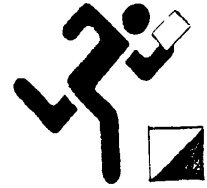


TUCSON ORIENTEERING CLUB  
FEBRUARY NEWSLETTER 1985



A record turnout of 62 competitors participated in the Saguaro East Meet held January 12, 1985. 45 toward the short course of 10 controls and approximate distance of 2 ½ miles, while 17 explored the long course of 14 controls and 4 miles. The results are listed below.

For those interested, the meet director checked the score card of Laura Lim who ran the short course. Yes, the time is correct, and no she did not use a motorbike around the course.

SHORT COURSE

Teams

|                                  |         |
|----------------------------------|---------|
| 1. Patrick Geranis/Bill Hamilton | 1:01:27 |
| 2. John and Chris Little         | 1:01:30 |
| 3. Braeutigam Family (4)         | 1:18:30 |
| 4. Cummings Family (3)           | 1:27:05 |
| 5. Sue Orrico/Tim Fisher         | 1:30:03 |
| 6. Sandi Shroads/Kate Wheatley   | 1:43:30 |
| 7. Eric Wood/Dulcie Nelson       | 1:46:-- |
| 8. Norman and Betty Cole         | 2:05:15 |
| 9. Carl Johnson/Joanne Martin    | 2:06:58 |
| 10. Eddins Family (4)            | 2:08:30 |
| 11. Paul and Patty Delligatti    | 2:11:45 |
| 12. Sabra Castle/Katie Loud      | 2:14:20 |
| 13. Krefting/Palys (4)           | 2:39:30 |
| 14. Fernandez/Robb (4)           | D N F   |

Men

|                   |         |
|-------------------|---------|
| 1. Ben Lim        | 1:04:35 |
| 2. Bruce Campbell | 1:06:40 |
| 3. Glen Cole      | 1:17:-- |
| 4. Bob Spitzer    | 1:22:40 |

Women

|                    |         |
|--------------------|---------|
| 1. Laura Lim       | 45:05   |
| 2. Cheryl Houser   | 2:06:30 |
| 3. Marie Bielefeld | 2:45:23 |
| 4. Julie Cole      | D N F   |

## LONG COURSE

### Men

|                        |         |
|------------------------|---------|
| 1. John Maier          | 1:27:20 |
| 2. Ken Castle          | 1:39:35 |
| 3. Dale Cole           | 1:47:48 |
| 4. Rick Fisher         | 1:52:45 |
| 5. Dave Cole           | 2:17:30 |
| 6. Max Muramoto        | 4:04:15 |
| 7. Al Steinman         | 4:24:30 |
| 8. Fred Stevenson, Jr. | D N F   |

### Women

|                   |         |
|-------------------|---------|
| 1. Jill Bielawski | 1:55:45 |
|-------------------|---------|

### Teams

|                       |         |
|-----------------------|---------|
| 1. Mosley Family (3)  | 2:15:45 |
| 2. Reid and Ann Kress | 2:41:28 |
| 3. Prince Family      | 2:49:30 |

## CLASS TO BE TAUGHT ON ORIENTEERING

Pima Community College Community Services will offer a five week course on orienteering next Semester. This course will be geared to those with limited or no previous experience. Subjects covered will include topographic map use, compass use, route finding, monitoring location, and relocating when lost. The first half of the course will be non-competitive in nature with strong emphasis on correlating map with terrain features as well as proper use of a compass. The latter part of the course will explore competitive orienteering, (with emphasis on accuracy, not speed), as students hone their skills by navigating courses in wilderness settings near Tucson. Classes will meet each Wednesday evening 7:00-8:30 p.m. at a location near Speedway Boulevard and 6th Avenue. Follow-up practice sessions will be held Sunday mornings 9-12 noon at locations within 15 miles of Tucson. Students will carpool to these sites. The instructor for this course is John Maier, a seasoned expeditioner and wilderness guide who has been teaching orienteering and other wilderness classes in the Tucson area for three years. Classes begin February 13. Class size limit: 20 students. Cost: \$30.00.

Registration is through Pima Community College Community Services, 220 E. Speedway. Catalogs are now out (p. 25, Orienteering) and registration is in progress. Registration times at Pima Community College Community Services are Monday-Friday 8:15 a.m. - 8:00 p.m. and Saturday 9:00 a.m. - 12:00 noon. Registration may also be done by mail or phone or on Saturdays (January 26 & February 2, 10:00 a.m. - 4:00 p.m.) at Tucson, Park, El Con, and Foothills Malls. For further information about this course, call John Maier at 882-7355. For registration information, call Pima Community College Community Services at 884-6720.

SUNDAY FEBRUARY 10th

ORIENTEERING MEET IN THE TUCSON MOUNTAINS

COURSES: Short - Recreational Course  
Long - Advanced for Experienced Orienteers  
Meets are held rain or shine.

TIMES: 9:00-12:00 Registration at VNB  
9:30-10:00 Beginners Clinic  
9:30-12:30 Starting Times  
2:00 Course closes,  
controls removed

ENTRY FEES: \$2.00 Tucson Orienteering Club Member  
\$3.00 General Public  
\$5.00 Family or Team  
\$1.00 Compass Rental

GETTING THERE: Meet at the Valley National Bank parking lot on the corner of Ina and Thornydale Roads (northwest side of town, about one mile east of the Ina Road exit off I-10). Carpooling will be necessary from here due to extremely limited parking at the meet site. Entrants will register and receive directions here for carpooling to the meet site in the Tucson Mountains.

FURTHER INFORMATION: Call John Maier 882-7355  
Dennis Orrico/Keith McLeod 571-1155

Hope to see you there.

P.S. Bring a friend and walk the short course. It is a great way to spend a Sunday midday.

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Coming in March: St. Patricks Day Arroyo Romp 3/17  
Orienteering in the Tucson Mt. area

Coming in April: A "Taxing" Orienteering Meet 4/21  
Old Federal Prison Campground - Mile past 7 on  
Mt. Lemmon

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You are welcome to attend the Tucson Orienteering Club meetings: Help plan and organize future meets to sharpen Orienteering skills, or assist promoting our sport. Meetings are held on the following dates at 7:30 p.m., Suite 805 in the Great Western Bank Building, 5151 E. Broadway in Tucson.

February 18            April 22            June 17  
March 18              May 13

The annual fee to join the Tucson Orienteering Club is \$5.00. Members benefit from reduced meet fees. Their support also enables the club to purchase equipment used for Orienteering meets, Orienteering promotion and a periodic newsletter.

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For you Wheaties eaters. Peter Gagarin, a past U.S. Orienteering Champion will be featured on the cereal box. Peter trains the U.S. Team and publishes a U.S. Orienteering Team Newsletter. The more competitive Tucson Orienteers may appreciate his following comments.

### Training ideas

I received a letter recently asking, "Do you have any ideas on how I could orienteer more consistently?" I'll try and answer that in a round-about sort of way, using Peggy Dickison as a guinea pig (and not meaning to embarrass her too much).

I spent a few hours recently watching her orienteer and giving her some advice. My advice could be summarized in a few themes that I think are likely true for lots of us.

(1) Be more precise. More precise in using a compass, in pacing, in reading a map, in looking at the terrain. I tested Peggy on a few of these fundamentals: her compass work varied from right on to as much as 40 degrees off (and this is in very open woods where 5-10 degrees off should be max); her sense of running on a level contour had her climbing 10 meters for every 100 she was covering horizontal; her pacing was pretty good on trails, but she didn't know how it would change as the terrain changed; she was less accurate than she should be in judging how many contour lines would be needed to map a slope we might be looking at; she related the map and terrain in too general a way ("there's a hill there and it's rocky") when she should have been observing the contours much more accurately. These are fundamental skills that you need to be able to do right every time. It can help to practice them with someone else watching you to see how you are doing (and to put you under some pressure!).

(2) Be more observent. She was pretty good at this, but could still be better. You should be constantly looking to both sides (and behind!), during a leg as well as near a control. Look actively; if you just stand in one spot and look, a single tree may hide the control from you. You'll be amazed at how far away you can see controls, or the features they're on. Also, after you see a control, while you're still running up to it, look around beyond it to get a sense of where you're heading next. That will cut down on leaving controls in the wrong direction.

(3) Orienteer defensively - think about what can go wrong on a leg. If you anticipate a problem, it's less likely to happen. For example: planned route is out to a small trail and then along it; what can go wrong - you can run across the trail without seeing it; orienteer defensively by noticing what the terrain is like near the trail so you'll have some clues as to where it is, by pace-counting to it so you'll know better when to expect it, by actively looking for the trail rather than day-dreaming and assuming you can't miss it. End result: a little more mental effort required, but you should never miss the trail. You can practice this at home with a map, just pick two points, plan a route, then see how you might blow it and how you can prevent any mistakes from happening.

So consistency will come if you take care of sloppy techniques, if you run with your eyes wide, wide open, if you're mentally aware of how you might mess up, and, of course, if you practice.

"The long, easy way vs. the short, tough route"

This is the most common choice that confronts the orienteer in the field. Will the well-defined trail or the sandy wash that loops around to the next control be quicker than a direct crossing through more difficult terrain. The answer will depend on how much the plant (CACTUS!) and/or tree growth will slow the hurrying navigator. Most people would not have much difficulty deciding to circumnavigate a patch of cholla, but what about a brushy arroyo (re-entrant)?

The steady runner will be able to cover a mile or 1,600 meters on a good path in 10 minutes. His average speed over other surfaces might look like this:-

For 440 yards (400 meters, approx.)

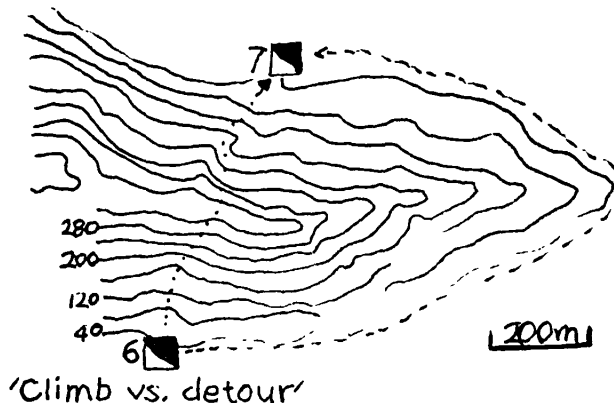
1. On a good trail..... 2 minutes
2. On rough grassland..... 3 minutes
3. In open forest..... 6 minutes
4. In thick bush..... 10 minutes

These figures make more sense to the orienteer in a hurry if they are converted into ratios. For example: 5X the good trail equals the thick forest, or in other words, a path around a thick section of bush can be five times longer than the direct route and still take the same amount of time to cover. In the same way we can see that 1,000 meters of rough grass can be crossed in the same time as it takes to run 500 meters of open forest.

"Height climbed vs. a detour around"

Running uphill is about the most tiring exercise of all. Consequently, the orienteer should look twice before setting off up 'unproductive contour lines'. By 'unproductive' we mean height that isn't retained on the route from one control to the next. So when there is a hill between you and your destination, you need to be able to decide if going around is quicker than the direct route over the top.

A good rule of thumb is to reckon that for every contour line climbed (40 ft) you can run 200 yards on the flat. The diagram below explains this formula.

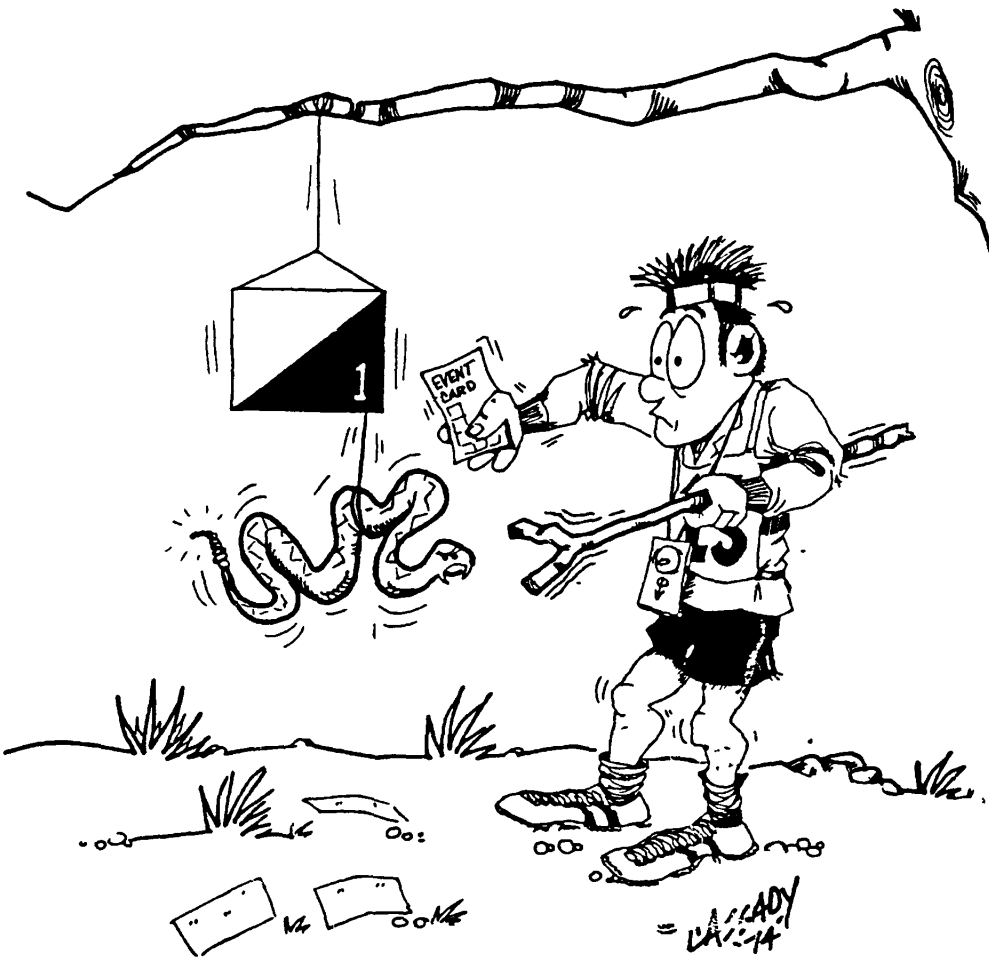
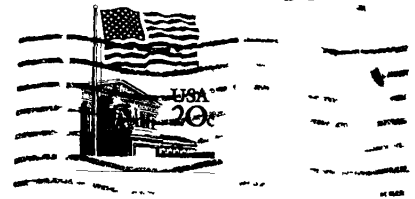


The direct route over the hill is 660 meters long and climbs 280 feet. Therefore this is equivalent to  $660 + (7 \times 200) = 2,060$  meters travel. As the detour around the hill is only 1800 meters, it could be the quicker route to Control 7.

ORIENTEERING CLUB

PO BOX 13012  
TUCSON, AZ 85732

ADDRESS CORRECTION REQUESTED



"Orienteering offers unique challenges to one's ingenuity and perseverance."

or

As they say in the Beginner's Clinic: "Each control marker has a device that will punch a distinctive set of holes in your score card."