

Welcome

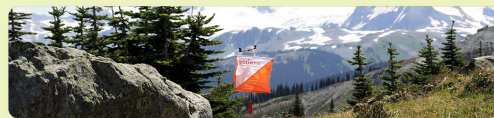
Welcome to Barebones 2010, named as "Top O-Travel Pick" by World of O website.

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

- Adrian Zissos, Barebones Organizer

Barebones 2010 takes place in Whistler & Vancouver BC. We are planning to show off many of Whistler's wonders, with races in the Village, in the forest surrounding the village, and in the high alpine at the top of the Whistler gondola. We are also giving a taste of the majestic beauty of the world's newest Olympic City - Vancouver, BC, with races in one of the most wonderful parks in the world - Stanley Park - and one of the worlds most scenic university campuses.

WHISTLER



Whistler is world-famous for its wonderful outdoor activities and its vibrant pedestrian-centered village. We are planning a series of events that will show off many of Whistler's wonders, with races in the alpine on Whistler mountain, in the Village center, and in the surrounding forests. Three events are within walking distance of Whistler Village, and short 15 minute drive to the fourth. We have planned great races, wonderful terrain, a lake-side social, and a mountain-top barbecue - and the events have been scheduled to provide lots of time for you to explore North America's favorite resort town.

VANCOUVER



In addition we have two races in the majestic beauty of the world's newest Olympic City - Vancouver, BC - which will show-off one of the most wonderful parks in the world - Stanley Park - and one of the world's most scenic university campuses - UBC.

Event Director: Adrian Zissos
Registration: Jeremy Gordon

www.barebones.ca

Super Important Information

- Before your first race you must visit the Registration Desk to pick up your race packages. You must provide a signed event waiver form for each member of your group at this time. It will not be possible to start any race before we have the signed waiver.
- Please allow plenty of time for package pickup, as there may be line-ups.
- Once you start a race 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.

JULY 9 WCC* LONG DISTANCE (Whistler)



MAP: Lost Lake
STANDARDS: ISOM 1:7,500 with 4m contours
UPDATED: Spring 2010 by Lehel Fenyo
ELEVATION: Approx. 650m
COURSE PLANNER: Dan Coombs
CONTROLLER: John Rance
REGISTRATION DESK OPEN: 13:30 - 17:00
START TIMES: 15:00 - 16:30
MAXIMUM TIME ALLOWANCE: 3 Hours
COURSE CLOSURE: 19:30
AWARDS: Approx. 18:30 at Lost Lake Beach
NOTE: Western Canadian Championships (Long distance)

TERRAIN: A long-distance race in a challenging and rugged parkland with dense trail network. There will be plenty of route choice. Lots of trails of all sizes twist throughout the park - but they never go straight! The most physically demanding day of Barebones 2010; water controls will be provided on all but the shortest courses (Last major event held on map: 2006 BC Champs).

NOTES: The area contains an intricate and steep hill in the southern part and a less complex area of small hills and valleys in the northern part. The southern hill has a lot of rock detail and a maze-like collection of paths. There are some marshes, ponds and lakes on the map; these were mapped in April. They will likely be drier than indicated. The runnability is mixed. We have planned the courses to use the best parts of the forest, but even mapped-white forest has some fallen trees and the visibility is generally quite low.

The competition map is at 1:7,500 with 4m contours in order to capture the complexity of the southern hill in a high level of detail. The northern area was mapped a few years ago (with some recent updating) at a lower level of detail. Competitors on the longer courses will definitely notice the transition in mapping style as they move into the northern part of the map.

Almost all the trails are heavily used by mountain bikers and walkers. Longer courses go through a popular disc golf course in the north of the map. There are a few minor unmapped trails in this area and especially around the golf targets.

Courses 9 (M-20A, M35, W21E) and 10 (M21E) will share a map exchange control. Please be very careful to pick up the correct new map and to dispose of your used map tidily! There will be three boxes:

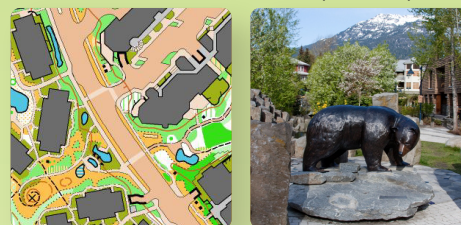
- new map for Course 9
- old map disposal box
- new map for Course 10

Toilets - available at the assembly area; none at the start.

Climb, measured on the shortest reasonable route, is about 5% of the as-the-crow-flies straight-line course length on all course. Warm up thoroughly - the courses start up hill.

POST RACE: Following the race, we recommend everyone stay at the event site which is right next to the (fabulous) public beach at Lost Lake. Bring food for a picnic, or (even better), the Alpine Cafe (one of Charlotte's "Healthy Eating in Whistler" venues) runs the concession at Lost Lake beach immediately beside the Barebones finish arena. Our recommendation is to grab a home-made chicken burger from the Alpine Cafe and hang out at the beach, enjoying the great mountain evening.

JULY 10 WCC* SPRINT (Whistler)



MAP: Whistler Village
STANDARDS: ISSOM 1:4,000 with 2.5m contours
CREATED: October 2009 by Magnus Johansson
ELEVATION: Approx. 650m
COURSE PLANNER: Thomas Nipen & Louise Oram
CONTROLLER: Alex Kerr
REGISTRATION DESK OPEN: 7:00 - 10:00
QUARENTINE: 8:00**
START TIMES: 8:00 - 9:30
MAXIMUM TIME ALLOWANCE: 60min
COURSE CLOSURE: 10:30
AWARDS: Approx. 10:00 at Town Plaza
NOTE: Western Canadian Championships (Sprint distance)

TERRAIN: A very special sprint map of the complex pedestrian area of Whistler Village. Many twists and turns, lots of different levels, and many covered walk-ways. Some small sections of forest in a predominantly urban setting. Running shoes required - no metal studs allowed.

PLEASE NOTE: In order to obtain permission to run in this area we must assign early start times, and promise everyone will be on their best behavior (no running over tourists, no going through flower beds, no running through the uncrossable water features, and so on). We understand this is a race, but please remember we are guests, and there are other guests, and be respectful to other visitors and to landowners and businesses.

** Quarantine: For fairness, we ask all competitors to enter the quarantine area by 8:00 and remain there until their start time. This area is very close to the finish and has toilets. We also ask that competitors take a direct route to the assembly area and do not "hunt" for controls before the race.

JULY 11 WCC* WRE** MIDDLE DISTANCE (Whistler)



MAP: Brandywine Falls
STANDARDS: ISOM 1:10,000 with 4m contours
UPDATED: May 2010 by Magnus Johansson
ELEVATION: Approx. 550m
COURSE PLANNER: Carol Ross
CONTROLLER: Alex Kerr
IOF EVENT ADVISOR: Jan Lien
REGISTRATION DESK OPEN: 8:00 - 11:00
START TIMES: 9:00 - 10:30
MAXIMUM TIME ALLOWANCE: 2 Hours
COURSE CLOSURE: 12:30
AWARDS: Next day at Roundhouse BBQ
NOTES: World Ranking Event (WRE)
Western Canadian Championships (Middle Distance)

TERRAIN: Marvelous map of a relatively flat area created by ancient lava flow. The volcanic eruptions created unique basalt formations that surround a collection of small ponds and creates an unusually sparse dry hemlock forest with basalt laden soil. Lots of rocks and ponds, very few trails. Forest is a mix of quite fast sections and quite slow areas created by rocky ground and/or thick undergrowth. Most of the map has uneven footing and so we expect quite slow speeds - around 8min/km for the elite men. (Last major event held on map: 2006 BC Champs).

WORLD RANKING EVENT: This race is sanctioned by the IOF as a World Ranking Event. Runners in the men's and women's elite classes (M/W21E) will earn World Ranking points. For the M/W21E classes, in this race only, it is forbidden to wear GPS devices unless there is "no display or audible feedback".

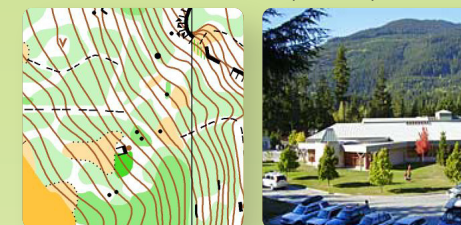
NOTE: This is the day of the soccer World Cup Final, which kicks-off at 11:30am local time. To give fans an opportunity to watch the game we have a fairly early start time and have delayed awards until the following day.



Special WRE Course Information

	M21E	W21E
DISTANCE:	4.1km	3.7km
CLIMB:	92m	80m
CONTROLS:	15	15
WATER STOPS:	1	1
CONTROL DESCR SIZE:	10.5cm x 4cm	

JULY 12 RELAY (Whistler)



MAP: Nester's Hill
STANDARDS: ISSOM 1:4,000 with 2.5m contours
UPDATED: 2010 by Magnus Johansson
ELEVATION: 650m
COURSE PLANNER: Magnus Johansson
CONTROLLER: Adrian Zissos

TERRAIN: A steep hillside, with detailed rock and contour detail on top. Relatively dense trail network, popular with mountain bikers. Forest is generally slow on the hillside, and faster on top (Last major event held on map: 2006 BC Champs).

RELAY SCHEDULE:

- 8:00 - Registration opens
- 8:30 - Kids race mass start
- 9:00 - Relay mass start
- 9:45 - approx - Mass start of all 2nd leg runners not yet started
- 10:15 - approx - Mass start of all 3rd leg runners not yet started
- 11:00 - Course closure and awards
- 13:30 - BBQ at the Roundhouse on Whistler Mountain (allow 30min for gondola ride up to Roundhouse)
- 14:30 - Brandywine Middle distance awards
- 17:00 - Final gondola ride from Roundhouse back to Whistler Village

RELAY FORMAT: Three legs, no forking; runners may run only one leg. We encourage people to form teams with club members. Each team-member has a "point value" based on age & gender. Teams with similar total points compete in the same class. See team registration form on Barebones webpage for more detailed information on team point structure and awards.

LEG	LENGTH	DIFFICULTY	EXPECTED FASTED TIMES
1	2.6km	Intermediate	21min
2	2.0km	Advanced	18min
3	3.4km	Intermediate	27min

NON-RELAY OPTION: If you really don't want to take part in the relay we will have a number of extra Leg 1 maps prepared. Report to the special area close to the start line at 8:50am; you will be part of the mass start.

KIDS RACE: This relay is not suitable for children 14 years old and under. For these young stars we will hold a mass-start race. There will be two courses based on the regular age groups. The courses will be in the vicinity of the school and will allow for lots of cheering.

July 13 Long/Sprint Fusion (Vancouver)



MAP: Stanley Park
STANDARDS: ISSOM 1:5,000 with 5m contours
ELEVATION: Sea level
COURSE PLANNER: Meghan Rance
CONTROLLER: John Rance
REGISTRATION DESK OPEN: 12:00 - 15:00
START TIMES: 13:00 - 14:30
MAXIMUM TIME ALLOWANCE: 2 Hours
COURSE CLOSURE: 16:30
AWARDS: Approx. 16:00 at Lumberman's Arch

TERRAIN: A 1000 acre park located next door to bustling downtown Vancouver, featuring restaurants, the Seawall, the Children's Farmyard, a Miniature Railway, Aquarium and other attractions. The race will be a short long-distance race on a sprint-standard map, visiting the totem poles, the beluga whales, Coal Creek, and many other fabulous spots in Vancouver's iconic park.

PLEASE NOTE: This race takes part in one of Vancouver's busiest parks. Please be especially courteous to other park users. In particular:

- Do not enter any flower garden or similar planted area.
- Obey the ISSOM mapping specification "Forbidden Features" rules
- Run around baseball, cricket, golf games and art sales.
- On the seawall there are separate lanes for cyclists and pedestrians; please stay in the pedestrian lane
- In this busy urban environment controls may disappear or be moved.
- Most courses have two maps, placed back-to-back in the map bag. You will need to turn over the map part way through the course.
- Water on the course is at public drinking fountains, which are marked on the race map with a purple cup symbol.
- Running shoes recommended. Metal studs are not allowed.

ASSEMBLY AREA: Lumbermen's Arch; 200m north of the aquarium.

July 14 1.5 x Sprint (Vancouver)



MAP: UBC (University of British Columbia)
STANDARDS: ISSOM 1:5,000
ELEVATION: Sea level
COURSE PLANNER: Jeremy Gordon & Andy Reddin
CONTROLLER: Brian Ellis
REGISTRATION DESK OPEN: 8:30 - 11:00
START TIMES: 9:00 - 10:00
MAXIMUM TIME ALLOWANCE: 90 minutes
COURSE CLOSURE: 11:30
AWARDS: Approximately 11:30 (Includes both race awards and 6-day awards)

TERRAIN: This will be a 1.5 X sprint length course through the beautiful ocean-side campus of the University of British Columbia.

NOTES: UBC is a delightful campus with many attractions including:

- Museum of Anthropology - a place of world arts and cultures, highlighting magnificent Northwest Coast carvings and contemporary artwork beneath soaring glass walls overlooking the Pacific Ocean.
- Blue Whale skeleton - at the Museum of Biodiversity
- UBC Aquatics Centre - featuring outdoor and indoor pools. A good place to shower, swim, Jacuzzi, lounge; cost \$5
- Student Recreation Centre - next door to the assembly area; has free showers and change rooms available.

ASSEMBLY AREA: McInnes Field; for fairness, we have designated that all areas of the University west of Westbrock Mall are out of bounds on Wednesday morning - other than the path between the North Parkade and McInnes Field, and access to the toilets in the SUB and Student Rec buildings.

Course Technical Difficulty Levels and Lengths

For each event, course distance (km) measured along the as-the-crow-flies straight route

CLASS WOMEN (TECH DIFF)	LOST LAKE						WHISTLER VILLAGE						BRANDYWINE						NESTER'S HILL						STANLEY PARK																																																																																																																																																																																																																																									
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6																																																																																																																																																																																																																																				
W-10A (1)	1.7	1.2	1.5	-	2.0	1.9	M-10A (1)	1.7	1.2	1.5	-	2.0	1.9	TR1 (1)	1.7	1.2	1.5	-	2.0	1.9	M-12A (1)	1.7	1.2	1.5	-	2.0	1.9	TR2 (2)	2.3	1.4	1.8	-	4.1	3.2	M-14A (2)	2.3	1.2	1.8	-	2.0	1.9	TR3 (3)	3.2	2.0	1.7	-	6.4	3.9	M-16A (3)	3.2	2.5	1.7	-	7.5	4.3	TR4 (4)	2.5	2.5	1.5	-	7.5	4.3	M-20A (5)	8.0	2.9	3.7	-	10.0	4.9	TR5 (5)	3.7	2.9	2.3	-	10.0	4.9	M21E (5)	10.2	2.9	4.1	-	10.0	4.9	AdvRn (All)	-	2.9	-	-	10.0	4.9	M35 (5)	8.0	2.9	3.7	-	10.0	4.9								M45 (5)	6.2	2.9	2.7	-	10.0	4.9								M55 (5)	4.8	2.0	2.4	-	6.4	3.9								M65 (5)	3.7	2.0	2.3	-	6.4	3.9								M75 (4)	2.5	1.4	1.5	-	4.1	3.2								M80+ (4)	2.5	1.4	1.5	-	4.1	3.2								M-12B (1)	1.7	1.2	1.5	-	2.0	1.9								M-14B (1)	1.7	1.2	1.5	-	2.0	1.9								M-16B (2)	2.3	1.4	1.8	-	4.1	3.2								M-20B (5)	3.2	1.4	1.7	-	4.1	3.2								W21B (4)	3.7	2.0	2.3	-	6.4	3.9								M21B (4)	4.8	2.0	2.4	-	6.4	3.9							

Technical Difficulty Descriptions:

TD 1 - Beginner level. Course tends to follow linear features such as trails, fences, etc.

TD 2 - Beginner Plus level. Course tends to follow linear features but with some basic route choice options. Limited use of contours and other natural features.

TD 3 - Intermediate level. Route choice options. Use of contour and other natural features. Use of catching features.

TD 4 - Advanced level. Technical orienteering. Route choice options with use of contour and natural features. Avoids physically challenging and highly detailed areas of the map.

TD 5 - Expert level. Physically and technically challenging.

Important and Emergency Contacts

- Adrian Zissos is the Barebones Event Director (Cell: 403-585-8478)
- Dr Christin Lundgren is the Safety Chief
- Limited first aid is available at the finish.
- Contact Adrian Zissos or the Safety Chief in the case of serious injury or an overdue competitor.
- Whistler Health Care Clinic (4380 Lorimer Road) is open 8am - 10pm, with on-call service at other times. (Phone: 604-932-4911)
- Vancouver General Hospital (899 W 12th Avenue) is open 24 hours. (6km from Stanley Park)
- UBC Hospital (2211 Westbrock Mall) is open 8am - 10pm.
- Dialing 911 will contact emergency services (police, fire, ambulance).

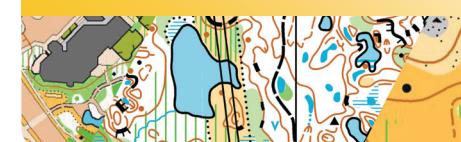


Barebones 2010
www.barebones.ca

MAP & GUIDE



Barebones 2010
Whistler / Vancouver, Canada
July 9 - 14



Competition Schedule

Date	Event	Location	Start Time
JULY 8	Registration	Whistler - Aava Hotel	
JULY 9	Long Distance WCC*	Whistler - Lost Lake	15:00
JULY 10	Sprint WCC*	Whistler - Whistler Village	08:00
JULY 11	Middle Distance WCC* WRE**	Whistler - Brandywine Falls	09:00
JULY 12	(Morning) Relay	Whistler - Nester's Hill	08:30
	(Afternoon) BBQ at the Roundhouse	Whistler - Whistler Mountain	
JULY 13	Long/Sprint Fusion	Vancouver - Stanley Park	13:00
JULY 14	1.5 x Sprint	Vancouver - Sprint	09:00

WCC* - Western Canadian Championship
WRE** - World Ranking Event

First Start Time

Personal Start Times and Results

Day	Start Time	Class
JULY 09		
JULY 10		
JULY 11		
JULY 12		
JULY 13		
JULY 14		

GENERAL INFORMATION

Competition Classes:

Several competition classes are available, some age based and some 'skills & experience' based, to suit every level of navigational ability and fitness. Each class will compete on a course of the appropriate technical and physical difficulty as described in the class description page.

Championship classes (E/A/B)

- Competitors are divided into classes according to their gender and age. Women may compete in men's classes.
- E, A, and B classes are available for both men & women as follows:
 - 10A, -12A/B, -14A/B, -16A/B, -20A/B, 21E/B, 35A, 45A, 55A, 65A, 75A, 80A
- WCOC medals are awarded only in the A and E classes
- M/W21 classes: There is no A class for M/W21. The championship classes for M/W21 are M21E and W21E (E - elite)
- Shadowing of juniors is not allowed in A classes.
- B classes are for those (under 35) who may prefer a course that is shorter and/or less technical than the corresponding A class.
- Shadowing is allowed for 14 & under in B classes.

Open classes

- Open classes are for individuals of any age and for family groups or groups (up to 3 people) that choose not to compete individually in a championship class.
- The following open classes are available: TR1 - Beginner, TR2 - Beginner Plus, TR3 - Intermediate, TR4 - Advanced, TR5 - Expert, Adventure Runner. See the class description page for details.

Forbidden Features:

One of the attractions of Barebones 2010 is that we have the opportunity to run in many very special places. Often these are busy parks and we ask all participants to be on their very best behavior, to treat all other park users with the utmost consideration and respect, and in particular to strictly adhere to Forbidden Features marked on the maps. Please make sure you are familiar with the forbidden map symbols in both ISOM & ISSOM.

Common ISSOM forbidden features and their allowed cousins.	
	Forbidden Okay
Forbidden area	
Uncrossable vegetation	
Water	
Cliff	
Wall	
Fence	
Building / with canopy & passage	

Western Canadian Championships (WCOC):

WCOC certificates will be awarded in each A/E class to the top eligible finishers in the three WCOC races: Brandywine (Middle distance), Whistler Village (Sprint distance), and Lost Lake (Long distance). In addition we will award any WCOC plaques that we can - all past champions, please bring the plaque to Whistler!

Eligibility for WCOC awards: Canadian citizens or Permanent Residents (as defined by the Dept. of Citizenship & Immigration) and who reside in any of Yukon Territory, BC, Alberta, Saskatchewan, or Manitoba.

World Ranking Event:

The Middle distance race at Brandywine will be an IOF World Ranking Event for the M21E and W21E categories. If competing in these categories please be sure to include your WRE ID number with your registration.

Awards:

- Barebones day prizes: will be given in all events to the top three finishers in each E/A/B classes.
- Barebones 5-day awards: will be given to the top runner in each E/A/B class based on results from all five individual races. Scores for each race are based on finish time relative to the class winner, calculated by MTPoints using the 'Standard' method. Best four out of five results will count.

Hint:



Maps & Map Printing:

Maps have been printed on a laser-jet or ink-jet printer. They will be in plastic bags. Legends will not be printed on the maps, but will be available on a separate sheet if you want.

Control Descriptions:

Control descriptions are printed on the map. Loose copies will also be available in the start chute. All courses use IOF symbolic descriptions, in addition courses for the youngsters and open categories have loose English language descriptions available in the start chute.

Electronic Timing:

We'll be using Sportident electronic timing 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 at the end of your last event. Basic instruction on how to use the timing devices is available at the start of each race.

You will be assigned a starting time for each race. It is your responsibility to arrive at the start on-time. If you are late you will be allowed to start at a suitable time but you will be timed from your assigned start time.

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

Course Closing and Maximum Times:

For safety and logistical reasons each event has a course closing time (see information below). After course closing we will begin to pick up controls and search for any participant who hasn't reported to the finish (so everyone must report back to the finish by course closing time, even if you have not completed your course). Also for safety reasons each person is allowed a maximum amount of time in each event (see information below).

Complaints and Protests:

At Barebones it is usually unacceptable to complain; however as Barebones 2010 includes the Western Canadian Championships and an IOF-sanctioned World Ranking Event we recognize that something may go wrong with important consequences and therefore we will have the following procedure for competitors who feel something is unfair:

1. Competitor files a written complaint with the organizers before the course closing.
2. Organizer will consider the complaint and announce its decision.
3. If the competitor is not satisfied with the decision, he or she may file a written complaint, within one hour of decision being announced. This protest should be delivered to the IOF Event Advisor.
4. The event jury will announce its decision which is final.

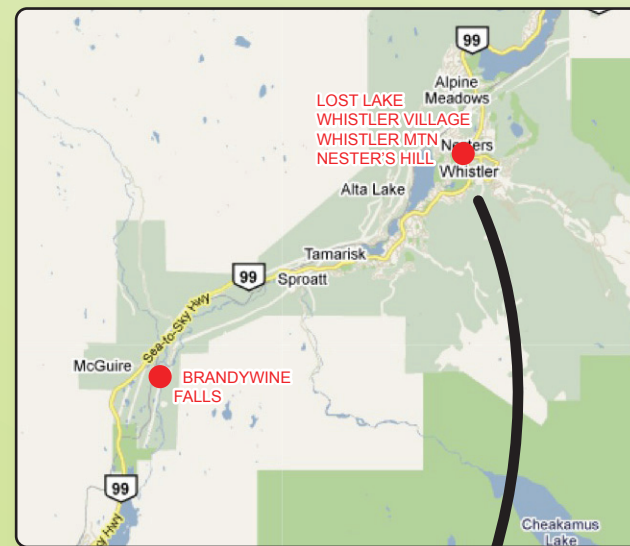
Jury: In the case of a protest, three jury members will be chosen from:

- Dave Graupner, Manitoba, Canada
- Andree Powers, Alberta, Canada
- Brian May, BC, Canada
- Mike Minium, USA

Child Minding:

To assist parents & organizers with scheduling split start times, child minding will be available at the finish arena for the maximum duration of a race (3 hours). A string course and games will be set up at the child minding tent/station to amuse and challenge your young orienteers while you are competing

DIRECTIONS - WHISTLER EVENTS



July 9 - Lost Lake (Long Distance)

Park in the Day Lot 5. Walk past the cross-country ticket booth and follow park signs toward Lost Lake. You will find flagging as you approach Lost Lake which marks the mandatory route to the assembly area.

If you are staying in Whistler Village then you can walk directly from your hotel, adding approximately 1km distance.

WALKING DISTANCES:

Town Plaza → Assembly Area: 2.2km (allow 30min or more)
 Parking → Assembly Area: 1.6km (allow 20min or more)
 Assembly Area → Start: 0.5km (allow 10min or more)
 Assembly Area → Finish: 0m

TOILETS: At assembly area; no toilets at the start.

July 10 - Whistler Village (Sprint)

For those staying in Whistler Village, you should walk to gazebo in Town Plaza. From there you will be directed to the quarantine area. If you are driving then park in Day Lot 4 and cross the road to the quarantine area by the municipal hall.

WALKING DISTANCES:

Town Plaza → Assembly Area: 0m
 Parking → Assembly Area: 100m
 Assembly Area → Start: 50m
 Assembly Area → Finish: 0m

TOILETS: 50m from the start & finish in the quarantine area.

July 11 - Brandywine Falls (Middle)

Parking is on the Cal-Cheak Forestry Service Road.

FROM WHISTLER: Allow at least 30 minutes, plus 20 minutes for walk from parking to assembly area. There is no left turn onto the Cal-Cheak Forestry Service road from Highway 99, therefore you must drive all the way south to Brandywine Falls day use area, turn around there (maybe stopping for 15-20 minutes to visit the Falls), and head back north, as follows:

1. From Whistler Village, drive south 17km on Highway 99 to Brandywine Falls day use area. Turn left into the parking lot.
2. Return to the Highway 99 and drive north 4.2km (passing the competition map on your right). Turn right off the highway onto the Cal-Cheak FSR. You will notice sign posts for Cal-Cheak campsite and the Whistler Bungee jump.
3. Drive 0.7km along a dirt road and park well off the road, in the gravel pit area on the left of the road.

FROM VANCOUVER: Depending on your starting location, allow at least 90 minutes plus 20 minutes for walk from parking to assembly area.

1. Take Highway 99 to Brandywine Falls day use area then continue north, following directions as above.

DIRECTIONS FROM PARKING TO ASSEMBLY AREA:

Allow 15-20 minutes to walk from parking to assembly area.

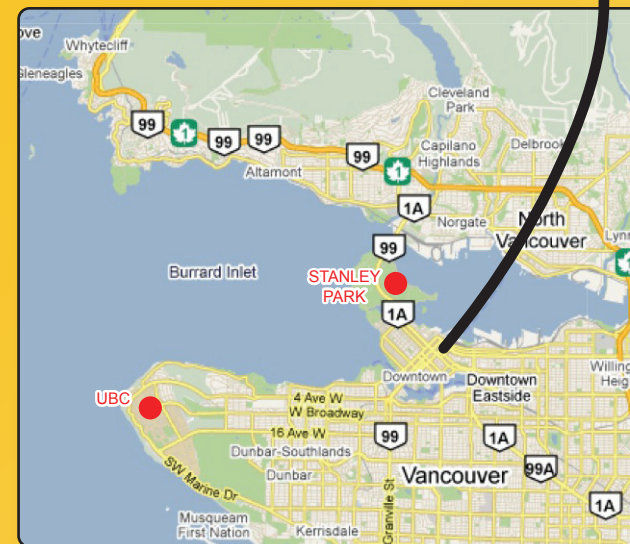
From the parking follow flagging tape through the Cal-Cheak campsite, crossing Callaghan Creek on the pedestrian suspension bridge and continue along the hiking trails. This is a scenic hike, though parts of the trail have a lot of roots to step over. The walk is generally flat, mostly along the side of the river.

WALKING DISTANCES:

Parking → Assembly Area: 1.2km (allow 20min or more)
 Assembly Area → Start: 100m
 Assembly Area → Finish: 0m

TOILETS: Pit toilets in Cal-Cheak campground (by parking). Port-a-potties 100m from assembly area

DIRECTIONS - VANCOUVER EVENTS



July 13 - Stanley Park (Long/Sprint Fusion)

The assembly area is at Lumbermen's Arch in Stanley Park, 200 meters north of the Aquarium (see the Tourist maps below, check inset "B - around the aquarium"). Park on the roadway west of Lumberman's Arch. There are toilets and a concession at Lumbermen's Arch.

FROM WHISTLER: Allow at least 120 minutes.

1. Take Highway 99 south from Whistler and enjoy ~90min of stunning scenery, including a wonderful drive along the cliff-shores of Howe Sound.
2. When you reach Horseshoe Bay, stay on Highway 1
3. Take Exit 13 onto Taylor Way.
4. Follow the signs to Vancouver and cross over the Lions Gate bridge into Stanley Park.
5. Immediately after crossing the Lions Gate Bridge take the right-hand exit onto Park Drive. Follow this road as it winds around the perimeter of the park.
6. Turn onto North Lagoon Drive and then turn left and drive under the Stanley Park Causeway.
7. Turn right off the roundabout to rejoin Park Drive.
8. Turn left onto Avison Way and find parking just past the aquarium.

NOTE: Pay parking is in effect throughout the park.

WALKING DISTANCES:

Parking → Assembly Area: 200m
 Assembly Area → Start: 500m (allow 5min or more)
 Assembly Area → Finish: 0m

TOILETS: Toilets near the assembly area.

July 12 - Nester's Hill (Relay)

The event center is at Myrtle Philip School, on Lorimer Road west of Highway 99. *There is no parking allowed at the event center* - all the parking is reserved for other school users. We have been granted permission to use this area only if all participants walk from Whistler Village. Please do not cause trouble by attempting to park at the school or in the surrounding residential areas.

DRIVING TO WHISTLER:

- Park at Day Lot 4 in Whistler Village.
- Walk along Lorimer Road west and north for about 1.3km
- Allow 25 minutes

WALKING FROM WHISTLER VILLAGE:

- Walk north to Lorimer Road and turn west (crossing Highway 99)
- From Aava Hotel - approx 1.7km
- Allow 30 minutes

TOILETS:

Inside the school.
 Enter from the north side of school.
 Do not use the school's front entrance.
 Remove shoes when you go inside.

COME JOIN US FOR A MOUNTAIN TOP BBQ

Although the race on Whistler Mountain has been cancelled the social BBQ and sightseeing is going ahead as planned up at the Roundhouse. Enjoy a nice BBQ and some incredible sightseeing in very special alpine terrain.



MAP: Generally rocky ground with great variety of terrain. But you'll just have to take our word for it; persistent snow covers the map. We are very disappointed to have cancelled this race, however, as a small consolation we will give out the race maps at the BBQ.

- 13:30 - BBQ at the Roundhouse on Whistler Mountain (allow 30min for gondola ride up to Roundhouse)
- 14:30 - Brandywine Middle distance awards
- 17:00 - Final gondola ride from Roundhouse back to Whistler Village

NOTES:

- *You must have a valid gondola ticket to take part in this event. The price of the gondola ticket is included in the race entry fee, however you must pick up your gondola ticket from the Registration desk prior to this event! There will be no event organizers at the bottom of the gondola to help you if you don't bring your ticket! If you can not pickup your ticket and registration package at an earlier race then please email the registrar to make other arrangements.*
- *We are not able to refund gondola or BBQ tickets, despite the cancellation of the race.*

DIRECTIONS: From Skiers Plaza, in Whistler Village, take the Whistler Gondola all the way to the top. Get off at the top, at the Roundhouse. The BBQ is in the Glacier View Room.

SIGHTSEEING AND HIKING: Your gondola ticket gives you access on the day to all of the lifts running on both Whistler and Blackcomb mountains, and on the Peak2Peak gondola that connects the two mountains. Because of the unseasonably cold weather we expect only a few of the chair lifts to be running. But the Peak2Peak gondola will be running and we highly recommend you enjoy a round trip from Whistler Mountain to Blackcomb Mountain and back. Maybe stop on Blackcomb and see if you can find some gelatto.

July 14 - UBC (Sprint x 1.5)

The assembly area is at McInnes Field.

Parking is adjacent to the assembly area in the "North Parkade". Cost is \$1.75/30 minutes (ouch) to a maximum of \$13. Turn off Westbrook Mall into Student Union Blvd. To reach the assembly area from the parkade, head south-east across Student Union Blvd to the large grassy field.

Alternative parking is available for a flat-fee of \$5.50 at Westbrook Mall and Agronomy Road, by the "Thunderbird Parkade". If you park here, you must walk north along Westbrook Mall to the assembly area. All parts of the university west of Westbrook Mall are out of bounds.

WALKING DISTANCES:

Parking → Assembly Area: 100m
 Assembly Area → Start: 0m
 Assembly Area → Finish: 0m

TOILETS: In Student Rec Centre or in SUB building; both within 100m of assembly area.

