





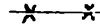



TUCSON ORIENTEERING CLUB
NEWSLETTER
MARCH 1986

- March Meet : The Tucson Orienteering Club will be having a meet on Sunday, March 16, 1986 at Saguaro National East Park in the Rincon Mountains located at the Eastern end of Speedway Boulevard.
- Format : Orienteering is the sport of navigating a course, usually in a wilderness setting by using a topographic map and a compass. Each participant is given a map with a series of "control points" indicated on it. The object of the event is to find the marker at each point, punch a score card to verify having found each point, and complete the course in order. Participants are advised to wear sturdy running shoes or lightweight hiking boots and long pants. Each individual should bring his own compass, or compasses may be rented (\$1.00 each). Water will be available at designated sites. Beginner clinics will be held 9:30 a.m. to 12:00 noon to familiarize newcomers with meet procedures, answer questions on map and compass use, and offer effective orienteering. Participants may begin the course between 9:00 a.m. and 12:30 p.m. The course will close at 2:00 p.m.
- Categories : Team, Men, Women, Recreational
- Entry Fees :
- | | |
|---------------------------|--------|
| General | \$3.00 |
| Team (2 or more people) | \$5.00 |
| Discount for club members | \$1.00 |
| Compass rental | \$1.00 |
- Further info: Call Dennis or Keith at 571-1155
- Club Meeting: The Tucson Orienteering Club meets on Monday evenings following each meet. The next meeting will be March 18, 7:30 p.m. at the Great Western Bank Building, 5151 E. Broadway, in Suite 805.
- Next Meet : April's meet is being planned by Kelly Cook. He is promising a new map in a new location. See the next newsletter for details.
- On following page is the map to be used in March's Orienteering Meet.

TUCSON ORIENTEERING CLUB

P.O. Box 13012
Tucson, AZ.
85732

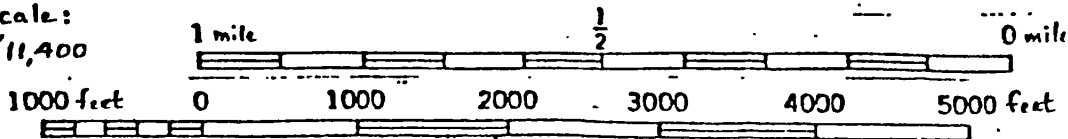
LEGEND

-  trail
-  abandoned trail
-  abandoned jeep trail
-  fence
-  gate
-  { small hill not defined by contour lines.
-  intermittent stream or wash
-  tank (may be dry)

SAFETY BEARING:

**300°
(NORTHWEST)**

Scale:
1/11,400



CONTOUR INTERVAL 40 FEET

FEBRUARY MEET RESULTS

Before departing for the Pacific Northwest I asked John Maier to design the courses for our February 16th meet. He responded with 3 challenging courses. I field checked February 8th, and had the help of Ed Rawls and Dennis Orrico to place controls February 15th. The day's efforts before the meet produced a surprise. We were unable to place controls on the south side of the major wash which bisects the Park. Rain during the week produced a stream where the dry ditch had been. Later that afternoon and evening maps and courses had to be completely redrawn.

- On Sunday, 65 Orienteerers expecting rain were treated to broken skies and warm weather. (For information purposes our Orienteering Meets are held rain or shine.)

Previous Basic runners who moved up to the Intermediate Course were tested. Steve Vierck, vice president of Tucson Metropolitan Chamber of Commerce, and a former geography major wrote me. "I think I firmly nailed down last place with my nearly 3 hours performance, but I got to all of the stations and I finished which left me with a sense of accomplishment. I again encountered some trouble interpreting my direction, but got much better as the day progressed." Steve is new to Orienteering; however, I predict he will soon be challenging our top advanced Orienteers.

Congratulations to Basic Winners: Dale Bruder, Becky Norris, Sandy and Cathy Parker; Intermediate Winners: Kelly Cook and the Helmicks; and Advanced Winners: John Little and the Geranis & Hamilton team.

While the speedy ones receive attention, it is the recreational orienteers those enjoying a leisurely walk around the course getting back to nature are the backbone of any orienteering group.

Many thanks to the team giving me support for the February Meet; Ed Rawl placing and taking down controls, and the Clinic, teaching Orienteering to first-timers; Bill Hamilton and Pat Geranis picking up controls and pitching in whenever needed; Kelly Cook on Start/Finish Deanna Mariscal and Tori Larson faithful secretaries forced into overtime to prepare newsletters, press releases and other orienteering memorabilia at the last minute; and faithful partner Dennis Orrico who participates and turns a blind eye to all the club expenses picked up by Business Centre. (Keith McLeod)

February results follow:

BASIC COURSE

DNF-Did not finish

MEN

WOMEN

- 1. Dale Bruder 44:45
2. Hoyt May 1:06:20

- 1. Becky Norris 29:00
- 2. Tracey Shipley 36:30
3. Roxanne McCone 42:20
4. Denise Cavaliere 57:45

BASIC

TEAM

- 1. Sandy and Cathy Parker 34:45
- 2. Taber Team 55:30
- 3. Karen, Pat and Matt 1:03:36
- 4. Dan Larowe Team 1:07:15
- 5. Moriconi 1:12:00
- 6. Kelley and Krieski 1:13:45
- 7. Soetaert 1:26:30
- 8. Szat Kowski 1:46:33
- 9. Erger and Allen Team 2:00:30

INTERMEDIATE

MEN

- 1. Kelly Cook 1:34:45
- 2. Bob Parks 2:05:05
- 3. Steve Vierck 2:42:00
- Eric Weber DNF
- Richard Whipple DNF

WOMEN

- Sherry Peters DNF
- Cheryl Hauser DNF

TEAM

- 1. Helmicks 2:08:00
- 2. Wade and Watkins 2:14:00
- 3. Bernardini Team 2:48:00
- 4. Waltons 3:12:00
- Kessler DNF
- Dodrill DNF
- Dave and Pam DNF
- Mayshar DNF

ADVANCED

MEN

- 1. John Little 1:36:55
- 2. Ed Rawl 2:03:11
- 3. Dean Dunham 2:04:00
- 4. Doug Devries 2:43:20

TEAM

- 1. Geranis and Hamilton 1:18:22
- John and Rob Clark DNF

Ron Lowry and Ken Sidney have written an excellent book, ORIEN-TEERING SKILLS AND STRATEGIES. We take some of their comments.

HOME STUDY

One of orienteering's most attractive features is that you can sharpen many of your skills through practice at home. In fact, home study is an important part of every orienteer's training program. The following will help you improve your map reading skills through home study.

1. Sit comfortably in a quiet room with no distractions. Have several orienteering maps and the standard map legend ready. Study the map details - symbols, colours, direction (magnetic north). (Maps are available from your local orienteering club or regional associations).
2. Study different maps - as many types and from as many different orienteering areas as possible.
3. When you look at the maps, try to picture how the various features and symbols would appear in the terrain.
4. Study maps as often as you can, a minimum of every other day for 15 minutes or longer. Put maps in the same places as favourite magazines, where they'll be handy for study, even if only for a few minutes at a time.

TERRAIN STUDY

Home study will help you become familiar with different kinds of maps and the various symbols, but the best way to learn how to read is to go out into the field. This depends on the availability of orienteering terrain and maps near you. To learn the symbols and features, you should progress through the following stages

1. Walk along easily travelled trails and open fields. Read the map, taking special note of the features around you as you walk.

Look "in the terrain" as far as possible. This means taking a careful look at all the features around you, as far as you can in a 180 degree semi-circle. But don't neglect features near either. Look around in the terrain often. Keep the map oriented. Read it frequently, but only briefly. Don't let it hypnotize you.

Progress to the next level when you can:

focus on the map and know where you are at all times

map read by thumb

keep the map oriented

refold the map and maintain position

look around in the terrain and see distant features

move smoothly, and feel confident and comfortable map reading

If you find yourself continually stopping to read the map, you need more practice.

2. After you can successfully walk and map read, progress to walk-jog.
3. When you've mastered that level, progress to slow jogging and then running along the trails and fields.
4. The final progressions are walking, jogging, and then running in more difficult terrain, map reading at the same time. Get off major trails and try map reading along minor trails. Next move to open forests, then to forests with denser growth. Use the criteria for progression listed above. Don't attempt a new skill level until you're fully comfortable with the last one.

On difficult terrain, your success will depend on your level of fitness. If it's low, these progressions will prove difficult because you'll become fatigued easily and won't be able to concentrate on your map reading.

Similarly, your skill at running in the terrain also affects your learning of map reading skills. Having to concentrate on every foot placement interferes with map reading. As you increase your fitness and agility, your map reading skills will also improve.

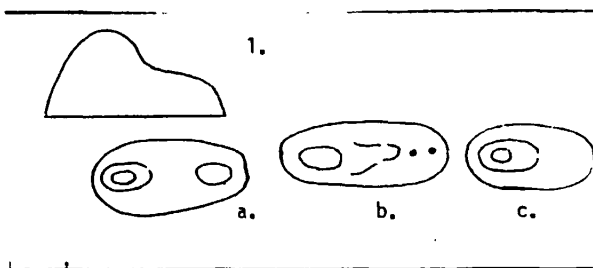
SPEED READING

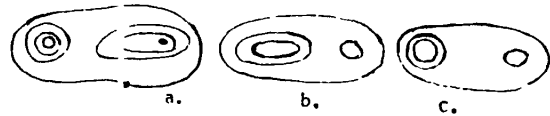
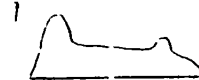
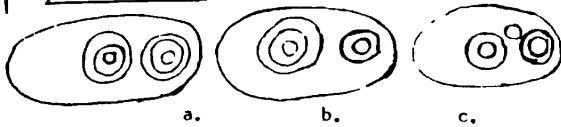
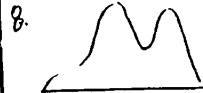
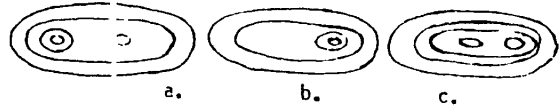
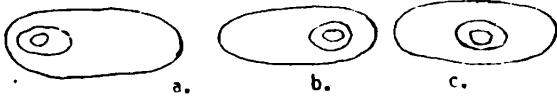
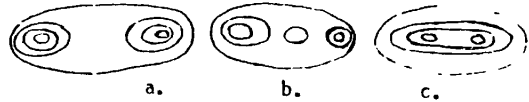
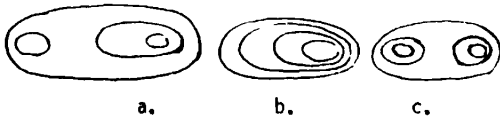
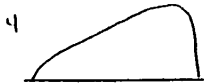
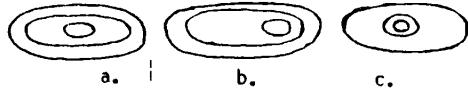
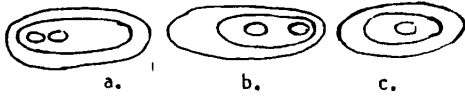
Sit at a table and place a map with a course drawn on it in front of you. Look at a leg (section of the course between two controls), part of a leg or a section of the map for a specified period of time. Then cover it with your hand or a sheet of paper. Try to picture the map features you just read. If you can't remember them, look at the map again. Start with 30-second looks at the map and gradually decrease the time required to absorb the same amount of information (30-25-20-15-12-10-5-4-3-2 seconds). When you can look at a map for only 2 to 5 seconds and read enough information for successful navigation, you'll be well on your way to becoming a very good map reader.

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

PICK THE CORRECT MAP

In the following drill there is a side view of a hill much like you would see in the terrain. Below it there are three contour drawings. Circle the drawing which most closely resembles the hill then check your answer before going onto the next question.





ANSWERS:

1. C 2. B 3. A 4. B 5. A 6. B 7. C 8. A 9. C



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