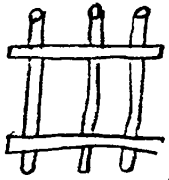


TUCSON ORIENTEERING CLUB  
 NEWSLETTER  
 MARCH 1982



ANOTHER TWOFER MONTH! March 15 ( Sunday ) a regular point-to-point "O" at the old Federal prison site. March 25 ( Wed. evening ) potluck, movie, night "O" at Ft. Lowell Park.

Practices Friday evenings beginning March 20. 5:45 to dark. ( All half hour? )



OLD FEDERAL PRISON SITE MEET

Our March meet will be at the Old Federal Prison Site on March 15. To find the blasted place ( points should be allowed for this ), follow Catalina Highway up Mt. Lemmon. As you pass milepost 7, slow down and watch the left side of the road. Just after you pass between 2 ridges, you will see a dirt road drop off the shoulder, poorly marked by a Forest Service sign. Take that road. Trust me. Look around for the control markers. If you reach Milepost 8, you've gone too far. Turn around and try again.

There will be 3 courses available: Basic, Intermediate, and Advanced. Beginner & refresher clinics will be held on demand for familiarization with procedures, to answer questions on map and compass use, and to offer tips for effective orienteering.

Wear comfortable hiking boots or sturdy running shoes. Or military brogans. Wear thick long pants for protection from hostile vegetables.

COMPASSES: Bring your own or rent for \$1.00 at the site.

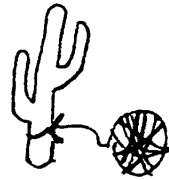
WATER: at the start/finish and at various course controls.

WATCHES: good idea. People have spent time looking for controls that have been removed. ( Likely to happen any time after 2:00 P.M. ) Come earlier if you find yourself habitually short of time.




We will use normal start times with entrants starting at one-minute intervals when maps are available. Please come early to allow yourself time to complete the course.

The business meeting will be held at the meet site. Join us and share your views.



9:30 - 12:30	Start times
9:45 & on demand	Beginner clinics
1:30	Course Critique
2:00	Club business meeting
2:00 & after	Controls removed

Entrants may register as individuals or as families/teams and as competitive ( timed ) or recreational ( untimed ). Entry fees are as follows:

	Individual \$	\$3.00
	Family/team	\$5.00

T.O.C. members pay \$1.00 less in either category.  
 ONE Club member on a team qualifies the team for discount.

Results of Orienteering Meet  
Catalina State Park  
February 15, 1987  
Score Meet Format

Short Course--16 controls  
75 min maximum time  
40 points maximum possible

Men

1. Kelly Cook	27
2. Hoover Lee	5
3. Julian McConnell	-4
4. Walter Pickett	-6
5. Steve Dodrill	-11

Women

1. Marilyn Cleavinger	17
2. Becky Deatherage	16
3. Rete Simons	13
4. Avis Allen	0

Team

1. McLeod Team	25
2. Robert Thurman team	24
3. Wade/Donovan Team	22
4. P. Sipple/T. Terrones	18
5. Phillips/Weinreich	18
6. Sharmat/Stern	17
7. Mark Peterson Team	17
8. Buckley Team	16
9. Bae Team	13
10. Welsh Team	11

Recreational

Joseph Gallagher  
Cheryl Houser  
Tim Naylor  
Bellafiore Team  
MacLean Team  
Alex Clark Team  
Dennis and Julie Orrico  
Garfield Team  
Matesich Team

Long Course--21 controls  
100 min maximum time  
52 points maximum possible

Men

1. Scott Kellar	49
2. John Little	45
3. Keith Hubbert	42
4. Ben Barris	39
5. Peter Lasher	38
6. Dale Cole	28
7. Andrew Kite	17
8. Michael Cosentino	12
9. Antony English	10
10. Dave Hendrix	4

Women

1. Becky Norris	15
2. Janine Stangl	10

Team

1. Clerx/Michalowski	38
2. Cobbledick/Gellin	37
3. Rovegno Team	33
4. The Waltons	24
5. Veggeberg/Glicksman	21
6. Thrasher Team	21
7. R. Whipple/C. Imel	14
8. T. Welsh/D. Bruder	11
9. Larowe/McQuillin	9

Recreational

Karl Chao  
Judy Winnert  
P. Kotofskie/L. Menager

Partners Course--120 min  
Divided among the partners

1. Kelley/Krieski/ Drahovzal	?
(too complex to calculate)	

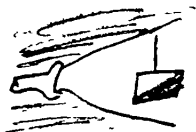
CLUB MEMBERSHIP

\$7.00/year individual      \$10.00/year family or household.  
Membership includes receiving the newsletter, \$1.00 discount on all regular meets, and voting privileges. Don't be left behind. Support Orienteering and join up now!

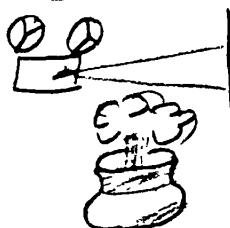


For further information call Keith McLeod or Dennis Orrice at 571-1155 weekdays.

FT. LOWELL PARK EVENT  
Wed. evening March 25



Night-O anybody? Movie night? Petluck? How about all 3? That's what's on tap for Wednesday evening, March 25 at Fort Lowell Park!



First, the schedule:  
6:00 P.M.  
6:30 P.M.

Pet Luck  
Movie: Orienteering: a sense of Direction about the last World Orienteering Championship in Australia. 1 hr.

7:45 P.M.  
9:00 P.M.

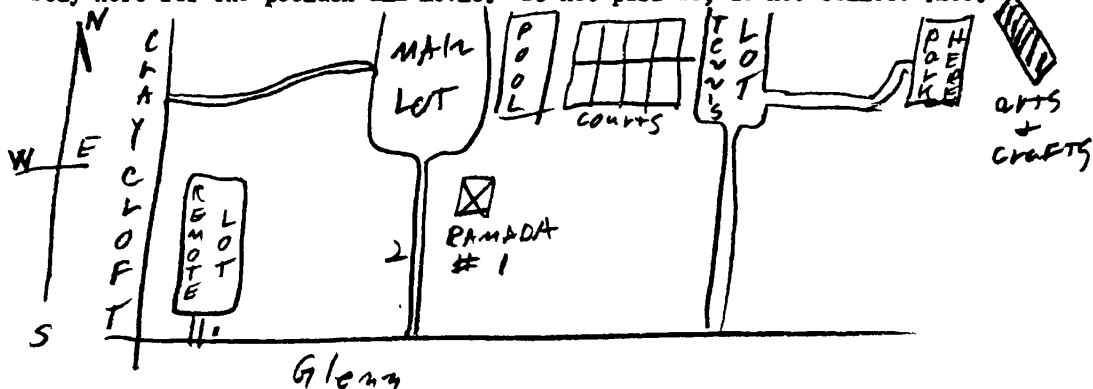
Night-O begins.  
Course closes, controls removed.

Second, the directions. ( Follow carefully, it gets complicated ) From Craycroft and Glenn, travel east on Glenn. Ignore the first entrance to the park; it just feeds a remote parking lot. For that matter, ignore the second entrance also. It just feeds the main parking lot near the pool and tennis courts.

Keep going till you're sure you're passing the park completely. You will be right. But just before you despair, there will be a third park entrance. Take it.

It will lead to the tennis court lot. If you park here you may enjoy an evening of tennis ( playing or watching ) but you will miss the Orienteering festivities.

Turn right at the tennis court lot, follow the road to another lot. Here be dragons. No, wrong map. Here be the Arts and Crafts building. Stay here for the petluck and movie. Do not pass GO, do not collect \$200.



Okay, you've pigged out, the movie is over, we're going to night-0.  
Ready? Go to Ramada # 1 ( see the map. There are 7 ramadas in the park. )

This is the one we used in October - the one with the lights that didn't come on till after the first hour of darkness. You may walk there from the Arts & Crafts Bldg. - someone will know the way. Or you may drive back to the second Glenn St. entrance. The second one you ignored before.

Good orienteers will recognize that the walking route is more direct. It is also faster because walkers can step over the 6" high ridges in the roadway, whereas cars must climb up one side and down the other. Twice. Hah.

Of course, you may prefer your car nearby at the end of the meet.  
Or you could park in the main lot first ( don't ignore the second entrance ) and walk over to the Arts & Crafts Bldg. without the benefit of a guide.

Enough choices for you?

Third, some details:

Clothes - definitely. What you'd feel comfortable in outdoors on an evening in late March. You may skip the gaiters and shin guards.

Compasses. Good idea, though not essential. Park is small.  
Rent for 50¢.

Watch - good idea. More important than a compass, actually.  
Controls turn into pumpkins at 9:00 P.M.

Flashlight - Absolutely. Since this is the dark of the moon, the flashlight is actually more important than clothes.

Those who made the Jessie Owens Night-0 in November know about lights going out in the middle of an event.

Flashlights, carbide lamps, candles, etc. are ESSENTIAL!

1 1/2" x 3" reflector markers will be used.

Entry fees:

\$1 / person for individuals.  
\$1 / person EACH for team members.  
\$1 / each for nonpersons ( don't bring your pet frog ).  
\$1 / each for fetishes ( luck not allowed except at a cost )



#### FUTURE EVENTS

Apr. 12	Helvetia Ruins	Bill Hamilton
May 3	Rosemont Canyon	Kelly Cook
May 31	Bear Wallow	Dale Cole
June 14	Relay ( TBA )	( TBA )

Plus a night-0 or other special event once a month. That's 2 events a month ! Also, practices begin this month.

## PRACTICE ANYONE?

by John Maier

Practice sessions are being started this month for intermediate and advanced Orienteers and those who want to become intermediate and advanced Orienteers. We will be playing mapping, follow-the-leader, line orienteering, and other games to practice Orienteering skills.

We will use unfamiliar areas when possible and practice at Competition speed, so prepare. Jog trails whenever possible. If you're bold, jog off-trail. If Orienteering terrain is too far off, jog wherever you can.

I try to jog 3 times a week for an hour each time. You do what feels comfortable to you. Increase speed and time slowly; skip a day BUT NOT TWO. Be satisfied with steady, slow progress. More information will be available at the next meet.

Practices will be Fridays from 5:45 to dark starting March 20.

( Editor's note.: a book I read once, written by a doctor, said "Don't TRAIN to speed and distance standards; instead push your HEART RATE to 180 - 1.5 x your age. Or something like that. Follow this advice at your own risk. Good luck. ; Bob K. )

### "O" INSTRUCTION




John Maier's "O" class through the Pima College Community Education Program will be repeated beginning March 26. The class meets Thursday evenings 7 to 8:30 P.M. and Saturdays 9 A.M. to noon. It is designed for beginners and those with limited experience.

It stresses map reading and visualization, compass use, choosing and following a safe route, and recovery.

The class lasts 4 weeks ( 18 hours of instruction ) and costs \$40. For further information see the current P C C Community Services catalog for non-credit classes or call 884-6720.

### COURSE CRITIQUE



In case you didn't notice, the schedule for the regular meet includes time for a course critique. (And here I thought het, tired Orienteers were just blowing off steam - Ed. ) This is a presentation by the course setter in which (s)he elaborates on why the course was set that way. A properly designed course will present the orienteer with interesting problems or obstacles to be faced in navigating from point to point. The person who best deals with these problems will do best, all other things being equal.

The setter might also explain why certain controls planned on the map proved infeasible after field checking.

YOU the Orienteers provide feedback to the setter and both of you benefit through improvement at future meets. Let the course setter know what controls or parts of the map were most confusing or most difficult to deal with. ( See, I told you it was a blow-off-steam session! - Ed. ) Early critiques were well received and they are now scheduled regularly. Let's get together and sound off!

CLUB SERVICES COMMITTEE

CARL GRAESSER, JR., our Regional Coordinator and chair of the Club Services Committee, has recently written us to advise of USOF resources at our disposal that we may not be aware of, as well as to request some information that will better help USOF to help us and other clubs.

Funding is available from USOF for "special projects". This is for worthwhile projects outside the realm of the mapping committee. We have been asked to do a little brainstorming to see if we can identify a good project. Put on your thinking caps and crank out some ideas. We'll talk about it at the next Club meeting.

Carl has also sent us a CATALOGUE OF CLUB SERVICES, offered by USOF. All officers, other club members, and interested parties should glance through it to see what is offered. Carl's letter to the club and this catalog will be posted with the bulletins from other clubs and displayed as usual at the meet. Please look it over and offer input at the meeting.

Lastly, but certainly no less important, we have been asked by the Club Services Committee to identify the five biggest problems/goals/needs of our club. As an example, one of the biggest problems might be poor maps, one of the goals good maps, and one of the needs mapping help.

These items will be part of the agenda at the next meeting. Bring your input.

FINANCIAL REPORT

by Rete Simons

Beginning balance 1/23/87	\$ 309.87
Dues, meet fees, compass rental	\$ 288.00
Loan to start T-shirt fund.	<u>\$ 250.00</u>
	\$ 847.87
Expenses: maps, newsletter, office, publicity, postage, P.O. Box rental	<u>\$ 304.93</u>
Balance 2/20/87	\$ 542.94

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Thanks to people who assisted with the last meet: to Rete Simons for registration, Suzette Helmick and Bob Kelley for assigning start times, Peter Lasher, Ben Barris, and Dale Gole for picking up controls, and John Maier for planning the course, setting the controls, marking the master maps, and all the other little details needed to make the meet GO. Oh yes, and Steve Krieski for signaling when spaces were available at mapping tables.

If YOUR contribution was missed, sulk now and get it over with. Then, at the next meet see that Bob Kelley, John Maier, or Steve Krieski know who you are and what you did.

## P O T P O U R R I

I think that's French for "odds and ends". Anyway, it's editorial staff run amok time again.

AT THE FEBRUARY MEET, we had a large delegation from Las Cruces, New Mexico. ( From Las Cruces, New Mexico, five is a large delegation. ) Andrew Kite, Michael Consentino, Antony English, Scott Kellar, and Janine Stangl all competed on our Long course. Scott Kellar took first place. Good work all New Mexicans, and come again.

SCORE MEET FORMAT seems to have been enjoyed by all. We had 53 separate entries - individuals or teams. And that's a good turnout.

PARTNERS FORMAT had just one group try it. Kelley/Krieski/Drahovzal just HAD to find out how that worked. They learned something extremely important. They learned you don't send the fat guy after the farthest controls.

FEBRUARY BUSINESS MEETING was short and only two topics were discussed.

John Maier wanted someone to design the March meet. I don't know who he roped in for that job. He needs help from people who can design/set/vet O courses. I think we need instruction on HOW to design/set/vet courses first.

T SHIRTS will be on sale soon. Remember, selling T shirts to members is one way the club raises money for operating expenses. The alternative is a bake sale. T shirts will be available or orderable at the March meet for \$8 per. This is an introductory price, which will rise "soon" afterward. I told you that meeting was short.

## RELAY MEET

Though John M. ran himself ragged planning and setting up this event only eight people showed up to run it. So, we divided ourselves into four teams of 2 people and ran four of the seven courses he laid out. All teams ran the same four courses in a different order and each member of each team ran two of the courses. If you think this description is confusing, come to the next relay meet and find out the meaning of "confusion".

The courses run were Junior A (JA), Junior C (JC), Master A (MA), and Master B (MB) Teams ( in order of finishing ) were  
Keith McLeod and John Little , Dan Cobbledick and Dale Cole,  
Peter Lasher and Steve Krieski , Rudy Drahovzal and Bob Kelley

Each team ran a different course first, then the others in whatever order they wanted to. Times ( by course ) were

JA	John	11:24	Dan	14:59	Steve	25:25	Rudy	27:18
JC	Keith	8:17	Dale	10:47	Steve	19:53	Bob	27:17
MA	John	24:18	Dan	25:52	Peter	24:57	Rudy	52:05
MB	Keith	17:04	Dale	15:02	Peter	25:14	Bob	37:05
TOTAL TIMES		1:01:03		1:06:40		1:35:29		2:23:45

Everyone helped pick up markers.

WE NEED TER KNOW why there was such a light turnout for the Relay meet.

Are two meets a month too many under ANY conditions?

Are relays unpopular?

Are Saturdays impractical?

Did you forget?

Did you miss it on the schedule?

Tell us about it at the March meet.

### TRIM COURSE

Keith McLeod has been working with Tucson Parks and Recreation to establish a PERMANENT Orienteering course. The first such course is being built in Greasewood Park and will be dedicated Tuesday, March 31 at 10 A.M.

Many of the concrete markers are already in place and it is possible to examine the course even as we speak. But try to show up for the dedication, too.

TRIM is an acronym for something, probably in Swedish. More on this later.

I'm sure Parks and Recreation would love to have O Club members using the course regularly and just being our normal, gregarious selves and answering questions of lost and bewildered people - and the Club would certainly appreciate the mob of new members sure to arrive.

SEE YOU AT THE MEET!

TUCSON ORIENTEERING CLUB  
P.O. Box 13012  
Tucson, AZ 85732

ADDRESS CORRECTION REQUESTED

Postcard 1880s

125

Claim  No

NOT DELIVERABLE  
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