

TUCSON ORIENTEERING CLUB  
NEWSLETTER  
JANUARY 1986

January Meet: This meet will be a Score Orienteering meet, a departure from our usual format; it will be directed by Pat Geranis and Bill Hamilton. Details below.

Date/time The meet will be Sunday, January 19th; start times will be from 9 a.m. to 12:30 p.m. Instruction for beginners will be available.

Location The meet will be held in the foothills of the Santa Catalina Mountains at the North end of Alvernon Road. To get there from the west, take Campbell Avenue north to Skyline, go approx. 0.4 mile east. The road starts curving to the right and becomes Sunrise; make a left turn onto Skyline and continue east about 0.7 mile to Alvernon, and turn left. From the east, follow Swan to Skyline, turn left, go one mile to Alvernon and turn right.

Parking Since the trailhead at the end of Alvernon is extremely popular, the Forest Service has requested that we not clog the parking lot. Please park near Skyline; a car shuttle will be provided to carry participants to the meet site. If you want to warm up, you can walk up the road to the end (about one mile).

Format This issue of the Newsletter describes many different types of Orienteering meets. In Score O', the course is set in a "scatter formation" throughout the area. More controls are set up than most participants can visit during the time allotted. The object is to visit as many of the control points as possible during the time limit of 75 min. Each control has a specified point value; controls near the Start-Finish have a low point value, while those further away or difficult to reach or find have a high point value. Participants will be able to study the map before starting so as to plan the best route.

As in our usual format, 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 the control.

Categories Team, Men, Women, recreational.

Entry fees	Individual	\$3.00
	Team (2 or more people)	6.00
	Discount for club members	1.00
	Compass rental	1.00

Further info Call Dennis or Keith at 571-1155

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Next meeting    The Tucson Orienteering Club meets Monday evenings following each meet. The next meeting will be January 20, 7:30 pm at the Great Western Bank Building, 5151 East Broadway, in Suite 805.

Next meet        February's meet has not yet been planned; it is tentatively scheduled for Sunday, February 23

#### Results of December's meet:

About 50 orienteers showed up on a beautiful Sunday morning for the December 15 meet in the Tucson Mountains. Participants were treated to the rare sight of snow on the north sides of the higher peaks. In the rugged off-trail areas, the moss was green from recent rains, softening the desert ever so slightly.

No complaints were heard about the courses being too easy! The best times for the advanced course were truly outstanding. The course was set in rugged terrain with subtle control locations.

Thanks to John Little (meet director), Bob Parks, Debbie Addis, Bernice Little, Ed Rawls, John Maier, and Keith McLeod, who (once again) could not run the course because he checked it out. It is rumored that Keith will show that he can still orienteer by participating in this month's meet.

#### BASIC COURSE

##### Men

1. Hoover Lee	56:25
2. Tony Lee	1:11:01
3. Steve Dodril	1:19:30
4. Larry Paxton	1:22:25
5. Dale Bruder	1:48:38

##### Women

1. Elaine Lowry	1:07:13
2. Patricia Wendel	1:21:49
3. Becky Norris	1:24:40
4. Pat Malchow	1:34:49

##### Team

1. Vilma and David Anderson	59:15
2. Craig Lee/Ron Yee	1:17:45
3. North family	1:40:46
4. Arthur Sarder team	1:40:57
5. Karen and Daphne Lee	1:43:20

## INTERMEDIATE

### Men

1. Brian Rooney	53:04
2. Robert Parks	1:48:20
3. Ed Stramler	1:54:30
4. Max Muramoto	2:45:25
Dennis Orrico	DNF
Danny Postal	DNF
Art Sanders	DNF
Chuck Tatro	DNF

### Women

1. Debbie Addis	1:37:41
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### Team

1. Bruce Simmacher team	1:33:56
2. John and Rob Clark	1:58:05
3. Rothfeld family	2:44:30
4. Erger/Allen/Ledbetter	3:36:30
S.A. and S.S. Helmick	DNF
Ralph Prince and Robert West	DNF

ADVANCED

### Men

1. Philip Grant	1:15:53
2. John Maier	1:19:08
3. Dean Dunham	1:21:59
4. Bill Hamilton	1:26:16
5. Ken Castle	1:35:59
6. Dale Cole	1:41:00
7. Ed Rawl	2:46:38
8. Pat Geranis	3:27:55
Joel Malcuit	DNF

### Women

1. Toni Allison	2:19:10
2. Jill Bielawski	3:10:47

### Team

1. Dummeyer, English	DNF
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## Varieties of Orienteering

The following description, taken from the Sept/Oct 1985 issue of Orienteering/North America, details the many varieties of Orienteering. We will do Score O' this time. If you would like to try one of the other types, let us know.

# BEGINNER'S CLINIC

## ORIENTEERING A LA CARTE

The most concise definition of Orienteering is: Navigation through unknown terrain with the aid of a map and a compass. There is nothing in that definition about what kind of terrain, or even that participants be on foot. Thus, there are endless possibilities for activities that can still be called Orienteering.

Most commonly, Orienteering takes place in the woods. This is considered by traditionalists to be the truest form of Orienteering. It is probably at least the most interesting, since the undeveloped land provides a lot of detail to be used, or misinterpreted, as part of the navigation. Also, the visibility in the woods is limited, adding to the difficulty of navigation. It is the best environment in which to achieve the 50/50 balance between physical and mental effort that is considered ideal.

### STANDARD "0"

The most common form of Orienteering is either called simply "Orienteering", or sometimes "free-style" or "cross-country" Orienteering. For this type of event, the course planner picks out a sequence of points which are to be visited in order. Usually, participants start one by one, in a timed sequence, so that each Orienteer is on his/her own with map, compass, and terrain. Sometimes all competitors start at the same time in a "mass start". This is most likely to be true in longer events.

The points to be visited are chosen so that each leg presents good navigational problems that must be solved in order that the Orienteer make the trip efficiently and without extended wandering around. And of course, from the competitive Orienteer's point of view, they must be solved quickly and while on the run, since his/her goal is to cover the course in minimum time.

### LEVELS OF DIFFICULTY

Of course it is possible to use the terrain to provide courses with different levels of navigational difficulty, including, if possible, the need to decide between alternative, equal looking routes.



The easier courses have larger, more obvious features to find and various types of handrails, such as trails and stone walls, to use along the way, while the advanced courses have smaller, non-unique features and, if possible, no handrails at all.

### SCORE-0

Even in the woods, there are different varieties of Orienteering. One popular variation is called "score-0". In this form of Orienteering, the course planner selects a large enough number of features so that no one can visit them all within a specified time, say 60 minutes. Each point is assigned a point value, and a penalty is deducted for every minute the participant stays out beyond the time limit. The Orienteer's task is then not only to navigate from point to point, but also to decide which points to visit, and in what order, to try to maximize his/her score. And, as the time limit approaches, he/she must reevaluate his/her plan: "Should I try for that control near the marsh, or will I lose more penalty points than the control is worth?" In this case also, either a sequential or mass start can be used.

An interesting variation of score-0, which acquired the historically unfortunate name of "search-and-destroy-0", is even more strategically complex than regular score-0. In this case, rather than having a punch at each control for the Orienteer to record his/her

visit, the organizer places a limited number of coded ribbons there; points are awarded only if a ribbon is brought back.

Thus, the Orienteer's planning has to take into account not only distance, navigational difficulty, and point value, but also "Will there be any ribbons left when I get there?"

### ROUTE-0 AND LINE-0

These two variations are opposites. In line-0, a line is drawn on the map that the Orienteer must follow in the terrain. Some controls are marked on the map, but there are others along the correct route that are not shown on the map; if the Orienteer strays from the route shown by the line, he/she will miss them.

In route-0, on the other hand, a route is marked in the terrain. The Orienteer follows it, and when he/she encounters a control, its location must be marked on the map. Route-0 is excellent for beginners and small children, as no one is likely to get lost following a marked route.

### NIGHT-0

For those requiring additional challenge, Orienteering can be done at night. The darkness converts an area with relatively simple navigation into one of greater difficulty, since a lot of visual clues are lost. Of course, some sort of light is needed. The casual night Orienteer takes along a flashlight, while the real fanatic wears a headlamp with dual

halogen lights. In the night environment, running speeds tend to be equalized, and a lot more walking takes place.

#### TEAM EVENTS

Although basically an individual sport, Orienteering can be done by teams. The simplest approach is to add up the times of the team members to form the team result, or assign points for each finishers place, and add them up. Both of these approaches are used in running. But as in running, relay races can occur. As contrasted with most other Orienteering events, relays employ a mass start. To reduce following and maintain the navigational integrity in the event, the course setting is more complicated than usual. The courses are set in such a way that while each team as a whole runs the same legs, any individual runner may not run exactly the same legs as those running at the same time.

There are various schemes for accomplishing this (eg, Farsta, Vannas, Motala). In the Motala Method for example, there are four different courses set, perhaps called A, B, C, and D. Each team member runs one of these courses, but each team does the legs in a different order. Team 1's runners might do them A-B-C-D, while Team 2 might do B-D-A-C.

In fact, the Motala Method has been adapted to provide an interesting individual event. Each runner does all the courses him/herself. Instead of tagging the teammate who is to do the next course, a runner exchanges his/her current map for the map of the next course to be done. Sometimes a fifth course is added which everyone does as his/her last one. Thus, on the fifth course, the race becomes a head-to-head competition.

#### OUT OF THE WOODS

Orienteering can take place in other environments. City parks and farmlands can be used. Although the navigation can not usually be made as challenging as in the woods, it can be difficult enough for beginners, and fun for anyone. The opposite extreme from undeveloped woods is streets and roads.

In this situation, navigational difficulty is much less; much more emphasis on route selection must be made by the planner and the Orienter. Travel can either be on foot (street-0) or on bicycles (bike-0). In fact, the advent of trail bikes provides the possibility of doing bike-0 in the woods.

#### SKI-0

In the winter, in areas with snow, one common mode of travel in the woods is skis. Since skis leave tracks that give later starters a distinct advantage, all the trails on the map must be skied over ahead of the event by the organizers. Use of a ski touring area provides trails already prepared, and makes the skiing faster.

unless the snow is very thin, skiing on a trail that has been prepared, or at least skied in, is much faster than in fresh snow or through the woods, so the navigation is more like street-0; route selection is the important skill. But it still requires reading the map to make such choices.

#### PICK YOUR OWN

The list could be extended indefinitely. Orienteering fanatics will adapt their sport to almost any environment and any mode of transportation: canoes, snowshoes, even horses. As long as it requires the participant to work both physically and mentally, we think it's Orienteering.

## Subscribe Now! or Renew

Orienteering North America is the only magazine providing coverage of all aspects of Orienteering for both the US and Canada. Published 10 times a year, it includes previews and reviews of meets, highlighted with many photos. Sections of the competition maps give readers a sense of the type of terrain involved. Occasionally, a full-color map is included. Besides meet articles, there will be articles on training, technique, diet, medical problems, etc.

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Continuing in the book, *Armchair Orienteering* by Winfred Stott, Stott offers some practical advice on how to improve your orienteering skills.

### FINDING A GOOD ATTACK POINT

An attack point is a feature in the terrain which you can easily recognize. It is located close to your control. You orienteer quickly to the attack point and from there you slow down to approach your control.

It is important to select an attack point that you are comfortable with. Often novice orienteers select an attack point which is as small as or smaller than the control. As a result the novice is essentially trying to locate two controls on one orienteering leg.

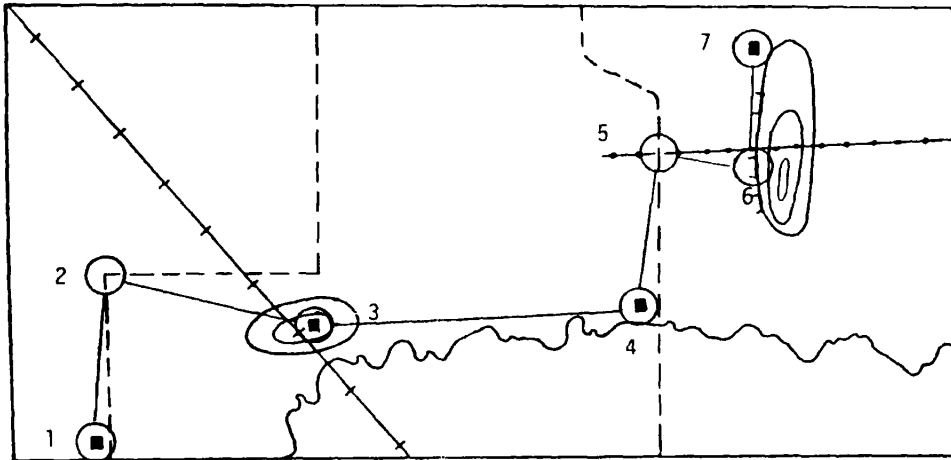
The following orienteering legs offer several features. Pick the attack point you would be able to find quickly. In some cases you might find more than one attack point. Mark the attack point or points with a large "X". Check your choice with the answers then go on to the next map segment.

<p>1. The corner of the stone wall.</p>	<p>1.</p>
<p>2. The crossing of the stream and the fence.</p>	<p>2.</p>

## CHOOSING A HANDRAIL

A handrail is a linear feature which takes you towards your control. In the diagram below the path goes from control one to control two. You would travel along the path to reach the control. The path is a handrail. The beginning courses are set along big handrails.

Here is a beginner's course.



To get from control one to two the beginner follows the path that goes north. At the path bend he finds the control flag.

To get from control two to three he heads east along the path until he sees the powerline. He turns right (south-east) and follows the powerline until he reaches the house on the hill. After control three he continues southeast along the powerline to the stream. He turns left and follows the stream (to the east) until he sees a house on his left.

After Control Four he continues east along the stream until he hits a path. He turns left (north) and follows it to the stone wall.

At control five he turns to his right (east) and follows the stone wall until he runs into the cliff at the base of the high hill.

At control six he turns left (north). He has the high hill on his right. He follows the edge of the hill until he sees the house and control seven.

Throughout his course he has used handrails to get him to each of the controls. He used a: path, powerline, stream, path, stone wall, cliff, hillside.

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