

# bwa - blog in english



Norsk versjon av bloggen finner du [her](#) ....

Want a RSS feed ? [Click here](#)



The english version of my blog is currently put on hold, as the Google Translator does a fairly good job with translating from Norwegian, so please visit the [norwegian blog](#) and select the link in the header to read a translated version of the blog.



[Eikerløpet 2010 \(eng\)](#)

[Bjørn-Willy Arntzen](#) posted on May 13, 2010

[Back to start Norwegian version of the blog](#)

was today's event, and the experience was a little better than last run. The terrain was a little easier to find this time. Easy to run, but a lot of hills, and it's hard to move my big, muscular body up and down hills .. 😊 The puls reading below shows all the hills.

The course shows that there was no big misses today, but some small control seeks was required, got 14 minutes behind the winner (58:40). The course was 4.6 km.

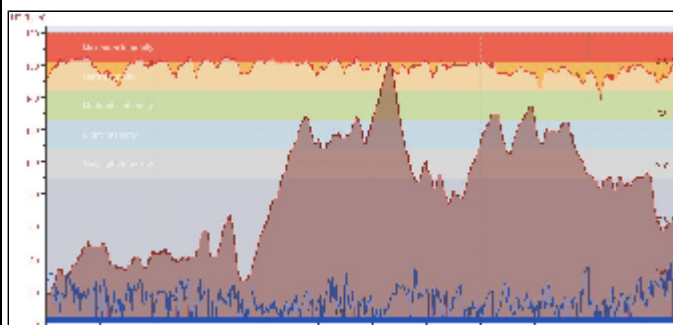
Quite satisfied with today, all the hills and heights made it easy to orienteer.

Have to tell about Sanders run, as he won his 5th race of 5 this year. With 6 minutes margin.... Silje was not so lucky, no big misses, but 8th place. I think she wasn't very happy.

Here's the results: [Bjørn-Willy H40 Sander H10 Silje D13-14](#)

[And some pictures](#)

[Detailed view of map](#)



- [blog-english](#)
- [englishblog](#)



[A normal day at work ...](#)

[Bjørn-Willy Arntzen](#) posted on May 04, 2010

[Back to start Norwegian version of the blog](#)

sort of.

Today we were at orienteering training, Silje, Sander and me.

I was following Sander, and he did just great, with good moves and bold courses. He impressed me with this training race.

Silje was followed by Vidar, a man with more than 30 years of experience. She did fine, as well. Vidar was pleased and had just small issues that she could work with.

Well back at home, the kids where running inside to take a shower, and I was left outside with the dirt, literally. Today it was actually snowing, so it was wet today.

Just inspect the pictures below ...



- [englishblog](#)



### An important half hour

Bjørn-Willy Arntzen posted on May 04, 2010  
[Back to start Norwegian version of the blog](#)

---

On a busy workday, the rare half hour outside in the garage with my neighbor Jerry, is so valuable for me.

Sometimes, on a sunny evening, it happens that we meet outside and just sits down with a cold beer and a little schnaps, the time stops and we just enjoys the moment.

The chat is much about cars and the normal boys-talk, but I really appreciate these minutes, where the wives is out of sight and everything is just beautiful.

So you women out there, don't dare to interrupts these good times, and let ut enjoy our beers, please...

(click on picture to enlarge)



- [englishblog](#)



### Lørdagskjappen - a terrible day (eng.)

Bjørn-Willy Arntzen posted on Apr 25, 2010  
[Back to start Norwegian version of the blog](#)

---

A terrible day, is the short summary. This was a difficult course.

They day started out fine, we got a very nice spot next to the finish, and Sander and Silje got early start 90 minutes before mine, så this time I could follow them to start and also meet then in the finish. That's not sual, so I was very pleased....

Sander god well started with his 1.9 km, and Silje was starting just 7 mintes later on her 2.8 km course. Just managed to get back to the finish area, and the Sander was arriving in just 19.35 minutes on his [race](#). Normally longer time that usual, but this time the map was quite difficult compared to a lot of other races, and that's just good. It obviously favoures him, and he this time won with 6 minutes to the second on the list (!) . That's awesome and his 4th victory of 4 this season, and he's making me proud.

Also Silje got quick to the finish, she had also a difficult course, and had big improvements on her behalf. She ended up on [21st place](#) of 54. Just 2,5 minutes behind Ingunn from the club Sturla, which has been 5 to 15 minutes ahead earlier, so she probably did her best race ever. Very good, and Silje was also very satisfied about the result. I'm prod of her as well, as she have just beeing competing for a couple of years, and her competitors has been in the game more than twice as long as her.

So to my own race, it was terrible bad. The course was just to difficult for me, I wasn't able to do the good choices that's neccesary to get to the controls fast. This time the control 3 and 8 was most bad, but also on control 2 and 11 I was loosing too much time. I managed to get in as nbr [26 of 32](#). Details are [here](#) .

After studying my race, I see that it's the choice of direction, I'm doing bad. To control 3 I should go north and hit the path and then easy into the control.

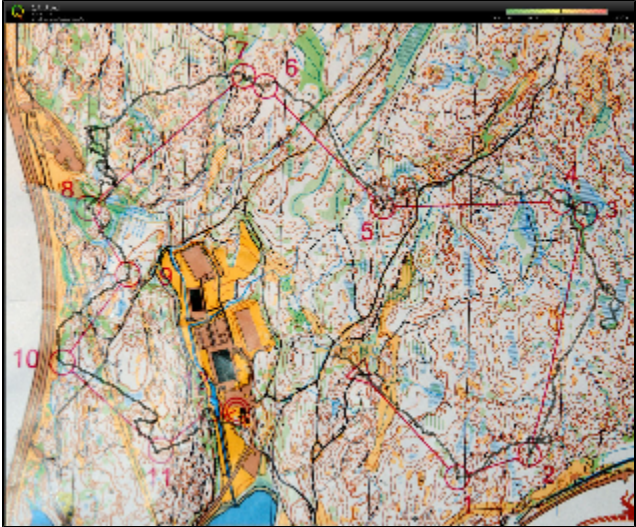
Also to control 8 I should go south and the west, and would probably find the control easy.

But, I'm learning as long I'm living...

I choose to enjoy my kids good results, and just need to do more technical training for my own.



My course

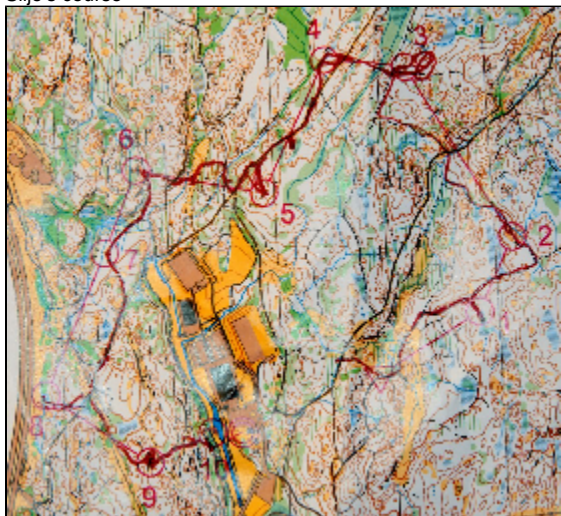


Sander's course





Silje's course



2 Comments ·

- [englishblog](#)



[Norwegian Spring 2010 \(eng.\)](#)

[Bjørn-Willy Arntzen](#) posted on Apr 19, 2010

[Back to start Norwegian version of the blog](#)

The whole family has been i Halden today. Me, Silje and Sander were attending [Norwegian Spring](#), my wife, Sigrid went as well, but she dropped us off, and continued to the Swedish border for shopping. Så everyone was satisfied ....

This was by debut in the M40 class, and that's a really competition for a newbie as me with only a year or so with adult orienteering. So it went as expected, me placed safe down the [list](#) as Nbr 28 of 38. Most went well, exept 2 controls; 4 and 8. Control 4 was a bit to run, and I was on track, but slightly to much to right when I ran into an another control, and was suddenly in doubt. I was saved by a very experienced runner from my club witch catced me up an then I had a back to run after into the next control.

Vidar soon disappeard and I was on my own again, and it went ok until I left control 7. Then I get all to much south and crossed the road far from planned, and the I was lost. As the map shows I was fooling around until I found the hard turn on the road, and then I was back on course again og the rest went fine.

Silje attended in W13-14, but had 2 big misses and was placed 5 of 6. Sander had a perfect day in M10 and won with over 4 minutes, so he is really clever, and have won all 3 races he has started in this year. So I'm very proud of him.

My course :



2 Comments ·

- [englishblog](#)



[The winter is over ....](#)

[Bjørn-Willy Arntzen](#) posted on Apr 16, 2010  
[Back to start Norwegian version of the blog](#)

---

and it has looked like I've been sleeping like a bear this winter... No blog post at all in 2010, it's a shame...

Well, the days are beeing longer and maybe I can find some time to update the blog. Today I'm planning the trip to [Norwegian Spring](#) Orienteering in Halden. Due to the fine [results](#) last year I'm forced to move up into the real competition, so I will debut in H40 class for the first time. I'm afraid that tomorrow could be a hard day, but my rescue might be that it's only 4 km long (short ??)

Exiting ....

- [blog-english](#)
- [englishblog](#)

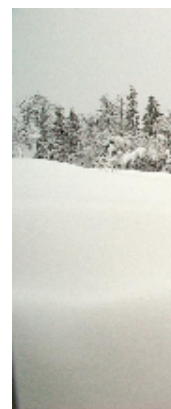


[Let it snow, let it snow, let it snow](#)

[Bjørn-Willy Arntzen](#) posted on Dec 26, 2009  
[Back to start Norwegian version of the blog](#)

---

Arrived at my cabin yesterday while the snow was falling down, and most of the evening was used to get installed. I needed to get snow away from the parabol antenna, but the really work is to come. Just inspect the attached pictures, the snow has really been falling down this night.



- [englishblog](#)



[Merry Christmas](#)

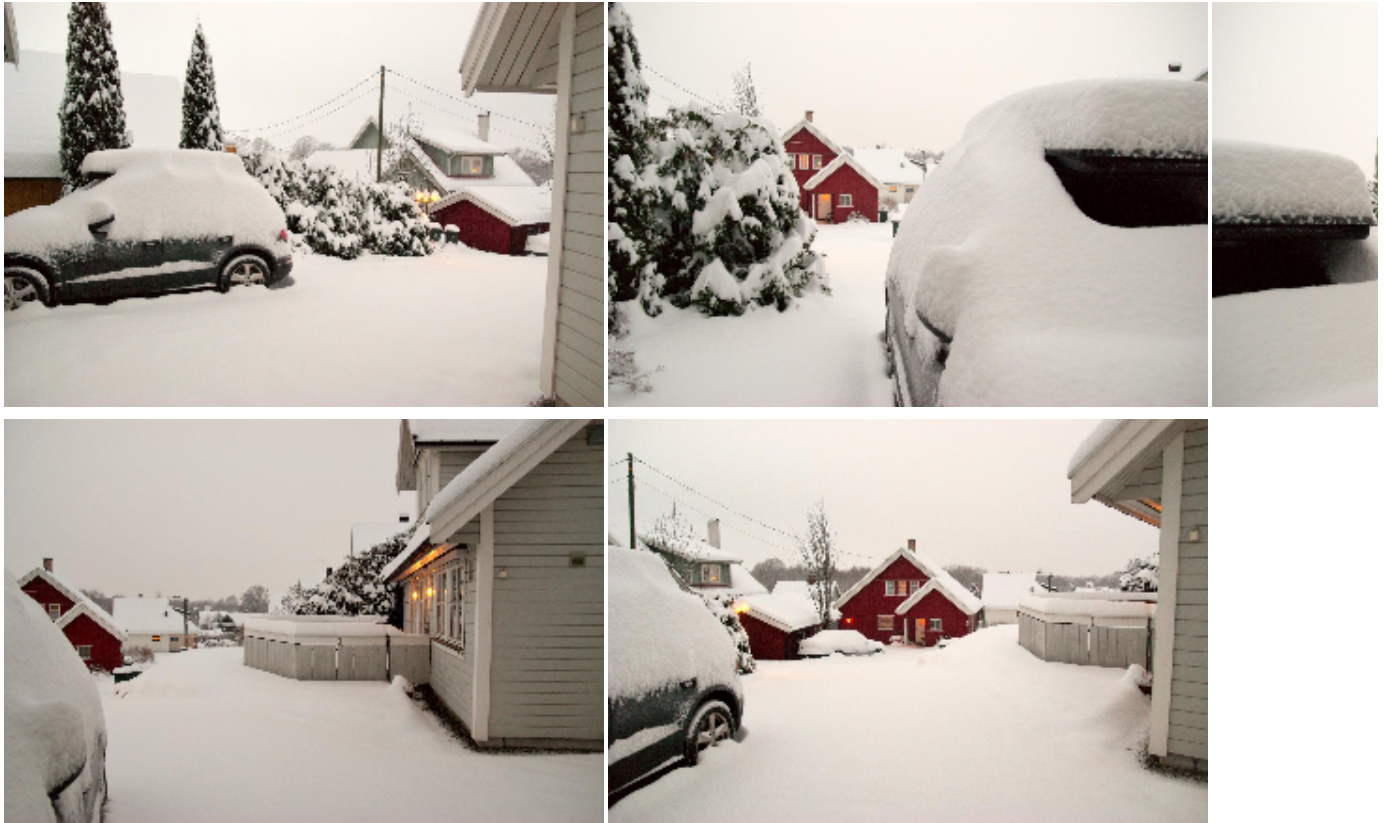
[Bjørn-Willy Arntzen](#) posted on Dec 24, 2009  
[Back to start Norwegian version of the blog](#)

---

What a beautiful day it was this morning when we looked out the window. It had fallen down 15-20 cm with snow during the night.. Now the Christmas is all over, inside and outside. I looking forward to have some relaxing days with my family and go many long skitrips in the Norwegian woods.

I wish you all a Merry Christmas, and a Happy New Year.

Here's what it looked like early Christmas Morning



[1 Comment](#) ·

- [englishblog](#)



[Open source POC for Rich Client \(Web 2.0\)](#)

Bjørn-Willy Arntzen posted on Dec 23, 2009

[Back to start Norwegian version of the blog](#)

---

I my recent blog posts ([Web 2.0 vs Web 1.0 that's the question](#) and [Page flow with dojo](#)) I have addressed the Web 2.0 / Rich Client Approach.

I then decided to figure it out by doing a POC and a demo application. I'm working with setting up a Confluence Space regarding this. As there is a lot of clever and helpful people out on the net, I am inviting everyone to visit, learn, contribute to my project.

Read more here : [Home of the Rich Client POC](#)

- [englishblog](#)



[Page flow with dojo](#)

Bjørn-Willy Arntzen posted on Dec 18, 2009

[Back to start Norwegian version of the blog](#)

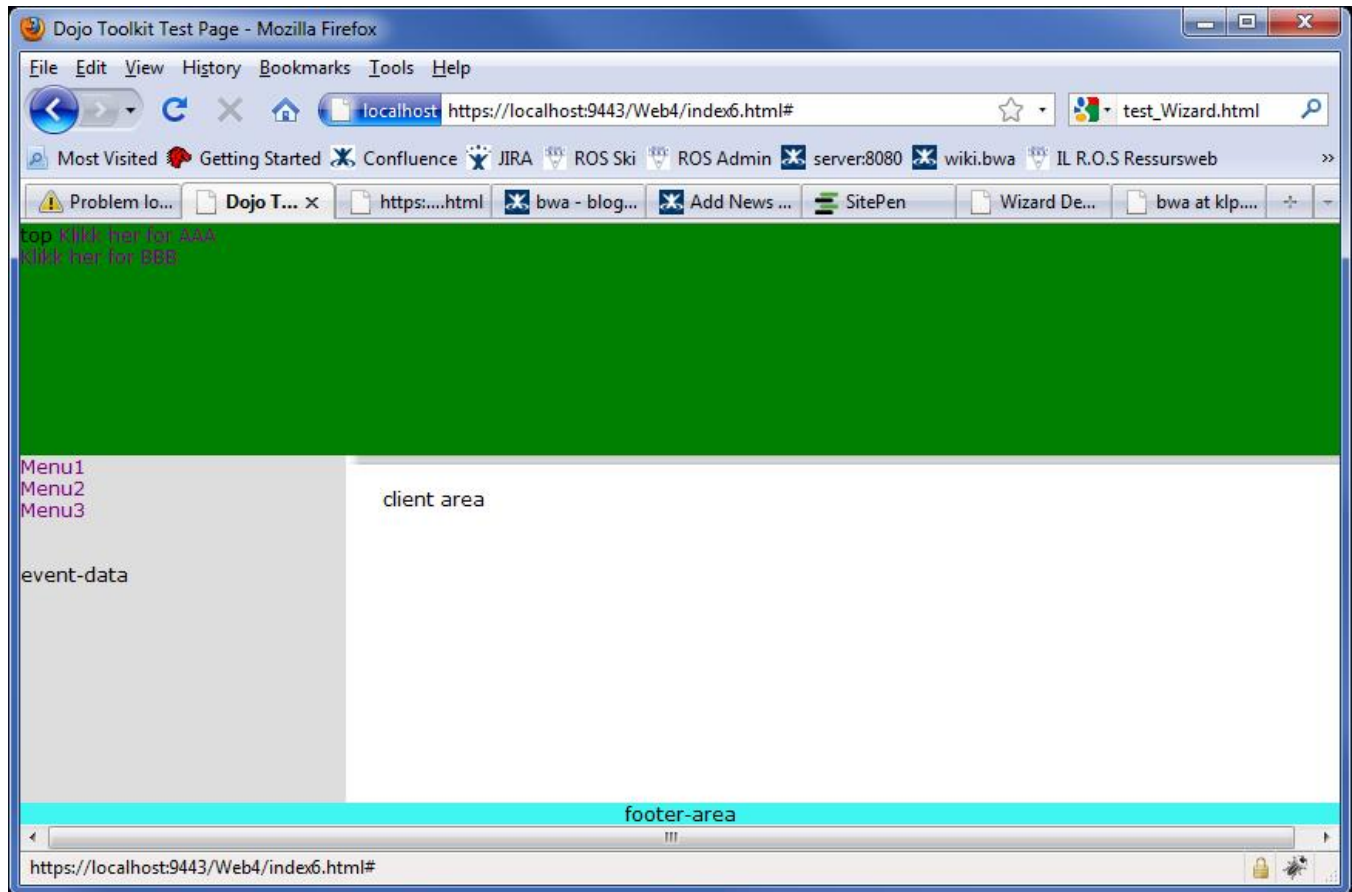
---

In [this](#) blog entry I am writing of this project at work. To learn about Rich Clients I have created a demo-application which use a dojo BorderContainer to layout the application. A sample is shown below, it's ugly but the goal is to find out how a can assemble a portal like application, with a header area (green), a menu area(grey), a footer area (turkise) and the client area ( white).



I have set up a pub/sub topic message queue to have the different regions to communicate in a loose style. So if I click on a link in header area, there will be loaded an appropriate menu in the menu area. And a click on a menu item, will load a module into client area. Every module is separate and is loaded as a URL i.e. /module1/index.html, /module2/index.html or /module3/index.html.

In my demo-application, I have seen that publishing messages from the loaded client in /module1/index.html is received in the main application, and that listener displays a context menu in the menu area. So the messaging is working fine.



So then I need to find a best practice to create some page flow.

Many modules will probably have just one page which displays some data and may edit data from that page. That can be solved by 'inplace' editing, I guess. But sometimes I just have to go through several pages to get my transaction done. I'm not quite sure of how to think in these scenarios. Tips are appreciated.

- [englishblog](#)



[Web 2.0 vs Web 1.0 that's the question](#)

Bjørn-Willy Arntzen posted on Dec 15, 2009

[Back to start Norwegian version of the blog](#)

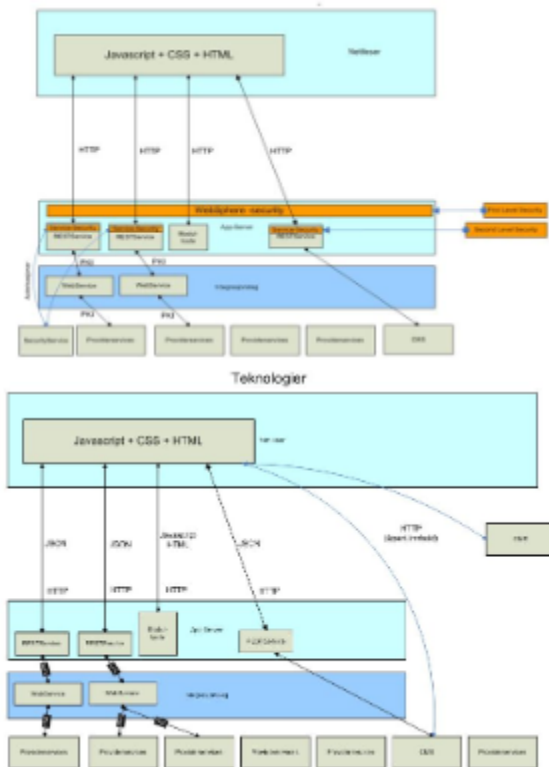
or more precisely: Rich or Poor clients ?

I have this new project at work. We are going to develop a new application One Workplace Web (OWW), which is going to be a common application to our users where they will find all their applications and data. It's supposed to be a role-based approach where the data and functions you see is based on your role. So management people will have other view data and function than maybe the worker which requires more detailed level of data.

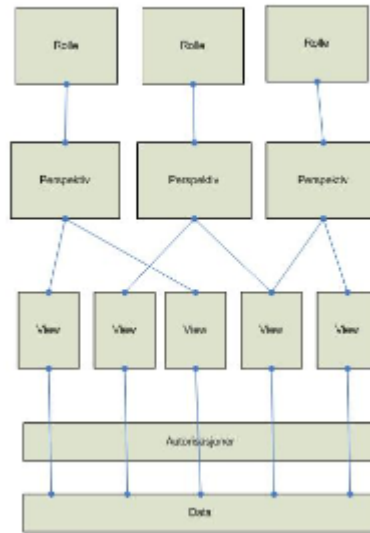
We also need to be able to drill down into more details about the data (or functions). So the OOW wil have a static header and footer, and a menu area on left and the main area will have a lot of applications or view or modules. Maybe there will be some widgets on the righth side, but that's more a guessing from my side. See picture below.



Some other schetches I have done on web 2.0 approach is here :



## Introduksjon av perspektiv



Then the discussion starts....

Our runtime environment is WebSphere AppServer ND 6.1.0.17

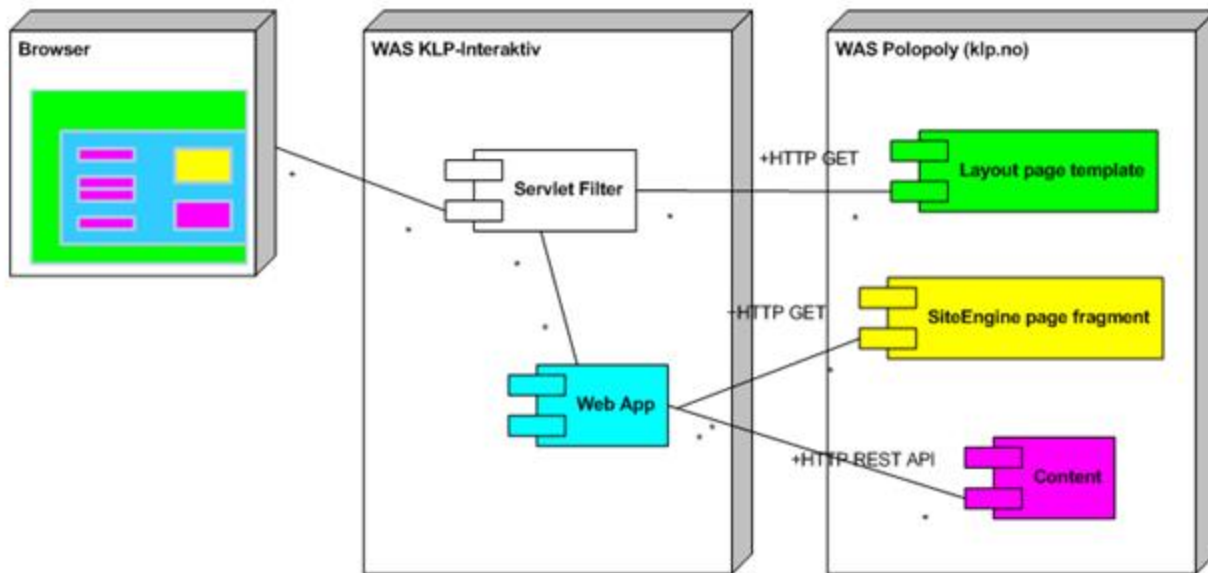
There is mainly 3 architectures to address this:

## The alternatives:

1. Portal
2. Web 2.0 Rich Clients and REST services and Dojo toolkit
3. Web 1.0



The Portal is discarded mainly due to cost, so the choice is between Rich Clients (Alt. 2) or ordinary web-applications (Alt. 3) with a sitemesh fashion of assembling the total view in every application on the server. It's called a 1+10 approach. See picture below. It specifies that every module/view is a whole application, that includes the rounding area as it is its own.



So how difficult is Rich Clients ?

How unfashion is alternative 3 ?

How easy is it to have 10+ modules in Web 2.0 and have these very loosed coupled with the other areas in the Layout Container ?

What is the key to success in Rich Clients ?

Its there any other sites that can be referenced to ?

Why should we not go for Rich Clients ?

Why should we try to go for Rich Clients ?

My colleagues claims it to risky, it's to new, it demand too much javascript knowledge, it's just fancy, it's to hard to debug. What can I say to that ?

This is a blog entry, but hopefully it will turn into a discussion that migh answer some questions.

[1 Comment](#) ·

- [englishblog](#)



[The last orienteering run of 2009](#)

[Bjørn-Willy Arntzen](#) posted on Nov 01, 2009

[Back to start Norwegian version of the blog](#)

was [Frostsprinten 2009](#), but the result was not very impressive, I was disqualified... due to a silly mistake. I had finished a very good distance from control 5 to control 6, ran direct into to control, but when I was running out I just missed the number when I readjusted and flipped the map and started to run to control 8. At the way to control 8, I was alittle confused about where I was, but found a valid reference in the map and just headed to control 8, and passed control 7 by just a couple of meters...

So I finished at the bottom of the result ....Shit happens.

I know what to work with next year. I'm not good enough to read the map when I'm running. I'm running to fast to follow the map.....

Here is my GPS Route. [Click here to view in new page](#)

It clearly shows how I missed control 1, and then I went to control 3 in the search for control 2, and also control 5 was a little miss...





QuickRoute

Version 2.3

matstroeng.se/quickroute/en

Pace 5.00

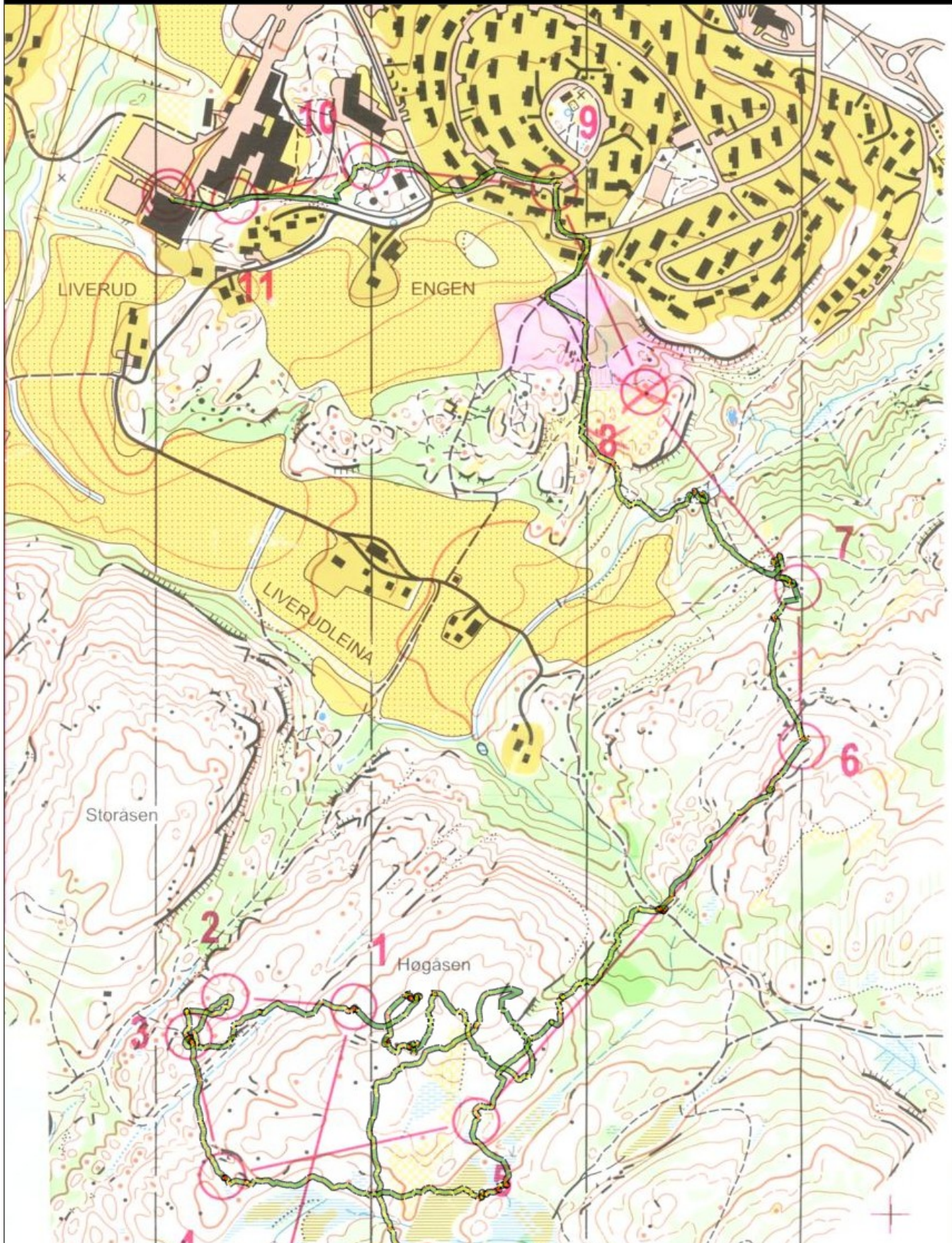
10.00

15.00

20.00

25.00

min/km







- [englishblog](#)

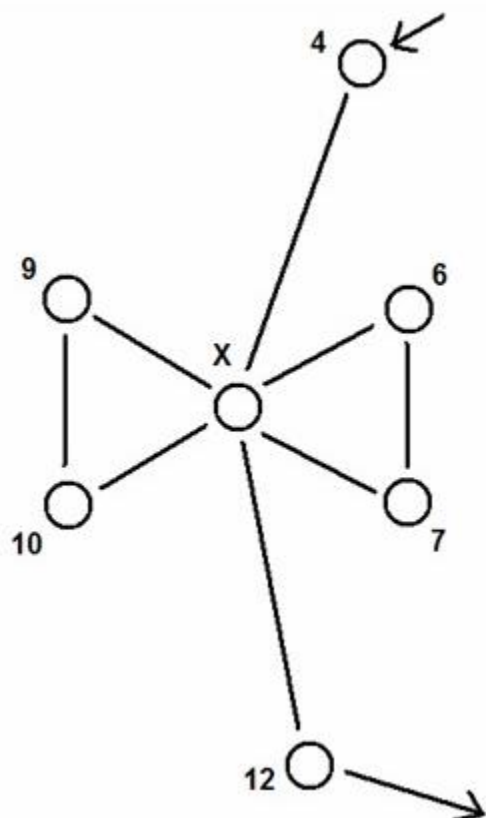


[Blodslit \(eng\)](#)

Bjørn-Willy Arntzen posted on Oct 18, 2009  
[Back to start Norwegian version of the blog](#)

I have raced the [blodslitet](#) today. It's a long distance orienteering race. I was racing the M-Open klass at 8.9 km A-Level. I have never competed in the A-level before and in addition it was a commonstart, and that's new for me. It was 175 runners so the first controls was a really queue race. You can't miss then. From control 2 it was a butterfly, to get some separation of runners. It was quite fun and easy.

Butterfly controls:

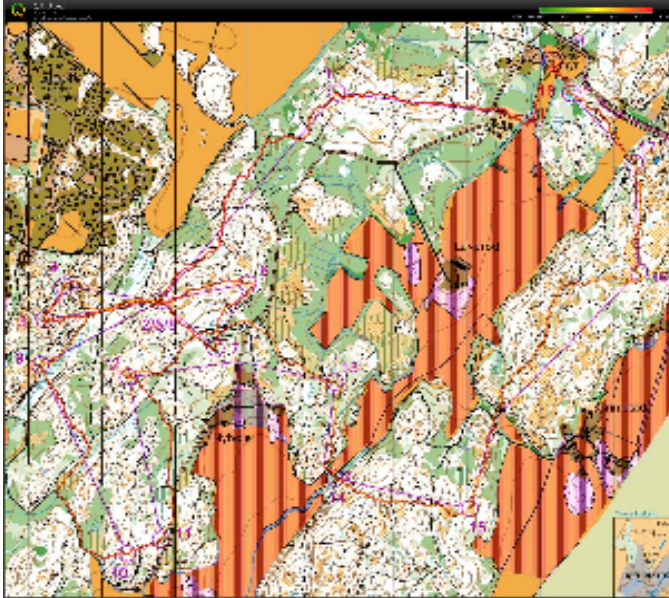




So, it went OK. I ended up on 64th place of 175, not bad as a start, but still I need some more speed .... And I beat the other more experienced runners (place 101,105,120,129 and 168) with good margin, so I'm satisfied. Kim from my own club ended at place 22, and the old eliterunner is just all to good even if he struggles with a bad knee.

The results : <http://fsk.no/blodslitet/resultater/2009/HAP.HTM> and <http://fsk.no/blodslitet/resultater/2009/144.HTM>

Here's my actually route from my Polar Watch GPS (Click on the map to see details)



2 Comments ·

- [englishblog](#)



Down for a week ....

[Bjørn-Willy Arntzen](#) posted on Oct 05, 2009

[Back to start Norwegian version of the blog](#)

My whole site has been down for a week. I was at the cabin for one week' vacation, and decided to do a little change of the configuration in Confluence, and that brought the whole system down. The server is at home and I was at the cabin in the mountains.... Found [LogMeln](#). A really nice and free alternative for remote console. If I had that I would easily connected to the server from the cabin and restartet the service and system would be restored again.

I now have it installed and have it running. I works really nice 😊

Useful lesson learned ?

- [blog-english](#)
- [englishblog](#)



Some good old technical cool stuff

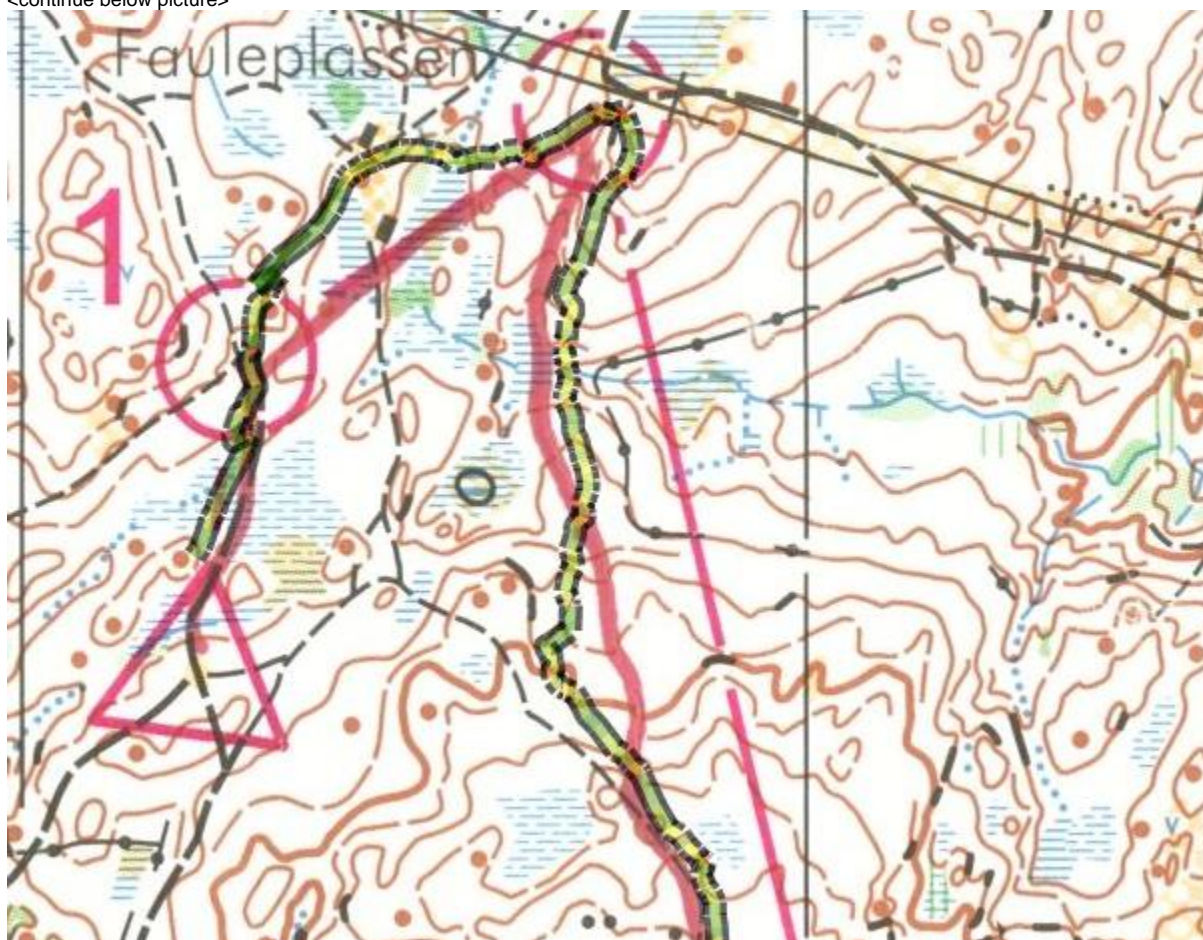
[Bjørn-Willy Arntzen](#) posted on Sept 25, 2009

[Back to start Norwegian version of the blog](#)

Some good old practical use of technic aid. Via [Sindre's article](#) I found [QuickRoute](#) and here you can add the GPS data and overlay it with a scanned picture.

See example below. here I also have drawn the route it *though* I was running. I always do that after a race, it's very helpful. So now I can compare my memory with the real stuff.

<continue below picture>



If you study the course fra control 1 to control 2, there is some difference, and it's clear that I miss which cabin I was passing on the left side, so it's useful to have the corrected route.

The whole race is here : [Høstløpet på Kongsberg](#)

- [englishblog](#)