

TUCSON ORIENTEERING CLUB  
NEWSLETTER  
SEPTEMBER 1986

- SEPT. MEET: Cool off and breathe the pine-freshened air at eight thousand feet in our three course meet on Mount Lemon Sunday, September 21st, at Bear Wallow Recreation Area. Wax those compasses for the "yearly romp" at Bear Wallow, although this year the courses won't be designed to turn the participants into bears.... The area is forested terrain with many roads. The ground cover suggest running shoes or hiking boots- whatever provide you the most comfort.
- LOCATION : Turn right at milepost 22½ off the Catalina Highway and keep right on this dirt road for a little less than a half mile. Look for the red and white controls/markers.
- FORMAT : Participants are encouraged to bring water and a compass (compasses may be rented for \$1.00). Water will be available at designated sites, and the finish. Beginner clinics are offered at all times to familiarize newcomers with meet procedures, answer questions on map and compass use, and offer tips on effective orienteering: Veteran orienteers attend to brush up on basic skills and techniques. Three courses are offered for different levels of Orienteering skills: Basic, Intermediate and Advance. Participants may begin the course between 9:30 a.m. and 12:30 p.m. The course will close at 2:00 p.m. Meets are held rain or shine.
- Entrants may register as individuals or as families and teams. Entry fees are as follows:

General	\$3.00
Family or Team	\$5.00

(Tucson Orienteering Club Members pay \$1.00 less)

For more information about this event, contact Keith McLeod or Dennis Orrico 571-1155 or John Maier 790-5655

PLANNED MEETS THROUGH JANUARY

Oct. 26 Rosemont  
Nov. 16 Rosemont  
Dec. 14 Saguaro East  
Jan. 18 Tucson Mountains

apology. It has been May since our last event. The May newsletter announced there would be no June program because of the annual week long United States Orienteering Convention during that month. When July arrived, my partner Dennis and I were involved in a court battle to reclaim a business we owned, sold and were not being paid for. After a favorable ruling, August was spent repairing the damage to our business. Now with events and problems behind us, we should be returning to our schedule of Meets held on the third Sunday of every month.

To kick off our fall schedule we are adding a Pot Luck and Night Orienteering Meet on Thursday, Sept. 18th. Bring a flashlight, a dish to share and your own beverage. A similiar event last year was very successful: plenty of food, new orienteers (lessons provided) and old-times baffled by locating markers in the dark. Join us for fun filled evening. Details follow:

POT LUCK SEASON ICE BREAKER AND NIGHT "O"  
Thru Sept 18th (Full Moon) at Ft. Lowell Park

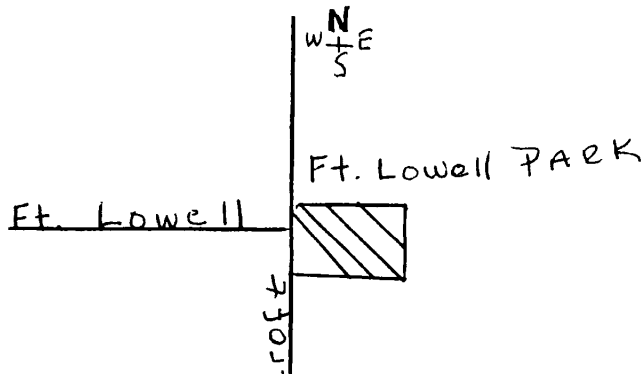
6:00-6:45 Pot luck - bring dish to share & your own beverage

6:45-7:15 Open forum - the year ahead, bring ideas.

7:15-8:30 Night "O" - a score "O" event at night

Ft Lowell Park is located at the jct. of Ft. Lowell and Craycroft roads. In addition to a compass (may be rented), you will need a watch (score "O" is a time event) and a flashlight or head lamp (it's hard to read a map by moonlight alone). Wear sneakers. Pot Luck and meet held rain, clouds or beautiful moonlight. Picnic shelters on site. Meet director John Maier 790-5655.

\*Reduced fees for this event: \$1.00 individual, \$2.00 for families.\*



## NEWS ITEMS

Orienteering equipment and supplies are available from A & E Enterprises 74 Decorah Drive, St Louis, MO 63146. (314) 872-3165: compasses, orienteering shoes and suits, leg coverings, headgear, T-Shirts, jackets, books, manuals, patches and many other accessories. These items make excellent gifts for birthdays, Christmas or other special events. Contact Keith 571-1155 or at a meet for more information or a catalogue.

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For the past year, as in this issue, a subscription blank to Orienteering North America is offered. During the annual meeting in June of the United States Orienteering Federation, the membership voted to cease publishing Orienteering USA and have Orienteering North America (ONA) become it's flagship publication-OUSA will become a four page insert. I encourage the Tucson Orienteers to subscribe. There is a wealth of information.

The editors Larry and Sara Mae Berman are good friends and gave me a number of colorful maps/posters at the June convention. I will pass them out at the Bear Wallow Meet on the 21st.

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A number of months ago a local Tucson Orienteer Becky Norris drafted a short essay on "Inner Orienteering". I included it in our local newsletter and forward a copy to my friends the Bermans mentioned above. In the July, 1986 issue of Orienteering North America, Page 5 was Becky's Inner Orienteering. Congratulations Becky. I'm reprinting it again for those who may have missed it.

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# INNER ORIENTEERING

by Becky Norris,  
an intrepid (new) orienteer from Tucson OC

There is inner jogging and inner tennis. Why not inner Orienteering? As a newcomer to this fascinating sport, I see lots of opportunities to pursue intuitive and playful approaches. Rather than merely relying on pace-counting and compass-reading, I am an Indian when I leave the start. I become a hunter searching for game (orange and white controls) hidden in the brush. While running like a rabbit or soaring like a hawk, I can spy on the desert laughing with its flowers!

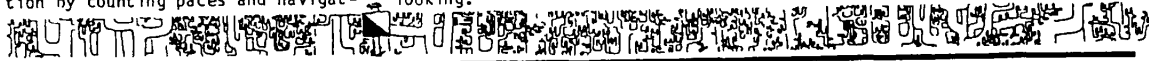
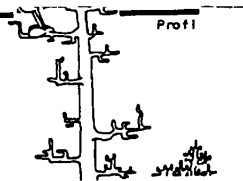
Inner Orienteering: the mind looks at the map, sees the arrangement of controls and features, and seals it all to perfect memory. We add another layer to this information by counting paces and navigat-

ing by numeric compass readings--- somehow not trusting our first knowledge, not considering it complete.

Inner Orienteering is the game of trust and intuition. Look at the sun and surrounding mountain ranges with a receiving mind, not translating locations into abstractions of numbers or degrees. Next, lope off to control #1, contouring hills as an animal would, seeing the "big picture" of the landscape, and letting your inner self do the direction and distance guiding. Relax, listen to your heart pound, smell the greasewood, flush the quail, and relish the spring breezes. 'Sense' when you are near your next control and then start looking.

My experience has convinced me to draw on my animal instincts for picking a good route. My intuitive sense of distance and direction result in a confident running of the course. To my sense of wholeness I entrust my decision-making, and move with confidence. Time and speed motivate me: not to compete with numbers and the mental mechanics of running, but rather to lose myself in the action, to complete the course unscathed...and breathless.

Inner Orienteering, our birthright, needs nothing more than a patch of desert in which to bound and leap on willing legs, a few glances at our map, and an attitude of surrender to our inner guides. Banzai!



1987. The convention should follow the usual format of 3 days of workshops and meetings, board meetings, training sessions, numerous O events and two days of A meets on colored maps. Mark your calendars and plan to attend. Many national orienteers will be traveling through Tucson to attend. Our club will make an effort to host a local meet for some these national guests.

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Comments from Tucson's God-father of Orienteering who has recently returned and will be actively participating in our future meets: "After a period of dormancy over the summer (call it R & R) we look ahead to the fall of dormancy over the season. The responsibility for our success or failure lies within us. We are a club activity due only to the volunteerism of our members. Club dues and meet entry fees pay for material costs (control markers, punches, pens, clock, etc.), for event costs (permits, maps, publicity), for insurance (required for permits), and for this newsletter. That leaves the job of organizing, mapping, setting, running, and publicizing the meet to volunteers. No one's on payroll in this sport. We do it because we love it. Without volunteers we fall flat; witness this past summer.

Yet we have had great success over the past year. Many thanks are due to all the volunteers who helped bring this about for without them we would have had no meets. But we did have meets and we did have good turnouts. Lots of new people got turned on to orienteering and almost all participants had fun or felt a sense of achievement in hunting down those orange and white tags hung from unsuspecting trees. A round of applause is due to those courageous few who undertook the demanding responsibility of being a meet director. It is the meet director who oversees and coordinates all the tasks that must be attended to if the event is to be a success. Most often the meet director is also the course designer so it is a heavy commitment, both in time and energy expended. Hats off to all past meet directors. Another task which requires a tremendous commitment, both in time and energy is the production of a new map. We are always eager for new maps to run on because they allow our sport to expand and grow. Mapped terrain forms the foundation upon which all orienteering depends. Without mapped terrain we are out of business and without new maps we stagnate. Last year we were able to participate on a new map produced by Kelly Cook, the Rosemont map. Our special thanks to Kelly for his dedication and commitment in producing this fine map.

on some of the old pros (past meet directors) to help get our machine rolling again. But what we really need for long term success is some new blood. If the same volunteers are always called upon we will experience burn-out and the club will meet an untimely death. So if you can spare some time (we're all busy so that means making time, making orienteering a priority let someone know. Give your name to a meet official, join in on a planning session, or call one of the following numbers:

WEEKDAYS      571-1155    Keith McLeod or Dennis Orrico  
EVENINGS      790-5655    John Maier

You need have no specialized skills to help, only the willingness to help. If you wish to learn some new skills, we'll train you. On the other hand, if you already possess a skill such as typing, layout, artwork, mapping, PR, creative thinking, etc., you could make a valuable contribution by helping out on publicity, newsletter, parties, event organization, or ??????. . . . you name it." Sincerely John Maier

#### MAY'S MEET RESULTS

Many thanks to John Little meet director for the successful Old Prison Campground Event. He was ably assisted by Dale Cole course vetter; Pat Geranis, clinic instructions; and Bernice Little, Bob Kelly, Steve Krieski, Kelly Cook, David and Vilma Anderson helping at start/finish. Over 100 attended.

Congratulations to the Taber family, Lalita Woodman and Dale Bruder winners of the Basic Course. Lalita was especially successful since this was the first time she had orienteered.

Familiar names dominated the Intermediate Course. The Waltons lead the team category, and competitive Terri Welsh scored another first. Ma and Dad Welsh came in second on the Basic Team course. The Men's winner Mark Browning can be pleased with his performance edging veteran orienteers in his category.

On the advanced course, old pros Geranis and Hamilton continued to dominate the team category. The men's winner is grateful they ran as a team and not individually. When the men's winner partner Dennis discovered who won the men's category he exclaimed, "it proves the old adage 'even a blind pig finds an acorn....'"

**Correction for April's results--The Deatherage team was actually entered in the Basic course, where it placed 7th; the corrected order of finishing teams in the Intermediate course is**

Results of Orienteering Meet, Tucson Orienteering Club, Old  
Prison Camp, off Catalina Highway, May 18, 1986

Basic Course

Team		Women	
Taber family	33:50	•Lalita Woodman	1:08:15
•Welsh team	44:45	•Becky Deatherage	1:13:15
•Ivy Duquette and Jim Myles	49:33	•Rete Simons	1:16:48
•Dalice Sim and Margaret Tome	49:55	•Pat Vetter	1:48:08
•Hendrix team	55:36	Elizabeth Atkins	1:52:05
•Molloy team	1:06:45	•Lois Ellen Atkins	1:57:30
•Ben and Laura Lim	1:08:55		
•Trevor Kyte team	1:10:30		
•Tracey, Amy, Libby team	1:12:55		
•Neil and Pamela MacLean	1:16:21		
•Rothfeld family	1:19:02		
•Biglow-Helmick team	1:43:45		
•Jill Bates, Joe Carideo	2:15:05		

Men

•Dale Bruder	37:24
David Burdecki	49:58
•Ronald Huffman	50:33
•Emelio Yanine	1:16:25
•Ralph Prince	lost control card

Intermediate Course

Team		Women	
•The Waltons	1:23:40	•Terri Welsh	1:33:56
•David and Vilma Anderson	1:46:00	•Suzette Helmick	1:48:28
•Geranis/Hamilton ladies team	1:54:44	•Pat Malchow	1:48:33
•Soetaert team	2:00:00	•Pat Vetter	2:18:35
•Mike Elvin/Becky Norris	2:41:55		
•Larowe team	2:51:12	Men	57:30
•Ratliff team	3:19:21	•Mark Browning	1:18:04
•Richard Van Horne team	3:26:38	•Kelly Cook	1:21:09
•Ed and Cindy Dooley team	DNF	Dennis Orrico	1:46:15
		•Scott Helmick	DNF
		•Dale Wendler	DNF
		•Kevin Matthews	DNF
		Ralph Prince	DNF
		•David Koressel	DNF

Advanced Course

Team

•Pat Geranis/Bill Hamilton	1:28:02
•Craig and June Martin	3:24:04
•Wade and Watkins	3:30:15
•Warren G. Kossmann team	DNF
•Steve Krieski/Bob Kelley	DNF
•Vogler/Deasy	DNF
•Albert Gonzalez/JoAnne Olson	DNF
•David Davis/Cliff Kummer	DNF

Women

Men

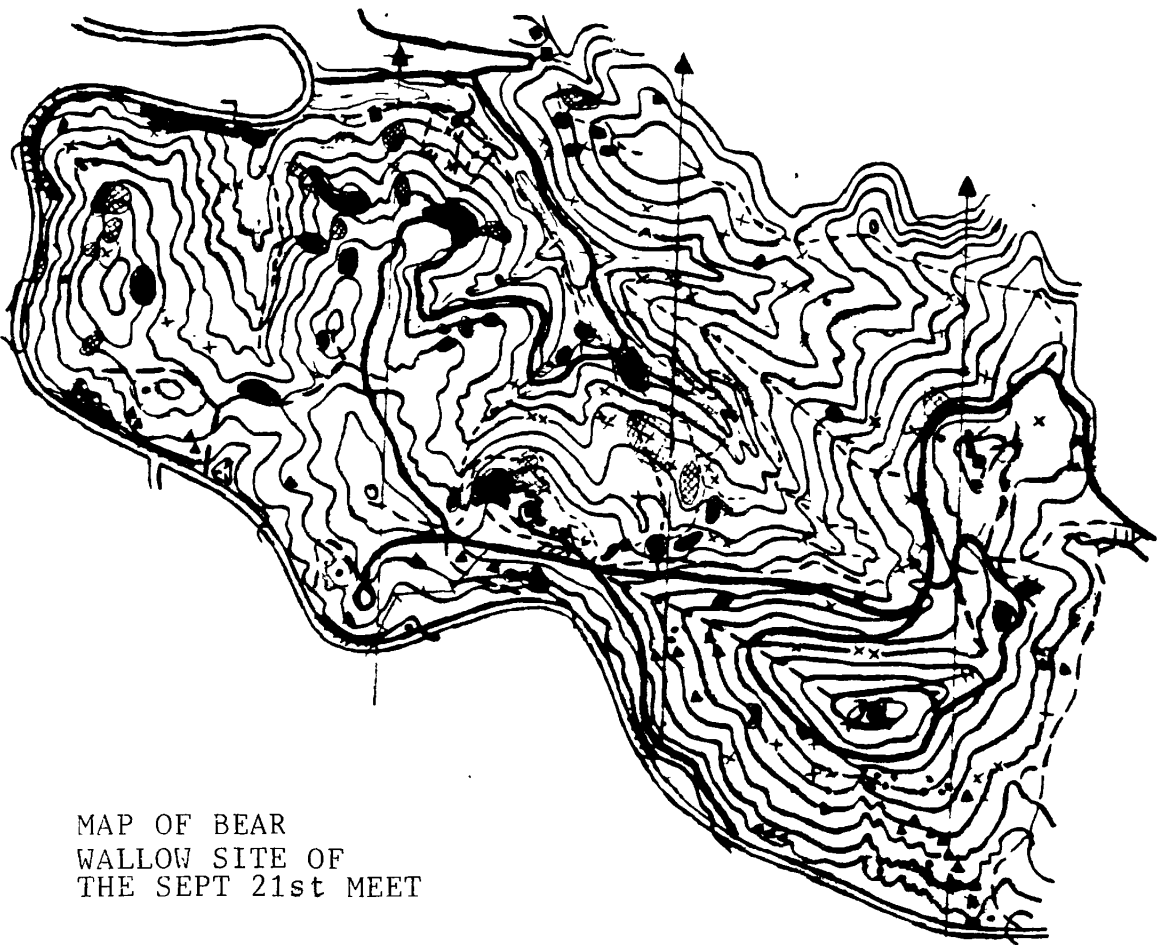
Keith McLeod	2:08:44
•Ed Rawl	2:35:45
•Max Muramoto	2:54:00

### LEGEND

- ==== paved road
- dirt road
- - - - vehicle track
- · · · path
- + + + + power line
- ||||| fence
- building
- T tower
- ~ contour lines
- - - ditch
- marsh
- clearing
- ⊗ difficult to run
- x rootstock
- m cliff
- v rocky pit
- boulder
- ▲ group of boulders
- ▲▲+ boulder field
- ⊕ depression

scale 1:11 400  
contour interval 40 feet  
Made in 1985 by  
Rolf Larsson, Sweden

MAP OF BEAR  
WALLOW SITE OF  
THE SEPT 21st MEET





ADDRESS CORRECTION REQUESTED

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Fill out the subscription blank for yourself or a friend

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. Beside meet articles, there will be articles on training, technique, diet, medical problems, etc.

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