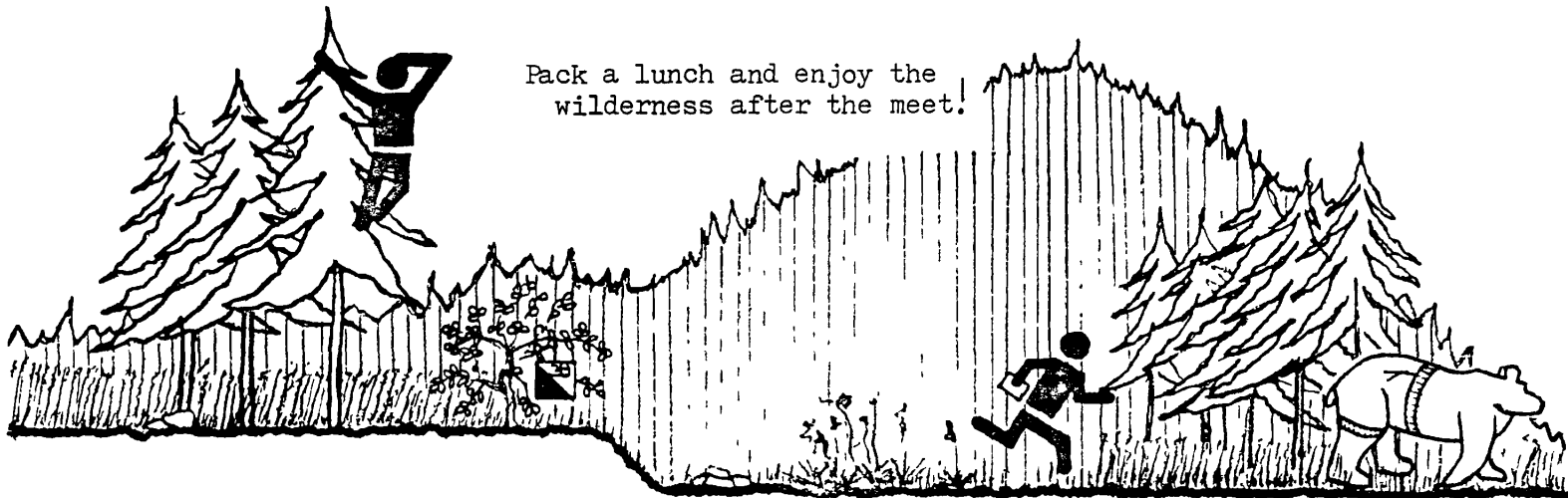


TUCSON ORIENTEERING CLUB

NEWSLETTER

AUGUST, 1985

Next O-Meet Cool off and breathe the pine-freshened air at eight thousand feet in Our three course meet on Mount Lemon, Sunday, August 18, at Bear Wallow Recreation Area. The courses will have an extra twist added to them, in that the controls for each course may be visited in any order desired.



Wax those compasses for the "yearly romp" at Bear Wallow, although this year the courses wont be designed to turn the participants into bears!!  
To get there, turn right at about milepost 22½ off the Catalina Highway and keep right on this dirt road for a little less than a half mile.  
Times: 9:00-12:00 Starting Times (Remember, you save a dollar on each meet if you are a member of Our club.)  
          9:30-10:00 Beginners Clinic  
          2:00 Courses close, controls removed

For further information, call Dale Cole at 624-2648.

CLUB MEETINGS

Club meetings are held on the 3rd Monday of each month, 7:30PM, at the Great Western Bank building, corner of Broadway and Rosemont, Suite 805. Meetings are open to anyone interested in orienteering. Mostly, the agenda consists of planning the next month's meet but if you'd like to make suggestions about improving our meets, or new places to hold meets your input would be most welcome. Future meetings will be:

August 19  
September 16  
October 21  
November 18  
December 16

REPORT ON JULY O-MEET

Our July event was a lot of fun. It was a new format (pot-luck dinner followed by moonlight orienteering), and it was a lot of fun. The food was FANTASTICK! And the weather held, or actually broke, for us. The rain stopped about 1 hour before we started dinner and the 50mph winds started about 5 minutes after we had everything packed into the cars.

Special thanks to the volunteers who made this event possible:

Maps and course design: Barbara Grandstaff, Dale Cole, and John Little  
Setting out and picking up markers: Barb Grandstaff, Dale Cole, Pat Geranis, Dennis Orrico, and Keith McLeod.

Start/Finish line: Pat Geranis

RESULTS

INDIVIDUAL	PLACE	NAME	CORRECT PUNCHES	TIME
	1	McLeod, Keith	14	49:10
	2	Allison, Toni	9	1:19:45
	3	Gleeson, Brian	9	1:30:15
TEAM	1	Lim Team	14	1:06:00
	2	Johnson & Martin	13	59:30
	3	Orrico Family	13	1:08:00
	4	Kelly & Myrna Cook	12	1:27:00
	5	Rothfeld Family	11	1:13:45
	6	Glen Cole & Friend	9	1:00:00

NEWS FLASH!!!

Rolf a highly skilled and experienced orienteerer from Sweden is in Tucson for 2 weeks, to improve our maps and help with the meets. He will be at the Sunday meet and be available for tips, etc. If you would like to spend time with him learning how to do some field work contact Keith McLeod.

# THE BEGINNERS' CLINIC:

## ORIENTEERING: The Rainbow Sport

Orienteering is a sport of many colors: The control markers we all look for are orange and white (the old ones, some still in use, are red and white), the maps we use are printed in five colors, and the courses we venture out on are described by color. It is truly a rainbow sport.

### THE FIVE COLOR MAP

Let's begin with the map. The different colors are used for different classes of features, and the standards are international; no matter what country you orienteer in, the colors will always be used the same way. Since Orienteering is usually assumed to take place in the forest, woods of average density for the area are left uncolored; that is, they are white. Blue is used to denote water features. This seems appropriate since we all think of water as blue. There are many types of water features: ponds, rivers, streams, marshes, marshy forest, water holes, springs, etc. There are standard symbols for each different type of feature. A good Orienteering map usually has most of them in its legend.

Black is used for two classes of features: rocks and man-made features. The rock features include cliffs (or rock faces), boulders, boulder fields, stony ground, and rocky pits. Man made features include roads, trails, fences, buildings...you can probably extend the list yourself. Stone walls are both rock and man-made.

Brown is the color of terrain features: primarily contour lines, but there are other brown symbols such as small knolls, small depressions, pits, gullies, and ditches. The contour information is considered the most reliable information out in the woods, since it does not change (at least not in our time scale). Brown is also sometimes used for major roads and parking areas, etc.

As we said at the beginning, white is used for woods of average

density for the area. But what about woods not of average density? Green and ochre (that's the correct name, but we usually call it yellow) are used for that. When the woods are thicker than average, green is used. Sometimes there are three different shades of green on a map: the darker the green, the thicker the woods. In addition, areas of good visibility, but slow going, such as blueberry bushes up to your waist, are indicated by parallel fine green lines.

Areas that are less dense than average are shown by ochre. A light shade shows areas called semi-open: they may have a few scattered trees. A darker shade shows areas that are really open.

### HOW ABOUT THE COURSES ?

Now, what about the color-coded courses? You will hear about blue, red, green, orange, yellow, and white courses. In Canada, there is, in addition, a brown course. What do the colors mean? They are just a short-hand way of telling the Orienteer how long and difficult each course is.

The definitions are slightly different in the US and Canada; let's begin with the US definitions. The white course is the beginners course - absolute beginners included. It should be no longer than 3km (1.9 mi). The features to be found should be singular (that is, a boulder should be the only one in an area). Contour features should not be used, unless large and obvious. Navigation should be on trails, or if that is not possible, along well-defined linear features (eg, stream, stone wall).

The Yellow course is a step up from white; it is a bit longer - 3.5 to 4.5 km (2.2 to 2.8 mi) - and is supposed to require the Orienteer to use more skills. The features may be smaller, and not unique in an area. Control features may be farther away from the linear features used for navigation.

The Orange course requires

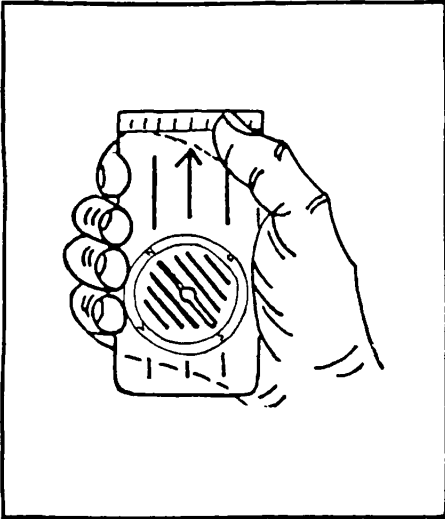
one to use more advanced map reading - the recognition of contour features by making routes that do not depend on linear features shorter than those that do. Contour features may be used for controls, but they must be shown by at least two contours on the map. The course setter should provide collecting features (linear features across your route) to help the Orienteer on an Orange course know how far he has gone, correct any directional errors, and find a point from which to attack the control. In addition, there should be catching features (similar linear features beyond the control that you will hit and know that you have missed the control and gone too far). The Orange course is a bit longer than Yellow - 4 to 5 km (2.5 to 3.1 mi).

In Canada, the Orange course is generally more advanced than in the US. Though still considered as an intermediate course, it requires more map reading skills than an Orange course in the US.



Barefoot Boy from San Diego OC  
(Most Orienteers wear shoes, however)

## Where do YOU fit in?



### THE ADVANCED COURSES

Beyond White, Yellow, and Orange, is the land of Green, Red, and Blue, the land of advanced Orienteering. These three courses differ mainly in length; the Blue Course is designed to have a winning time of 60 - 80 minutes, and will be from 7 to 12 km long. For Red and Green, these numbers are 60 minutes, 5 - 7 km, and 50 minutes, 4 - 6 km, respectively. In Canada, the Brown Course is an advanced course a little shorter than Green.

At this level, the course setter is not required to show any mercy. This does not mean that he will try to trick you or turn the course into a survival ordeal. It does mean that you will need to use many navigational skills. You will usually have several likely looking routes available between each pair of controls, and you must pick the one that is best for you. Once on your route, you will have no catching or collecting features close to the control, and the control may be a small reentrant among many large ones. If the course is well designed, chance will be no factor. Your ability to read the map and relate it to the terrain around you to figure out where you are will be the key to success.

There is a tendency for people new to Orienteering to jump in at too advanced a level. This is true particularly for those who are already involved in other sports. Runners are the most vulnerable to this problem. The typical runner looks at the distances and sneers at a 4km yellow course. Then he goes out on Blue, gets hopelessly lost, and gives up the sport before knowing what it's all about.

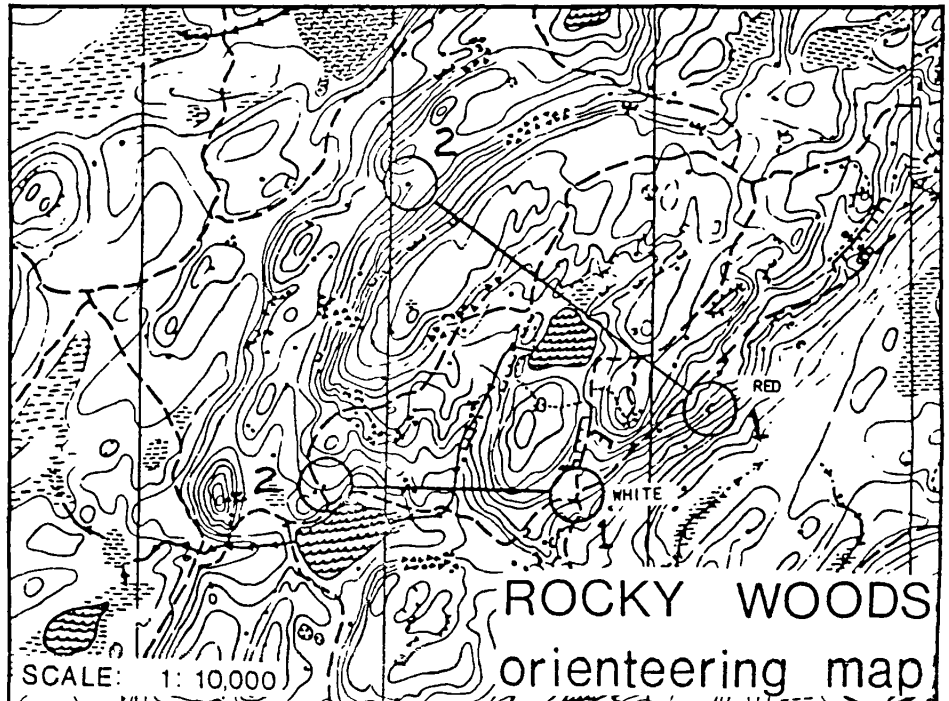
If you are a runner, try an Orienteering event on an off day, don't think of it as a workout or a race, but instead as recreation. It's a nice light kind of exercise the day before or the day after a race. Try a white course first; if you handle that well, you can go right back out on yellow. At most local meets, the second course will cost you very little, if anything.

Don't move up until you are consistent at your current course level. Even if you breeze right through white and yellow, spend a few meets on orange. You may find some of them more difficult than others; that's the nature of course

setting. Once you have gotten consistent, that is, eliminated the 10-, 20-, and 30-minute errors, then move up to green.

If you have a few disasters, don't feel shy about going back to orange for a while. Talk over your routes and problems with other Orienteers; that's one of the fun parts of the sport. Then try green again. You may find that you have to go slower on green than you went on orange. That is to be expected, since the navigation is more difficult. First learn to do it right, then learn to do it faster - it doesn't work well the other way around. Once you begin to get consistent on green, then you can move to the course that suits your physical capacity.

But don't feel compelled to move up to the next course, if you're happy on the course you're doing now. Nobody says you must, and if you find yellow (or even white) to be fun for you, stay there. That's what the sport is really all about.



Typical White and Red Course "Legs"

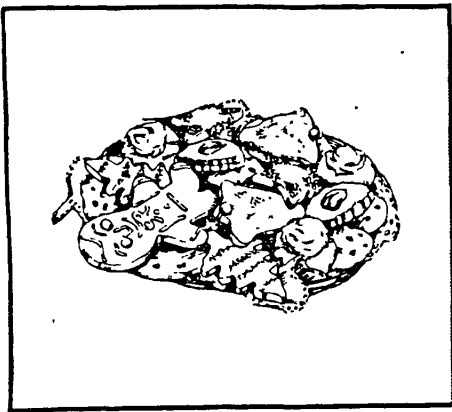
## SUGAR-FIX

by Nancy Clark, MS, RD

There's nothing like sugar for quick energy---or so you may think. The candy and soft drink industries certainly tried to sweeten up the Olympic athletes with M&M's, Mars Bars and Coke!

However, researchers at Montana State University advise against pre-exercise sugar-snacks. Head track coach Kirk Keller and exercise physiologist Robert Schwarzkopf gave five highly trained male college distance runners 400 calories of sugar (the equivalent of 2 1/2 cans of soft drink or a candy bar and one can of soft drink) one hour before an exercise test. The athletes performed intermittent bicycle exercise designed to duplicate the activity of racquetball, tennis and soccer. They pedalled very hard on a stationary bicycle for two minutes, rested for one minute, then repeated the pattern for as long as they could.

Each runner performed the test with and without the sugar-snack --- and each runner fatigued 25% sooner (on the average) with the sugar. This study agrees with previous research by David Costill (1979) that showed a 19% performance decrease after a 300 calorie pre-exercise sugar-snack.



Nancy Clark is a registered dietitian in Brookline, Mass. She welcomes your questions and suggestions for topics. You may send them to O/NA and we will forward them to her.

The moral of the story is that if you're looking for some "quick energy", you shouldn't run to the candy machine. Sugary foods eaten 30 to 60 minutes pre-exercise for an energy boost may hinder your performance by creating hypoglycemia (low blood sugar) with its associated feelings of weakness, light-headedness and fatigue.

When you eat a high concentration of sugar, such as soft drinks, candy and, yes, even juices, your blood sugar quickly rises. This triggers your pancreas to release an abnormally large amount of insulin to transport the sugar from the blood into your muscles. Exercise, like insulin, similarly enhances this sugar transport. Hence, when you exercise 30 to 60 minutes later, your blood sugar is likely to drop to an abnormally low level due to the combined effect of the insulin and exercise. This rapid drop can make you feel light-headed.

One solution to the pre-exercise "quick energy" problem is to eat a sufficient amount of food three or four hours beforehand... such as breakfast if you train at lunchtime, or a good lunch, if you work out in the late afternoon. This food will alleviate hunger sensations, yet should be sufficiently digested and cause no gastric problems when you exercise.

If you should still feel draggy before exercise, then you might want to experiment with eating a small amount of non-sugary food - a few crackers, a banana or piece of toast - to boost your blood sugar, feed your brain (which feeds only on sugar) and lift your spirits as well as your interest in exercising. Don't eat a large amount, however, because it will take longer to digest, sit uncomfortably in your stomach and, even tend to dehydrate you by drawing fluids from your system into your stomach to help with digestion. (You could better use that fluid during exercise to help reduce dehydration.)

If you have an incurable "sweet tooth" and simply must have a "sugar fix", I recommend that you

do so three to four hours beforehand. This allows time for your system to return to metabolic balance and reduces your chances of experiencing hypoglycemia shortly after you start to exercise. This sugar will be ready-and-waiting to fuel you.

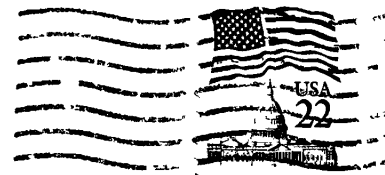
In fact, according to the research, subjects who ate 300 sugar-calories three hours before moderate exercise, burned 80% of the sugar in a four-hour session and experienced no hypoglycemia - a marked contrast to when they fasted over-night, then exercised. Pre-exercise food, at the right time, can be to your advantage!

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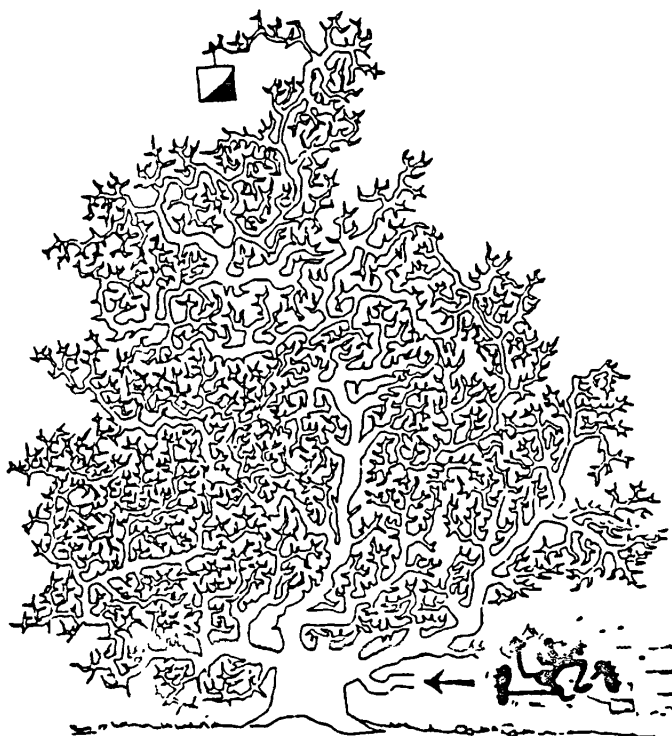
ADDRESS CORRECTION REQUESTED



#### NORTH AMERICAN "A" MEETS

The list below provides advance notice of "A" meets for the Fall.

- Sep 21/22 QUEBEC CHAMPIONSHIPS
- Sep 28 Ukrainian Club "A" Meet  
Toronto ONTARIO
- Oct 5/6 CAOC Bramble Ramble Chicago  
ILLINOIS
- Oct 12/13 ONTARIO CHAMPIONSHIPS
- Oct 19/20 OCC "A" Meet Cincinnati  
OHIO
- Oct 26/27 SMOC Great Lakes Champs  
Pontiac MICHIGAN (tentative US  
2-Day Champs)
- Nov 2/3 HVO "A" Meet Putnam County  
NEW YORK
- Nov 2/3 HOC "A" Meet Houston TEXAS
- Nov 3 Indian Summer Meet ONTARIO
- Nov 16/17 US LONG-O & RELAY CHAMPS  
Great Falls VA/MD (tentative)
- Nov 30/Dec 1 CAOC "A" Meet Atlanta  
GEORGIA



From Orienteer Kansas