

Course and map notes for COC Sprint Event 2019

Although the site of the Laval Nature Park was once a remote quarry in farmland now it is an extensively utilized major metropolitan park. Only small remnants of the original hard wood forest remain and the park is now dominated by a range of gardens, playgrounds, mock villages, ski runs, lakes, pétanque pitches, amphitheatres, art installations, animal pastures, and swimming pools. If this diversity isn't sufficient for orienteering complexity, there are also steep bluffs, water "towers", and a plethora of trees, thickets, and fences. The musical tastes in the park are catered to with a set "musical" stairs and a community piano. Mapping this diversity is a singular evolving challenge, and since being quarantined the park has been hit by a major ice storm, and the ubiquitous emerald ash borer.

No less a challenge has been course setting in such a heavily used park. After the original design was formulated a day camp was erected at our start, and during a recent visit, just 7 days ago the finishing pitch was dominated and filled by tents for a beer festival. At one stage one of the final controls looked to be either the Sleiman or the Labatts tent/tap. Remarkably all of this is now gone with little trace of the tents, beer, or food stands remaining.

We are able to provide some hopefully interesting and challenging courses for the Sprint. You will find the terrain underfoot firm with good running, with climb being only a minor feature of these courses.

Particular notes:

1. Please stay out of the gardens. These are marked olive green and thus out of bounds, but the park has specifically asked us to remind everyone of this.
2. There are bleachers or sets seats around the amphitheater and the sports fields. These are marked with thin black lines.
3. There are several bike paths through the park and all of the courses cross at least one of these. Please follow the marked/streamed finish chute as this chute parallels one of the bike paths.