

The Pathfinder

July 2008



2008 Western Canadian Orienteering Championships near Sundre, AB
Left to right: Muriel Gamey, Rudi Bajt, Steven Graupner, Angela Bajt,
Dave Graupner, Pat Lee, Lois Watts



Upcoming Events

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Race Type</i>	<i>Organizer</i>	<i>Contact</i>
Sat, July 5	11:00AM	St. Malo Park	Park Event/Sprint	Thomas	347-5764
Tues, July 8	6:30 PM	Kildonan Park	Park Event/Sprint	Tim	475-2705
Sat, July 12	12:00PM	Spruce Woods (GV)	Middle	Angela/Pat	878-3823
Sun, July 13	11:00AM	Carberry (Seton)	Middle	Lois/Marion	668-3373
Thurs, July 17	6:30PM	Bruce Park	Park Event/Sprint	Caitlin	488-3999
Thurs, July 31	6:30PM	Kilcona Park	Park Event/Sprint	Ursula	488-3999
Wed, Aug. 6	6:30PM	St. Vital Park	Park Event/Sprint	Thomas	347-5764
Aug. 16-17		St. John, NB	Fishbones		
Aug. 22-24		Fundy Park, NB	COCs		
Sun, Aug. 31	1:00PM	U. of M. Campus	Park Event/Sprint	Patrick	488-3999
Sun, Sep. 7	11:00AM	FortWhyte Alive	Park Event/Sprint	Tim	475-2705
Thurs, Sept. 11	6:30PM	Assiniboine Park	Park Event/Sprint	Caitlin	488-3999
Sun, Sept. 14	12:00PM	Grand Beach	Middle	Tim	475-2705
Sat, Sept. 20	2:00PM	Hartney	Middle	Jim/Jack	858-2358
Sun, Sept. 21	10:00AM	Hartney	Long	Jim/Jack	858-2358
Thurs, Sept. 25	6:30PM	Bird's Hill Park	Park Event/Sprint	Angela	878-3823
Sept. 26-28		Syracuse, NY	NAOCs		
Sat, Sept. 27	10:00AM	Falcon Lake	Swamp Donkey A.R.	(www.swampdonkeyar.com)	

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 being edited by Thomas Graupner. Publications have been planned for the 1st of April, July, October, and January.

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

Thanks to Pat Graupner for help with publishing this July edition of the Pathfinder.

Disaster or Delight?? By Muriel Gamey, Neepawa

Girls in long dresses and head scarves, and boys in black pants and suspenders, were visible darting in and out of the woods. Is this a movie scene in which the early settlers are under an attack? Actually, no. This was the scene depicting Hutterite students being introduced to the sport of Orienteering.

Late in April, a representative from the eight Hutterite colonies that are in our school division approached me about doing an afternoon of Orienteering with them. The teachers' idea of Orienteering was typical of the general public but after some discussion, dates were set. I spent part of one afternoon at a colony with eight teachers, showing them how to introduce maps to their students, and how to do school yard Orienteering. We also did one of Jim Lee's "paper" Orienteering exercises which require one to follow instructions and draw a course on a map. Some teachers found it quite hard but later reported that the students whizzed through it.

As 90 students, plus teachers and other colony members were to be involved, two afternoons were planned. A Score Orienteering event was set up in the north end of The Langford Community Pasture. The first day was beautiful - actually it was the last day before the rains hit! We walked in, did two controls together and then they were sent off. The Kindergarten to Grade 3's were in small groups with adults and were given a suggested course to follow. Everyone was back within the set time except two male drivers. After a 15 minute nervous wait on my part, they returned. They had decided that they wanted to find ALL of the controls! Well! At least it showed that they were interested in it.

Ten days later the second group arrived and did very well. They returned just as it started to rain. But wait, a teacher says two girls are missing! It is now raining and lightning is splitting the sky. I drive out for 1 km, return and (having pulled a hamstring the day before) I hobble out in a different direction. Oh! They have returned. But WAIT, two boys are missing. So now I send a senior Hutterite out looking in my van while I bike around. Nothing! Personally I would have sat and waited for awhile, but parents and teachers seem to feel you should be "doing" something! An extra concern now is if we don't get out soon, none of us will get out - remember the dirt/clay roads there! I just started to call in some neighbors with Quads when the boys returned. Oh, they wanted to see if they could find them all and they had not heard a return time.

Finally we are ALL in but will we get OUT? They, in two mini buses and I, in my van, creep and crawl and slither and slide through the muck. Heading down one hill, I'm heading for the ditch, which is an embankment. I bounce up a foot onto the sod, the back wheels follow. Since I'm still moving I drive along, turn back on the road, bounce down and keep going.

Disaster or delight? Well it was an adventure. They all seemed to enjoy themselves and some talked of doing it again.

Ottawa: Canadian Orienteering Trials

Patrick's winter long training paid off! Patrick Goeres, 23, has maintained his position on the Canadian Orienteering Team through successful trials in the Ottawa Gatineau Hills in May 2008. Patrick won the Sprint (2.3 km) and was third in the 10.4 km Long race. He finished 10th in the 4 km Middle. In July, Patrick will compete at the World Championships in the Czech Republic.



The weather throughout the trials was decent other than for the Sprint. The area was heavily treed and the wet conditions were an extra challenge for all the competitors.

Darius Konotopetz and Steven Graupner also attended the trials. Darius, 21, finished 10th in the Sprint, 13th on the Long and 11th in the Middle. Darius has competed twice in the Junior World Championships and is returning to Europe this summer to compete in O-Ringen in Sweden, the World University Championships in Estonia and to attend a variety of other events.



Steven, 19, is the current Manitoban Elite champion. Steven finished 16th in the Sprint and Middle races. Steven has attended the Western Canadian Championships in Alberta and will attend the Canadian Championships in New Brunswick this summer.

We congratulate Patrick for his success and wish all our Manitoba orienteers "Good Luck" in their adventures this summer!

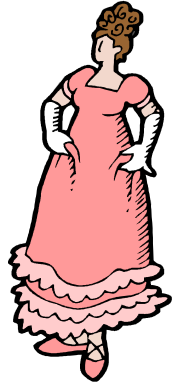
Photos: Top: Patrick Goeres
Middle: Darius Konotopetz,
Bottom: Steven Graupner

“O” Pick-Me-Up, PLEASE!

Hi, Pat Graupner here. I certainly have had my ups and have definitely had my downs orienteering this season. It is strange but my real down fall, sorry that should read fall down was one of my biggest “pick-me-ups” I have had all season. I’ll try to explain.

After a rather confidence-building completion of Muriel’s course 3 in Neepawa at the end of April, I decided to take on my age category, course 5, in Hartney in May.

The results were totally discouraging to the point that I failed to complete even a course 3 by the end of the weekend. Two weeks later, I failed to complete even a course 2 in Yellow Quill on the Saturday of the weekend. I was quite beside myself but somehow managed on the Sunday to complete the course 2 at Glen Valley.



Attending a training session was a BIG eye opener for me. The pace counting session proved to me that I did not know how many paces I took to traverse 100 metres—in fact I was out by ten percent. Over any sort of distance, my goodness, just imagine how far off I was! Compass work on the training session was good practice while not being under the pressure of a competition. I didn’t try everything offered at the training sessions but I do hope to have the opportunity to in the future as I heard positive comments from other orienteers.

Armed with my new found knowledge, I competed on course 3 the following day with marvelous, for me, results. I found many controls with little effort but when I didn’t, I always kept in contact with the map, and managed to proceed. Where I did have trouble, I kept to my plan, relocated, took compass bearings and pace counted. It all worked out, albeit slowly.

Even the fall I had in the creek from which I emerged soaking wet and covered with mud did not stop me from pace counting and taking my bearings. My fall down cooled me off and invigorated me. I can’t wait to try again!



Mapping St. Malo Park

Parts of St. Malo Provincial Park have been altered with the addition of campsites and new buildings. Thomas Graupner spent several weeks in April planning for additional mapping.

The objective was to produce aerial photos using weather balloons, kite string and a digital camera. Thomas managed to successfully launch the balloons to a height of about three hundred feet and retrieve about 6,000 photos. The photos were quite exciting and a few will actually be useful. It will be necessary to do quite a bit of interpretation of the photos and more ground work to have the map ready for the July 5th meet. See you there.



Top & Above: Aerial photos of St. Malo Provincial Park, April 2008
Right: Thomas launching balloons

Other Happenings

To fulfill an ambition over twenty years old, in September 2007, Dave and Pat Graupner hiked 400 kilometres of the 840 kilometre Bruce Trail which runs along the escarpment in Ontario from Niagara Falls to Tobermory.

This adventure was completed in twenty hikes from September 9th where it began in Niagara to October 3rd where it ended south of Collingwood.

This September, Dave and Pat will return to Ontario, on their way home from the COCs in New Brunswick to complete the Bruce Trail. They plan to be home in time for the wilderness adventure in Jessica Lake on the 12th of October if not before.



Top: Carne at Niagara
Above: Forest near Vineland
Right Top: At trails end 2007
Right: Autumn leaves

An Orienteering Fairytale

By Anonymous

Once upon a time there were three orienteers who decided it was time to go out orienteering by themselves for the first time. Now they were pretty good with reading a map and their coaches had taught them well and they were physically fit. All three of the orienteers have been orienteering in many different forests many times but always with their older brothers. They have never been orienteering alone and never in this particular forest. Going in the forest by themselves would be a very new and different experience.

On this overcast day, they were to orienteer in the great pine forest of Glen Valley. Everyone knew, except the young orienteers, that amongst the tall pine trees lived one lonely sasquatch. He was almost as tall as the tallest pine tree. He was very hairy with small beady eyes and very large feet. People often passed close by to him without even noticing as he was able to keep very, very still. Although he had poor eyesight, his sense of smell was sharp and kept him alert as to who was in his forest. This sasquatch also had an appetite for young orienteers and their maps.

The first orienteer had absolutely no fear. When he was told to go in the forest, he did it immediately. He took his map and ran and ran and ran. It was amazing that he found the controls at all because he did not take particular care in reading his map but he was determined that this would not be a scary experience. At about the middle point in his orienteering course he was getting a little bit tired so he slowed his pace down. Out of nowhere, behind one of the many tall pine trees leaped the extraordinarily tall hairy sasquatch. He demanded the first orienteer to hand over his map.

“Give me your map!” said the sasquatch.

The first orienteer, who was fearless, said, “No way!”

He refused to give the huge sasquatch his map. Instead, the first orienteer tried to run away but in short order was caught by the sasquatch and eaten alive complete with his map.

The second orienteer was hesitant and just a little scared about going into the deep dark forest alone. He was a rather cautious boy and asked a few questions about the course before he set off into the forest. He took his map and studied it and studied it and then ran and ran deep into the forest. He concentrated very hard on his orienteering course as he ran and skillfully found his controls. His concentration was so good that he did not even think about being scared. At about the middle point in his orienteering course he was getting a little bit tired so he slowed his pace down. Once again, out of nowhere, behind one of the many tall pine trees leaped the extraordinarily tall hairy sasquatch and scared the young orienteer so badly that he fainted. When the second orienteer regained consciousness, the sasquatch demanded that he hand over his map.

“Give me your map!” said the sasquatch.

The second orienteer, who was a little bit scared, said with a trembling voice, “Noo...Noo... No way!”

He reluctantly refused to give the huge sasquatch his map. Instead, the second orienteer tried to run away but his feet would not move fast enough and the sasquatch took two steps and caught him by the scruff of the neck and ate him alive complete with his map.

The third orienteer was very scared about the thought of going into the deep dark forest alone. He was a very cautious boy but very curious. He spent some time at the library reading books on this forest and asking many questions about the course before he set off into the forest. He took his map and studied it for a very, very long time and then ran and ran at a slow steady pace, frequently looking over his shoulder. Although he concentrated very hard on his orienteering course, he was distracted by his fear but managed to keep a running pace and skillfully found his controls. At about the middle point of the orienteering course he was getting very tired so cautiously slowed his pace down. He sensed that danger might be near but was not sure. Once again, out of nowhere, behind one of the many tall pine trees leaped the extraordinary tall hairy sasquatch and scared the young orienteer. But he did not run and he did not faint. He was prepared to deal with the sasquatch because he had read in the books exactly what to do. The sasquatch was demanding that he hand over his map.

“Give me your map!” said the sasquatch.

The third orienteer, who at this point, was not scared at all because he knew exactly what to do. And there and then he promptly faked a heart attack and pretended to be dead. The sasquatch was a little puzzled as he thought he had an easy catch. He scratched his extraordinary tall hairy body and feeling full from eating the first and second orienteer, he thought out loud. “I don’t eat dead orienteers, I only eat live orienteers!”

The sasquatch merrily went on his way leaving behind the third orienteer, who did not even have a scratch on his body. When the sasquatch was out of sight, the third orienteer scrambled to his feet to finish the orienteering course.

At the finish line, the third orienteer told of his ordeal in the deep dark pine forest of Glen Valley. His coach listened to his story carefully. Then he said,

“You see it is just as I told you. The way to get along in this world is to be prepared for the unexpected.”

Fortunately for the young orienteer, he learned that lesson. And he lived happily ever after orienteering!

At the Line: An Orienteering Race

By Damian Konotopetz

With a jittery stomach I stand at the starting line ready to race with my head hung low as I concentrate on visualizing the entire route ahead. So deep in thought, I don't hear the chatter around me or smell the threat of rain. Outfitted in orienteering gear from head to toe, I brightened the deep greens of the forest like a tropical bird in a tree. My brown hair held back with a brand new bright white head band anticipates the heat of the race. The tight red jersey and black running leggings show countless scars of the past as the rips and holes reveal a muscular body, fit for the challenge. Red and white striped gaiters shield legs of steel from the dangers of the forest. The yellow and black shoes with multiple metal spikes in their soles gleam in the sunlight in readiness for the ground they will tear. A compass in one hand attached at the thumb and a whistle strung around my neck provides a sense of security for one on this type of run. A very special red plastic stick fastened around my middle finger will prove that I found the control flags on my map. I am anxious to start as I know it won't be long. I hear the sound of the deep long beep and know it is the signal to begin the race. I take off like a mad man so I don't lose any time. I run like the wind up and over every hill and read my map carefully to figure out where to go. As swift as a fox I dodge and jump every stump. My heart begins to beep faster and faster with each and every stride. My brain hurts and my legs ache but I will never give up as the sight of the next control lures me on. The cool wind blows through my hair and the smell of the sweet summer air makes it all worthwhile. I can not stop now; I know the end is near. When I hear the crowd cheer, my final kick sets in and it funnels me down the finish chute. Exhaustion sets in when I cross the finish line. The race is done as fast as it had begun.



Above: Damian on the right

Your Help Needed . . .

Mapping

The MOA needs to update its inventory of maps. For the fun events held in conjunction with the 2009 COCs, we need the maps of Australia and Yellow Quill updated. Tim Lee has volunteered to update the Australia map, but we still need someone to update the Yellow Quill map.

Many of our city park maps also need updating. Since map errors can be discouraging to beginners, it is important that we keep these maps up to date.

If you have time to update one or more maps, please contact the MOA Board beforehand to discuss an honorarium.

Organizing Events

Once again, we wish to remind event organizers to always be prepared for newcomers and to plan all aspects of their meets. Please continue to 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

Schedule brochures placed at sporting outlets have successfully attracted some new participants. Please continue placing schedule brochures where you think they will be taken.

Permanent Courses - They've been checked!

The MOA looked for volunteers to check its permanent courses and found them! Angela Bajt and Dave Graupner have checked out all of the courses. Angela tackled the Winnipeg sites while Dave took on the out-of-town locations. Thank you!

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.