

For Immediate Release
April 18th 2008

Orienteering events scheduled for Canmore in 2008

The Foothills Wanderers Orienteering Club is delighted to announce that four orienteering races are scheduled to take place in Canmore during the 2008 season.

"The Foothills Wanderers Orienteering Club (FWOC) is one of Canada's premier orienteering clubs and the major orienteering club in Southern Alberta," explains club President Nicki Rehn. "One of the club's goals in 2008 is to provide more opportunities for Bow Valley residents to try orienteering, to develop their navigation skills, and to experience the enjoyment of running in Alberta's wonderful forests". The club will hold four clinics and introductory races right in the town of Canmore in 2008 along with a number of other races in the Bow Valley.

Orienteering is a cross-country running sport that involves route-finding by map reading. Like adventure racing, orienteering involves navigating between checkpoints in the wilderness, but compared to adventure races, orienteering events are fast and short with winning times depending on the race format: 15 minutes for "Sprint distance" races, 35 minutes for "Middle distance" races, and 90 minutes for "Long distance" races.

"Canmore is a hotspot of orienteering in Canada," says Canmore resident and Canadian Orienteering Federation (COF) President Charlotte MacNaughton. Some of Canada's best competitors live in Canmore, including former national team members Alaric Fish and Charlotte MacNaughton. "The area is world-famous for orienteers because of its celebrated competition terrain, wonderful scenery, and excellent quality orienteering maps," says MacNaughton. Many national and international events have been held in Canmore including: 1985 Canadian Champs, 1990 North American Champs, 1995 Canada 5-Day, 2002 Asia Pacific Champs. As well Canmore has hosted several provincial championships, the annual Barebones event, and many smaller events.

2008 Canmore Event Schedule

- May 3rd Try Orienteering part of **National Orienteering Week**
- Aug 29th Barebones Tune Up Clinic preparation for **Barebones 2008**.
- Aug 30th Canmore Pursuit part of **Barebones 2008**.
- Oct 4th Mountain Bike Orienteering

Further information

Adrian Zissos

Foothills Wanderers Orienteering Club

Cell: 403 585 8478

Email: adrian@barebones.ca

Website: www.barebones.ca/Canmore (see "Media Page" for images and copy of this press release)

Additional contacts:

Alaric Fish Former national team member
Charlotte MacNaughton COF President
and former national team member
Miles Tindal Event organizer
Nicki Rehn FWOC President
Karin Gerritsen FWOC Junior Program Coordinator

alaric@telus.net
charlotte@barebones.ca

miles@barebones.ca
president@orienteeringCalgary.ca
junior@orienteeringCalgary.ca

Backgrounder

2008 Canmore Event Details

Orienteering is a sport that can be done by all ages, all fitness levels, and all levels of experience. All club events are open to everyone.

- May 3rd - "Try Orienteering" at the Canmore Nordic Centre, part of [National Orienteering Week](#). This free event will be a gentle introduction to orienteering racing. A short clinic will explain the basics of navigation using the orienteering map and simple racing strategies. A mass-start race will follow in the Canmore Nordic Centre trail system. The clinic and race course will be designed for first time and intermediate level orienteers. All fitness levels welcome. Individuals, teams, and family entries invited.
- Aug 29th - "Barebones Tune Up Clinic", preparation for [Barebones 2008](#). This clinic is designed to bring beginner and intermediate orienteers to a skill level so that they can successfully take part in the Barebones weekend of events, in particular in August 30th's "Canmore Pursuit" race. The clinic will focus on route choice and precision orienteering close to the check-points.

Barebones is one of Western Canada's premier annual orienteering festivals. This year it includes five races in the Labour Day weekend, including the Canmore Pursuit, a long distance event, a night time race, and a relay. Also it includes a junior training camp and additional adult training sessions open to everyone. Now in its 13th year, Barebones is world famous for its lazy organizers, laid-back atmosphere, and high quality orienteering

- Aug 30th - "Canmore Pursuit" at the Canmore Nordic Centre, part of [Barebones 2008](#). This is two races in one. The first race is a "Sprint distance" event with staggered start intervals and short winning times (12-15 minutes). The second race, the Pursuit, is a "middle distance" event with 30-35 minute winning times. Start time in the pursuit is 1:00pm plus your elapsed time from the "Sprint". The fastest people in the Sprint start first in the Pursuit so that the first one across the finish line is the combined winner creating an thrilling head-to-head competition of running, navigation, and race strategy.
- Oct 4th - "Mountain Bike Orienteering" at the Canmore Nordic Centre. Canmore's first ever foray into this increasingly popular sport. With Canmore's well known population of excellent bike riders we're expecting exciting competition as we see how well everyone can do at navigating while we're riding our bikes!

Backgrounder

What is Orienteering?

Originally developed over 100 years ago in Scandinavia, orienteering has grown as a sport to the point where races are held in over 60 countries worldwide every year, and the International Orienteering Federation has expanded to include some 67 member nations, and is actively developing the possibility of orienteering being added as an Olympic event. The sport itself requires competitors to navigate to designated checkpoints using map and compass through unknown terrain. While most races involve high-speed cross-country running, other popular variations include orienteering on mountain bikes or on Nordic skis. With recent increases in Adventure Racing, orienteering has gained popularity amongst adventure racers looking for an opportunity to enhance their navigational skills.

Orienteering appeals to outdoor-oriented athletes – people who enjoy being active in the fresh, clean air. It features a very low environmental impact, and encourages participants to respect and appreciate nature. It is a non-violent sport, and is free from doping scandals and other controversies.

At the elite level, Canada has been regularly represented at the World Championships for more than 35 years. This year, members of the Canadian Team will be competing at World Championships, Junior World Championships, World Cup series, as well as numerous regional and national races across North America. These races will include over 40,000 competitors and spectators, as well as multi-format media coverage.

At the recreational level, orienteering is a good way for all members of the family to enjoy the outdoors while learning navigational skills and developing comfort in the wilderness. Weekend warriors enjoy the physical challenge of running off-trail through the forest while solving the mental challenges of navigation and route choice presented by the course planner. All orienteering events have a variety of courses available for participants to choose from, ranging from short and technically easy courses for the youngsters, to long and technically challenging for the elites.

While the core of the international racing season lasts from May-September, most regions are active and conduct orienteering events year-round. Major races are typically held between April and November each year. The North American racing schedule includes dozens of significant (100+ participants) races yearly, with an even greater number of smaller races.

For more information, try:

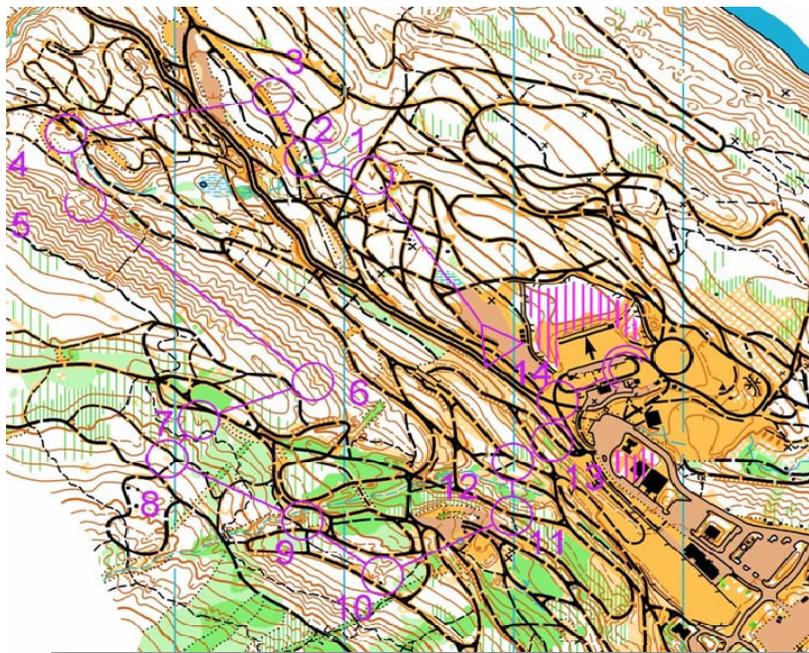
Orienteering Events in Canmore	www.barebones.ca/Canmore
Barebones Orienteering	www.barebones.ca
Foothills Wanderers Orienteering Club	www.orienteeringCalgary.ca
Alberta Orienteering Association	www.orienteeringAlberta.ca
Canadian Orienteering Federation	www.orienteering.ca
International Orienteering Federation	www.orienteering.org

Backgrounder

Sample Images



National team member Charlotte MacNaughton running in a sprint event. (Photo: Magnus Johansson)



Advanced course from 2007 *Canmore Pursuit* at the Canmore Nordic Centre (© FWOC)



Night orienteering at Barebones 2007, at the Rocky Mountain YMCA (Photo: Magnus Johansson)



Mass start at the Barebones 2007 Relay at the Rocky Mountain YMCA (Photo: Karin Gerritsen)