



2015 Maritime Orienteering Festival

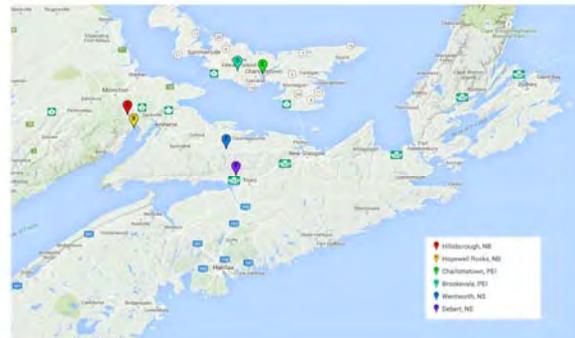
Including the Canadian Championships and 3-days of Fishbones
August 14-23



BULLETIN 2

The Orienteering Association of Nova Scotia and Orienteering New Brunswick, together with Orienteering Canada welcome you to the 2015 Maritime Orienteering Festival, including the 2015 Canadian Orienteering Championships, and Fishbones 3-day. Events will be held in all three Maritime Provinces on challenging, fun, high quality new and updated maps of some very unique terrain, including the ocean floor in the Bay of Fundy, the infamous "Pits of Despair", two Maritime ski hills, and orienteering on Prince Edward Island which will be a first for almost all of us!

Region



Organization and Information

Event Director: Harold McQuade

Event website: www.coc2015.ca

Event email: registrar@coc2015.ca

IOF WRE Event Advisor: Adrian Zissos (FWOC, Canada)

Registration Centre

Registration package pickup will be available in Moncton on Friday Aug 14, and in Hillsborough on Saturday Aug 15. From then onwards the Registration Centre will be at each event site.

Programme

Date	Orienteering Races	Other Events	Where
Aug 14, Fri		Registration Kit Pick Up	Moncton
Aug 15, Sat		Registration Kit Pick Up	Hillsborough
Aug 15, Sat		Orienteering Canada Conference Coaching Workshop Session #1	Moncton
Aug 14 & 15		Middle Model Event Map: Hillsborough Model	Hillsborough
Aug 16, Sun	COC Middle (WRE) Map: Hillsborough		Hillsborough
Aug 16, Sun		Banquet and Silent Auction	Hillsborough
Aug 17, Mon	Ocean-floor sprint Map: Hopewell Rocks		Hopewell Rocks
Aug 17, Mon	Fishbones Stage 1 Map: Hillsborough		Hillsborough
Aug 17-19		Sass Peepre Junior Training camp	Riverside-Albert
Aug 17, Mon		Orienteering Canada Conference The inside scoop on JWOC 2015	Riverside-Albert
Aug 18, Tue		Orienteering Canada Conference Coaching Workshop Session #2	Riverside-Albert
Aug 18, Tue		Orienteering Canada Conference All about SPOTT (Sass Peepre Orienteering Training for Teens)	Riverside-Albert
Aug 18-21		Middle Model Event Map: Wentworth Model	Wentworth
Aug 20, Thu	COC Sprint (WRE) Map: UPEI		Charlottetown
		Lobster Dinner	New Glasgow
Aug 21, Fri	Fishbones Stage 2 (Farsta) Map: Brookvale		Charlottetown
Aug 21, Fri		Orienteering Canada Conference Coaching Workshop Session #3	Debert
		Orienteering Canada Conference Jr Development Programs – Roundtable discussion	Debert
Aug 22, Sat	COC Long (WRE) Map: Wentworth		Wentworth
Aug 22, Sat		Orienteering Canada AGM	Debert
Aug 22, Sat		Pasta Night	
Aug 22, Sat		Pecha Kucha Orienteering Presentations	Debert
Aug 23, Sun	Fishbones Stage 3 (Chase) Map: Debert		Debert

Welcome from Orienteering Canada

On behalf of Orienteering Canada, welcome to the 2015 Maritime Orienteering Festival, including the Canadian Orienteering Championships. It's a thrill to be orienteering in 3 provinces over the span of a week, and especially exciting to be orienteering in PEI where we hope to develop a greater orienteering presence.

There is a lot going on this week in terms of races and other activities (Sass Peepre Jr Training Camp, AGM, Conference sessions, various dinners) and I encourage you to take part in as much as you can.

This event is being organized by a small but mighty group of orienteers, mostly from Orienteering New Brunswick (ONB) and the Orienteering Association of Nova Scotia (OANS) and also officials from Alberta. We do like to see orienteers from other provinces helping to put on the Canadian Champs. That multi-club involvements helps to ensure that we are able to host the Canadian Champs in all areas of the country, where we have both big and small orienteering clubs.

An enormous amount of volunteer effort is making these orienteering events happen. Please go out of your way to thank as many volunteers as possible this week. And please pitch in when you can. Any offers to help with control pick-up, refreshment table monitoring, announcing, site assembly and dis-assembly would be most welcome by the organizing committee.

On behalf of the Board and Staff of Orienteering Canada, we appreciate you coming to the 2015 Maritime Orienteering Festival. As a small token of our appreciation for your dedication to spend your time and your money to come to the COCs, you received a water bottle at registration. Thank you – we sincerely appreciate your commitment to being here.

See you in the woods,
Anne Teutsch
Orienteering Canada President

P.S. If you aren't a subscriber yet, be sure to subscribe to the Orienteering Canada newsletter at tinyurl.com/subscribeorienteeringcanada

Social Media

Please engage with us on social media. Use the hashtag #coc2015
Facebook: www.facebook.com/canadianorienteeringchampionships
Twitter: twitter.com/CanadianOChamps/

Embargoed Areas, Previous Maps

- Hillsborough Map (aka "Pits of Despair") - the entire map is embargoed.
- Wentworth map - the entire map is embargoed.
- University of PEI - the entire campus is embargoed other than the residences and dining hall.

Any previous maps of the competition areas are available on the website.

Training

Friday Aug 14 – Saturday Aug 15, Hillsborough 8:00 am – 8 pm

The model event adjacent to the COC Middle distance competition area offers you an opportunity to experience the Hillsborough terrain and mapping style. A number of controls will be placed in the terrain.

Tuesday Aug 18 – Friday Aug 21, Wentworth 8:00 am – 8 pm

This model event offers you an opportunity to experience the Wentworth terrain that is similar to the COC Long Distance terrain, but not similar in the mapping style, since the model map was made by a different mapper at an earlier date. A number of controls will be placed in the terrain across the road from the COC Long distance area. The model event will be set up from Tuesday Aug 18 - Friday Aug 21, so that you may go at your convenience.

Climate

The competition takes place during the summer with temperatures expected in the range of 20 – 25 degree Celsius. The competitions all take place close to sea level.

Start lists

Starts lists will be available on coc2015.ca

Entries & Competition Classes

As of Aug 9, there are 269 entries.

Standard Orienteering Canada age groups are used:

M/W 12, M/W13-14, M/W15-16, M/W 17-20, M/W21-34E, M/W35-44, M/W45-54, M/W65-74, M/W75-79, M/W80-84, M/W85+

In addition the following open courses are available:

Beginner, Intermediate, Advanced, Expert, and Sport.

On the day entry is available only in the Open classes.

Prize Giving, Medals and Mementoes

Prize giving will take place at the end of each Canadian Championship race. Canadian Championship medals will be given to the top three Canadian orienteers in each age class. The top three finishers in each age class, regardless of eligibility, will be given a small memento prize.

Eligibility requirements to win the Canadian Orienteering Championships shall be only those who are full members of the provincial/territorial associations and who are:

- a) Canadian citizens or
- b) Permanent residents as defined by Citizenship and Immigration Canada.

All medal winners must be prepared to submit proof of eligibility.

Fishbones mementoes will be given to all finishers at the Fishbones Stage III race at Debert.

Punching System

The SportIdent (SI) electronic punching system will be used for all races. SI cards can be rented when registering.

Clothing Restrictions

There are no clothing restrictions for orienteering in Canada. However, leg protection is recommended for all races, except the Sprint.

Transport

No official transport will be offered. Competitors are advised to hire a car. Roads are good and all events are accessible by paved roads.

Accommodation

Accommodation info is available on www.coc2015.ca/accommodation.html

Complaints & Protests

A complaint may be made about infringements of the applicable rules. Any competitor wishing to make a complaint should go to the registration desk where he/she will be given a complaint form, which must be completed and submitted to the Event Director within 30 minutes of his/her finish. Complaints received after this time limit will only be considered if there are valid exceptional circumstances (which must be explained in the complaint). The Event Director will take the complaint to the Event Committee, which usually consists of the Event Director, the Course Planner and the Controller, but any experienced orienteer can be included, to reach a decision, which is given to the complainant.

A protest can be made against the event committee's decision about a complaint. The protest shall be made on a protest form within 15 minutes of receiving the decision about the complaint. The protest will be taken to the Jury for resolution. The Controller will chair the Jury, but may not vote. The Event Director can attend the Jury's deliberations, but may not vote. The Jury's decision is final.

There is a no cost for making a complaint. There is no cost for making a protest on a WRE class. A protest on any other class must be accompanied by a fee of \$50 which shall be returned if the protest is upheld.

Jury

If a jury is required, it will be made up of individuals from the jury pool consisting of the following, plus other qualified officials if required.

Barbara Scheck (Yukon)

Bill Anderson (Ontario)

Brent Langbakk (Yukon)

Dave Graupner (Manitoba)

Forest Pearson (Yukon)

Geraint Edmunds (Alberta)

Kitty Jones (Alberta)

Marion Owen (Alberta)

Meghan Rance (BC / Ontario)

Ted Finch (GBR)

Hazards

Ticks

Ticks carrying Lyme disease have been reported in New Brunswick, Nova Scotia and Prince Edward Island. It is recommended to check for ticks after being in the forest. How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

Mosquitoes & flies

There are lots of mosquitoes and some horse flies. Bring bug spray and be prepared to cover up when not competing.

Insects

Wasp and bees are found in the local forest.

Wild Animals

Bears have been spotted in Hillsborough, NB and Wentworth, NS. Coyotes moose, deer and other animals can be found in the woods. The likelihood of seeing any of these animals is very low.

What to do if you encounter a bear?

- Stop
- Do not panic
- Don't announce your presence if the bear has not seen you. If possible, retreat slowly and give the bear plenty of space
- If the bear spots you make slow arm movements to make yourself look big and speak calmly while slowly backing away. Bears have poor eye sight
- Do not make eye contact with the bear
- If he comes toward you. DO NOT PLAY DEAD
- Make noise
- The bear may charge than stop or even run of into the woods.
- Remember that they can run faster than you and are good tree climbers
- If attacked fight back
- Report the encounter to the organizers when you return to the finish.

IMPORTANT safety notices

Hillsborough:

The Hillsborough venue will take place on a newly mapped area, White Rock, name after the distinct white gypsum that is found throughout the area. The gypsum was mined commercially up to 1978 and shortly afterwards in 1980 it was permanently closed.

The area is physically littered with sink holes from the collapsing underground mines. The sink holes make it unique from other maps. The following are known dangers:

Caves: The caves are out of bounds. A) The roofs are unstable and B) the bats occupying the caves are endangered species and are protected.

Orange fencing: The orange fencing marks the location of openings in the ground that drop into the underground mine and holes that disappear underground. Example Vertical Mine shaft.

Pits: There are many pits on the map. The pits are over 1 metre deep and many are over 1.4 metre deep and some over 3 metre deep.

Depressions: There are numerous depressions in the area caused by the collapsing mine. Avoid going into them as some have unstable bottoms.

Parking: Park only in designated parking areas. There are areas that do not support heavy loads.

Wentworth West (Training Map), Wentworth

The participants will be required to cross a busy railway crossing. The participants must stop at the railway crossing, listen for trains and look both ways before crossing the track.

Social Events

A number of social events will give a taste of Maritime foods and hospitality.

Sunday August 16 – COC Banquet and Silent Auction

Kiwanis Community Center in Hillsborough

During the banquet will be the always fun silent auction that raises funds for Orienteering Canada's High Performance Program (HPP) which helps develop Canada's elite orienteers.

There are no more tickets available for the banquet

Thursday Aug 20 PEI lobster supper

We have made a group reservation at New Glasgow Lobster Suppers after the COC Sprint on Thursday. The menu includes mussels, chowder, soup, salads, desserts and beverages (all-you-can-eat) plus a choice of entree.

We have reached capacity and no more reservations are being accepted

Saturday Aug 22 Pasta Night at the Debert Hospitality Centre

Time to wrap up the Maritime Orienteering Festival with a pasta dinner and a cash bar at the Debert Hospitality Centre. Reminisce over your week and share the last evening of the Festival with your orienteering friends.

There are still tickets available for purchase at the Registration desk. \$20 per adult and \$10 for kids under 12.

Orienteering Canada Conference

Full details are on [Orienteering Canada's 2015 Conference page](#).

Coaching Workshop: Competition-Introduction

This will be the pilot course for Orienteering Canada's newest level of our coaching program: Introduction to Competition.

Session #1 / Saturday Aug 15 / Moncton, NB (Sobey's Community Classroom at 55 Vaughan Harvey

Session #2 / Tuesday Aug 18 / Part of the Sass Peepre Jr Training Camp

Session #3 / Friday Aug 21 / Debert, NS

The Inside Scoop on JWOC 2015

JWOC Athletes (ages 17-19) will describe their experiences competing for Canada July 4 to 10 in Rauland, Norway.

Where: Broadleaf Guest Ranch, just outside the village of Riverside-Albert.

When: Monday Aug 17, 2015 at 7:30 – 8:30 pm

The Inside Scoop on SPOTT 2015

Under the guidance of Adam Woods, SPOTT 2015 athletes (ages 13-15) will present some of the training tips they learned online with coach Adam, during the 2015 spring season SPOTT program.

SPOTT = Sass Peepre Orienteering Training for Teens

Where: Broadleaf Guest Ranch, just outside the village of Riverside-Albert.

When: Tuesday Aug 18, 2015 at 7:00 – 7:45 pm

Insider's Tip: why not book to have dinner at the Broadleaf restaurant that evening, before attending one or both of these presentations? Information and a menu can be found here.

Reservations: 1-506-882-2349 (1-800 226-5405) or e-mail: info@broadleafranch.com.

Jr Programs Across Canada – a roundtable discussion

Join us for a discussion to share information about current jr programs across the country, as well as talking about ideas for furthering jr orienteering.

Where: Debert Hospitality Centre, Debert, NS

When: Friday Aug 21, 2015 at 8:00 – 9:00 pm

Orienteering Canada Annual General Meeting

The AGM is the one time of year when representatives of the Provincial and Territorial Associations gather to discuss and decide on the business tasks of Orienteering Canada (such as electing board members, making changes to the by-laws, reviewing the financial statements, etc). All are welcome to attend, though only the Associations' confirmed representatives will be able to vote. All the details are at www.orienteering.ca/2015/02/2015-annual-general-meeting

Where: Debert Hospitality Centre, Debert, NS

When: Saturday Aug 22, 2015 at 4:00 – 6:00 pm

PechaKucha – orienteering style

Have you heard of PechaKucha? It's a presentation methodology in which 20 slides are shown for 20 seconds each for a max of 6 minutes, 40 seconds/presenter. There will be different presenters on a wide range of orienteering related topics. Each presentation will be short and sweet. We have done this a few times and it is lots of fun! Interested in doing a presentation? If so, contact Anne Teutsch at president@orienteering.ca.

Where: Debert Hospitality Centre, Debert, NS

When: Saturday Aug 22, 2015 at 7:00 pm

Sass Peepre Junior Training Camp

August 17-19 at Broadleaf Guest Ranch, New Brunswick

Junior athletes of all abilities from 11 to 20 years of age are invited to participate in the 3 day camp, which always has amazing volunteer coaches. The last day to register is Aug 15

Our 2015 National Junior Training Camp will be held at the Broadleaf Guest Ranch, which is a 10 minute drive south of Hopewell Rocks in New Brunswick. Full details at coc2015.ca

Course details

	COC Middle			Hopewell Rocks			Fishbones Stage I			COC Sprint			Fishbones Stage II			COC Long			Fishbones Stage III		
	Distance	Climb	Controls	Distance	Climb	Controls	Distance	Climb	Controls	Distance	Climb	Controls	Distance	Climb	Controls	Distance	Climb	Controls	Distance	Climb	Controls
M12	1.9	40	10	1.3	30	12	3.5	85	17	1.6	10	21	1.8	30	12	2.9	105	15	1.8	20	14
M14	1.8	45	10	1.3	30	12	3.2	85	15	1.6	10	21	1.9	40	14	2.4	75	9	2.2	30	12
M16	1.7	50	12	1.3	30	12	1.8	50	12	3.1	20	18	2.8	85	13	3.4	95	12	3.1	35	14
M20	4.3	165	21	2.5	65	18	5.4	140	24	4.1	25	24	5.8	175	23	8.1	180	19	6.9	95	24
M21	4.3	165	21	2.5	65	18	5.4	140	24	4.1	25	24	5.8	175	23	12.9	385	20	6.9	95	24
M35	3.4	90	19	2.5	65	18	5.4	140	24	4.1	25	24	5.8	175	23	8.2	180	19	6.9	95	24
M45	2.6	90	16	1.3	30	12	3.8	135	22	4.1	25	24	5.3	150	20	5.9	160	11	4.4	60	15
M55	2.6	90	16	1.3	30	12	3.8	135	22	2.9	15	22	5.3	150	20	5.9	160	11	4.4	60	15
M65	2.3	70	14	1.3	30	12	3.8	135	22	2.9	15	22	5.3	150	20	3.7	110	8	4.4	60	15
M75	1.6	40	12	1.3	30	12	1.8	50	12	2.4	10	17	2.8	85	13	3.3	80	7	3.1	35	14
M80	1.6	40	12	1.3	30	12	1.8	50	12	2.4	10	17	2.8	85	13	2.4	60	10	3.1	35	14
M85	1.6	40	12	1.3	30	12	1.8	50	12	2.4	10	17	2.8	85	13	2.4	60	10	3.1	35	14
W12	1.9	40	10	1.3	30	12	3.5	85	17	1.6	10	21	1.8	30	12	2.9	105	15	1.8	20	14
W14	1.8	45	10	1.3	30	12	3.2	85	15	1.6	10	21	1.9	40	14	2.4	75	9	2.2	30	12
W16	1.7	50	12	1.3	30	12	1.8	50	12	3.1	20	18	2.8	85	13	3.4	95	12	3.1	35	14
W20	3.4	90	19	2.5	65	18	5.4	120	24	3.1	20	18	5.8	175	23	5.3	120	11	6.9	95	24
W21	3.4	90	19	2.5	65	18	5.4	120	24	3.1	20	18	5.8	175	23	8.2	180	19	6.9	95	24
W35	2.9	75	16	2.5	65	18	5.4	120	24	3.1	20	18	5.8	175	23	5.3	120	11	6.9	95	24
W45	2.3	70	14	1.3	30	12	3.8	135	22	2.9	15	22	5.3	150	20	3.7	110	8	4.4	60	15
W55	2	45	12	1.3	30	12	3.8	135	22	2.4	10	17	5.3	150	20	3.3	80	7	4.4	60	15
W65	2	45	12	1.3	30	12	3.8	135	22	2.4	10	17	5.3	150	20	3.3	80	7	4.4	60	15
W75	1.6	40	12	1.3	30	12	1.8	50	12	2.4	10	17	2.8	85	13	2.4	60	10	3.1	35	14
W80	1.6	40	12	1.3	30	12	1.8	50	12	2.4	10	17	2.8	85	13	2.4	60	10	3.1	35	14
W85	1.6	40	12	1.3	30	12	1.8	50	12	2.4	10	17	2.8	85	13	2.4	60	10	3.1	35	14
Open Beginner	1.9	40	10	1.3	30	12	3.5	85	17	1.6	10	21	1.8	30	12	2.4	75	9	1.8	20	14
Open Intermediate	1.7	50	12	1.3	30	12	3.2	85	15	2.4	10	17	1.9	40	14	3.4	95	12	2.2	30	12
Open Advanced	2.3	70	14	2.5	65	18	1.8	50	12	2.9	15	22	2.8	85	13	3.7	110	8	3.1	35	14
Open Expert	2.6	90	16	2.5	65	18	3.8	85	17	3.1	20	18	5.3	150	20	5.9	160	11	4.4	60	15
Sport	2	65	12	1.3	30	12	2	60	14	n/a		18	n/a		14	n/a		20	n/a		25

COC Middle Distance

IOF World Ranking Event

Sunday, August 16
Hillsborough, New Brunswick



SCHEDULE

Registration desk open: 9:00 am
Start times: first start at 10 am - last start around 12:15
Max time allowed: 2 hours
Course closes: 2:15
Awards: 1:30 (approx)

MAP INFO

Hillsborough
ISOM
Two scales:
1:7500 for these age categories W12, M12, W14, M14, W16, M16, W75, W80, M80, W85+, M85+, W55, W65, M75, W45, M65 and the open beginner, intermediate, advanced and sport category
1:10,000 for these age categories M45, M55, W20, W35, M20, W21, M35, M21 and the expert category
Contours: 5m
Size: 8 1/2" x 11" for both scales
Updated: Marcello Pradel, 2014
Elevation: 100m
Last major events: 2000 Eastern Canadian Orienteering Championships

RULE DEVIATION

Because of the high level of contour detail in the terrain the Orienteering Canada technical committee have agreed to allow the use of 1:7,500 scale for the categories running on courses 1-6.

TERRAIN DESCRIPTION

The Hillsborough map is truly awesome! A very unique and complex terrain, the result of gypsum mining many years ago. There are areas where the mining was that are now dense with sink holes - so it is a fascinating forest with technical negative terrain. Time loss is inevitable! But time loss will also be limited as you are never far from a track. There is also a variety of less complex terrain, and areas littered with a complex maze of ponds. So there will be a lot of variety in the courses, and the area will support two wonderfully enjoyable days of orienteering - the COC Middle on Sunday and the Fishbones Day 1 on Monday.

OFFICIALS

Course planner: David Ross, ONB
Controller: Jim Blanchard, OANS
IOF Event Advisor: Adrian Zissos, Calgary, Canada

ARENA INFORMATION

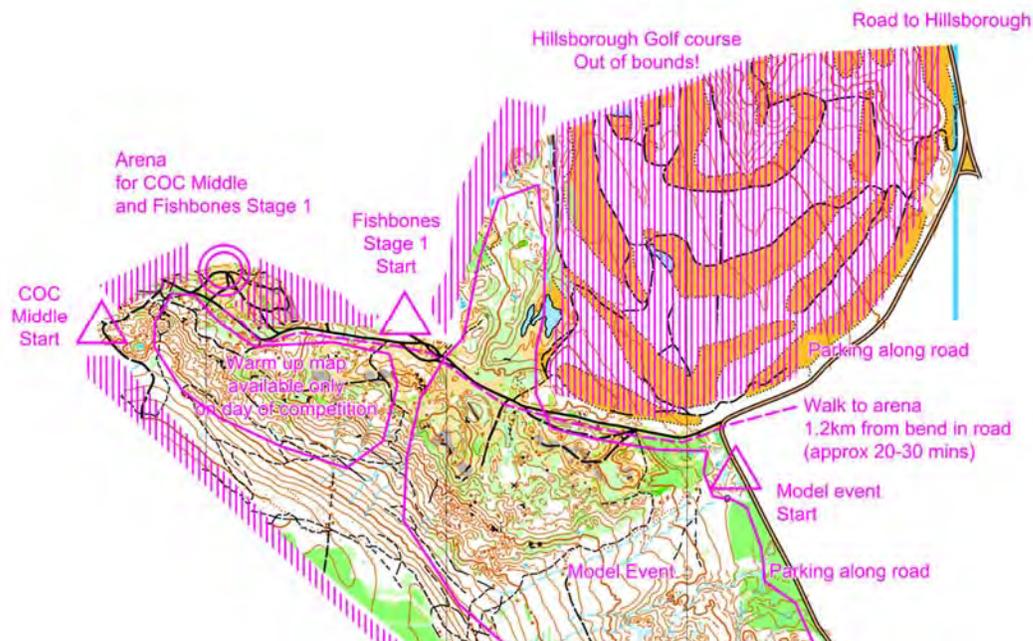
Vendors: o-Store
Food: Bring your own food & snacks, but there will be some available in the Arena.
Water: There will be limited water in the arena. Please bring plenty.
Toilets: Porta potties in the arena area
Distance & Time from Arena to Start: Walk to the Middle Distance Start is 380 metres from the assembly area with a 35 m climb
Distance & Time to Arena from Parking: Parking will be along a public road, about 1.0 - 1.5km walk along a forest road to the arena (approx. 30 m climb).

DIRECTIONS TO ARENA

From Moncton to Hillsborough, NB is approximately 35 minutes (30 km).

[Map](#) to middle distance

To event venues. The driving distance from the Junction of Main St. (hwy 114) and Golf Club road in Village of Hillsborough to the parking for all events is 3.5km. The Golf Club House is at kilometer 2.2 km. GPS N 45o 53.852, W 64o 39.650



RACE NOTES

M20, W21, M35, M21 will have spectator controls

Larger trails and roads often can be used by atvs or dirt bikes while smaller trails may be used by mountain bikes. Please yield if necessary.

Hawthorne : there is not a lot of it, but occasionally on the map one can stumble upon very thorny Hawthorne which varies in height from a bush to a small tree. Those 5 cm thorns can be quite pesky if you get caught in them.

SAFETY NOTES

The Hillsborough venue will take place on a new map, White Rock, name after the distinct white gypsum that is found throughout the area. The gypsum was mined commercially up to 1978 and shortly afterwards in 1980 it was permanently closed.

The area is physically littered with sink holes from the collapsing underground mines. The sink holes make it unique from other maps. The following are known dangers:

1. Caves: The caves are out of bounds. A) The roofs are unstable and B) the bats occupying the caves are endangered species and are protected. The population of bats in the area have almost vanished because of the White-Nose syndrome.
2. Orange fencing: The orange fencing marks the location of openings in the ground that drop into the underground mine and holes that disappear underground. Example Vertical Mine shaft.
3. Pits: There are many pits on the map. The pits are over 1 metre deep and many are over 1.4 metre deep and some over 3 metre deep.
4. Depressions: There are numerous depressions in the area caused by the collapsing mine. Avoid going into them as some have unstable bottoms.

Hopewell Rocks HPP Fundraiser Sprint

Monday, August 17

Hopewell Rocks Provincial Park, New Brunswick

The tides in the Bay of Fundy run almost 40 feet - the highest tides in the world. With six hours between high and low tide you can orienteer on the ocean floor in the morning and kayak 30 feet above the map at noon. Rather than us telling you how special it is to run here, here are a few comments from orienteers who ran previous races at The Rocks:

- "Running on the ocean floor at Hopewell Rocks was WAY more fun, WAY more cool, WAY more spectacular than I imagined possible. Great course planning by Mike Smith."
- "Anyone who missed the Hopewell Rocks sprint definitely has to plan to attend should NB hold another A meet there. So cool!"
- "On first glance it looks as if it is a very easy area. But Wait! Twists and turns and flower pots and caves and seaweed covered knolls come at you much more quickly than expected. ... Boom my concentration slipped for a second and I was lost! The Canadian Nationals are going back down east in 2015. I hope they will arrange for a pre-event at Hopewell."
- "I've never had so much enjoyment at an O event."

SCHEDULE

Registration desk open: there is not a registration desk at this event

Start times: first start at 8 am - last start approx 8:30

Max time allowed: 2 hours

Course closes: 10:30 sharp (!)

No awards

MAP INFO

Hopewell Rocks

ISSOM

Scale: 1:4000

Contours: 5m

Size: 8 x 14

Updated: Bill Anderson, last updated in 2013

Elevation: -15m - 0m (approx)

Last major events: 2008 COCs, Fun Sprint. [Click here to see map / course](#)

COURSE LENGTHS & DETAILS

[Click here](#) to see all the course details

TERRAIN DESCRIPTION

As you can see from the photos the ground dries up quite quickly, though it does remain a bit muddy and the seaweed can be slippery ...

Footwear: Standard O shoes are fine. The surface is a mixture of stones, sand (wet of course) of varying density, and muck if you venture near the water. Depending on your "over vs around" strategy you may end up crossing rocks with wet seaweed attached (in other words: slippery)

OFFICIALS

Holger and Sandy Hott, Mike Smith, Luella Smith

ARENA INFORMATION

Layout see below

Vendors: none on-site

Food: bring your own

Water: bring your own

Toilets: There are 2 toilets in the parking area

Distance & Time from Arena to Start: There isn't an arena. Start area is at the bottom of the stairs.

Distance & Time Parking to start: about 300m away, unless you are in overflow parking and you will require more time. Adjust accordingly.

DIRECTIONS TO ARENA

Directions to assembly area: Follow direction signs. Orienteers will greet you at a locked gate.

[Map](#) to Hopewell Rocks

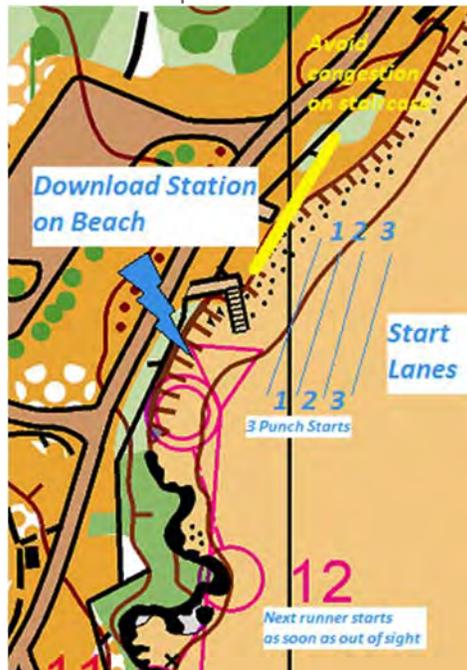
START PROCESS

There are no assigned start times. There are 3 different courses. Your course assignment will be on your bib.

There is a 3 lane punch start on the beach.

Line up at the 3 lane punch start and start as soon as the preceding runner is out of sight (every 10-30 secs).

First start is at 8 am. The last starts are around 8:30 am. There are no exceptions to this. Be there with lots of time to spare.



OTHER NOTES

Results may not be posted at Hopewell, but will be posted ASAP when we get back to Hillsborough (and online later in the day). With luck, interim results can be printed/posted at the top of the stairs (via wi-fi).

HPP FUNDRAISER

The proceeds from this event are dedicated to Orienteering Canada's High Performance Program (HPP). The goal of the HPP is to provide programming and support to help Canada's up and coming and current orienteers. Thank you for your support of the HPP by registering and participating in this event. For more information about the HPP, visit www.orienteering.ca/team-canada/high-performance

Fishbones Stage 1

Monday, August 17

Hillsborough, New Brunswick

The first stage of the three-stage Fishbones competition. A second shot at the fabulous and infamous Hillsborough "Pits of Despair" terrain. A casual atmosphere allowing runners to start at their own time, and to enjoy this new map of this famously unique and challenging terrain.

SCHEDULE

Registration desk open: noon (or as soon as possible after Hopewell Rocks)

Start times: first start is 1:00 pm - 3:00 pm

Max time allowed: 2 hours

Course closes: 5:00 pm

No awards for Fishbones individual stages.

MAP INFO

Hillsborough

ISOM

Scale: 1:7500 scale

Contours: 5m

Size: 8.5 x 11

Updated: Marcello Pradel, 2014

Elevation: 100m

Last major events: 2000 Eastern Canadian Orienteering Championships

TERRAIN DESCRIPTION

The Hillsborough map is truly awesome! A very unique and complex terrain, the result of gypsum mining many years ago. There are areas where the mining was that are now dense with sink holes - so it is a fascinating forest with technical negative terrain. Time loss is inevitable! But time loss will also be limited as you are never far from a track. There is also a variety of less complex terrain, and areas littered with a complex maze of ponds. So there will be a lot of variety in the courses, and the area will support two wonderfully enjoyable days of orienteering - the COC Middle on Sunday and the Fishbones Day 1 on Monday.

OFFICIALS

Course planner: David Ross, ONB

Controller: Jim Blanchard, OANS

ARENA INFORMATION

Vendors: O-Store

Food & Water: water, Gatorade, fruit, cookies & cheese will be available at the finish

Toilets: Porta potties in the arena area and at the start

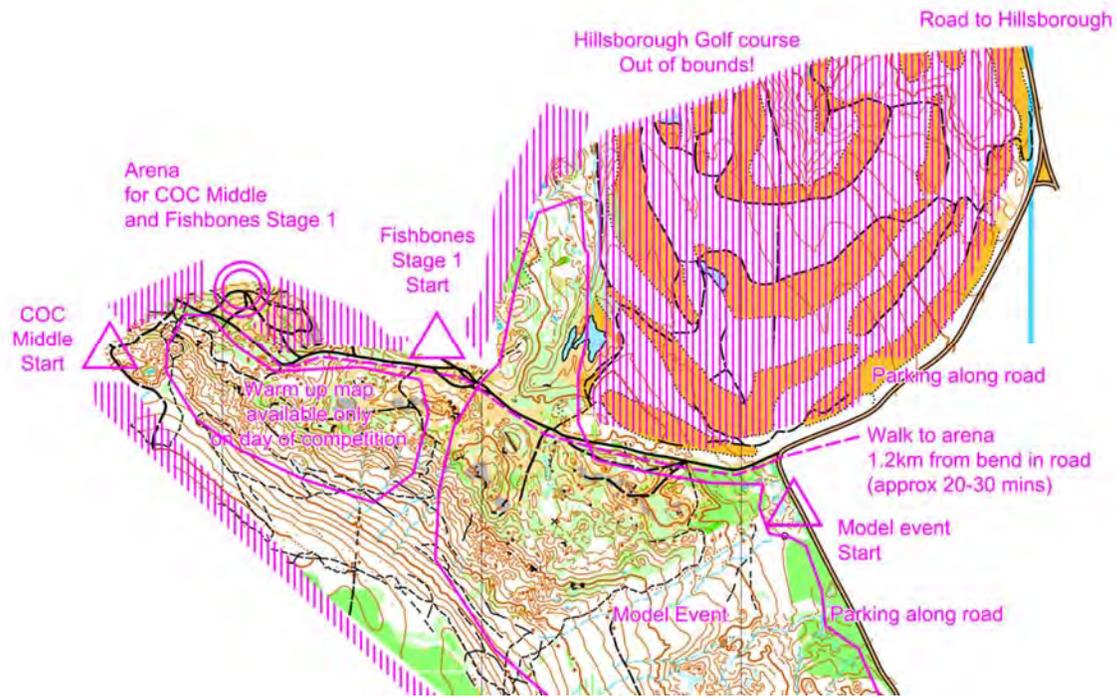
Distance & Time from Arena to Start: Walk from parking to start of Fishbones 1 is 850 metres

Distance & Time to Arena from Parking: Parking will be along a public road, about 1.0 - 1.5km walk along a forest road to the arena (approx. 30m climb)

DIRECTIONS TO ARENA

The driving distance from the Junction of Main St. (hwy 114) and Golf Club road in Village of Hillsborough to the parking for all events is 3.5km. The Golf Club House is at kilometer 2.2 km. GPS N 45o 53.852, W 64o 39.650

Parking will be along a public road, about 1.0 - 1.5km walk along a flat forest road to the arena.



RACE NOTES

Course 4 and 5 on FB are longer at a distance of 3.8 and 5.4 km sort of a extra long middle with water on the course. Even course 1 and 2 are over 3 km! Course 3 FB may seem very short however a further taste of the pits with the majority of the controls being located in the same area used for the Canadians will delight those who wish a technical challenge.

SAFETY NOTES

The Hillsborough venue will take place on a new map, White Rock, name after the distinct white gypsum that is found throughout the area. The gypsum was mined commercially up to 1978 and shortly afterwards in 1980 it was permanently closed.

The area is physically littered with sink holes from the collapsing underground mines. The sink holes make it unique from other maps. The following are known dangers:

1. Caves: The caves are out of bounds. A) The roofs are unstable and B) the bats occupying the caves are endangered species and are protected. The population of bats in the area have almost vanished because of the White-Nose syndrome.
2. Orange fencing: The orange fencing marks the location of openings in the ground that drop into the underground mine and holes that disappear underground. Example Vertical Mine shaft.
3. Pits: There are many pits on the map. The pits are over 1 metre deep and many are over 1.4 metre deep and some over 3 metre deep.
4. Depressions: There are numerous depressions in the area caused by the collapsing mine. Avoid going into them as some have unstable bottoms.
5. Parking: Park only in designated parking areas. There are areas that do not support heavy loads.

COC Sprint

IOF World Ranking Event

Thursday, August 20
Charlottetown, Prince Edward Island



SCHEDULE

Registration desk open: 9:00 am
Quarantine: You must be in the quarantine area by 9:45am
Start times: first start is 10 am - last start around 11:15
Max time allowed: 60 minutes
Course closes: 12:30
Awards: 12:15 (approx)

MAP INFO

University of Prince Edward Island
ISSOM
Scale: 1:4,000
Contours: 2m
Size: 11 x 14"
New map: Jeff Teutsch, 2014
Elevation: 50m (approx)

COURSE LENGTHS & DETAILS

[Click here](#) to see all the course details

TERRAIN DESCRIPTION

A mix of university campus and forested areas.

OFFICIALS

Course planner: Charlotte MacNaughton, FWOC
Controller: David Ross, ONB

IOF Event Advisor: Adrian Zissos, Calgary, Canada

ARENA INFORMATION

Vendors: none on-site
Food: Bring your own food & snacks, but there will be some available in the Arena. There are some food vendors in campus that you can access after the race
Water: There will be limited water in the arena. Please bring plenty.
Toilets: There are toilets in the spectator area of the track and in the quarantine (no spikes allowed)
Distance & Time from Arena to Start: 500m max.
Distance & Time to Arena from Parking: 300m max.

EMBARGO

No one is permitted on the UPEI campus in the lead up to the race. The only exception is on the south end of the campus, where you can park in the most southerly parking lots and access the residence building as a number of orienteers will be staying at the UPEI residence. You are not permitted to go anywhere on campus aside from the most southerly parking lots, the Residence buildings and the Dining Hall.

QUARANTINE INFORMATION AND START PROCESS

There is a quarantine for this race. All competitors must be in the quarantine area (the soccer field) by 9:45am. You may warm up in this area.

You will be called up in the quarantine area 8 minutes before your start time
You will follow a marked route to the call-up line
You will be called up at this line 5 minutes before your start time.

DIRECTIONS TO ARENA

Access by car:

Enter the campus at the University Avenue Entrance then follow the map below to the parking.
Parking will be in the lot immediately south of the soccer stadium.

Access by foot:

Walk along University Avenue then follow the "Access by Car" directions.

Before entering the quarantine area you will be able to enter the arena to drop off bags (since you can't enter quarantine after your race until everyone has started their race).

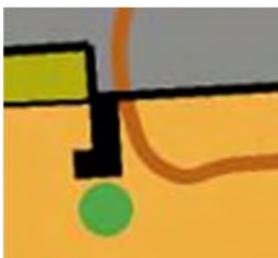


RACE / COURSE SETTER NOTES

- The Top Canadian in the Men & Women elite classes will automatically be selected to run for Canada at the 2016 World Championships Sprint races in Sweden. For full details see the 2015/2016 Senior National Team Selection document on the Orienteering Canada website.
- Footwear > Shoes with spikes are not permitted in this race.
- Clothing > It is appropriate to wear shorts / have uncovered legs during this race if that is your desired clothing choice.
- Course distance > the course distance has been calculated using the shortest runnable route, not the straight line distance.
- A reminder that you may not step foot in any out of bounds/olive green areas. Be prepared to be disqualified or disqualify yourself if you do.
- As is common with university campuses during the summer, there may be some areas of construction/landscaping projects that are not marked on the map.
- Remember that there are other events/conferences/day to day campus life happening. Be respectful and courteous. Share the campus with other users, it is not ours to use exclusively. And as always watch for vehicles and be careful when crossing roads.
- The course setter has added some artificial barriers to enhance various route choices. These are marked on the map with the purple uncrossable barrier symbol (a thick purple line) (see below for example) and will be marked in the terrain with stakes and flagging tape.
- A commonly used cross description is the junction of a building and a wall. Below is an example of the control description and an example of the map illustrating the control description.



Example of artificial barrier added to map



Example of wall and building junction course description

MAPPER NOTES

The University of Prince Edward Island was mapped in mid-November 2014 from base material provided by the City of Charlottetown. The area was re-checked sprint/summer 2015.

The map is a typical university campus with buildings with complex detail around entrance ways, lots of treed lawn, paved pathways and small patches of garden. Both symbols 421, impassable vegetation (extra dark green), and 527, area with forbidden access (olive green) are used to mark cultivated vegetation that are illegal to pass through. If the vegetation is physically difficult to pass through (e.g. a hedge) then it is mapped with 421. If the vegetation is physically easy to cross through (e.g. a garden patch) then it is mapped with 527. 527 is also used to map private property. Small gardens are additionally surrounded by cultivation boundary symbol 414 (a thin black line) to improve their visibility on the map. There are also numerous power transformers and other large man-made features throughout the campus which have been mapped to shape in black. Smaller man-made features such as salt-boxes are not mapped.

Fishbones Stage 2 – Farsta

Friday, August 21

Brookvale Nordic Ski Centre, PEI

The Brookvale nordic ski area is the venue for the second stage of the Fishbones competition. A complex maze of trails zigzag through some lovely island forest is perfect for the mass-start FARSTA-format race. A Farsta is a one person relay - each person runs multiple loops, each loop has lots of forking. A mass start makes for a really fun and exciting head-to-head race, with a high premium for keeping a strong concentration and not getting distracted by lots of runners and controls all over the forest.

SCHEDULE

Registration desk open: 9:00 am - 12:30 am

Mass Start time: 10:00 am *

Max time allowed: 2 hours

Course closes: 12:30 pm

No awards for Fishbones individual stages.

The Gold Cup Parade takes place in Charlottetown starting at 10 am on the 21st. There are road closures starting at 7 am. We suggest leaving 20 minutes earlier than planned to deal with any traffic/road closure issues. See below for more info.

MAP INFO

Brookvale Nordic

ISOM

Scale: 1:7,500

Contours: 5m

Size: 8.5" X 14"

New map: Jeff Teutsch, 2014/2015

Elevation: 50m - 100m (approx)

There is no previous orienteering map of the area, but here is [a map of the Nordic Ski trails](#)

COURSE LENGTHS & DETAILS

[Click here](#) to see all the course details

TERRAIN DESCRIPTION

Built for the 1991 Canada Winter Games, the Brookvale nordic ski trail network has jammed over 30km of tight, twisting trails into an impossibly small area - this makes for perfect terrain for a Farsta. There is lots of route choice, and a variety of trail types from single track mountain bike tracks to wide skate-ski trails. Cutting through the forest is also a good option in places. Lots of chances to drop your competition in what will be a high-intensity, high-fun, head to head race.

OFFICIALS

Course planner: Adrian Zissos, FWOC

RACE NOTES

There will be a mass start of all classes at 10:00am.

The Mass Start is optional for the following classes:

M/W12, M/W14, Open Beginner, Open Intermediate. These classes may start at any time, using a start punch, if they wish. The concern is that the mass start may be too overwhelming and confusing for the younger and less experienced athletes. Also this allows for shadowing youngsters by an adult after they finish their course.

Point to Point for shorter courses:

The Farsta distance needs to be quite long in order to get appropriate forking. Therefore the shorter classes will have a "normal" point-to-point course. These classes will take part in the mass start but will have only one loop, with no forking. This includes the following classes: M/W12, M/W14, M/W16,

M/W75, M/W80, M/W85, Open Beginner, Open Intermediate, Open Advanced.

FARSTA for longer courses:

All other classes (not on a Point to Point course) will be on a Farsta course. This course has three loops each one beginning and ending in the arena. Each loop is printed on a separate map. These three maps are printed on two sheets of paper that you will carry with you. The first two maps will be on one side, and the third map will be on the reverse. At the mass start you begin by running on "Map 1". This will take you on a loop into the forest and then back to the arena. At the end of the first part of your course you switch to "Map 2", follow the flagging to the start, and run that loop. Likewise, after the second loop you switch to "Map 3" and run the final loop. At the end of the final loop you will have a different final control and you run from the last control down the finish chute.

RELAY TIPS - mass starts, following, and forking

Mass starts: To prepare for the chaos of the mass start you must do lots of mental preparation so that you are able to focus on your own navigation and not be distracted by others. To help with this mental preparation, here are two video clips from the absolutely massive Jukola relay ...[Video One](#) and [Video Two](#) (warning: these take a while to download, but they are worth it).

Following: While following is generally frowned upon in orienteering (actually it is quite against the rules), an exception is made for relays. In fact a lot of the fun of running in a relay is being in a "train" - moving together with other runners much faster than you would if you were alone. Just beware of the forking when a train might split up - make sure you are in the right split...

Forking: This FARSTA has three loops, each of them starting & finishing in the arena. On each loop there is forking, so you might start a loop with someone and have the same three or four controls at the start of the loop (because you are "on the same fork"), but then a new fork might start and you might no longer be on the same fork. I know - it is impossibly difficult to explain. Check out this detailed explanation: [FARSTA explained](#)

ARENA INFORMATION

Vendors: The O-Store will likely be on site so you can stock up on your orienteering equipment and supplies.

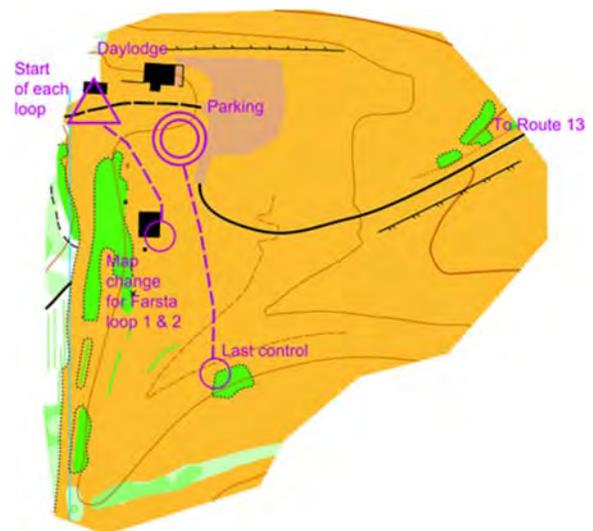
Food: Bring your own food & snacks.

Water: There will be limited water in the arena. Please bring plenty.

Toilets: Toilets are inside the day lodge. Please, ***no studs or muddy shoes inside the day lodge!!***

Distance & Time from Arena to Start: The start is in the arena.

Distance & Time to Arena from Parking: 100m max.



MAPPER NOTES

Brookvale Provincial Ski Park is the largest Nordic skiing facility in the Maritimes, though only a small part of it has been mapped. With more topography than I knew existed in PEI the provincial park is a beautiful venue for orienteering in addition to the skiing, biathlon, and mountain biking it normally plays host to.

With roughly 25km of ski and mountain-bike trails crammed into the 0.9 square kilometers of mapped forest, trails will undoubtedly feature heavily in your route choices and navigation. That doesn't, however, mean the orienteering will be easy – in parts of the map there are trails every 20 meters so keeping track of them all will require intense concentration. Note that many of the large ski trails are mapped as linear strips of clearing to represent how they are 5m + wide swaths of mowed grass. Those ski trails with vehicle tracks or paths cutting across or along them are mapped as such. The forest itself is a mix of managed coniferous forest and wild hardwood forest. In addition to the multitude of trails mentioned above much of this managed forest is criss-crossed with cut lines from logging. Those cut lines that were there prior to mapping are on the map but it is possible more recent logging has taken place and created new cuts that haven't made it onto the final map. Some of the forest, particularly the managed portions, is incredibly open and fast, while in other sections the possibility drops to near 0. Underneath the older forest there is a lot of growth of spruce and fir trees that greatly reduce the visibility. This forest underlayer has been mapped in a variety of greens to show the general passability of it. In areas where the trees are spaced far enough apart that you can make your way through them they are mapped in light or medium green whereas when they are dense enough that it is impossible to get through or nearly so, they are mapped as dark green. Individual or tiny clumps of these trees are not mapped but longer thin sections have been mapped so you can plan your routes accordingly.

A final special feature of the area is the piles of old forest debris that has been cleared from the trails and left there in the forest. Most of these are half decomposed and turned to earth but are still quite lumpy and in many cases have different kinds of undergrowth on them. Nonetheless those that are over 1m high are mapped as knolls and some of them are quite a lot higher than that. Those that are under 1m are not mapped.

DIRECTIONS TO ARENA

Parking will be at the Brookvale Nordic Centre day lodge. Turn off Route 13 approximately 1km west of the alpine ski area.

GOLD CUP PARADE IN CHARLOTTETOWN

Be sure to leave your accommodation in plenty of time to get to Brookvale on time. The [Gold Cup parade](#) is in Charlottetown on the 21st and starts at 10am. There are road closures. We suggest leaving 20 min earlier than planned to deal with any traffic/road closure issues. If you are staying in Charlottetown, we suggest taking University Avenue or Mt. Edward Road to get out of town.

Road closures will be in place starting at 7 am. [Click here for detailed info regarding road closures.](#)

COC Long Distance

IOF World Ranking Event

Saturday, August 22
Wentworth, Nova Scotia



SCHEDULE

Registration desk open: 9am
Start times: first start at 10 am - last start around noon
Max time allowed: 3 hours
Course closes: 3:00 pm
Awards: 2:00 pm (approx)

MAP INFO

Wentworth East
ISOM
Scale: M21, M35, W21 - 1:15,000. All other categories - 1:10,000
Contours: 5m
Size: 8.5" X 14" for courses on 1:10,000
8.5" X 11" for courses on 1:15,000
Updated: Bill Anderson, 2015
Elevation: 50m - 300m (approx)
Last major events: 2013 Fishbones
Existing map: [Click here to see full image of previous map.](#)

TERRAIN DESCRIPTION

Open runnable hardwood forest, with pockets of thicker evergreen forest. Areas of lots with contour detail and areas with not many features at all. Very few rock features and boulders tend to be on the small size.

OFFICIALS

Course planner: Pam James
Controller: Greg Nix

IOF Event Advisor: Adrian Zissos, Calgary, Canada

ARENA INFORMATION

Vendors: O-Store
Food: A light snack will be available at the finish.
Water: Available at the finish and start.
Toilets: In the Ski lodge near the arena. **No studs or muddy shoes in the Day Lodge!!**
2 Port a Potties available 400 m from the start.
Distance & Time from Arena to Start: 1.7km with 160m of climb has been done in 25 minutes at a steady pace by the course planner.
Distance & Time to Arena from Parking: 100m max.



DIRECTIONS TO ARENA

The arena is at the base of the Wentworth Ski hill. Plenty of parking in the parking lot.

Arena webcam: www.novascotiawebcams.com/en/webcams/ski-wentworth/

Approximate travel times:

Halifax: 80 mins / Moncton: 70 mins / Amherst: 40 mins / Truro: 25 mins / New Glasgow: 60 mins.

RACE NOTES

Most of the climb will be done on the walk to the start.

There is water on the courses so that the fastest runner gets water approximately every 25 min as per the IOF and Orienteering Canada rules.

MAPPERS NOTES

I trust you will enjoy the beautiful forest on the mountain as much as I did while updating the map. Boulders on the map are now all at least 1m high and rock faces 1m and vertical. I have used the solid line vegetation boundary on the ski hills to show the dramatic change with the forest. The solid line also delineates the small copses more effectively.

The runability green reflects the early summer conditions. White forest is often spectacular. Light green will be runnable but at reduced speed. Middle green will be very slow. Impassable green is to be avoided.

There are dozens of hydro poles, small towers, and light standards on the hill. The only ones I have drawn on the map are the large towers for the chair lift.

Many of the small "water channels" will be dry but are they are still very distinct.

That's it! Have fun! Bill Anderson

OTHER NOTES

M80, M85+, W75, W80, W85+ will be able to get a ride up to the Port a potties. This is approximately 400m from the start.

Fishbones Stage 3 - Chase

Sunday, August 23
Debert, Nova Scotia

The 2015 Maritime Orienteering Festival culminates with the Fishbones Chase. Your total time from the first two stages of Fishbones determine your start time in the chase. All runners within 45 minutes of the leader in their course after the first two stages of Fishbones will be in the Chase. There will be a mass start for all other runners. An early start will facilitate travel plans.

SCHEDULE

Registration desk open: 9:00 am - 12:30 pm

Chasing Starts: first starts are at 10 am

Mass Start time: soon after 10:45

Max time allowed: 2 hours

Course closes: 1:00 pm

All runners completing this, the third Fishbones race, will receive a Fishbones award.

START TIMES

Your start time in the Chase will be determined by your results in the previous two Fishbones races. Your total time after those two races will be compared to the fastest person on your course to give your "time behind course leader". Your "time behind course leader" will determine when you start in the chase:

- If you are the course leader you start at 10:00am
- if your "time behind course leader" is less than the cut-off then you are a "Chaser" and will start at 10:00am plus your "time behind course leader"
- if your "time behind course leader" is more than the cut-off then you will be in a Mass Start shortly after the last "Chaser" sets off.
- If you do not have result from both Fishbones Stage 1 and/or Fishbones Stage 2 (eg: you didn't run or you mis-punched) then you will be in the Mass Start.
- We aim to use a 45-minute cut-off for the chase on each course – however we might extend or shrink this time if we feel it will make the Chase more fun.

We will post start times on the event website shortly after the Fishbones Stage 2 race. We'll also post them at the Fishbones 3 arena and perhaps in other places. It is your responsibility to get to the start on time. You should be at the start at least 5 minutes before your start time in order to give the officials a chance to start you at the correct time.

MAP INFO

Debert

ISOM

Scale: 1:7500

Contours: 5m

Size: 8.5" X 11"

New map: Jeff Teutsch, 2015

Elevation: 35m (approx)

TERRAIN DESCRIPTION

The south-western half of the map is open pine forest with numerous trails. The north-eastern section is more diverse with some of the same open forest mixed in with varying degrees of thicker woods. There are a multitude of interesting features in this area due to its military training area history. Time on these courses should be fast, but close contact to the map will need to be maintained as a small error could have big consequences!

OFFICIALS

Course planner: Tony Wheeler, HOC
Controller: Jim Blanchard. AVOC

ARENA INFORMATION

Vendors: The O-Store will likely be on site.

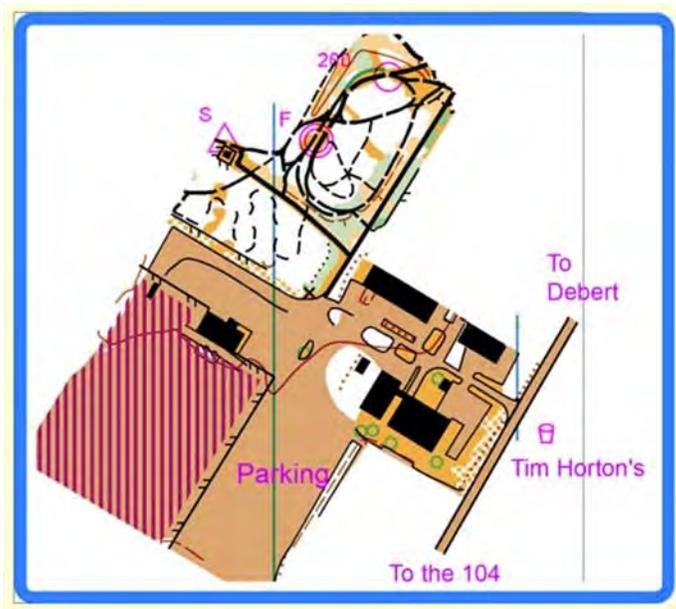
Food: Bring your own food & snacks, but there will be some available in the Arena.

Water: There will be limited water in the arena. Please bring plenty.

Toilets: There will be porta-potties on-site.

Distance & Time from Arena to Start: 1 minute.

Distance & Time to Arena from Parking: 250m max.



DIRECTIONS TO ARENA

The Debert Fishbones 3 race will convene at the Debert Industrial Park just off the 104 Trans Canada highway at exit 13. The parking area is only about 1 minute north on MacElmon Rd and then left onto Lysander Ave (across the road from a Tim Hortons). The start and finish areas are only a two minute walk from the parking area.

RACE NOTES

Fishbones 3 will be a Chase Start, meaning that cumulative times from the Fishbones 1 and 2 races will be calculated and the fastest time on each course will be the first to start. The start times afterwards will be based on the total time behind the leader after FB 1 and 2. If you see someone in the woods who is on your course, chances are that you are at that point tied! The order that athletes cross the line will be their order of finishing. This should be a really fun race with a bit of pressure thrown into the mix. There will be five Point-to-Point courses and one Sport (Score) course.

Course 5 will have a map change at the finish area. There will be a separate chute for the change area with a control. This should be exciting for the rest of the orienteers who get to cheer on the course 5 runners at the mid-point of their race.

MAPPER NOTES

The woods around Debert have an extensive history as a second world war staging and training area

known as Debert Military Camp and then in the 60s housed the maritime 'Deifenbunker'. Much of this history is evident throughout the map with the remains of trenches, craters, and old military buildings providing a lot of unusual detail for orienteering. Craters and trenches have only been mapped if they are a metre or more in depth throughout most of the length or, in a few cases are simply too obvious to be left off the map. There are a variety of building remains on the east side of the map which consist of cement walls sticking out of the ground sometimes with a cement 'floor' covering a bunker. More recently, the area has seen heavy use by dirt-bikers and their tracks heavily criss-cross the area. These tracks range from large two-wheel rutted paths to tiny single-wheel tracks through the pines. Due to the open nature of the pine plantations bikers sometimes head off cross-country leaving obvious tracks in the soft ground. Any tracks that seemed to be of this 'one-off' nature were not mapped. A lot of the flat 'plateau' area is covered by pristine pine plantations allowing for fast running, but there is also a variety of thicker sections of forest throughout the map. These have, naturally, been mapped with various shades of green. It should be noted, however, that 'green forest' is proportionally fast, such that you can often run practically unimpeded through light green. Middle green will significantly slow you down but you should be able to get through without a huge amount of difficulty. There is very little dark green on the map.

Special features: Green Xs are large rootstocks (1.5m high) that stand out in the terrain. Smaller rootstocks are numerous and unmapped.

Black Xs: a variety of man-made objects, ranging from old appliances and machinery, to cement pillars (generally a metre high) to large signs have been mapped with black Xs.