

Okanagan Adventure Running Tournament

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The Okanagan, BC, Canada

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General Information

Updates

While we do not anticipate any further updates, any new information will be posted to the homepage of our website oart.sageorienteering.ca and will be accompanied by a mass email to all registrants as well.

Race Format

The race weekend will consist of three rounds of mass start heats on Saturday in Vernon with racers moving through each heat to race against competitors of increasingly similar speed and ability. The heats will be seeded based on past sprint results. This will be followed by a forest sprint event on Saturday afternoon in the Kelowna area. On Sunday, there will be a Farsta style race, followed by two traditional sprint orienteering races. Shortly after the races, there will be awards for the top male and female junior and top male and female elite runners.

Bring Your Own Map Bag (BYOMB)

In order to reduce waste, we are asking competitors to bring their own map bag for all events. If you do not have a bag of map bags sitting in the basement to be put to good use, we are sure some of your friends do. We will have a small number of map bags available in the case that you forget your map bag.

Wildlife

There should be no large animals on any of the maps, but on the forest-maps please do be aware that there could be wildlife present. Ticks may be found in forested areas. Please check for ticks after any running where you may have brushed up against trees or bushes. Specifically, the Postill map could have bears or even rattlesnakes on it and there are deer in the area.

Starts

The route to the start will be marked with either orange flagging tape, orange pin flags or a combination of the two. Please follow these markers when going to the start. Event officials will be able to direct you to the route to start.

The start will use the newer system, where you punch the start control, your time starts, and you get your map. You then follow a flagged route to the start control, which you do not need to punch. Navigate your way from there.

Other Users

Please be aware that while we are running a race the courses are not closed. Be alert when running that there will be cars on the streets as well as other people around.

Timing

SI timing will be used for all events. SI air will not be used. Rental SI units will be available to all competitors without their own.

Special Symbols

These are additional symbols on the map this weekend that are not a part of the ISSOM 2007 standard.

- Large Transformer Box
- ✕ Pile of Logs
- ✕ Large Anthill (>0.5m)
- ✕ Spray Park Equipment
- Temporary Fence Around Construction

Results and Course Maps

Results and will be posted to our event website oart.sageorienteering.ca as well as Attackpoint and Winsplits. Course Maps will be posted to our event website after the event as well.

Thank You

Thank you to all participants for coming to the Okanagan Adventure Running Tournament II. This event is a fundraiser to help the event organizers with travel expenses to Denmark for the Junior World Orienteering Championships and to the Montreal area for the Canadian Orienteering Championships. We hope you enjoy your weekend of racing!

Schedule Overview

Time	Event	Location	Terrain
Saturday May 4th			
9:00-10:00	Sign in	Okanagan College – Vernon Campus	Picnic area south of track
10:00-10:45	Race 1 – Quarters	Okanagan College – Vernon Campus	Campus / Open Grassland
Moving Locations (10 minute drive)			
11:30-12:15	Race 2 – Semis	Becker Ridge #1	Urban / Grassland
12:30-1:15	Race 3 – Finals	Becker Ridge #2	Urban / Grassland
Moving Locations (35-45 minute drive)			
3:30-4:30	Race 4 – Forest Sprint	Lower Postill	Forest
Sunday May 5th			
9:00-10:15	Race 5 – Farsta	Aberdeen Hall Preparatory School	Urban / Forest
Moving Locations (10 minute walk)			
11:00-12:00	Race 6 – Traditional Sprint	UBCO	Campus / Forest
12:30-1:30	Race 7 – Traditional Sprint	UBCO	Campus
1:45	Awards	UBCO	UBCO Gymnasium Parking Lot

Overview Location Map



- **Day 1**

- o Okanagan College – Vernon
- o Becker Ridge
- o Postill

- **Day 2**

- o Academy Hill
- o UBCO 1
- o UBCO 2

Saturday May 4th

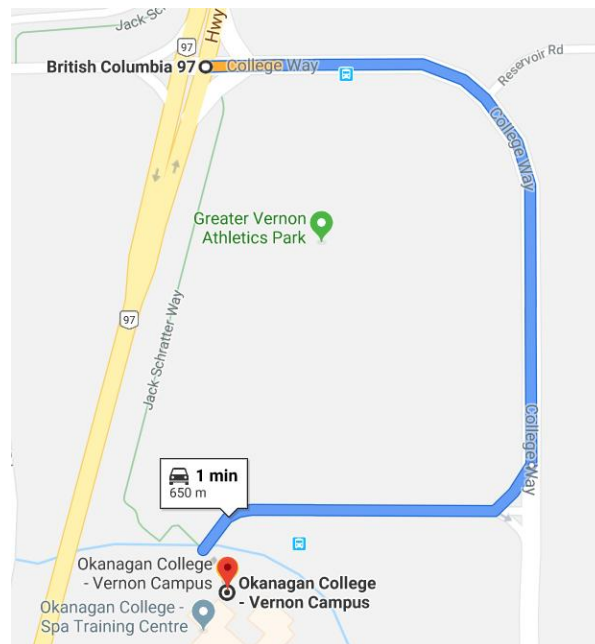
Saturday's event will consist of mass start heat style orienteering races followed by a forest sprint. The rankings will be determined based on previous sprint results.

Driving to Okanagan College – Vernon Campus

Address for your GPS: Okanagan College - Vernon Campus, College Way, Coldstream, BC

From the North: From **Highway 97** turn **left** onto **College Way** at the top of the hill leaving Vernon, in 500m turn **right** to continue on **College Way**, the **Okanagan College – Vernon Campus** will be on the **right**.

From the South: From **Highway 97** turn **right** onto **College Way** at the top of the hill coming in to Vernon, in 500m turn **right** to continue on **College Way**, the **Okanagan College – Vernon Campus** will be on the **right**.



Registration/Check In

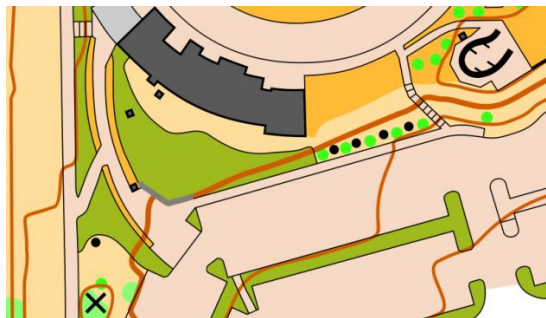
Time: 9:00-10:00

Registration will begin at 9:00 AM at the covered picnic area located at the South end of the track. All participants will need to sign a waiver for the weekend at registration before they are allowed to race. SI rentals, Sage memberships, and compass loans will be available at the registration as well. Remember to bring your map bag with you to each start as we will not be providing them.

Okanagan College – Vernon Campus Quarter Finals

- **Time:** 10:00-10:45
- **Course Planner:** David Bakker
- **Race Format:** Mass Start Orienteering Heats, EWT 12-15 minutes
- **Distance:** 2.5km
- **Climb:** 100m
- **Number of Controls:** 23
- **Start:** Within 50m of the parking, and right next to registration.
- **Map:** Brand new ISSOM2007 made in 2019
- **Scale:** 1:4000
- **Contours:** 2m
- **Control Descriptions:** Yes
- **Terrain Description:** Campus terrain and surrounding hilly grasslands
- **Shoe Recommendation:** Trail runners
- **Course Description:** Expect some weird forking systems and remember what the bridge symbol looks like for this event.

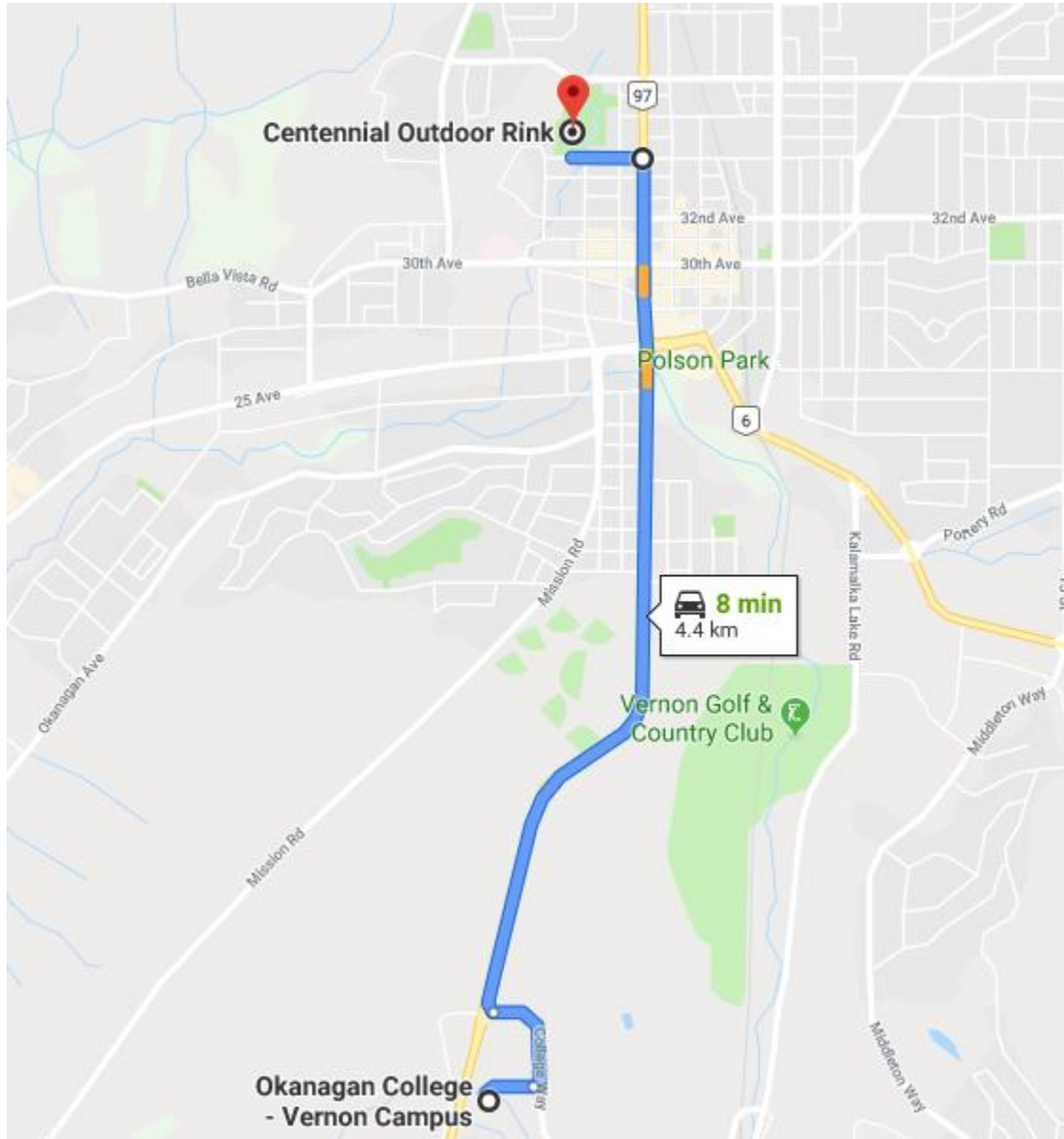
Bathrooms for the Okanagan College – Vernon Campus can be found south of the track, in the track and field building, also shown in the map sample below.



Driving to Becker Ridge from the Okanagan College

Address for your GPS: Centennial Outdoor Rink, 3409 35 Ave, Vernon, BC V1T 2Y5

Driving instructions: Turn **left** onto **College Way**, turn **right** onto **Highway 97**, after 3.5km turn **left** onto **35th Avenue**, the **Vernon Curling and Athletic Club** will be on your **right** in **260m**.



Washrooms at the Vernon Curling and Athletic Club are located within the building. We have the gym space booked. There will be space inside the gym for competitors to hang out and leave their stuff during the two events at Becker Ridge. **Shoes with metal spikes are not permitted inside the building.**

Becker Ridge #1 – Semi Finals

- **Time:** 11:30-12:15
- **Course Planner:** Alexander Corbett
- **Race Format:** Mass Start orienteering heats, EWT 12-15 minutes
- **Distance:** 2.9km
- **Climb:** 95m
- **Number of Controls:** 11
- **Start:** 300m from Parking/Gym – the route is flagged
- **Map:** Brand new ISSOM2007 made in 2019
- **Scale:** 1:4000
- **Contours:** 2m
- **Control Descriptions:** Yes
- **Terrain Description:** Apartments, Grassland, Urban
- **Shoe Recommendation:** Trail runners



Becker Ridge #2 – Finals

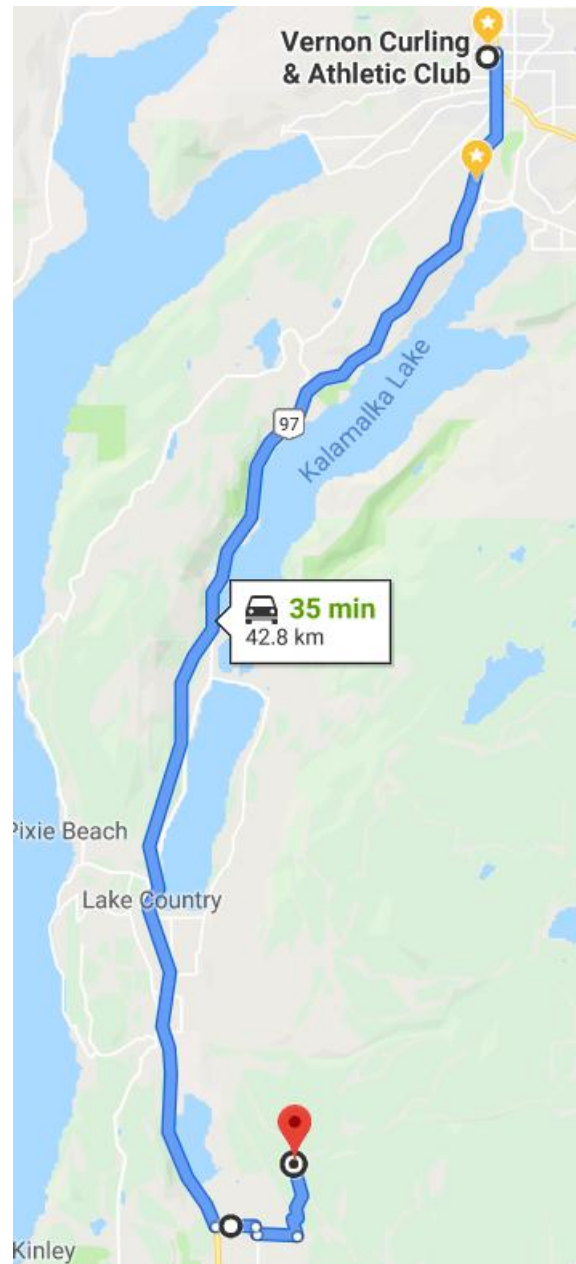
- **Time:** 12:30-1:15
- **Course Planner:** Alexander Corbett
- **Race Format:** Mass Start orienteering heats, EWT 12-15 minutes
- **Distance:** 2.1km
- **Climb:** 100m
- **Number of Controls:** 24
- **Start:** 300m from Parking/Gym – same as for Becker Ridge #1
- **Map:** Brand new ISSOM2007 made in 2019
- **Scale:** 1:4000
- **Contours:** 2m
- **Control Descriptions:** yes
- **Terrain Description:** Park, Grassland, Forest, and Urban
- **Shoe Recommendation:** Trail runners



Driving to Lower Postill from Becker Ridge

Address for GPS: 6895-7025 Postill Lake Rd, Central Okanagan I, BC

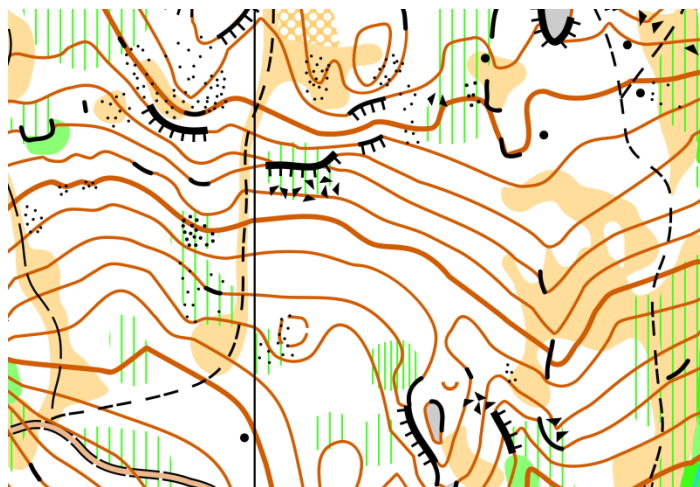
Driving Instructions: Leaving the Vernon Curling and Athletic Club Parking Lot, turn **right** onto **39th Avenue**, after **250m** turn **right** onto **Highway 97**, continue on **Highway 97** for **38km**, just before the **Kelowna Airport** turn **left** onto **Old Vernon Road**. Follow the blue “Postill Lake Lodge” signs along **Old Vernon Road** for **1.1km** then turn **right** at the four way stop to stay on **Old Vernon Road**, take the **first left** onto **Postill Drive**, after **1.1km** turn **left** onto **Postill Lake Road**, continue up **Postill Lake Road** and follow the orienteering signs.



Lower Postill

This is a forest sprint event; however, some non-elite runners may wish to treat it as a middle. There are no bathrooms available at this event, but there are plenty of private bushes around.

- **Time:** 3:30-4:30
- **Course Planner:** David Bakker
- **Race Format:** Forest sprint event, EWT 14-16 minutes
- **Distance:** 2.2km
- **Climb:** 75m
- **Number of Controls:** 15
- **Start:** 500m **uphill** walk to the start. Leave yourself enough time. No clothing drop or water available.
- **Map:** Brand new made in 2019 ISSOM sprint map
- **Scale:** 1:4000
- **Contours:** 2m
- **Control Descriptions:** yes
- **Terrain Description:** Beautiful white forest with minimal deadfall and undergrowth, abundant rock features, and a light trail network
- **Shoe Recommendation:** Spiked orienteering shoes
- **Course Description:** A traditional point to point individual start sprint race in a forested area.



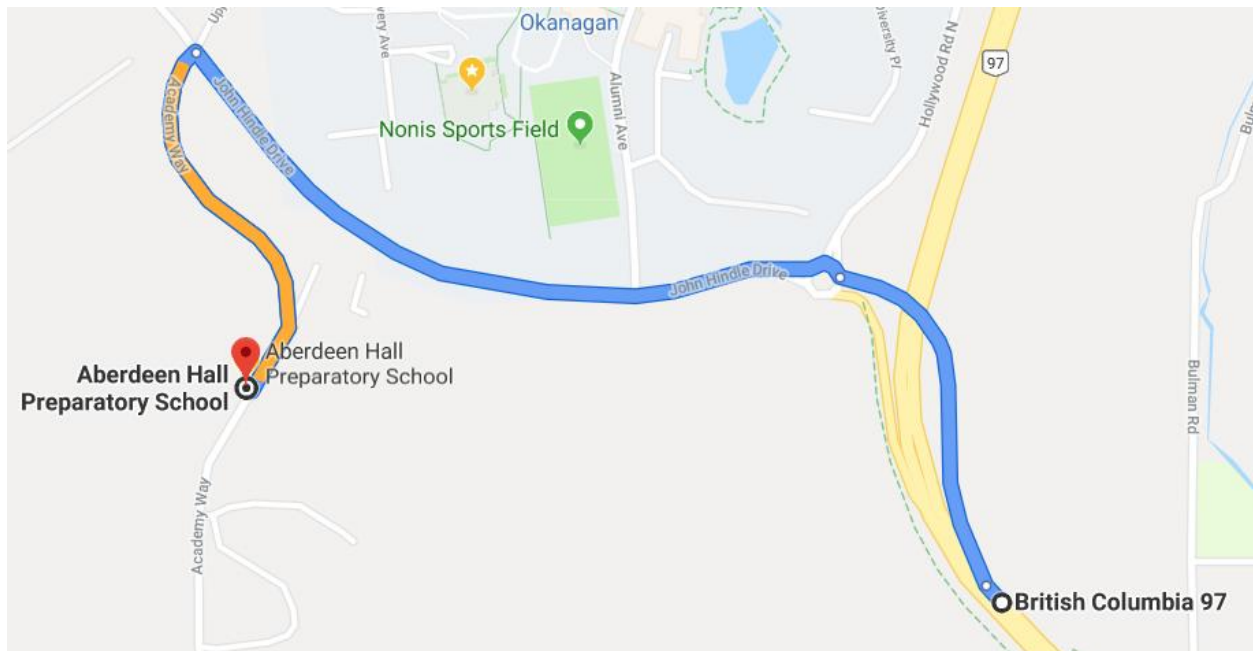
Sunday May 5th

Sunday's races will a FARSTA event followed by two traditional sprint races. The races will be followed with awards as promptly as possible.

Driving Instructions for Sunday's Events

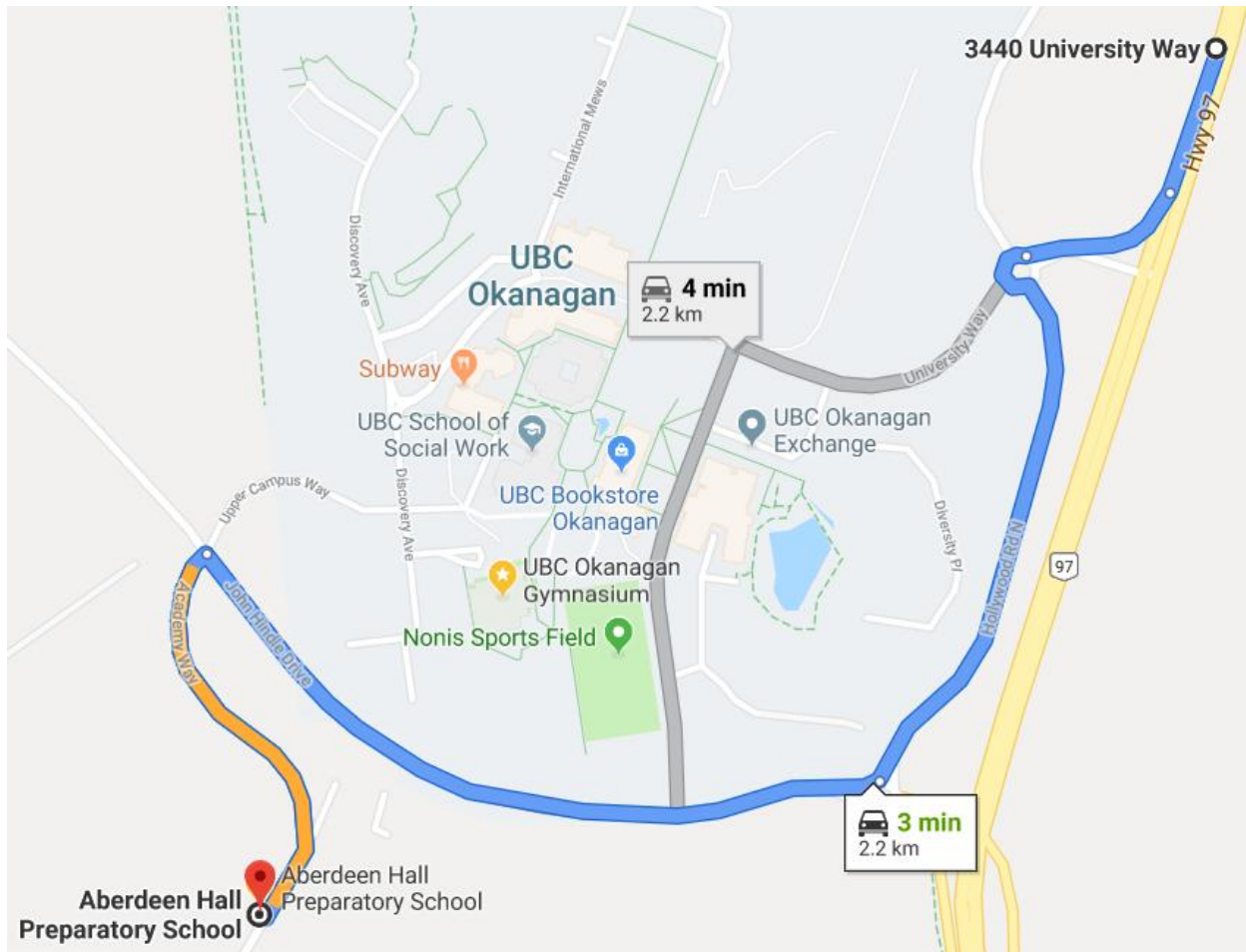
Address for you GPS: Aberdeen Hall Preparatory School, 950 Academy Way, Kelowna, BC

Driving from the South: Take the exit signed as **University of British Columbia** as you are leaving main part of Kelowna, at the roundabout **continue straight** onto **John Hindle Drive**, take the **first left** onto **Academy Way**, **Aberdeen Hall Preparatory School** will be on your **right**.



Driving from the North: Follow **Highway 97 South** into Kelowna, exit for **University Way** to **UBC Okanagan**, at the roundabout take the **third exit** onto **Hollywood Road North**, at the next roundabout take the **first exit** onto **John Hindle Drive**, take the **first left** onto **Academy Way**, **Aberdeen Hall Preparatory School** will be on your right.

Please take only the route indicated in blue as the alternate route passes through the University where we will be running in the afternoon.



Academy Hill – Farsta

Free parking is available for this event in the school parking. For those wishing to avoid paying for parking at the following events at UBCO, it is a short walk down the hill. Otherwise, pay parking is available on campus by the gymnasium.

Note: There is no washroom access at this location. The nearest access is in the UBCO Gymnasium where the later events will take place. This is around a 7 minute walk from the Academy Hill venue.

- **MANDATORY PRE-RACE MEETING:** 8:45
- **Start Time:** 9:00
- **Course Planner:** Alexander Corbett
- **Race Format:** Farsta mass start, EWT 12-15 minutes
- **Distance:** 3.0km
- **Climb:** 95m
- **Number of Controls:** 29
- **Start:** At the parking/check in
- **Map:** ISSOM2007 made in 2019 by David Bakker
- **Scale:** 1:4000
- **Contours:** 2m
- **Control Descriptions:** no separate descriptions – printed on map only
- **Terrain Description:** A mixture of apartment buildings and campus terrain
- **Course Description:** Insane mayhem – this is a mass start Farsta with lots of forking.
- **Shoe Recommendation:** Trail runners as this course will involve some steep hillsides as well as paved areas.

What in the World is a Farsta?

Basically, it is a mass start race, where there are four different loops. Each competitor goes around each loop once, but with everybody going around the loops in different orders. To add even more excitement, there might be additional forking within the loops. Basically, everyone has a very similar course in terms of distance and difficulty, but everyone does it in different orders and they are slightly different, so you can't follow anyone! If this sounds confusing, don't worry, just follow your map and ignore what everyone else is doing. Also, we'll explain it a bit more when you arrive before the start.

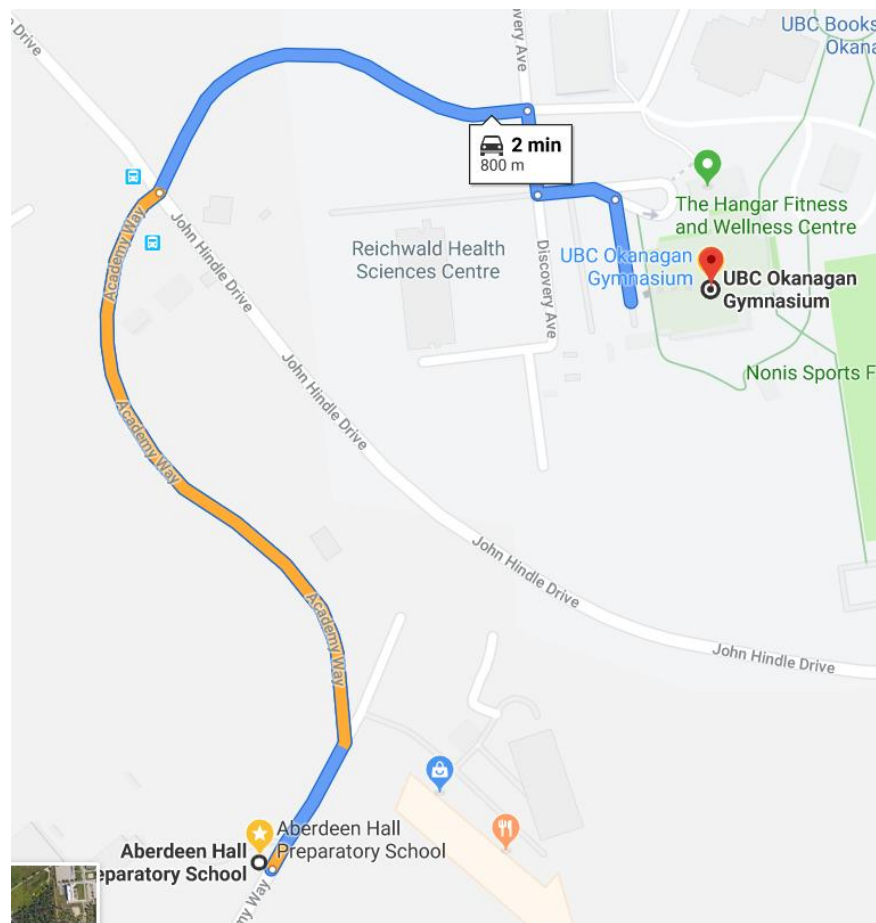
Walking or Driving Directions to UBCO from Aberdeen Hall

From Aberdeen Hall Preparatory School, walk down Academy Way towards the university. About 200m down the hill from the school take the pedestrian bridge from the North side of the road to cross John Hindle Drive. Once you have crossed the pedestrian bridge, the gymnasium building will be straight ahead. There are picnic tables directly on the far (east) side of the building as well as washroom access. There will be pin flags to mark the route from the pedestrian bridge to the east side of the gymnasium.

Alternatively, if you would like to drive down the hill to avoid walking up later there is **pay parking** available at the gymnasium that can be utilized.

Address for your GPS: UBC Okanagan Gymnasium, 3211 Athletics Ct, Kelowna, BC V1V 1V7

Driving Instructions: Head Northeast on **Academy Way** towards **John Hindle Drive**. **Continue straight** onto **Upper Campus Way**. Take the **first right** onto **Discovery Avenue**. Immediately afterwards, take the **first left** into the parking lot.



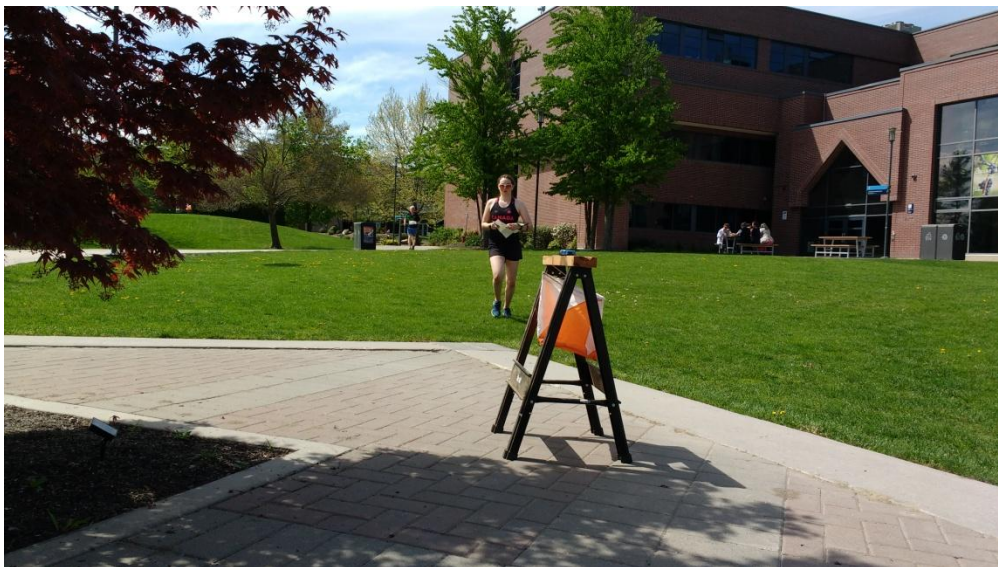
UBCO #1

- **Time:** 11:00-12:00
- **Course Planner:** Rachel May
- **Race Format:** Traditional sprint event, EWT 12-15 minutes
- **Distance:** 3.3km
- **Climb:** 85m
- **Number of Controls:** 22
- **Start:** There is a 700m slightly uphill walk to the start for this event.
- **Map:** ISSOM map updated from recent construction specifically for this event. Originally by David Bakker 2017-2018 – significant updates 2019.
- **Scale:** 1:4000
- **Contours:** 2m
- **Control Descriptions:** yes
- **Terrain Description:** About 50% open pine forest and 50% Campus
- **Shoe Recommendation:** Trail runners



UBCO #2

- **Time:** 12:30-1:30
- **Course Planner:** Rachel May
- **Race Format:** Traditional sprint event, EWT 12-15 minutes
- **Distance:** 3.2km
- **Climb:** 65m
- **Number of Controls:** 22
- **Start:** There is a 450m walk to the start
- **Map:** ISSOM map updated from recent construction specifically for this event. Originally by David Bakker 2017-2018 – significant updates 2019.
- **Scale:** 1:4000
- **Contours:** 2m
- **Control Descriptions:** yes
- **Terrain Description:** A bit of forest, but mostly campus
- **Shoe Recommendation:** Road runners if you are brave, otherwise trail runners will do you well.



Awards

Awards will take place at 1:45 PM below the Gymnasium building following the final race with pies awarded to the top junior male and female and top senior male and female runners. Junior runners are all runners born after and including 1999.