

# WOC News No 5



## I still did not compensate the training volume loss

Even if day before the interview **Jan Šedivý** left the school exam empty-handed, he has good reasons to be content. The end of May found him in an excellent condition - he won the sprint at Euromeeting in Hungary and reached the criterion time on athletic track stipulated for A team's members.

(cont. on p. 2)



*Jan Šedivý was the most successful member of the Czech team at Euromeeting. Here he is just being sent by Zdeněk Rajnošek to the relay race's second leg, on which he was just half a minute slower than the best one runner.*

Photo: Jana Panchártková

## WOC 2008 BY CEZ GROUP OLOMOUC / 10 - 20 JULY CZECH REPUBLIC

### We plan to win six medals

With the same pleasure, as accepted the invitation to Czech seminar of coaches last autumn, he answered also our questions concerning current shape of the Swiss team. **Thomas Bühler**, not only head coach of Swiss men's team, but also four-times WOC gold medal winner (relays 1991, 1993, 1995, long 2003).

*What is condition of the Swiss team, is everyone healthy and without any obstacles against possibility to prepare for WOC (resp. selections for WOC)? Naturally except for Simone, who announced her happy reason for missing our WOC.*

(cont. on p. 3)

### Last visit of IOF advisor

In the period from 29th April to 3th May, WOC 2008 Senior Event Advisor, Norwegian **Unni Strand Karlsen**, paid her last working visit to the Czech Republic, accompanied by Henning Spjelkavik, her assistant for IT.

She met all responsible persons for particular sections and Czech TV representants, visited and approved start, finish and arena design, as well as approved mapping, courses and printing of maps. Since the Bulletin 3 was just being finalized in the time of the visit, both Unni and Henning could make their comments immediately on site and then approved the final version, which was published just after end of their stay in the Czech Republic.

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*Congratulations on your winning at the Euromeeing. Do you feel it as a big success?*

Thanks, certainly I was flattered and it helped me to get back my a little lost self-confidence.

*I believe, especially that I have heard your health problems are still vexing you. As far as I know, now you are striving against Achilles tendon inflammation?*

Last week I started to feel a pain in it, so now I fix it by a tape before training and I use some drugs against pain and inflammations. Perhaps it will not be long-lasting - in contrast to the beginning of spring when I could not run for more than a month because of a pain in my thigh.

*What sort of substitute training did you choose? And is that one moth's interrupt still manifest or did you recover?*

I could not do much for training, so I sought to swim in a swimming pool and sometimes to use an exercise bike. However, I still did not compensate the training volume loss.

*Are you going to focus on sprint or to prefer another competition?*

Not on sprint, I'd rather like to focus on the middle distance. But if I succeed to qualify for another competition, I would certainly not mind.

*The sprint event at Euromeeing allegedly resembled rather a bit shorter middle*

*distance. Was that for you a relevant comparison with your competitors?*

Not much, as far as the sprint competition at the WOC in the Czech Rep. is concerned. The sprint race will be held in town and that is yet a difference. And the middle distance race near to Rýmařov will look completely different as well. Nevertheless, I'm sure it has been a good experience for the next year's WOC.

*You beat the criterion on track on Tuesday, (27 May) so your physical condition should be OK. Do you intend to make a special map-reading training before the qualification?*

The qualification is in a month, so I'm going to work on speed and an optimal tune as well as on mapping and map theory which will be quite important this year.

*And what about the training camp at the Zdravotník chalet? It does not seem to be the best location for map-reading and speed training...*

It's true that those mountain hills (note - it is located in Krkonoše mountains) are not exactly a fast terrain but all that would not constitute more than two or three days, together with Bet and Mrazák (nicks of Jan Procházka and Jiří Mrázek, members of A, resp. C Czech team). Anyway, I am still not decided whether to take the toil...

**Questions placed by Jiří Krejčík**



## Over one thousand O-Festival participant

After the second entries' deadline, by mid May, O-Festival registered 1 050 runners wishing to participate. The third deadline is set to 15 June and for entry again just slightly higher than before. Thus even one month before the races, you can still easily include WOC into your holiday plans.

## Lena Eliasson under threat

In mid May, not only very well started season, but even a life of the currently one of the best o-woman seemed to be under threat. Sudden strong headache appeared to be caused by encephalorrhagia. In spite of such a luring diagnosis, it looks that Lena is not only again OK, but still might think of starting at WOC after she naturally missed EOC. We wish Lena the most positive development and soonest possible return from the real worry to those normal troubles of everyday life.

## Vroni König-Salmi back on scene

Not only triple WOC gold-medalist (sprint 2001, relays 2003, 2005), but also already quadruple mother decided to return into top orienteering. When she made the break in late 2006, it was even not sure, whether she would come back once again. But her surprisingly good shape during this spring and also questions concerning her future placed by many convinced her. The 39-year top runner would like to attend WOC 2008, thus will take part in Swiss selections, which are scheduled for 6 - 10 June 2008.

## Slovak team selected

Early May Czech selections for EOC, organized on various sites of Moravia, were attended also by Slovak team, which used them for selection towards WOC already. Based on the results, the Slovak coach Jozef Pollák selected those runners: men - Marián Dávidík, Lukáš Barták, Pavol Bukovác, Michal Krajík, Ondrej Piják; women - Martina Rákayová, Jana Macinská, Katarína Labašová.



## We plan to win six medals

(cont. from p. 1)

The winter basic training went well for most of our athletes. In particular our medal winners in recent WOC can look back on extensive endurance training mixed up with some hard speed work. Early march, the whole Swiss o-team took part in the Swiss championships in cross country running. Most of the team members, in particular some of the younger women, showed an improved physical capacity.

*How do you feel about Czech terrains? I suppose that they might be not so different from Swiss lowlands terrains as, for example, nordic terrains and so you might feel a*

*little bit stronger in advance already?*

All of WOC training areas and maps, which I have seen so far, look similar to some Swiss terrains. Still I should like to stress, that it is the little things that cause all the problems. Our runners need to work hard on these technical details to be able to orienteer offensively in WOC.

*How many times did you already have training camps in the Czech Republic and how many times do you plan to come yet before WOC?*

We integrated our first training camp into the first official WOC training camp last autumn. It has been a good start with a lot of middle distance-like orienteering. We came back in the middle of April for another week. Here we particularly

strengthened the sprint distance, but without neglecting all other disciplines. Early July a final training week with our WOC-team will take place. At that point the runners will know their WOC disciplines and therefore be able to train more specifically.

*When and where will you have selections?*

We will have them already early June in Switzerland. We make full use of the diversity of Swiss o-terrains to come as close as possible to the WOC terrains. We scheduled the nomination so early to permit another hard training session late June and early July.

**On this photo taken during one of the training camps before Japanese WOC 2005, Thomas Bührer is seen together with the best Swiss o-women of recent times, Simone Niggli-Luder and Vroni König-Salmi.**

**Photo: Maja Keller**





*Does anybody have already nomination sure (or just for some type of event) ? I dont mean as speculation in case of the stronger runners, but based on nomination rules, for example based on results in previous year(s).*

No, there are no pre-nominated runners. All athletes need to proof in the nomination races that they are on the way to their best. Of course our best

runners can almost be sure to be in the team, but they need to struggle for their favourite disciplines.

*Some teams create exact plan how many medals should be won, do you have (or plan to do) something so as well?*

Yes, we have promised to win 6 medals, before Simone Niggli announced her baby pause. But as our other top runners

have well trained so far, we will hold to it so long. We the coaches are convinced by the high potential of our athletes. 6 medals will challenge them.

*Do you also have some other criteria which must be fulfilled for nomination? I mean for example some time limits on 3 or 5 km distance on athletic track.*

Beside the nomination races, also the results of important international events count, e.g. EOC end of May. Another criterion is described as „performance development and potential“. Regarding physical capacity, personal bests of 15'15" (men) and 17'30" (women) over 5000 m are requested for members of the A national team. If it had been handled strictly, half of the A-team would be expelled. The runners should be aware that this can happen one day.

**Questions placed by Petr Kadeřávek**

***Last autumn's traditional Czech seminar of coaches had outstanding attendance, with Ake Jönsson, Swedish team coach and just Thomas Bühner coming to talk and discuss about the ways of training and education of runners.***



**Last visit of IOF advisor (cont. from p. 1)**

Particular sections of WOC organising and state of their readiness were checked, with many things and agreements finalized or running due to schedule, such agreement with Czech TV, agreement with suppliers on IT and timekeeping systems, agreement with Czech Army, a plan for media Centre at the arenas and in Neředín, a plan for Event office at Neředín and the agreement with Olomouc University for room rental. Still under discussion or not yet finalized were at that time transport plan, tracking system, mapping or last

details of courses due to TV requirements. After her return home, we asked Unni to answer us a couple of questions concerning feelings about preparations WOC and also her work.

*This was your last visit before the WOC itself, I think. How many control visits here in CZ did you undertake in total ?*

I have been in CZ on six visits, October 2005, July 2006, March 2007, July 2007, October 2007 and April/May 2008

*When you look back at the period of WOC 2008 preparations, what troubles or topics do you recall above all ?*

Changes of responsibilities and persons within the Organising Committee has been demanding... There were problems with access to forests and

agreement with landowners for the relays and long distance finals. Since we had to change terrains, we were delayed with the mapping and course planning.

*Do you see some difference between approach of Czech organisers and the others, you worked with before ?*

I respect the organisers knowledge and experience in organising big and important event. However I sometimes feel they do not want to learn from others experiences. I should wish they sometimes could have been more humble. Organising WOC is teamwork. Every involved person has to be respected. The language barrier has been a challenge. Time limits have not always been complied with.

**(cont. on p. 5)**





**During meeting with the WOC organising committee, Unni and Henning could also consider proposal of commemorative price for WOC medalist. The photo shows also (from left to right) David Aleš (Event Director), Dušan Vystavěl (National Controller), Marek Petřivalský (Secretary), Josef Váňa (Marketing Manager of TK Plus), Robert Zdráhal (Director of organizational section) and Jindřich Smička (Director of O-Festival).**

*What section during the championships do you consider the most, let's say, "sensitive" (since I hope, that none can be described as really "critical"...)?*

The sprint- and middle qualifications are the most critical disciplines, since we are organising the finals on the same day. All the technical equipments must work as planned. Due to direct TV transmission, the winning time in the finals must be kept.

*Also the IOF webpage tells that our TV coverage will be the largest ever, concerning Orienteering WOCs. If it is really so, why do you think, this wasn't possible in some of the latest Champs?*

*Some of them were held in countries, which are for sure not behind, when it comes to technologies.*

The Czech Federation has for years had good relationships with Czech TV. The persons involved have worked hard, professionally and ambitiously on this task. Czech TV has a lot of experiences and technical equipment to produce sport programs like cross country skiing and orienteering.

*How does it happen, that someone is named Senior Event Adviser of WOC? Is this function appointed by IOF or voted by a committee? What previous experience is necessary for that?*

To be a SEA you have to take part in seminars organized by IOF, have support from your own federation and be appointed by IOF.

To be qualified as SEA, you should have carried out controlling works in national championships, WRE, WMOC, World Cups, European Championships and been involved in organising WOC. It is an advantage to have been a former elite runner representing your national team. It is useful to be a member of one of IOF's committees.

**Questions placed by Petr Kadeřávek**

## WOC 2008 Jury

**Bulletin 3 revealed members of jury, which is led by SEA. So we asked Unni to introduce them, which they in turn did themselves:**

### David Rosen, United Kingdom

I have been an active orienteer since 1968 and have competed extensively in Europe as well as in China, Australasia and North America. I organised the 1998 World Cup round in GBR. I am currently Chair of the IOF Rules Commission.

### Christine Brown, Australia

Born 1961, began orienteering in 1984 and continues to be an active orienteer nationally and internationally. Member of Esk Valley Orienteering Club, Tasmania, Australia. Christine is IOF Event Adviser since 1998 and acted as national controller at 2002 WMOC, which took place at Bendigo, Victoria, Australia and at 2007 JWOC Dubbo, New South Wales, Australia. She was Senior Event Adviser for World Games 2009 at Kaohsiung, Taiwan and member of jury at JWOC 2006, Druskininkai, Lithuania.



### András Hegedüs, Hungary

András is 58, member of the Hungarian national team from 1967 to 1976, participated at 3 WOC and won bronze medal in relay at WOC 1972 in Czechoslovakia. He worked in the IOF Technical Committee (later Foot O Committee) from 1990 to 1998. He was IOF controller at JWOC 2000, national controller at WOC 1983, EOC 2002 and EYOC 2007.

### Karl Johan Clemmensen, Denmark

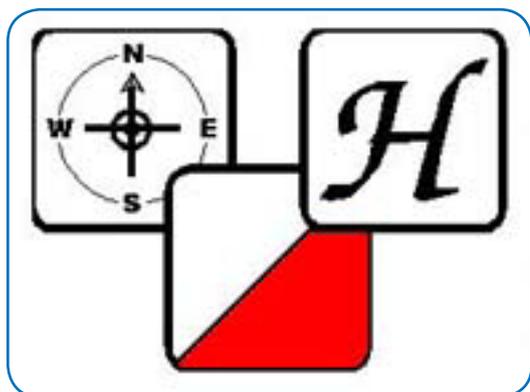
A H55 class runner, as he tells, not moving too fast, but employed as district constable at police office. Karl was event director in 3 national championships, national event adviser at EOC 2004 (Roskilde), and SEA at World Cup final Zurich 2008.

### Tuomo Peltola, Finland

Tuomo (63) characterises himself as active oldboys orienteerer, member of MS Parma club and working as consultant for Pöyry (a global consulting and engineering firm) in Turku, Finland. During his O-career, he achieved victories in Jukola, Tiomila and Nordic Championships! Tuomo was event adviser in WMOC in Russia and in JWOC in Lithuania (2006) and was appointed SEA of Hungarian WOC 2009.

The IOF Rules Commission nominates the jury, which then shall be appointed by IOF Council. At WOC the jury shall consist of 5 voting members from different Federations. The jury shall consist of both women and men. The jury shall rule on protests. The SEA shall lead the jury but has no vote.

Dušan Vystavěl, national controller of WOC 2008, further adds, that the member of jury should be licensed Event Adviser. The members of jury must be of another nationality as the Event Adviser of the concerning event. If there are five members in jury, it must include at least one woman, and this is nowadays a problem, since there are too little women licensed as Event Adviser. In theory, the particular regions of North, West and East Europe, Asia or Australia, Africa or America should be represented, or at least two continents should be represented. Usually, Event Advisor or National Controller of the following WOC is appointed to jury. That is the case of András Hegedüs, WOC 2009 national controller and Tuomo Peltola, SEA of the same event. Dušan Vystavěl was member of jury last year in Kyev.



## Centre for Orienteering History Presents Its Exposition

Centre for Orienteering History in Zlin, together with the WOC Organising committee is preparing its „historical“ exposition for this year’s WOC in Olomouc.

The exposition will be freely accessible for all WOC participants and visitors during the whole WOC on various sites. including event centre at Neředín (11 - 13 July), college

„Generála Svobody“, in the „Envelopa“ university campus (14 - 15, 19 - 20 July), ie. the same area, where most of the Orienteering Festival participants will be accommodated, and at hotel Tennis Club in Prostějov (16 - 18 July). The time schedule is preliminary by now, exact one will be published in the information materials before WOC.

The main topics of the exhibition are the history of orienteering in Czechoslovakia / the Czech Republic (after 1993) respectively and successes of Czech orienteering. These are described on nine thematically focused banners, concerning not only the history of the traditional foot orienteering but also ski-O, MTB-O as well as trail-O. Some of the items will be even presented for the first time at all. Individual topics are illustrated by authentic photos of runners and events, maps, documentation photos of various objects and by other O-related items of interest. Comments are prepared in both Czech and English.

The whole exposition is arranged with a modern approach, using advanced technical devices. The author of its final fashion is a graduated graphic designer.

### Titles of individual banners of the exposition

- Banner 1** The Story of the Founders: They Began as Hikers
- Banner 2** A New, Autonomous Sport: Orienteering
- Banner 3** Heading for the World Elite
- Banner 4** Among the World Elite
- Banner 5** Czech-O at the End of 20th Century
- Banner 6** Contemporary Orienteering: A Basis for Future
- Banner 7** Czech Orienteering Federation + Ski-O
- Banner 8** MTB-O + Trail-O
- Banner 9** Several Days O-Events + Orienteering – A Sport for Everyone

We would like to thank all COH sponsors as well as other friends of orienteering who made it possible to prepare the exposition and/or provided exhibits. Without their helpful assistance, it would not be even possible to make up the exposition.

We hope that you will find a while during the WOC 2008 to come and see our exhibition. Undoubtedly it will raise your interest and we will thus contribute a little to the success of WOC.

Looking forward to your visit.

Centre for Orienteering History, Zlin

# Centre for Orienteering History

City of Zlin, administrative centre of the southeastern region of the country (60 km southeast from Olomouc) became the birthplace of Czechoslovak orienteering in 1950. Inspired by information and experiences coming from Sweden, the ski & hiking club of „Sokol Svit Zlin“ sport union organized the first orienteering in the country. The orienteers from Zlin started, almost 35 years ago, to „survey“ the evolution of orienteering and they still monitor the present progress. The cooperation agreement signed by the Czechoslovak Orienteering Federation and the Museum of Southeastern Moravia in 1984 gave birth to the Centre for Orienteering History.

The collection consists of fourteen dossiers covering a wide range of O-related topics – e.g. Czech Rep. O-Champs, World O-Champs, World O-Cup, Ski-O, MTB-O, development of O-maps, outfit and equipment for orienteers as well as posters, literature, manuals, o-related stamps collections etc. Nowadays, the Centre's depository comprises over 2,500 items, over 1,700 photos, audio- and videorecordings and lately also CD's documenting various O-events. The collection is being permanently completed and updated. A database of Czech O-maps forms part of the collection, containing almost 5,000 maps, mostly Czech with some foreign.

There is also a long-lasting partnership between COH and the "Centre de Recherche et d'Innovation sur le Sport" in Lyon, France. A researcher of this university sport institution, Dr. Maïte Lascaud, has been studying the history of orienteering - which was also the subject of her thesis entitled "Map, Compass and Itinerary" - monitoring the development of our sport from its very beginnings in 1897. This partnership is very fruitful for COH as well.

During the 1998 Nový Bor WMOC, COH presented a breaking innovation – the Results Database System. This CD ROM product contains data of the top World and European O-competitions, accompanied by photos, videos and data concerning certain competitors.

Jan Žemlík, COH

<http://www.orienteering-history.info>

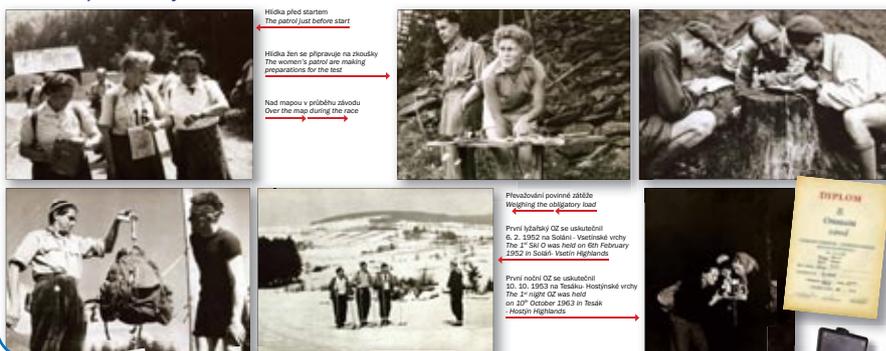
## 1 Příběh zakladatelů – začínali jako turisté Story of founders – they began as tourists

**Slib závodníků:**  
Slibujeme, že vybojujeme tento závod v ušlechtilém a družném zápolení, v duchu vzájemné pospolitosti, kázně a obětavosti, čestně a poctivě, přejíce jeden druhému nejlepších výsledků. Tak slibujeme.

**The competitors pledge:**  
We pledge to compete honestly and by fair means in this event, wishing each other the best results possible. May win the best of us. So we pledge.



### První léta / The first years



Extract of the Banner 1 „The Story of the Founders: They Began as Hikers“.

Below, one of the most interesting items of the COH collections is shown - map from the race (the course including), which is considered to be the very first public orienteering competition at all. It took place on 31 October 1897 at Grøttum, 15 km

