

The Pathfinder

April 2008



Upcoming Events

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Race Type</i>	<i>Organizer</i>	<i>Contact</i>
Sun, April 13	1:00PM	Little Mountain Park	Park Event/Sprint	Larry	775-3721
Sun, April 20		FortWhyte Alive	FortWhyte EcoAdventure (www.fortwhyte.org)		
Thurs, April 24	6:30PM	Kildonan Park	Park Event/Sprint	Tim	475-2705
Sat, April 26	12:00PM	Neepawa	Long	Muriel	476-2402
Sun, April 27		Neepawa	Training Event	Tim	475-2705
Sat, May 3	2:00PM	Hartney	Middle	Jack/Jim	858-2283
Sun, May 4	10:00AM	Hartney	Long	Jack/Jim	858-2283
Thurs, May 8	6:30PM	Selkirk Park	Park Event/Sprint	Pat/Lois	668-3373
Sat, May 10	12:00PM	The Forks	Park Event/Sprint	Ursula/Caitlin	488-3999
Thurs, May 22	6:30PM	Bird's Hill Park	Park Event/Sprint	Pat/Lois	668-3373
Sat, May 24	1:00PM	Spruce Woods (YQ)	Middle	Darius	775-3721
Sun, May 25	11:00AM	Spruce Woods (GV)	Long	Steven	347-5764
Wed, May 28	6:30PM	Whittier Park	Park Event/Sprint	Tim	475-2705
Sat, May 31	1:00PM	Wildwood Park	Park Event/Sprint	Darius	775-3721
Thurs, June 5	6:30PM	King's Park	Park Event/Sprint	Marion	489-7510
Sat, June 7	1:00PM	Spruce Woods (YQ)	Training Event	Dave	347-5764
Sun, June 8	11:00AM	Spruce Woods (YQ)	Long	Thomas	347-5764
Wed, June 18	6:30PM	LaBarriere Park	Score-O	Steven	347-5764
Sun, June 22	3:00PM	Omand Park	Park Event/Sprint	Damian	775-3721
June 27-29		Sundre, AB	WCOCs		

For a complete schedule of events, visit www.orientteering.mb.ca.
To obtain printed schedule brochures, please contact Tim Lee.

Newsletter Information

The Pathfinder is now being edited by Thomas Graupner. Publications are planned for the 1st of April, July, October, and January.

The Pathfinder will initially be published on the MOA Website and mailed only to those without e-mail. If you want to receive a printed copy of the Pathfinder, please contact Thomas Graupner.

News From the Board

Election of Officers

At the Annual General Meeting on January 19th, the following individuals were named to the board:

Tim Lee timlee@mts.net	Continues two-year term as President
Jennifer Hamilton jfahamilton@shaw.ca	Continues two-year term as Vice-President
Dave Graupner dave@cottonwood.ca	Re-elected for a two-year term as Treasurer
Thomas Graupner thomasg@cottonwood.ca	Elected for a one-year term as Secretary
Darius Konotopetz dkonotop@iam.uwinnipeg.ca	Re-elected as a member at large
Angela Bajt abajt@mts.net	Elected as a member at large
Ursula Goeres UGoeres@winnipeg.ca	Elected as a member at large

Thanks to Angela Bajt, who served as Secretary, and Patrick Goeres and Pat Lee, who served as members at large, in 2007.

2009 Canadian Orienteering Championships

(Thanks to Dave Graupner for this information)

Manitoba will be hosting the 2009 COCs. While the dates have not been finalized yet, they will likely be held in late August (Aug. 28th to 30th). We are looking at the usual format for the COCs – sprint, medium and long distance events. We will also have a relay and night O events in the days before or after the COCs. We are hoping that Saskatchewan will organize the WCOCs in 2009 and that we can organize the two events to occur on adjacent weekends but this has not been confirmed yet.

We have selected a new area of Spruce Woods Provincial Park to create a new map for the COCs. The base map is currently being done by Stirling Surveys in Scotland. The field work will be done by Ales Hejna and Vendula Hejnova from the Czech Republic during May and June. Tim Lee has been making the arrangements with Ales and Vendula. The new area is in the south-west corner of the park in the area around the Hog's Back. As is normal for these events, this area is now embargoed for anyone who will be competing in the 2009 COCs. Event locations for the sprint, relay and night O have not been selected yet. Coureur de Bois, Lake Agassiz and MOA have each agreed to contribute to this project. Sport Manitoba has also given us \$2000 of directed funding towards the mapping.

We will be organizing some Level 3 Officials training this year as the meet director, controllers and course planners for the COC events must be certified to level 3. Jim Lee has kindly agreed to conduct the level 3 training. If you are interested in being a course planner for any of these events, please let Dave Graupner know. Two of our selection races this year will be done as 'A' Meets in order to complete the practical requirements for level 3 certification.

Angela Bajt, Jennifer Hamilton and Ursula Goeres have volunteered to work on promotions, fundraising and awards. We will need additional volunteers to help in making this a successful event. If you are interested please contact Dave Graupner.

2008 Provincial Team

The following people have been named to the 2008 Provincial Team:

Elite Team / Junior Team

Steven Graupner	6.66 min/km
Darius Konotopetz	7.39
Tim Lee	7.83
Damian Konotopetz	7.95
Angela Bajt	11.43
Muriel Gamey	11.72

Development Team / Masters Team

Thomas Graupner	9.32 min/km
Larry Konotopetz	10.52
Dave Graupner	10.48
Lois Watts	12.07
Pat Lee	14.33

Team Funding

At the MOA Board Meeting on February 20th, it was decided that members of the Elite and Junior Teams would receive \$500 for travel to the COCs or, alternatively, \$250 for travel to the WCOCs. Members of the Development and

Masters Teams will receive \$250 for the COCs or \$125 for the WCOCs. The money covers travel, accommodations, and entry fees.

Note that in order to receive funding, team members must meet the funding requirements specified at the 2008 AGM. Generally speaking, this means working at one bingo, attending the MOCs, and attending at least 50% of the selection races.

Other Events

Ski-O at the Jackrabbit Jamboree - Feb. 16th, 2008

(Thanks to Angela Bajt for this information.)

On Feb. 16th, 2008, the Red River Nordic Ski Club hosted the Jackrabbit Jamboree in Windsor Park. Over 80 kids participated in a variety of activities. One of the Jackrabbits' favorite activities was the ski orienteering event. They had to orienteer around one of the three different courses. Once they had found all of the controls, the Jackrabbits headed into the chalet to pick up their prizes. Hopefully we will see some of these Jackrabbits out once the snow is gone.



FortWhyte Alive EcoAdventure - Apr. 20th, 2008

Since 2005, the MOA has assisted FortWhyte Alive with the electronic timing of participants in its annual 42 km race through Winnipeg. The race involves canoeing or kayaking, running, rollerblading, and cycling. Last year, Darius Konotopetz participated and came in 4th place among the 37 individual men. (He was less than two minutes behind the winner.) Several orienteers intend to compete this year. For more information, visit www.fortwhyte.org. The deadline for registration is April 11th.

Running Down a Dream – My Winter as a Full Time Orienteer

(Patrick Goeres)

My winter has been extremely eventful, mostly involving me chasing the sun around the world with my running shoes and bike in tow. My goal after I finished my degree in December was to find the best possible training conditions on my way to my goal of 2008, the World Championships in Czech Republic.

I started off the New Year with a month of training in Utah, Arizona and California, and then spent some time doing the same in Portugal and Spain. Bouncing around training camps and visiting new places while meeting up with friends along the way was a great way to see some amazing parts of the US and southern Europe. I found lots of places I'm looking forward to going back to already.

A few days stand out as highlights of my travels. New Years Eve featured a full day of cycling and running in the red rock canyons of Zion National Park, only broken up by stops for photos and refueling at the local coffee shops. On New Years day we ran to 'The Wave,' an incredible sandstone formation whose location is carefully guarded secret by parks officials. Another highlight was the week I stayed in San Luis Obispo, a sleepy

town on the central coast of California which is a destination for wine tasters, fine diners, and of course cyclists. The area also turned out to have excellent trail running in addition to the miles of small

roads meandering through the country side. The most memorable ride was a 160km cruise along quiet roads through the vineyards and orchards. Shortly afterwards, I headed over to Portugal for a series of orienteering races and training camps. I spent a great week training near the old white washed town of Lagos, finished off by a series of races in the Portugal O Meeting. The races went quite well for my first of the year and I won the M21A class over the four days.



Base training during January-February was better than ever and I broke all sorts of personal training records in the process. Maybe it was too good to be true because at the end of February, I picked up a bug of some sort and it wiped me out for a full week, longer after the antibiotics were over. It was doubly poor timing since it hit when my parents came over for a visit in Portugal, but we still enjoyed a relaxing two weeks of travel through southern Portugal and Spain.

After all the travel and moving around, I was getting a bit anxious to make my final move to Scandinavia where I will spend the rest of the spring and summer.



I have officially moved to Kristiansand, Norway for the rest of the year to train and race with Kristiansand Orienteringsklubb. I stayed with Sandy and Holger Hott (Middle Distance World Champion in 2006) for the first couple weeks while I found a place to live. I am now living in a flat with two other orienteers, Andreas Høye, a Norwegian who is fighting for a spot on their National Team and current Swiss team member, Baptiste Rollier.

Norway is a beautiful country and it feels a lot like home here. There are rocks and trees and trees and trees and rocks and water. It's incredibly similar to the Whiteshell except that all the houses are houses (not cottages), and they all have sailboats rather than canoes. I am now happily settled into a regular training regime and am looking forward to the next few months leading up to my big goals of the summer!

You can follow some of my adventures on my blog: <http://my.opera.com/pither>



Your Help Needed . . .

Organizing Events

We wish to remind event organizers that they should always be prepared for newcomers. First impressions are key, so please ensure that all aspects of your meet are planned. In particular, please provide good signage to the start area and pre-printed maps. Please also have waiver forms for non-members to sign and schedule brochures to give away.

Promotions

We are planning on having a mass printing of our '08 Schedule Brochure. Please consider placing some of these at locations where you think they might get taken. Many local stores, rec. centres, and public buildings have places designated for brochures/promotions. Promotions is an important thing that we have to accomplish as a team. Please take the initiative to do your best to get the "word out" on O!

Permanent Courses

The MOA is looking for a volunteer to check all of our local permanent courses. We need someone who can check all of the control sites and repair or replace any damaged or missing equipment. An honorarium will be provided. Please contact Tim Lee if you wish to help.

The Pathfinder is produced by:

Manitoba Orienteering Association
200 Main Street
Winnipeg, MB
R3C 4M2

Tel: (204) 925-5706

Fax: (204) 925-5792

Email: info@orienteering.mb.ca

For more information about the sport of orienteering,
please visit www.orienteering.mb.ca.