

TUCSON ORIENTEERING CLUB

NEWSLETTER

MAY, 1985

Next Score Orienteering....Score Orienteering....Score Orienteering

O-Meet On Sunday, May 19th, we are going to depart from our traditional method of Orienteering to introduce you to a Score Orienteering Event. The object in Score Orienteering is to gather, during a two hour time limit, as many points as possible by visiting as many control locations as possible. The course is set in a "scatter formation" throughout the area. More controls than can be visited during a two hour time limit are set up. Each control has a specified point value. Controls near the Start-Finish area have a low point value; those further away or difficult to reach have a high point value.

All participants carry a control description sheet and a map. The map locates each control by number. The description sheet describes the control site location and the control point value. Each control flag has a number on the map. Participants show they have visited the location by using the punch attached to each control.

Instruction is available throughout the day. Bring a friend or the family. Meets are held rain or shine.

Time	9:00-12:00	Registration
	9:30-12:00	Instruction - Beginner's Clinic
	9:30-12:30	Start Times
	2:30	Course closes, controls removed

Categories Team, Men, Women, Recreational

Registration There is an entry fee for participants to cover the cost of the meet. You can save \$1.00 each meet by joining the Tucson Orienteering Club. Entry fees are:

Individuals\$3.00
Family or Team.\$6.00
Tucson Club Members Pay \$1.00 less	

Getting There The meet site is the Old Prison Camp on Mt. Lemmon. To get there, go up the Catalina Highway to milepost 7 and look for the sign indicating the turn-off to your left. If you see milepost 8, you've gone too far.

Further Information Call Dennis Orrico or Keith McLeod at 571-1155

Future
O-Meets

Date

Director & Phone

June	None
July 21	Barbara Grandstaff 742-7953
August 18	Dale Cole 624-2648

Club
Meetings

Tucson Orienteering Club meetings are held Monday nights following each Sunday meet. The Club meets 7:30 p.m. in Suite 805 at the Great Western Bank Building located on 5151 E. Broadway. Up and coming dates for future meetings are May 20th, June 17th, July 22nd, and August 19th.

New
Officers

New officers will be selected at our May 20th meeting. If you would like to add your name to the ballot, or nominate someone, please notify one of the current officers:

President	Barbara Grandstaff	742-7953
Vice President	Dale Cole	624-2648
Secretary	Kelly Cook	790-8600
Treasurer	Dennis Orrico	571-1155

PEANUTS



Techniques For Better Orienteering
(For Map Hikers or Competitors)

Bill Comfort, a premier orienteeror from St. Louis offers the following suggestions:

The following skills will make up for a lack of running ability. The fastest and strongest runners don't always win the orienteering meets. Here are some techniques that should be in your bag of tricks:

1. Be careful to the first control. Remember to look first for an attack point and go to it--then go on to the control. Know the code and clue before you are close to the marker. When leaving the control, remember to first find another attack point for the next control--you are running from one attack point to another with a control in between.
2. Thumbing the map. It is absolutely essential to learn this technique--without it you must waste valuable time re-locating where you are on the map each time you look up and then look back down at the map. Keep moving your thumb as you go along the leg.

3. The four-second look. That is the maximum you get when you are running, so you must be able to read a little of the leg in four seconds or less. Without thumbing, it takes more than four seconds to find where to look. Practice the four-second look. You can see more than you think.
4. Distance judging. Pacing if done well is the best method. Know your paces under different conditions--flat, up hill, woods, open, down hill. Maybe you don't need it every step, but for sure from attack points into the control.
5. Extend the control. Can you make the feature where the control is located bigger or longer? Can you extend the spur? Can you find a trail or a creek to be extended? Find that extension and follow it to the control. Aiming off is needed with this technique.
6. Aiming off. Maybe the most important technique of all. If you do not purposely aim off to the right or left, how do you know for sure which way to turn when you arrive at a line feature? Let's say you are going for a boulder in a stream bed--you will run to the stream which is perpendicular to your route. When you arrive at the stream and the boulder is not in sight, which way do you turn to find it? You don't know if you have not purposely aimed right or left. Think about this technique--it works on most legs.
7. Traffic light. Each leg of a course should be run at three different speeds--green/fast, amber/cautious, and red/slowly. If you run each leg the same speed all the way, you are either going too slow or too fast part of the way. Run hard on the long approach, slow when careful reading is needed, and more slowly as you approach the area where the control is located. Maybe speed up again if you see the control in the distance.
8. Have a system as you approach the control.
 - (a) Know the clue--what feature are you looking for? Look for the feature at first, not the marker.
 - (b) Actively look for the marker--side to side, behind you, up and down, not just straight ahead.
 - (c) Know the code--you might come across another course's marker with the same clue/feature as your control.
 - (d) One the marker is spotted, shift your thumbing to the box to be punched so you are ready to punch when you arrive at the marker.
 - (e) After punching, get away from the marker in the direction of your next route to the next attack point.
 - (f) Always punch before you take a drink of water. Some orienteers will drink first and forget to punch--this happens when there are other people at the control.

9. Handrails are guides that run in the direction you want to go. If you can find a handrail, you can remove other details and run faster in the direction that you want to travel. You must know when to leave a handrail, and that can be done with pacing or by identifying another feature when you arrive.
10. Keep smiling. There is something magic about a smile. It seems to find controls better than a frown. Your eyes are more open, your mind is more open; and anyway it is more fun to smile than frown. There is a theory that there are energy nerve connectors that give your legs more spring when you smile than when you frown.

Results of
April Meet

Many thanks to Joann McKay, Dennis Orrico, John Maier and Meet Director Keith McLeod. The weather was cool with a trace of rain.

MEET RESULTS OLD PRISON CAMPGROUND

Advanced Course

<u>Men</u>		<u>Women</u>	
1. John Maier	1:44:35	1. Toni Allison	2:17:00
2. Harlow Paul	2:00:40	2. Barb Grandstaff	
3. Ken Castle	2:19:15		
4. John Little			<u>Team</u>
5. Dale Cole	2:27:18	1. Brad & Dennis Fairall	3:14:37

Intermediate Course

<u>Men</u>		<u>Team</u>	
1. Miek Kessler	1:31:25	1. Glen Cole (3)	2:22:15
2. Kelly Cook	1:39:40	2. Hobson (4)	2:36:14
3. Dan Cobbledick	2:01:20	3. Richardson/ Finnyson (3)	3:07:02
4. Doug Stephens	2:49:40	4. The Waltons	4:06:30
5. Ron Olson		5. Sue, Ed, Dean, George Hanson	
6. Brain Gleason		6. Joan Medema, Ralph Shelton	
7. Mitchell Lapis		7. Cheryl & John Houser	
		8. Carl Johnson, Joanne Martin	
<u>Women</u>			
1. Katy Brown	1:59:30		
2. Rebecca Fernandez	2:13:48		

Basic Course

<u>Men</u>		<u>Team</u>	
1. Pat Brown	:49	1. John & Rob Clark	1:03:40
2. Rick Dunez	1:04:20	2. Kirk Johnson (3)	1:19:55
3. Tim Blythe	1:29:10	3. Dennis & Sue Orrico	1:20:45
4. James Cook	1:33:50	4. Barry Soulvie	1:33:50
		5. Salmon & Williams	2:02:25
		6. Wicgand (3)	2:24:10
<u>Women</u>			
1. Cindy Gershman	1:31:30		



INTENSIVE ORIENTEERING
— more orienteering than running

Careful navigation during the whole leg. Intensive mental effort and very precise map-reading by creating taxing problems and using difficult terrain which extends the use of compass and pace counting.



FINE ORIENTEERING
— sharpened orienteering with limited map-reading and running

Careful map-reading, perhaps walking with compass and pace counting. Fine map-reading which, however, is facilitated by only a few available features - on a short leg.



ROUGH ORIENTEERING
— towards small objects orienteering, and running in equal portions

Long legs and possibilities of route choice give a higher running speed and increased difficulty of map-reading by involving a breadth and depth to the necessary land detail which must be assimilated.



ROUGH ORIENTEERING
— towards big objects running with easy but hazardous orienteering

A relatively easy orienteering giving a high running-speed. Less demand for sharpness increases the risk of parallel mistakes and mistakes in map-reading.



RUNNING ORIENTEERING
— running with a minimum of orienteering

Running with easy, broad navigation where big objects in the direction of running are the best choices of route - mental effort and orienteering skills minimal.

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ADDRESS CORRECTION REQUESTED

