

Ramblers Orienteering Club

Sunday, September 21 — Centre de la Nature de LAVAL

It can't be considered a large park but there are many, many paths of varying widths plus a lot of other features which include small hills, two elongated lakes and a mixture of semi-wooded and grassy parts. The site was once a quarry and the City of Laval can be proud of the great way that they have converted it into a very attractive park. Flower gardens are everywhere.

The park has many other attractions. If you have young kids you might want to spend some time after the race at the Centre's other features – See the URL, also for a park map, etc.....

http://www.info.ville.laval.qc.ca/wlav2/wlav.page.show?p_id=344

Type of Event : For experienced Orienteers it will be a **Sprint-O** (fast and fairly easy!).
For others (the majority?) – a comparatively easy event in very pleasant surroundings. (No thick woods.)

Directions: Pix-IX (Rte. 25) north across the Rivière des Prairies into LAVAL. Take the first exit to Boul. de la Concorde. Turn left and, in 450 meters, turn right on Avenue du Parc. Serviced by Metro and autobus lines also.

The main entrance to the Park is on Avenue du Parc. From there, the walk to the Chalet (our Start area) is 160 meters, south-east.

Parking fee is \$6 per car. It's possible to park elsewhere but watch out for "restricted-to-residents" street parking! Laval residents, with a "carte-avantage", can park for free.

There is also a no-fee parking lot at the extreme south end of the park between the baseball diamond and the swimming facility. From there walk 500 meters north to the chalet.

Registration and Starts: At the Park chalet. Arrive anytime between **9:30 and noon**. Start whenever you are ready. Some instruction will be available for beginners.

2 Courses : 3.5 km and 2.8 km will zig-zag through the park. Do one course – **OR both consecutively**. Level of orienteering difficulty : **Easy–Intermediate**.

Controls : Orange 'flagging tape' will be used to mark all control locations.
'Punches' will be at each control.

The Map: **1:5,000** (1 cm = 50 m). It has a lot of detail !

Entry Fees: Adults - \$12. Under 21: \$7. "First-time" Beginners - \$8.

"Full" Members of other O-clubs - \$8.

Members of Ramblers Orienteering Club - free.

Compass rentals - \$1.

Meet fees include insurance for one person. A participant that has paid the meet fee may be accompanied by others. The others need pay only the following:

Non-members (not paying an entry fee) who accompany a member - or a non-member..... \$1.00

Children...10 yrs and over, accompanying an adult, but not part of a Family Membership..... \$0.50

Club membership can be obtained at the meet. Annual dues (Apr–Mar) are: Indiv. Adult \$30, Family \$40.

The Club is required to pay a \$150 fee for the day use of the park – standard for outside groups, we are told. The Club will absorb this cost and entry fees will not be affected.