



Barebones 2003 Event Information



Welcome to Barebones Eight, brought to you by: Richard, Christin, Mark A, Adrian, Charlotte, Miles, Jean and Alaric. 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.

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.
- ***Leave gates as you find them and go under or through fences*** so as not to cause damage by stepping on the strands and knocking out staples.

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.

Childcare

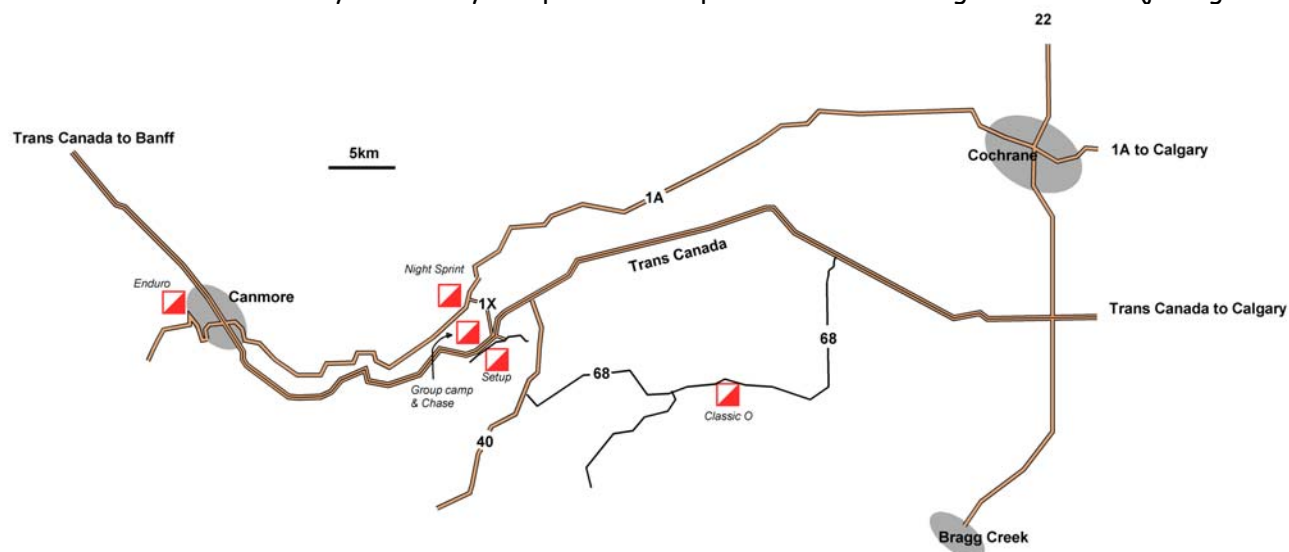
Childcare is ad hoc - nothing formal has been arranged, but it may be possible for parents to make arrangements directly with each other or with Richard.

First Aid and Emergency

- Christin Lundgren is the Barebones 2003 Safety Chief
- Limited first aid is available at the finish.
- Contact Adrian Zissos or Christin Lundgren in the case of serious injury or an overdue competitor.
- The closest hospital is in Canmore (403.678-5536). Dialing 911 will contact emergency services.

Complaining

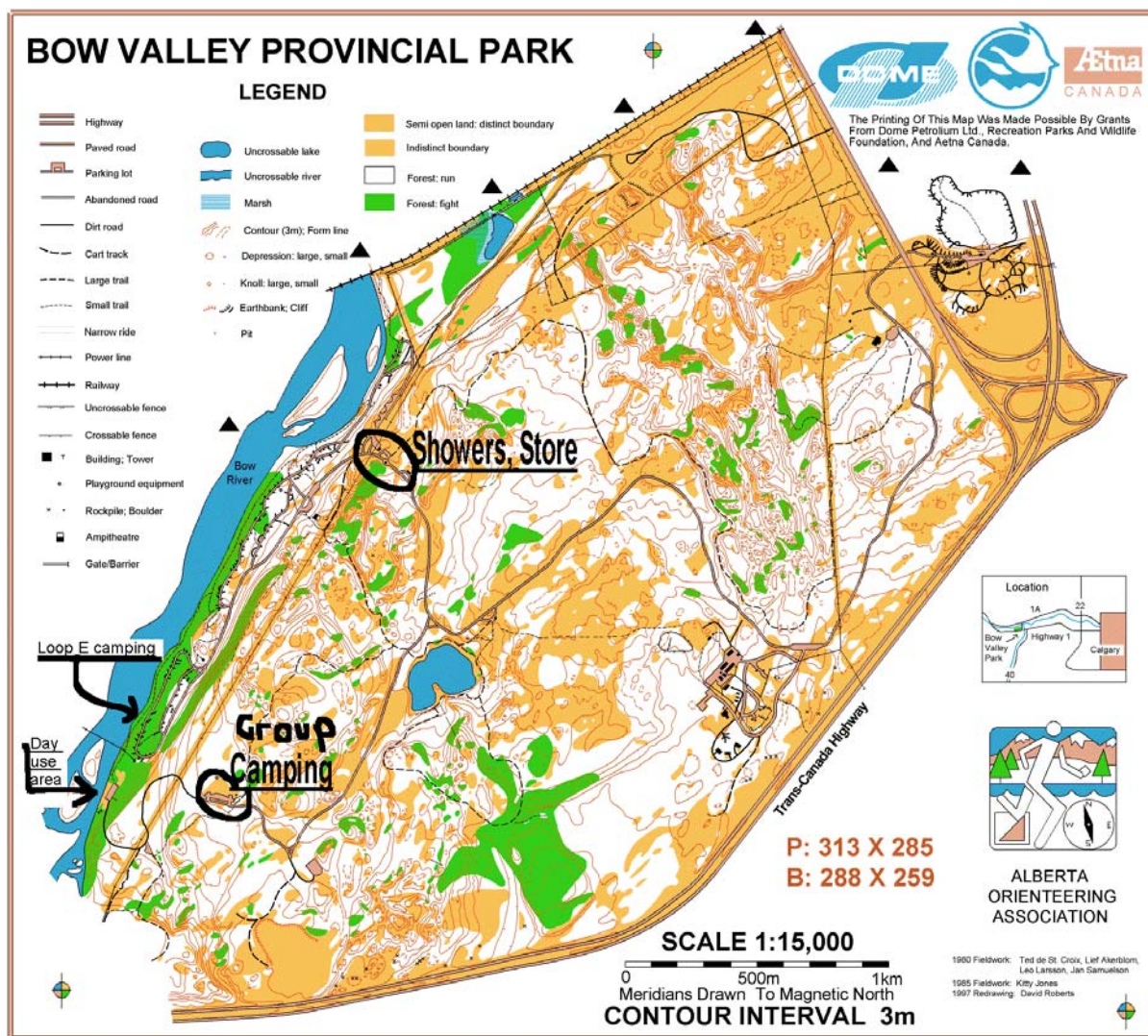
For the third consecutive year nobody has paid the complainers fee. The organizers are rejoicing.



Group Camping & Event HQ

All this is at Bow Valley Provincial Park in the Elk Flats group campsite. 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 403 874 8538). Especially if it's to volunteer to help with something. Especially if that something is picking up controls or feeding the organizers.

- Camp store is open and can supply essential camping foods, such as ice cream and marshmallows.
- Showers are 6 minutes for a loonie.
- If you can't fit into the Group Camp we suggest you camp in "Loop E" about 200m northwest (and downhill) from the group camp - a little bushwhacking and you'll be there in about 5 minutes.
- Breakfast on the Bow - there is a really nice day use area right on the shores of the Bow River with spectacular views of Mt Laurie. We suggest taking breakfast or lunch at this spot. To get there, continue west on the road past the group campsite as it winds down the hill.



Sponsors

[Rocky Mountain Soap Company Inc.](#) have joined as Sponsors of Barebones 2003. They are one of the largest manufacturers of 100% natural soaps and bath products - a very appropriate sponsorship for orienteers! Please stop by their store in Canmore and buy some of their products from anyone of their many retailers in Alberta.

Race Information

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

	Classic			Night Sprint			Setup			Chase			Total		
Course 1	1730m	60m	8	800m	10m	4	2420m	15m	11	2025m	65m	9	6975m	150m	32
Course 2	2870m	100m	11	775m	20m	6	2600m	40m	9	2275m	75m	9	8520m	235m	35
Course 3	3650m	160m	11	1400m	40m	7	3050m	90m	6	3650m	90m	9	11750m	380m	33
Course 4	5020m	165m	12	1800m	65m	7	3700m	110m	8	5800m	125m	13	16320m	465m	40

In addition, the Enduro will be 5-20km, depending on how many controls you visit.

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

Are printed on the map. Copies will also be available elsewhere (like in this document maybe). Course One has English language descriptions; all other courses have only IOF symbolic control descriptions.

Water

There is no on-course water in the Night Sprint, the Setup, or the Chase. Please keep this in mind and plan accordingly to stay well hydrated. There is limited water in the Classic on Courses 3 & 4, and in the Enduro.

Awards

Barebones Outstanding Performance Awards (The BOPAs). At Barebones, the BOPAs are a way to applaud great performances regardless of the outcome. 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. The BOPAs will be awarded at the Pot Luck and at the Enduro Awards ceremony.

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 Enduro) 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.

Friday afternoon: Classic O**(Moose Creek map)**

- Parking:** At the Sibbald Viewpoint parking lot.
- Registration:** 3:00pm - 3:45pm at the event site.
- Start time:** 4:00pm - 4:30pm. Start times assigned at the start line.
- Course closing:** 6:00pm. (Maximum time is 90 minutes)
- Organizers:** Planner: Mark Astridge. Controller: Adrian Zissos. Timing: Richard Obreiter.
- Map:** 1:10,000 with 5m contours. Fieldwork: Robert Micek, 2002.
- Toilets:** Outhouses at the parking area.
- Notes:** Course 1 is a bit more difficult than usual, requiring some turns to be made without a flag hanging at the trail intersection. It will also have two legs along the verge of the main road - competitors must stay on the grass; it is absolutely forbidden to go on the roadway.
- Directions:** Take Highway 1 west from Calgary about 50km then turn south on Highway 68 (partly gravel) for approximately 15km. Sibbald Viewpoint is about 1km beyond the Demonstration Forest.
- Help!!** We will need help picking up the controls starting at 6:00pm.

Friday evening: Night O Sprint**(Mt Laurie map)**

- Parking:** At the gravel pit on highway 1A, 500m south of the intersection with highway 1X.
- Registration:** 7:30pm - 8:00pm at the event site.
- Start time:** 8:15pm - 8:30pm. Start times assigned at the start line. (Sunset is around 7:45pm)
- Course closing:** 9:30pm. (Maximum time is 60 minutes)
- Organizers:** Planner: Adrian Zissos. Controller: Mark Astridge. Timing: Richard O.
- Map:** 1:10,000 5m contours. Fieldwork: Bryan Chubb 1985, updated 1995.
- Toilets:** None - please go before you arrive. Closest ones are at Bow Valley Provincial Park.
- Map Notes:** Course 1 and 2 will be almost entirely within sight of the start. Everyone must have a headlamp or flashlight of some kind. We will attempt to put reflective markers at the control sites, along with the normal flag - but don't depend on it.
- Directions:** Parking will be in the gravel pit on Hi-way 1A, 500m south of the intersection with Hi-way 1X.
- Help!!** We will need help picking up the controls starting at 9:30pm.

Saturday Morning: The Set-Up**(Barrier Lake map)**

- Parking:** At the Rocky Mountain YMCA Camp Chief Hector
- Registration:** 9:00am - 9:45am at the event site.
- Start time:** 10:00am - 10:30am. Start times assigned at the start line.
- Course closing:** 12:00 noon (max time is 90 minutes)
- Organizers:** Planner: Charlotte MacNaughton. Controller: Miles Tindal. Timing: Richard Obreiter.
- Map:** 1:15,000 3m contours. Fieldwork: Afan Jones, 1984. Color photocopies in plastic bags.
- Toilets:** Near the start/finish
- Directions:** From the cloverleaf intersection of Highway 1 & 1X, follow signs to the YMCA's Camp Chief Hector. Drive past the main lodge (about 3km) and park at the Out Tripper lodge (where the canoes are). From here, walk along the road for another 500m to the big field where Course 1 & 2 start/finish. From the field, courses 3 & 4 will have a further 1km warm up to reach their start/finish spot. We wish to say a big "Thanks" to Dave Clarke of the Rocky Mountain YMCA for allowing us access to these parking facilities at the last minute.
- Notes:** This is a fun map with a great deal of varied terrain. But it is old, so keep an open mind and enjoy the "old map" orienteering. A few map corrections have been hand-drawn on the maps for courses 1 and 2. But runners on courses 3 and 4 should be prepared to encounter clearings that are a bit grown over, new trails (especially some close to their controls), and fences that

have been removed since the map was made. A twenty year old map, hand-drawn courses, photocopied map... retro orienteering at its best!

Saturday Afternoon: Chase

(Bow Valley Provincial Park map)

- Parking:** At the Group Camp
- Start time:** 3:00pm - 4:15pm. At 4:15pm a mass start of all competitors not already started. Your start time will be 3:00pm plus your elapsed time from The Setup. If you did not run in The Setup or if your elapsed time was more than 75 minutes then you will be in the Mass Start at 4:15pm. The start is a short walk (400m) from the Group Camp. Allow plenty of time to get to the start or you will miss your start.
- Course closing:** 6:00pm (max time is 90 minutes)
- Organizers:** Planner: Miles Tindal. Controller: Charlotte MacNaughton. Timing: Richard O
- Map:** 1:10,000, 3m contours. Kitty Jones, 1985?. Some recent updates.
- Directions:** Walk, following flagging, about 400m from the Group Camp. Finish is at the Group Camp

Saturday Evening: Potluck Dinner

(Group Campsite)

Saturday at 7:00pm join us for a potluck dinner at the Group Campsite. We're providing the chili (meat & vegetarian) & hotdogs - you provide beverages, salads, and deserts in a potluck fashion. Please bring your own cutlery, utensils, napkins, chairs, etc. Contact Jean (jean@barebones.ca) if you would like to help, especially if you can help warming up the chili.

Sunday Morning: Enduro

(Canmore Nordic Centre & Vicinity)

- Parking:** Canmore Nordic Centre Day Lodge parking lot
- Start time:** Mass start at 10:00am
- Course closing:** 4:00pm. 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.
- Directions:** Start & Finish at the Canmore Nordic Centre Day Lodge. Follow signs from downtown Canmore. Great facilities including flush toilets and pay showers.
- Organizers:** Planner: Alaric Fish. Controller: Adrian Zissos. Timing: Richard O.
- 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.
- Notes:** This event will use air photos and orienteering maps and trail maps.

Barebones 2003 Classic		
C1	1730	60
▷		Veg. boundary, SW-edge
1	102	Veg. boundary, NW-edge
2	101	Veg. boundary, W-edge
3	103	Veg. boundary, E-edge
4	104	Path Path Junction, Refreshments
5	108	Path Path Junction
6	105	Knoll
7	106	Path Path Junction
8	107	Re-entrant
○<	90	>◎

Barebones 2003 Classic		
C2	2870	100
▷		
1	106	/ / Y
2	112	∩ —
3	111	⌋
4	119	∪
5	123	○ □
6	109	⌋
7	104	/ / Y
8	124	●
9	113	⌋
10	114	∩
11	107	∩
○<	90	>◎

Barebones 2003 Classic		
C3	3650	160
▷		
1	112	∩ —
2	109	⌋
3	120	≡
4	110	⌋
5	122	⌋
6	121	○
7	111	⌋
8	124	●
9	125	∩
10	114	∩
11	107	∩
○<	90	>◎

Barebones 2003 Classic		
C4	5020	165
▷		
1	112	∩ —
2	109	⌋
3	120	≡
4	110	⌋
5	127	▷
6	126	▷
7	121	○
8	111	⌋
9	124	●
10	125	∩
11	114	∩
12	107	∩
○<	90	>◎

Barebone 2003 Night O		
Course 1	800	10m
▷		Spur
1	132	Hill, On the top of
2	133	Copse, N-edge
3	135	Path Junction Path
4	136	Path, Bend
○---	125	--->◎

Barebone 2003 Night O		
Course 2	775	20m
▷		⌋
1	146	△
2	141	×
3	142	△
4	144	△
5	145) (
6	136	/
○---	125	--->◎

Barebone 2003 Night O		
Course 3	1400	40m
▷		⌋
1	137	∩ —
2	148	∩ —
3	149	⌋
4	150	△
5	151	○
6	152	◁
7	136	/
○---	125	--->◎

Barebone 2003 Night O		
Course 4	1800	65m
▷		⌋
1	147	∩ —
2	138	⊖
3	139	→ ∩
4	140	∪
5	124	↖ ∩
6	127	∩ —
7	136	/
○---	125	--->◎

Barebones 2003 Setup		
Course 1	2420	15
▷		Veg. boundary Path Crossing
1	240	Powerline pylon
2	211	Path Path Junction
3	213	Building, S-side
4	214	Path, N End
Follow flagging for 20m		
5	215	Spur
6	241	Powerline pylon
7	201	Veg. boundary Path Crossing
8	202	Path, Bend
9	204	Clearing, SW-part
10	206	Spur
11	207	Special item
○<	200	>◎

Barebones 2003 Setup		
Course 2	2600	40
▷		▷ / X
1	209	⊖
2	210	≡
3	217	○
4	216	○
5	201	▷ / X
6	203	⊖
7	205	∩
8	206	⌋
9	208	○
○<	200	>◎

Barebones 2003 Setup		
Course 3	3050	90
▷		▷ / X
1	219	⊖
2	220	○
3	221	⊖
4	231	↗
5	228	
6	218	
○<	500	>◎

Barebones 2003 Setup		
Course 4	3700	110
▷		▷ / X
1	219	⊖
2	221	⊖
3	222	●
4	223	⊖
5	230	⊖
6	231	↗
7	228	
8	218	
○<	500	>◎

Barebones Chase 2003			Barebones Chase 2003			Barebones Chase 2003			Barebones Chase 2003		
C1		2025	C2		2275	C3		3650	C4		5800
▷		Powerline pylon	▷		⊗	▷		⊗	▷		⊗
1	101	Veg. boundary, SE-edge	1	102	⊗	1	115	∧	1	108	⊗
2	104	Powerline pylon, N-side	2	103	⊗	2	114	●	2	115	∧
3	106	Hill, E-part	3	105	⊗	3	130	⊗	3	110	⊗
4	137	Powerline pylon, E-side	4	113	●	4	134	⊗	4	114	●
5	110	Hill	5	114	●	5	135	●	5	129	∧
6	111	Path Path Junction	6	110	⊗	6	109	⊗	6	132	●
7	112	Hill	7	115	∧	7	105	⊗	7	133	∧
8	108	Depression, NE-part	8	116	∠	8	126	⊗	8	131	∧
9	107	Veg. boundary Path Junction	9	138)(9	107	∠	9	130	⊗
○<	175	>⊙	○<	150	>⊙	○<	175	>⊙	○<	175	>⊙

Nomination Form for

Barebones Outstanding Performance Award

Submit this form (or any reasonable facsimile) to Charlotte MacNaughton any time during the Barebones Weekend.

I would like to nominate:

Reason:

Future Barebones

Barebones 2004: Whitehorse, Yukon, July 10, 11, 12

In 2004 we are hoping to have Barebones as the pre-event for the Canadian Championships... Whitehorse is a great place to orienteer: fabulous forests, detailed terrain, outstandingly spectacular beauty, wonderful history, and fabulous people. You won't be sorry you came.

Tentative Schedule

Saturday	July 10	Barebones Classic
Sunday	July 11	Barebones Sprint & Barebones Short
Monday	July 12	Barebones Chase
Tuesday	July 13	Rest
Wednesday	July 14	COC Short
Thursday	July 15	COC Relay
Friday	July 16	COC Model
Saturday	July 17	COC Classic Day 1
Sunday	July 18	COC Classic Day 2

On Sunday July 11 we'll have a banquet with entertainment provided by ... ourselves ... in the Barebones group poetry recital. Visit the Robert Service website (www.robertwservice.com/index.php) to prepare.

Barebones 2005: Red Deer, Alberta, July 17 - 21

In 2005, Barebones will serve as the pre-event for the 2005 World Master Orienteering Championships (www.wmoc2005.com) to be held in Edmonton, in conjunction with the World Master Games. The Barebones crew invites orienteers from around the world to have a taste of some exotic Alberta terrain, from the Red Deer River canyon, to the rolling hills of SL Ranch, to the Rocky Mountain foothills terrain, to the hoodoos of Halkirk.

Tentative Schedule

Sunday	July 17	McKenzie Crossing
Monday	July 18	Beaver Lake
Tuesday	July 19	Rest Day
Wednesday	July 20	SL Ranch
Thursday	July 21	Halkirk

Visit www.barebones.ca for updates