right onto Policeman's Point Road. Allow 25 minutes from downtown Whitehorse.

Complaining

At Barebones we take only two things seriously - great orienteering courses (our job) and no complaining about anything at all (your job). For the third consecutive year nobody has paid the complainers fee. The organizers are rejoicing.

Race Information

Maps

If you get a map that is not in a clear plastic bag, you can rest assured that it printed on waterproof, tear-resistant Teslin paper. Legends will generally not be printed on the maps; control descriptions will be. Scale and contour intervals change from map to map - see race details.

Control Descriptions

Course 1 has English language descriptions only; all other courses have IOF symbols only.

For all events, control descriptions are printed on the map. In addition, for most events, copies will also be available elsewhere (like in this document maybe). The exception is that O Cross courses 3 & 4 will have control descriptions only on the map..

Water

There is no on-course water except in the Classic on courses 3 & 4. Please keep this in mind and plan accordingly to stay well hydrated. In the O Cross course 3 & 4 competitors can bring their own water to the map change-over (which will be visited twice during the race).

Awards

We will give awards to top finishers on each course for each day. Some awards will be given at the Sunday dinner; the rest will be given at Carcross School after the O Cross. At Barebones in addition to recognizing the top finishers we also like to applaud great performances from the rest of us with *Outstanding Performance Awards*. If you notice an outstanding performance worthy of a BOPA please fill in the nomination form (or something approximating the form) and submit it to the organizers.

Electronic Timing

We'll be using Electronic punching for all events. If you don't have your own ePunch, pay the rental fee and borrow one at Registration. Be sure to return your rental ePunch to Richard at the end of your last event. Or else.... Contact the AOA (www.orienteingalberta.ca) if you are interested in purchasing one.

Here is a quick summary of how to use the e-punching...

1. Before the race you must clear your e-punch's memory. Do this at the *Clear* station.
2. Verify that the e-punch is clear. Do this at the *Check* station.
3. Strap the e-punch to your finger. Some prefer the middle; I prefer the side of the index finger.
4. At the start of each race (except the Chase & O Cross) there is a start line control for you to punch.
5. At each control site simply insert the e-punch into the station and wait for the 'beep'. One beep is enough. If there's no beep you should first curse a bit and then, when that's out of your system, punch on the map using the traditional orange pin punches you will find hanging off the flag.
6. At the finish, insert the e-punch at the *Finish* line control and then walk to where Richard is. When you get to Richard he will **download** your e-punch's memory to his computer and will be able to give you your time and (if the printer is working) your splits for that race.
7. If this is the last race you are using e-punching, hand your rented e-punch to Richard.

Barebones 2005: Red Deer, Alberta, July 19 - 21

In 2005, Barebones is the pre-event for the 2005 World Master Orienteering Championships. We are offering orienteers from around the world a taste of exotic Alberta terrain, from the Rocky Mountain foothills terrain at Beaver Lake, to the rolling hills of SL Ranch, to Red Deer River canyon at MacKenzie Crossing. Visit www.barebones.ca for updates.

Distance & Climb & Number of controls for each course (subject to change or mistake)

	Classic			Sprint 1			Sprint 2			Chase			O Cross		
Course 1	2.3 km	30m	11	1.0 km	45m	7	1.1 km	35m	8	1.4 km	50m	10	2.1 km	55m	11
Course 2	2.5 km	45m	13	1.3 km	55m	7	1.0 km	35m	6	1.9 km	50m	7	2.4 km	60m	10
Course 3	3.8 km	130m	11	1.5 km	45m	8	1.2 km	45m	7	2.7 km	100m	11	4.5 km	160m	16
Course 4	6.4 km	240m	14	1.7 km	60m	10	1.7 km	45m	7	3.6 km	150m	13	7.3 km	230m	27

Note: especially in the Classic & O-Cross, climb is really hard to figure. We measured it along one of the many reasonably likely routes.

	3 day Total		
Course 1	7.9 km	215m	47
Course 2	9.1 km	245m	43
Course 3	13.4 km	480m	53
Course 4	20.7 km	725m	71

Barebones 2004 Organizers

From Calgary: James Baker, Charlotte MacNaughton, Richard Obreiter, Gabrielle Savard, Miles Tindal, Adrian Zissos
 From Whitehorse: Brent Langbakk, Nesta Leduc, Pippa McNeil

Saturday afternoon: Classic O

(Miles Canyon map)

Parking: At the Schwatka Lake boat launch / day use parking lot.

Registration: 3:00pm - 3:45pm at the event site.

Start time: 4:00pm - 5:00pm. Start times assigned at the start line (1 minute intervals).

If your plane arrives late Saturday, a later start time can be arranged if you contact the organizers well in advance and are prepared to help with control pick up ☺

Course closing: 7:00pm. (Maximum time is 120 minutes)

Organizers: Planner: Charlotte MacNaughton. Controller: Adrian Zissos. Timing: Richard Obreiter.

Map: 1:10,000 with 5m contours.

Notes:

- 1 km walk to start - a great warm up.
- This terrain is an excellent example of the best Whitehorse has to offer. A wonderful detailed area in which the trick is to stay in contact and always be traveling at the appropriate speed.
- The forest is mostly fast (white) with little undergrowth. Light green on the map generally marks where trees are closer together.
- Some depressions seem much deeper than they look on the map - at least to us.
- Course 1 & 2 will have a manned road crossing at a mandatory point. Course 3 & 4 have two unmanned crossings. The road is not busy, but please take care.
- Course 2 competitors will be expected to be able to follow a bearing through open forest for 100-200m to a catching feature (usually to a path, but in one case to a long but shallow depression). Good distance judgment will be helpful.
- Course 3 & 4 competitors are immediately faced with a steep 20m climb out of the start. For "Venerable" competitors on those courses (you know who you are) we point out the easier route of returning 100m toward the assembly area and taking trails with gentler slopes.
- Following the race jump into the Yukon River for a cool down swim.

Directions: From the S.S. Klondike cross the bridge onto Lewes Blvd. Take the first right onto Nisutlin and follow it to the Fish Ladder at the Dam. From there take the Chadburn Lake gravel road for about 4km to the Schwatka Lake Day Use area. About 10 minutes from downtown.

Help!! We would like volunteers to man the road crossing point for Courses 1 & 2.

Sunday Morning: Sprint One

(Yukon College map)

Registration: 8:30am - 9:15am at the event site.

Start time: 9:30am - 10:00am. Start times assigned at the start line. 30 second intervals.

Course closing: 11:00am. (Maximum time is 60 minutes)

Organizers: Planner: Adrian Zissos. Controller: Charlotte MacNaughton. Timing: Richard O.

Map: 1:7,500 5m contours.

Toilets: Inside the college. You must remove your shoes to go into the College.

Notes: Super fast running, with heavy trail network. Fast decision making required.
800m walk to the start.

Directions: Yukon College is just north of downtown Whitehorse. Take 4th Avenue north out of downtown and continue as it turns into Two Mile Hill. Just before reaching the Alaska Highway turn right onto Range Road. After about 1km turn left onto the Yukon College access road. About 5 minutes from the SS Klondike.

Sunday Morning: Sprint Two

(Yukon College map)

Parking: Same as for Sprint One, no need to move anywhere.

Start time: 11:30am - 12:00noon. Start times assigned at the start line. 30 second intervals.

Course closing: 1:00 pm (max time is 60 minutes)

Organizers: Planner: James Baker. Controller: Adrian Zissos. Timing: Richard Obreiter.

Map: 1:7,500 5m contours.

Notes: Same map as the morning, but different terrain. This terrain has fewer trails, open forest, and a bit more contour details. But it is just as fast. Start / finish close to parking.

Sunday Afternoon: Chase

(Grey Mountain map)

Parking: At the Biathlon Range parking lot (along the road perhaps)

Start time: 3:00pm - 3:45pm. Your start time will be 3:00pm plus your elapsed time from the two sprints in the morning. If you did not run in both sprints or if your elapsed time was more than 45 minutes then you will be in the Mass Start at 3:00pm before the Chase starts begin.
A start list will most likely be posted by Richard's truck, but regardless you will be responsible for getting to the start on time.

Course closing: 5:00pm. We will be picking up controls sharply at 5pm so we can get to the Buffet dinner.

Organizers: Planner: Miles Tindal. Controller: Charlotte MacNaughton. Timing: Richard O

Map: 1:7,500, 5m contours.

Notes: There is a complicated network of ski trails in this area, with good contour and rock detail. Be prepared for a more physical race than you had in the Sprints, the forest is thicker with more deadfall. And don't be startled by loud shooting sounds from the nearby shooting range or by the three bears and many other mammals that reside on the map which local experts assure us are completely harmless (they are in fact made of Styrofoam and are used as bow & arrow target practice; you will find them at the end of short paths (often marked with two black dashes)).
Start and finish are close to the parking.

Directions: From the S.S. Klondike, cross the bridge and take the second left onto Alesk Road.
Take the second left onto Grey Mountain Road. You will pass a cemetery fairly soon. Continue for 8 or 9 km to the biathlon range. About 15 minutes from Yukon College by car.

Help!! We desperately need help with control pickup so we can get to the Buffet dinner on time.

Sunday Evening: Barebones Buffet

(Sundog Retreat)

Sunday at 7:00pm join us for a buffet at the Sundog Retreat. Following the buffet we'll have awards and then entertainment by ourselves - make this your best Barebones performance ☺

Monday Morning: O Cross**(Carcross Desert map)**

Parking: Carcross School parking lot and vicinity. Please park respectfully.

Start time: 11:00am Mass start for course 4.
 11:05am Mass start for course 3.
 11:10 - 11:30 Interval starts for courses 1 & 2

Course closing: 2:00pm.

Organizers: Planner: Adrian Zissos. Controller: Miles Tindal. Timing: Richard O.

Map: 1:10,000. 3m contours. 1985.

Notes:

- Carcross Desert is the world's smallest desert according to the Guinness Book of World Records
- This is a twenty-year-old map. There are some new trails and others have vanished in the sand - however the trail network is surprisingly accurate. The vegetation is a bit more mature, and in particular some clearings have waist-high bushes now.
- Courses 1 & 2 will not have an O Cross, instead they will have a point-to-point course with interval start times assigned at the start line.
- Courses 3 & 4 will use an O Cross format - a one person relay using forking. There will be three loops, at the end of each loop you will get the map for the next loop. A forking tip: if you come to a control that you have previously been to, it is likely this is a forking point and so if you are following it will be time to follow someone else perhaps. No separate control descriptions; they are only on the map.
- There is about a 1km walk to the start. Take your time and enjoy the stunning views over Bennett Lake. But be sure to be on time for the mass start!!
- There is no water at the start or on the course. You may want to bring a water bottle with you to the start (we will collect them after for recycling). Course 3&4 runners might want to bring extra and drink both times their course returns to the start area - be sure to clearly identify your bottle.
- Course 4 has 26 controls. Your SI finger stick can hold only about 30. Don't punch controls that aren't on your course or there will not be enough memory for those that are.
- The finish is at the school.

Lunch: A pasta lunch will be available for purchase at the school / finish area. Cost will be about \$8. Please support the caterer who has kindly offered this service to us.

Awards: We'll have awards ceremonies at the school while you are eating lunch.

Directions: Travel south from Whitehorse on the Alaska Highway and follow signs to Carcross. Don't miss the turn off onto Highway #2 !!! In Carcross, cross the train tracks, and continue straight through town to the school. Allow one hour from Whitehorse.

Facilities: Flush toilets and basic showers at the school. You must remove shoes before going inside.

AZ's opinionated ratings (out of 5; 5 being excellent)

	Classic (Miles Canyon)	Sprint 1 (Yukon College)	Sprint 2 (Yukon College)	Chase (Grey Mountain)	O Cross (Carcross)
Terrain	5. Outstanding variety & detail	3. Loads of trails.	3. Large, simple features	4. Tricky trail network, some interesting detail	4. Tricky sand dunes
Map Accuracy	4. Some cutlines are hard to find	4. Very good	4. Very good. Some new trails.	4. Very good	3+ Getting a bit old, vegetation a bit dated
Physical 1 - easy 5 - tough	4. Lots of up & down. Some tough forest but mostly fast	2. Super fast, slightly uphill	2. Super fast, wide open forest	5. Thick forest, tough underfoot in most places	3. A mix of sandy ground and good forest
M20 Expected winning time	7.5 min / km	5.0 min / km	5.0 min / km	9.0 min / km	7.0 min / km

Barebones 2004 Classic		
C1	2.3 km	30m
▷		Path, Bend
1	101	Northern Copse, S-edge
2	104	Southern Path Path Junction
3	106	Copse, S-edge
4	108	Path, NE End
5	109	Path Path Junction
6	131	Path, Bend
7	129	Clearing, W-part
8	128	Path Path Crossing
9	126	Path, E End
10	134	Path, Bend
11	136	Path, Bend
○-----85 m----->◎		

Conds. FootHls Warden's Orienteering Club

Barebones 2004 Classic		
C2	2.5 km	45m
▷		
1	102	
2	105	
3	103	
4	111	
5	112	
6	106	
7	131	
8	130	
9	128	
10	126	
11	133	
12	134	
13	136	
○-----85 m----->◎		

Conds. FootHls Warden's Orienteering Club

Barebones 2004 Classic		
C3	3.8 km	130m
▷		
1	124	
2	122	
3	117	
4	118	
5	119	
6	120	
7	141	
8	138	
9	140	
10	137	
11	136	
○-----85 m----->◎		

Conds. FootHls Warden's Orienteering Club

Barebones 2004 Classic		
C4	6.4 km	240m
▷		
1	125	
2	122	
3	123	
4	107	
5	113	
6	115	
7	116	
8	119	
9	120	
10	121	
11	138	
12	140	
13	137	
14	136	
○-----85 m----->◎		

Conds. FootHls Warden's Orienteering Club

Barebones 2004 Sprint 1		
C1	1.0 km	45m
▷		Spur, At the foot
1	121	Path Path Junction
2	115	Path Path Crossing
3	104	Small depression
4	101	Small depression
5	117	Path Veg. boundary Crossing
6	119	Eastern Path Path Junction
7	118	Southern Path Path Junction
○< 95 m >◎		

Conds. FootHls Warden's Orienteering Club

Barebones 2004 Sprint 1		
C2	1.3 km	55m
▷		
1	103	
2	105	
3	107	
4	108	
5	111	
6	113	
7	109	
○< 125 m >◎		

Conds. FootHls Warden's Orienteering Club

Barebones 2004 Sprint 1		
C3	1.5 km	45m
▷		
1	102	
2	103	
3	105	
4	106	
5	107	
6	108	
7	111	
8	109	
○< 125 m >◎		

Conds. FootHls Warden's Orienteering Club

Barebones 2004 Sprint 1		
C4	1.7 km	60m
▷		
1	116	
2	102	
3	103	
4	104	
5	105	
6	106	
7	120	
8	107	
9	108	
10	109	
○< 125 m >◎		

Conds. FootHls Warden's Orienteering Club

Barebones 2004 Sprint 2		
C1	1.1 km	35m
▷		Path, SW End
1	103	Path, Bend
2	104	Southeastern Powerline pylon
3	105	Clearing, E-part
4	107	Ruin, SE-corner
5	114	Path Path Junction
6	102	Path Path Junction
7	101	Path Path Crossing
8	116	Clearing, NW-part
○< 75 m >◎		

Conds. FootHls Warden's Orienteering Club

Barebones 2004 Sprint 2		
C2	1.0 km	35m
▷		
1	105	
2	106	
3	107	
4	112	
5	115	
6	116	
○< 75 m >◎		

Conds. FootHls Warden's Orienteering Club

Barebones 2004 Sprint 2		
C3	1.2 km	45m
▷		
1	106	
2	113	
3	112	
4	108	
5	107	
6	111	
7	116	
○< 75 m >◎		

Conds. FootHls Warden's Orienteering Club

Barebones 2004 Sprint 2		
C4	1.7 km	45m
▷		
1	113	
2	109	
3	110	
4	111	
5	108	
6	106	
7	116	
○< 75 m >◎		

Conds. FootHls Warden's Orienteering Club

Barebones 2004 Chase		
1	1.4 km	50m
▷		Western Road Crossing
1	117	Veg. boundary, SW-edge
2	118	Path, Bend
3	104	Path Junction
4	129	Path Junction
○-----125 m----->○		
5	130	Path Junction
○-----150 m----->○		
6	132	Path Junction
7	133	Path Junction
8	134	Path Junction
9	125	Path Junction
10	106	Veg. boundary Path Junction
○-----85 m----->○		

Control: Foothills Wanderers Orienteering Club

Barebones 2004 Chase		
2	1.9 km	50m
▷	←	↗
1	118	↗
2	130	↗
3	102	●
4	120	↑
5	126	↓
6	113	⊞
7	106	↘
○-----85 m----->○		

Control: Foothills Wanderers Orienteering Club

Barebones 2004 Chase		
3	2.7 km	100m
▷	←	↗
1	100	⊞
2	114	→
3	127	●
4	102	●
5	107	↖
6	115	○
7	126	↓
8	116	●
9	112	⊞
10	113	⊞
11	106	↘
○-----85 m----->○		

Control: Foothills Wanderers Orienteering Club

Barebones 2004 Chase		
4	3.6 km	150m
▷	←	↗
1	100	⊞
2	101	↑
3	127	●
4	102	●
5	107	↖
6	111	▲
7	103	▲
8	108	∧
9	109	⊞
10	110	○
11	105	∧
12	113	⊞
13	106	↘
○-----85 m----->○		

2004 Bare bones O Cross	
C1	2.1 km
▷	
1	102 Forest corner
2	101 Path, Bend
3	122 Path Path Junction
4	107 Hill, On the top of
5	108 Path, Bend
6	109 Path, Bend
7	138 Pit
8	127 Path Path Junction
9	129 Path Path Junction
10	135 Path Path Junction
11	200 Path Path Junction
○-----100 m----->○	

Control: Foothills Wanderers Orienteering Club

2004 Bare bones O Cross	
C2	2.4 km
▷	
1	103
2	112
3	113
4	124
5	126
6	109
7	129
8	132
9	134
10	200
○-----100 m----->○	

Control: Foothills Wanderers Orienteering Club

O Cross course 3 & 4 control descriptions are on the map only.

Nomination Form for Barebones Outstanding Performance Award

Submit this form (or something like it) to one of the organizers any time during the Barebones Weekend.

I would like to nominate:

Reason: