



# Barebones 2006



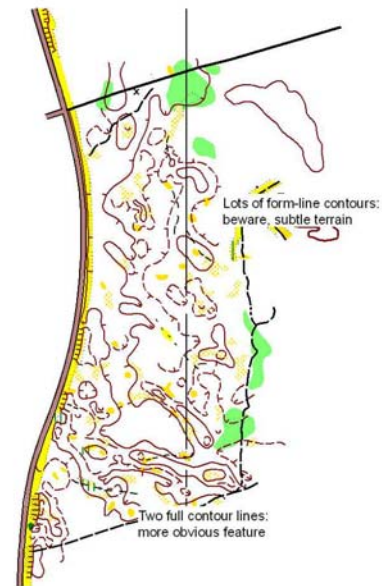
Date	Start times	Map / Location	Event	
Friday	June 2	6pm - 7pm	Dalmuir	Sprint 1
Saturday	June 3	9am - 10am	Wahstao	Model
		10am - 11am	Wahstao	Middle Distance
		2:30pm - 3:30pm	Wahstao	Sprint 2
		6:00pm - 10pm	Smoky Lake	Feast! & Silent Auction
Sunday	June 4	10am - 11am	White Earth	Long Distance

## Welcome to Barebones XI

The sand hills of Smoky Lake will be alive this weekend with the sound of running feet and beating hearts as we serve up four fabulous orienteering events in just under 48 hours. That's a lot of races, so whether you take part in some of them or all of them make sure you look after yourself: eat well, stay hydrated, sleep lots, stretch lots, and warm up properly before your races.

The terrain is marvelous for orienteering - the forest is predominantly fantastically runnable with some areas of deadfall usually as a result of blown-down trees. Blow-down from last year is especially slow running as these trees still have their branches sticking up to impede you. Contour detail ranges from very obvious features to very subtle features - you must be alert and change your technique appropriately if the course planner sends you from an area of obvious features into an area with subtle features. There are some marshes in the area; these tend to be very dry. The planners have set courses that will challenge you to move quickly in the fast areas, to navigate accurately in detailed areas, and to abruptly change your pace and technique as the nature of the course changes throughout the race.

At some point this weekend as you race through the open woods you will surely start thinking that you are a truly great orienteer. This is a danger signal - in five minutes you will be lost! To avoid disaster, when your mind spills with over-confidence recall the following sound (of music) advice, "Better beware, be canny and careful, Baby, you're on the brink". We hope you enjoy Barebones XI and that at the end, as we say "So long, farewell", you will have added Smoky Lake orienteering to the list of your favorite things.



## 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.
- In the interest of fair play for the National Team selection, please do not bring any existing maps of the area to the Saturday or Sunday events (IOF rule 15-6: On the day of the competition, the use of any map of the competition area by competitors or team officials is prohibited until permitted by the organizer.)

## First Aid and Emergency

- Gabrielle Savard is the Barebones 2006 Safety Chief
- Adrian Zissos is the Barebones 2006 Meet Director (403 585 8478)
- Limited first aid is available at the finish.
- Contact Adrian Zissos or Gabrielle Savard in the case of serious injury or an overdue competitor.
- Medical service is available at the Smoky Lake hospital or the Redwater hospital (for Sprint 1).
- Dialing 911 contacts emergency services (police, ambulance, fire)

## 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.

If you need to contact the organizers for other reasons (say, to volunteer to help picking up controls or to feed the organizers) check at the finish area or call 403 585 8478.

## Group Camping & Event HQ

Camping is at the Smoky Lake agriplex campground on the north side of town. Cost is \$5/person/day. Showers inside the agriplex are available Friday and Saturday. If you would like a shower on Sunday, use one of the two campground showers.

The foyer of the agriplex will serve as the Event HQ. Check here for any notices and perhaps for results.

## Complaining

At Barebones we take only two things seriously - great orienteering courses and no complaining about anything at all (even if the courses aren't that great). Once again 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 not be printed on the maps; control descriptions will be. Scale and contour intervals change from map to map - see race details. Special thanks to Bryan Chubb for updating the Dalmuir & Wahstao maps in May 2006, the accuracy of the maps and hence our enjoyment of orienteering have been significantly enhanced.

### 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 separate control descriptions are available immediately before your start.

### 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!

***It is absolutely VITAL for safety reasons that you download your ePunch at Richard's truck following every race - whether or not you finish your course. This is the only record we have of who is returned from the forest.***

### Start Times & Start Line procedure

It is unusual at Barebones, but because these races are being used for national team selection and for JP's Level II official's certification, we will be assigning start times to everyone. Start lists will be posted on the internet, at the event centre, and at Richard's truck at the event sites.

Call up will be two minutes before your start. If you are not trying out for the National Team you will be allowed to change your start time by using a start punch. National team contenders will start at the end of the start window and we will try to avoid starting other people during this period.

### Water

There is no on-course water except in the Long Distance. Please keep this in mind and plan accordingly to stay well hydrated.

## String Course & Childcare

Tori Owen will be organizing a string course for the Saturday & Sunday events. Entry is free and repeated entry is encouraged. SI timing will be used!

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. It will also be possible for one parent to start early and the other late using a 'start punch' - please let Richard know if you plan to do this, and keep in mind the course closing times.

## Courses, Classes, and Awards

We will give awards to top finishers on each course for each day. Some awards will be given at the Saturday dinner; the rest will be given on-site after the final event. 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.

## Map Scale & Distance & Climb & Number of controls for each course (subject to mistakes)

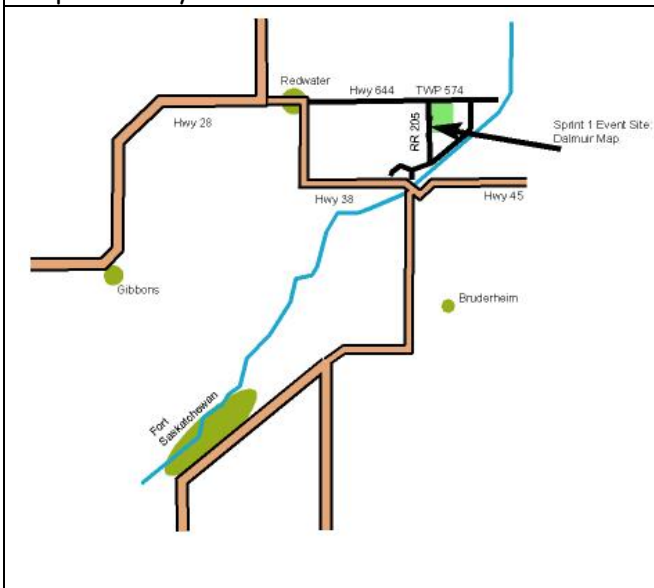
	Sprint 1				Middle distance				Sprint 2				Long distance			
<b>Course 1</b> W12, M12	1:7:500 2.5m	1.4 km	20	9	1:10,000 5m	1.5 km	15	12	1:5,000 5m	1.5 km	25	15	1:10,000 5m	3.5 km	60	15
<b>Course 2</b> W13-14, M13-14	1:7:500 2.5m	1.5 km	25	8	1:10,000 5m	1.9 km	50	11	1:5,000 5m	1.6 km	40	9	1:10,000 5m	3.8 km	75	12
<b>Course 3</b> W15-16, W55, W65+ M15-16, M65+	1:7:500 2.5m	2.0 km	25	10	1:10,000 5m	2.5 km	60	8	1:5,000 5m	2.2 km	55	14	1:10,000 5m	5.4 km	140	13
<b>Course 4</b> W17-19, W45, M45, M55	1:7:500 2.5m	2.0 km	25	10	1:10,000 5m	3.5 km	65	13	1:5,000 5m	2.2 km	55	14	1:10,000 5m	7.3 km	185	15
<b>Course 5</b> W20, W35, M17-19, M35	1:7:500 2.5m	2.5 km	35	12	1:10,000 5m	4.0 km	70	12	1:5,000 5m	2.3 km	60	12	1:15,000 5m	9.1 km	220	16
<b>Course 6</b> M20	1:7:500 2.5m	2.7 km	40	10	1:10,000 5m	4.5 km	80	14	1:5,000 5m	2.8 km	80	17	1:15,000 5m	12.9 km	250	22

	4 event total		
Course 1	8.0 km	120	51
Course 2	8.8 km	190	40
Course 3	12.1 km	280	45
Course 4	15.0 km	330	52
Course 5	17.9 km	385	52
Course 6	22.9 km	450	63

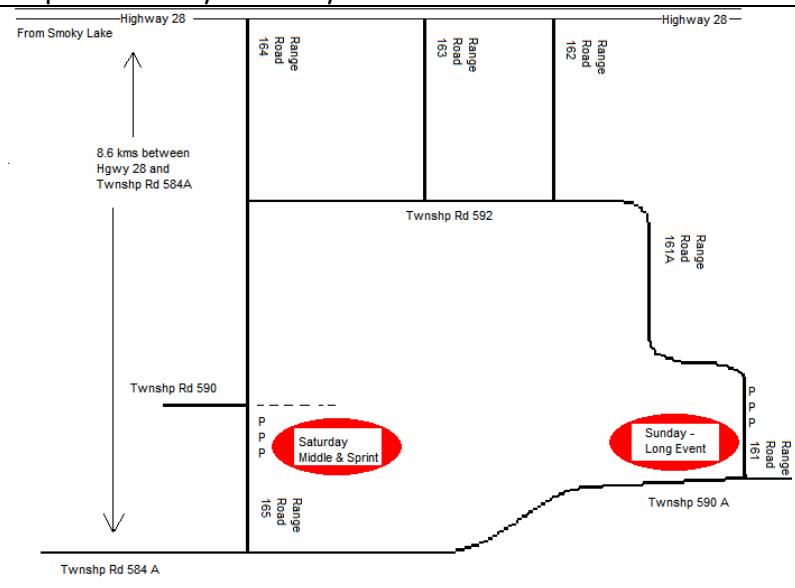
### Barebones 2006 Organizers

From Calgary: Richard Obreiter, Gabrielle Savard, JP Buyschaert, Adrian Zissos, Tori Owen  
 From Edmonton: Laura Querengesser, Barry McCashin  
 From Vancouver: Ted de St Croix  
 From Whistler: Martin Pardoe

### Map to Friday race



### Map to Saturday & Sunday races



## Friday evening: Sprint One

Dalmuir map

- Registration: 5:00pm - 5:45pm at the event site.  
Start time: 6:00pm - 7:00pm. Start times assigned at the start line (1 minute intervals).  
Start is 100m from the parking / finish area.  
If your plane arrives late Friday, 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: 8:00pm. (Maximum time is 60 minutes)
- Organizers: Planner: Martin Pardoe. Controller: Adrian Zissos. Timing: Richard Obreiter.
- Map: 1:7,500 with 2.5m contours. Field Survey 1983: Bryan Chubb, Jan Samuelsson, Gert Pettersson, Leo Larsson. Revised 2001: Pat & Dick de St Croix. Revised 2006: Bryan Chubb..
- Notes: A wonderful detailed area in which the trick is to stay in contact and always be traveling at the appropriate speed. The forest is a mix of fast running and varying thicknesses of deadfall. There has been some blow-down of trees especially on some ridge tops, making them very hard to run along. There is an extensive trail network created by ATV's. You can expect to encounter ATV'ers on the trails, so be wary.
- Location: On Range Road 205, 1.5km south of its intersection with Township Road 574.
- Directions: From Redwater drive east on 48<sup>th</sup> Ave. This road will eventually turn to gravel which marks the start of TWP Road 574. Continue east until you reach Range Road 205. From here drive south for 1.5km. From the south you can bypass Edmonton and come via Fort Saskatchewan, crossing the Vinca Bridge, and then either play it safe traveling via Redwater or shortcutting along the Victoria Trail. Allow up to 90 minutes from Edmonton airport.

## Saturday A.M. : Model event

Wahstao map

- Model open: 9:00am - 11:00am.
- Notes: A small section of the Wahstao map (approx. 300m X 500m) will be available for you to wander around in, to get a feel for the mapping and the Smoky Lake terrain before starting the racing. This area is directly adjacent to the parking for the Middle Distance event. Maps are available at the parking.

## Saturday A.M. : Middle Distance

National Team Qualifier

Wahstao map

- Start times: 10:00am - 11:00am
- Parking → Assembly Area: approx. 500m, flagged though model-event area.  
Assembly Area → Start: approx 500m.
- Course closing: 1:00pm. (Maximum time is 120 minutes)
- Organizers: Planner: Laura Querengesser. Controller: Ted de St Croix. Timing: Richard O.
- Map: 1:10,000 5m contours. Fieldwork: Bryan Chubb 1994-1995, 2006.
- Notes: Wonderful middle distance terrain - runnable forest, areas of great contour detail, some marshes, and some thick vegetation (often due to blown-down trees). There are flagged routes on Course 1 & 2 - flagged with pink & white ribbon on clothes pins. The assembly area will be used for both the Middle distance and the Sprint distance events today. It has toilets and shelter and some picnic benches. Please bring your picnic lunch and spare clothes and hang out at the assembly area.  
**No Smoking!!**
- Directions: From Smoky Lake travel east 7.5km on Highway 28. Turn right onto Range Road 164 (gravel) and travel 6.5km to the intersection with Township Road 590. Park carefully on the side of the road. Allow at least 20 minutes from Smoky Lake.

## Saturday Afternoon: Sprint Two

National Team Qualifier

Wahstao map

- Location: Same as for the morning's race, no need to move anywhere.
- Start time: 2:30pm - 3:30pm.  
Assembly Area → Start: approx 500m.  
Finish → Assembly Area: approx 150m.
- Course closing: 4:30 pm (max time is 60 minutes)
- Organizers: Planner: Adrian Zissos. Controller: Ted de St Croix. Timing: Richard Obreiter.
- Map: 1:5,000 5m contours. Fieldwork: Bryan Chubb 1994-1995, 2006.
- Notes: Same map as the morning with similar terrain. Beware, some areas of very subtle features.
- Help!! We desperately need help with control pickup so we can get to the Feast! on time.

## Saturday Evening: Feast! / Silent Auction / Song Contest      Ukranian Hall, Smoky Lake

Enjoy fine food, great shopping, and wonderful entertainment at the Barebones Feast!. Hall opens at 6pm, dinner is at 7pm. Directions: The Ukranian National Hall is on ??? Street in downtown Smoky Lake. Approximately 1km from camping.

### Silent Auction Fundraiser for our National Teams

During the Feast! we will be having a Silent Auction as a Fundraiser for the National Senior and Junior Orienteering Teams to help offset costs of travel, entry fees and team uniforms. For those of you who have never been to a Silent Auction before, they can be a lot of fun. We have been asking people to solicit or donate items for auction. **It is not too late to donate something!!!! All items will be gratefully received by Marion Owen before 5:00pm on Saturday!** These can be very varied from home-made items to gift certificates to anything too good to throw out but of no earthly use to you! Services that you can offer are also a good idea. The best Silent Auctions are where there is something for everyone and for every budget. We are hoping that this will be the case at Smokey Lake. Just bring your enthusiasm and cheque books. We can also accept credit cards though we prefer cheques or cash.

### Barebones Song Contest

We challenged people to write an orienteering song to be sung to the tune from the Sound of Music. The entries will be presented following dinner along with other entertainment by ourselves - make this your best Barebones performance.

## Sunday Morning: Long Distance      National Team Qualifier      White Earth map

Start time: 10:00am - 11:00am.

The start is approx 200m walk from the assembly area. Assembly area is adjacent to parking.

Course closing: 2:00pm. Maximum time: 180 minutes. We will be picking up controls sharply at 2pm.

Awards: As soon as we can tell the winners with reasonable certainty

Organizers: Planner: JP Buyschaert. Controller: Ted de St Croix. Timing: Richard O

Map: Courses 1-4 1:10,000, 5m contours.

Courses 5-6 1:15,000, 5m contours.

Fieldwork 1994-1995: Bryan Chubb. Expanded 2004 -2005: Ales Hejna, Vendula Hejnova.

Course Planner Notes:

- Fabulous orienteering terrain: runnable forest, great contour and vegetation detail
- Majority of map was created in 2005, portion of map previously existed and was field checked.
- Terrain varies from one side of the map (smaller rolling hills and shallow depressions) to the other (larger hills, well defined distinct features). Transition from one to the other generally occurs at the large NW-SE cut line dissecting the middle of the map.
- Area mapped White is VERY runnable across the map. Make sure you save some energy over the weekend for the long courses on Sunday - as you be able to run at almost full speed for practically the full distance of your course.
- Course is very dry - marshes are easily crossed depending on vegetation and could influence your route choice.
- Rough Open Land with undergrowth (slow running) is due to deadfall - varies in severity from mild to medium. Small areas of new unmapped deadfall could exist.
- If you are running on Course 5 or 6 - map is 1:15000 and a magnifying compass could be useful depending on your eyesight.
- Running on or along roads bordering map is prohibited.
- Finish chute & post-race gathering area is in the shade - so bring your noisemakers and bells and cheer everyone coming.
- Single-track animal trails are not marked on the map.

Directions: From Smoky Lake travel east 7.5km on Highway 28. Turn south onto Range Road 164 (gravel) and travel 6.5km to the intersection with Township Road 584A. Turn east and travel about 8km to the intersection with Range Road 161. Park carefully on the side of the road. Allow 30 minutes at least from event HQ.

Help!! We desperately need help with control pickup so we can get home to bed.

AZ's unofficial opinionated ratings (out of 5, 5 is excellent)

	Sprint 1 (Dalmuir)	Middle distance (Wahstao)	Sprint 2 (Wahstao)	Long distance (White Earth)
Terrain	4. Outstanding forest sprint: variety & detail. Maybe just a touch too slow.	5. Outstandingly fast, with variety of detail and vegetation	4. Mix of marsh, open, thick forest. Some trails.	4. Fabulous forest. Only complaint is not enough climb.
Map Accuracy	4. Updated May 2006. We didn't update the map to Sprint standards and instead simply enlarged a 1:15,000 map. This causes the symbols to be too large which is a small flaw.	5. Recent updates (May 2006) to vegetation & trails.	4. Updated in May 2006. Some very subtle contours.	5. Mapped in 2005.
Physical 1 - easy 5 - tough	4. Nice forest. Good footing. Some areas of thicker forest & blown-down trees.	3. Fast, runnable forest with patches of thick stuff.	3. Mix of open and slower forest and marshy areas.	2. Mostly very fast. Patches of blown-down trees to fight through.
Target winning times * M20 (minutes) * W20 (minutes)	12 - 15 12 - 15	25 - 30 25 - 30	12 - 15 12 - 15	70 - 80 60 - 70
Times expected by AZ * M20 (tpk - min) * W20 (tpk - min)	6.2 min / km - 16:46 7.3 min / km - 18:15	5.9 min / km - 26:33 7.5 min / km - 30:00	5.5 min / km - 15:24 6.8 min / km - 15:40	6.2 min / km - 79:59 7.9 min / km - 71:53

## 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: