

# Ottawa O-Fest 2023

## Bulletin 2 Info

### Middle and Long

#### *Location, Transportation and Parking*

The Middle and Long events both take place at The Ark, a privately owned property, whose owner has given us permission to map and orienteer on his land. Please be respectful of the goodwill of our host!

The location is on Chemin to Farrellton, Denholm QC. <https://goo.gl/maps/d3P4XcMomhuKNohr8>. The street address is 285 Chemin de Farrellton. The recommended route is Highway 5 to Wakefield, north on Highway 105 along the river for 10 km, cross the river at Farrellton, turn left immediately after crossing the bridge, follow Chemin Newcommon for 1 km, turn left and follow Chemin Kelly for 4 km, then right on Chemin de Farrellton for 2km.

Unfortunately public transportation is not an option for this site. Carpooling is encouraged. Parking will be on the east side ONLY of the dirt road, both north and south of the property.

#### *Times*

	Saturday Middle	Sunday Long
Registration / Info Desk Opens	09:30	09:00
Start Window	11:00 – 12:15	10:00 – 11:00
Course Time limit	2 hours	3 hours
Courses close	14:15	14:00

#### *Starts*

The start is within 100 metres of the arena on both days.

**Middle:** The start on Saturday for the Middle event will follow the same 3 minute call-up procedure outlined elsewhere in this bulletin for the Canadian Championship events. Start times are posted online at <https://ottawaoc.ca/ofest> under Latest News.

**Long:** The start on Sunday will be a Chase Start. For the top "X" competitive participants on each course, the start list is created such that the winner of Saturday's Middle starts first, and each person thereafter starts behind the Middle winner, by the number of seconds that they were behind on Saturday. So if second place is 12 seconds behind the winner in the Middle, they will start 12 seconds later on Sunday. This means that the first person across the finish line of each course on Sunday is the winner of the combined Saturday-Sunday event.

The less competitive / more recreational participants who aren't out to win will have the opportunity to start with one person every minute, to avoid huge gaps in the start list and long waits to start.

For the Long event, start times will be posts online at <https://ottawaoc.ca/ofest> under Latest News on Saturday evening.

## Course Planners' Notes

Welcome to this lovely forest amongst scenic farm fields and gravel roads in Denholm, a municipality in La Vallée-de-la-Gatineau, Quebec. Be prepared for fun, physically challenging and technical terrain. For more information about the terrain, please see Mapper Jeff's notes below.

### General Notes:

- A small part of this forest is a sugar bush so you will encounter maple syrup tubing, some spanning quite high, but in rare cases at your knee level. We flagged these with orange flagging tape if these were in areas of obvious o-traffic.
- On some courses you will encounter broken barbed wire fences, again we flagged these to prevent tripping and running into it as much as possible.
- The landowner has a few access routes that they use but are not used frequently enough or cleared so they are not marked as trails. These routes may be marked with red caution tape - generally hanging as ribbons in the trees along the route.
- The landowner has left some purple pin-flags along some faint trails as well as along what may have been trails at one time. These flags should be ignored.

**On Course 1**, we used orange flagging tape to indicate a trail that may be less visible. On the Long Course 1, there will be a 45m section flagged to help runners connect from one trail to another. This will be clearly marked on the map and on the control description, but please tell your young peeps about this. Explain to them what flagging looks like as many may have not encountered this in a competition.

**Middle distance** courses use much of the northwest part of the map. There are various single track trails winding through part of this section. Some of these trails were used for a trail running race recently and so the trail network visibility may vary depending on the recent usage. There will be many controls out there, so check your codes.

**Long distance** takes advantage of most of the map especially for longer courses. The long distance offers physically challenging hilly terrain. Some sections may have slower runnability, but the cliffs, reentrants, boulders, rootstocks and marshes are lovely and worth the climb.



-Have fun! Marketa and Peter

## Mapper's Notes

Coming in at 3 square km of pristine mature forest 'The Ark' consists of a mix of crown and private land including the eponymous property 'The Ark'. While the terrain does have some large glacial erratic boulders and plenty of large cliffs it is not the super rocky terrain of Gatineau Park and elsewhere that Ottawa is known for. What rocks are on the map are generally quite large or significant. In fact, while the terrain is quite physical, that is due entirely to the steep slopes and large hills that dominate much of the forest. The footing is otherwise gentle and the vegetation is very open forest. With the exception of some old logging history in some corners of the map the forest is all old growth deciduous and hemlock forest and there is little green on the map. In those sections that were logged (clearly many decades ago) the forest is a little bit slower. Vegetation has been lightly mapped though so even the areas mapped as white are not always 100% speed. Scattered light green is a good indication the forest in the area is generally a little bit slower and visibility a little bit lower. There are a number of single-track trails, ATV trails, and old logging cuts throughout the map. These are all minimally used and therefore may look different at different times of the year depending on whether someone last went up the path the past week or several months prior. These tracks have been mapped to be representative of what they typically look like with the idea that the map can't be updated every time a vehicle is driven through the woods. Bear that in mind when orienteering. Water features have been similarly mapped with many small pools of water being mapped as seasonal (a dashed blue outline) where there is water in the spring but they appear simply as low wet spots on race day. The terrain is perfect Goldilocks terrain – not too technical, not too easy, on average not too steep but not too flat, nice open forests, and beautiful scenery. It should be a ton of fun.



- Jeff Teutsch, mapper

### *Other Relevant Information*

Touchless timing is enabled for the Middle and Long races, for those with SIAC timing chips.

Clothing and other items left at the start can be picked up again at the same location, as it is only 100 metres from the arena.

Portable toilets are available on site, between the arena and the start.

Everyone should remember to do a tick check after each event. There are ticks in the area.

The O-Store will be set up on site.

### *Course and Classes Information*

<b>Middle</b>	1	2	3	4	5	6	7	8
Map Scale	1:7,500						1:10,000	
Length (km)	1.5	1.7	2.3	2.5	2.0	2.9	4.0	4.6
Climb (m)	40	50	110	120	90	160	190	290
Controls (#)	13	12	12	13	13	16	17	18
Water Controls (#)	0	0	1	1	1	2	2	2
RWT ** (min)	20-25	20-25	20-25	25-30	30-35	30-35	30-35	30-35
Classes	F10- M10-	F12- M12- Novice	F14- M14- F16-S M16-S	F16- M16- Intermediate	F75+ F80+ F85+ F90+ M75+ M80+	F18- F21S F45+ F55+ F65+ M21S	F20- F21 F35+ M18- M45+ M55+	M20- M21 M35+

					M85+ M90+	M65+		
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<b>Long</b>	1	2	3	4	5	6	7	8
Map Scale	1:7,500		1:10,000		1:7,500		1:10,000	
Length (km)	1.8	2.1	3.4	4.1	3.1	4.3	6.3	9.9
Climb (m)	90	160	180	170	190	300	380	580
Controls (#)	13	13	13	13	13	14	16	21
Water Controls (#)	0	0	1	3	1	2	2	2
RWT ** (min)	30-35	30-35	30-35	50-55	45-50	50-55	60-70	80-90
Classes	F10- M10-	F12- M12- Novice	F14- M14- F16-S M16-S	F16- M16- Intermediate	F75+ F80+ F85+ F90+ M75+ M80+ M85+ M90+	F18- F21S F45+ F55+ F65+ M21S M65+	F20- F21 F35+ M18- M45+ M55+	M20- M21 M35+

## Knock-Out Sprint

### *Location, Transportation and Parking*

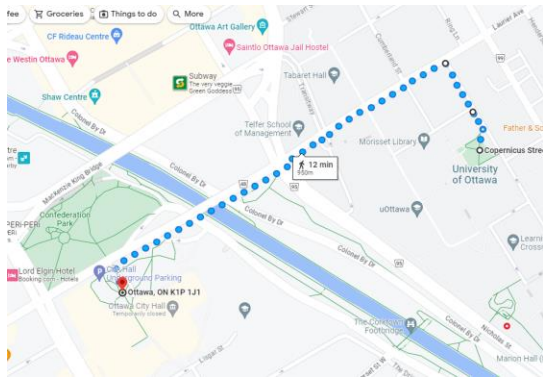
The Knock-Out Sprint takes place in downtown Ottawa, centred at the University of Ottawa.

Central Ottawa and the uOttawa campus are easily accessible by public transit <https://www.octranspo.com/en/> and active transportation (cycling). If arriving by LRT, exit at the uOttawa station and walk east on Laurier Avenue, the south on Copernicus to the arena.

If you are travelling by car, we encourage carpooling.

The cheapest parking is in the parking garage below Ottawa City Hall on Laurier Avenue, where there is a holiday flat rate of \$2.00. From Ottawa City Hall, the distance to the arena is 950 metres. Walk east along Laurier Avenue, then south on Copernicus Street to the arena.

The closest parking is at the U Ottawa Brooks parking garage. <https://www.uottawa.ca/about-us/administration-services/parking/visitors-daily-parking-rates> From Brooks parking garage is only 100 metres from the arena. Walk west on Thoms Moore Private turn right on Copernicus Street and you will see the arena on your left.



Location of arena: <https://goo.gl/maps/gDz5rhnRCRSa6GAF8>

## Times

Information Desk Opens: 09:00

K-O Sprint	Qualifier Heats	Quarter Finals	Consolation Round	Semi Finals	Finals
First Start	10:00	Men 13:00 Women 13:30	14:00	Men 14:45 Women 15:00	Men 15:30 Women 15:40
Last Start (approx.)	10:50	13:55	14:30	15:15	15:40
Course closing	12:00		15:30		

## Start and Finish Locations

**Qualifier Heats:** The start and finish for the qualifier race is located an 850m walk from the arena. The route will be marked with orange or pink flagging tape. Please do not cut through the campus to shorten the route as you will be crossing out-of-bounds terrain.

Extra clothing can be left at the start, for pick up at the same location when walking back from the finish to the arena. The finish is very near the start, while the download station is at the arena. An official at the finish will record your SI number to confirm you are off course. It is imperative that everyone returns to the arena to download after their qualifier course. Follow the same designated route to return to the arena.

**Quarter Finals, Semi-Finals, Finals:** Start and finish is at the arena.

## Start Procedures

**Qualifier Heats:** There are three heats, each on a slightly different course, all equivalent in difficulty and length. Each person is randomly pre-assigned to one heat (with the exception that IOF ranked competitors will be split between the 3 heats). One person from each heat will start every minute, so each minute will have a group of three starters. The start will follow the same 3 minute call-up procedure outlined elsewhere in this bulletin for the Canadian Championship events.

**Quarter Finals, Semi-Finals, Finals:** The top 12 men and 12 women from each heat will advance to the quarter finals round, with their assignment in the quarter-finals determined by their ranking in the qualifier race. The quarter final will consist of 6 groups of 6 competitors for men, and the same for women.

The top 3 finishers from each group of 6 will advance to the semi-finals, which will consist of 3 groups of 6 for each of the men's and women's events. The top 2 finishers from each of the 3 semi-finals will advance to the final, where there will be one final group of 6 for each of the men and the women.

Each group of 6 for all of these races will have a mass start and competitors will race head-to-head. There may be **forking** on the courses so that not all participants visit the same controls in the same sequence!

**Consolation Round:** All those who do not qualify for the quarter finals will have an opportunity to race head-to-head against others of comparative times in the consolation round. All participants will be divided into groups of 8 to 10 for mass starts.

**General Notes on starts for K-O Sprint:** Please pay close attention to instructions from officials on race day. This is a new race format and while we are doing our best to have everything in order and running smoothly, we are also prepared to give additional instructions as necessary on race day. We thank you for your understanding and patience and hope to provide you with a fun, interesting, challenging and exciting event! Please work with us to achieve this for all of us!

### *Start Lists*

Start lists will be posted on the O-Fest website for the Qualifier Heats. Start lists for the Consolation Round and the Quarter-finals, Semi-finals and Finals, will be created on race day, following the end of the previous round, and will be announced as soon as available. As with the note above, please have patience if you have to wait for the start new start list, and enjoy the day!

### *Course Planner's Notes*

#### **Qualifier Heats**

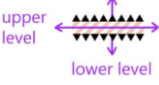
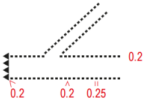
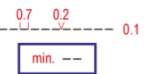

The competition area features a mix of buildings and urban parkland with a few paved plazas many paths and sidewalks. Note that the competition area is a public space that is not entirely free of vehicles, although negligible traffic is expected during the race. The major roads that border and cross the competition area are marked on the map as out-of-bounds (purple hatching) and must not be crossed. Even though there are breaks in the purple hatching on the portion of the major bridges that are 2-level structures (can be passed beneath) the roadways remain out-of bounds and must not be crossed! Some parts of the terrain are under construction, and these have been shown using solid pink shading (the temporary out-of-bounds symbol). Each participant is responsible for staying out of all out-of bounds areas and avoiding collisions with vehicles and pedestrians!

#### **U Ottawa Terrain for Quarter-finals, Semi-finals, Finals and Consolation Round**

The uOttawa campus terrain features a dense assembly of buildings and many paved paths and sidewalks. Note that the competition area is a public space that is not entirely free of vehicles. The major roads that border the competition area are marked on the map as out-of-bounds and must not be crossed. There are also roads within the terrain that remain open, although negligible vehicle traffic is expected on these roads during the event. Some parts of the terrain are under construction, and these have been shown using solid pink shading (the temporary out-of-bounds symbol). Each participant is responsible for avoiding collisions with vehicles and pedestrians!

#### **Quick Review of New Sprint Mapping Symbols**

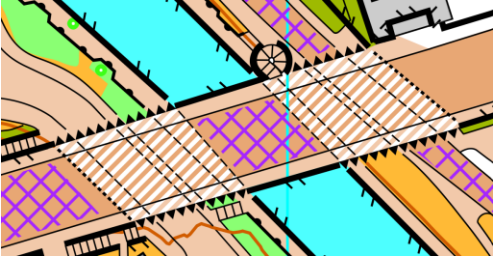
Several new symbols were introduced in the latest version of the IOF Standard for Sprint Mapping (ISSprOM-2, Revision 5) to better depict complex 2-level urban structures, such as bridges. A 2-level structure is a structure where you can orienteer on both the lower and upper levels. You may encounter some of these new symbols on one or both of the competition maps. A very quick refresher is given below to help bring everyone up to speed.

Symbol	Description
	Known as “shark teeth”, this symbol denotes a tunnel entrance or the entrance of an underpass. Used to indicate the edge of the upper level of a 2-level structure; you can pass through the teeth on the lower level, but you cannot cross the teeth on the upper level.
	This symbol is the opposite of the shark teeth; it indicates a solid boundary on the lower level of a 2-level structure. It can be crossed on the upper level, but not on the lower level. It is used for example to indicate the walls of an underpass below an upper level.
	Denotes a step or edge of paved area on the lower level of a 2-level structure.
	The surface of the upper level of a 2-level structure (ie whether it is grass, pavement, a flower bed, a forest, or some other feature) is shown using a 2-stripe pattern, where the colour of every second stripe denotes the type of feature. In this example, the upper level is pavement.

Here are a few examples of these symbols in use. Example one shows the Corktown Bridge, a pedestrian bridge across the Rideau Canal near uOttawa that you may cross on foot and pass beneath on each canal-bank. The mapper has assumed that there will be no orienteering on the canal surface, although it is frozen in winter and used as form the world’s longest skating rink.



Example two shows the Laurier Bridge, a landmark on the marked route from the Arena to the Qualification Race start. In this case, the roadway on the bridge deck is out-of-bounds (indicated by the purple hatching) but the sidewalks may be used to cross the bridge. The hatched areas denote the upper level of the portion of the bridge that is a 2-level structure, the shark teeth denote the edge of the upper level that you can cross beneath, and the tunnel symbol denotes the boundary of lower level.



*Other Relevant Information*

Touchless timing is enabled for the Knock-Out Sprint races, for those with SIAC timing chips.  
Washrooms will be accessible inside one of the nearby U of O buildings (the Jock Turcotte Centre).

Clothing left at the start of the qualifier race in the morning, can be picked up on the walk back to the arena after your race.

There will be a food truck specializing in Asian cuisine on site for anyone wanting to purchase food between the morning and afternoon races, or when you are done your races, and watching the semi-finals and finals. There are also a number of coffee shops and restaurants within a short walk of the event centre.

### *Course Information*

<b>K-O Sprint</b>	Qualifier Heats	Consolation Round	Quarter Finals	Semi Finals	Finals
Map scale	1:4,000				
Length (km)	2.1 km	2.3 km	1.4 km (F) 1.6 km (M)	1.5 km	1.7 km
Climb (m)	25m	25m	20m	20m	20m
Controls (#)	20	23	13 (F) 15 (M)	17	16