

TUCSON ORIENTEERING CLUB  
NEWSLETTER  
MAY 1987

This looks like it'll be a crowded newsletter; let's see if I can get everything in.

MAY 3 - ROSEMONT SOUTH.  
Map on this page.

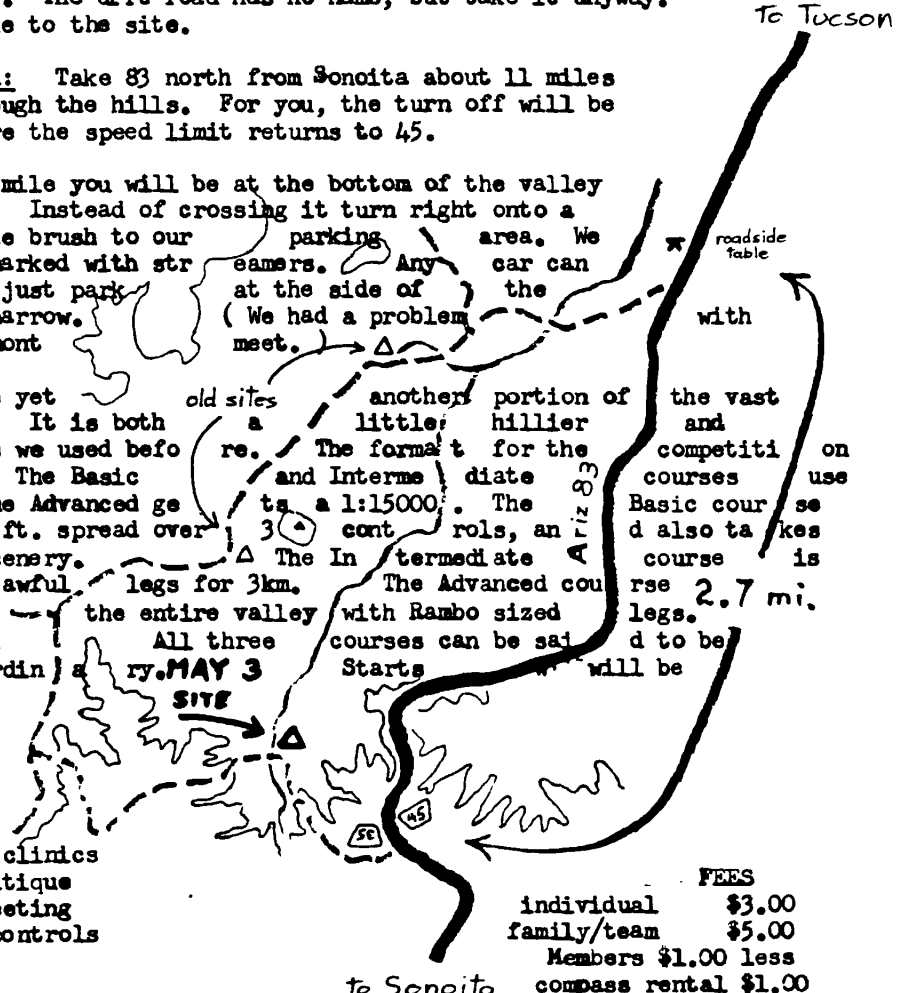
Kelly Cook

FROM TUCSON: follow I-10 east to Sonoita Highway, Arizona 83. Take 83 about 12 miles south to the roadside table. DO NOT take the nearby dirt road to the right as you usually do. Instead, drive further south on 83 for about 2.7 miles. Around that distance, watch for a SPEED LIMIT 35 sign just before a dirt road to the RIGHT. The dirt road has no name, but take it anyway. Follow it about .6 mile to the site.

FROM SIERRA VISTA: Take 83 north from Sonoita about 11 miles to the 35 MPH bit through the hills. For you, the turn off will be on the LEFT just before the speed limit returns to 45.

At the end of the 0.6 mile you will be at the bottom of the valley about to cross a wash. Instead of crossing it turn right onto a faint track through the brush to our parking area. We will have this track marked with streamers. Any car can negotiate it. DO NOT just park on the road, it is much too narrow. (We had a problem with this at our last Rosemont

This meet will be yet another portion of the vast Rosemont Canyon site. It is both a little hillier and more competitive than the parts we used before. The format for the courses use is the usual 3 loops. The Basic course is a 1:10000 map while the Advanced course is a 1:15000. The Basic course is a mild climb, 100 ft. spread over 3 controls, and the Advanced course is a mad mix of easy and awful legs for 3km. The Intermediate course is a 7 km circuit of the entire valley with Rambo sized legs. (longest is 1.4 km). All three courses can be said to be a little out of the ordinary. Starts will be 9:30ish to noon.



SCHEDULE

9:30-12:00 start  
9:45 on, as needed  
beginner clinics  
1:30 course critique  
2:00 business meeting  
2:00& later pick up controls

FEEES  
individual \$3.00  
family/team \$5.00  
Members \$1.00 less  
compass rental \$1.00

MEMBERSHIPS \$7/year individual \$10/year family or household.

Membership includes receiving the newsletter, \$1.00 off on all major meets, and voting privileges. Don't be left behind. Support Orienteering and join up now!

PHONE Keith McLeod or Dennis Orrico at 571-1155 weekdays.

Results of Night-0  
Ft. Lowell Park  
March 25, 1987

Short Course

Women

|                     |       |
|---------------------|-------|
| 1. Becky Deatherage | 27:52 |
| 2. Avis Allen       | 32:45 |
| 3. Rete Simons      | 47:50 |

Team

|                            |       |
|----------------------------|-------|
| 1. Mosher/Medina           | 21:51 |
| 2. Holly and Robin Thurman | 35:14 |

Recreational

Karl Chao

Long Course

Team

|                          |       |
|--------------------------|-------|
| 1. Corrie Clerx/Sam Dean | 36:15 |
| 2. Krieski/Drahovzal     | 45:50 |
| 3. R. and K. Thurman     | 50:02 |

Recreational

Walter Pickett

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ALSO ON SCHEDULE

May 13 ( Wed. evening ) Lincoln Park - Peter Lasher  
May 31 Bear Wallow - Dale Cole

LINCOLN PARK POT LUCK AND FULL MOON NIGHT-0

Follow Kolb Rd. south ( 3 mi. from Broadway ) to Escalante Rd.  
East on Escalante Rd. 1.6 mi. to N. entrance of Park. Turn in and park.  
Registration will be visible from the parking lot.  
WATER and REST ROOMS available at the site.

|               |                  |                |               |
|---------------|------------------|----------------|---------------|
| Pot luck      | 7:00 - 7:45 P.M. | Entry fee      | \$1.00/person |
| Briefing      | 7:45 - 8:00      | Compass rental | \$0.50        |
| Start Times   | 8:00 - 8:15      | 2 courses      | SHORT & LONG  |
| Course Closes | 9:30             |                |               |

This is the park that's 3 times the size of Ft. Lowell, undeveloped with a maze of trails. February relay participants were hard put not to become lost in BROAD DAYLIGHT. Be SURE to have compasses and flashlights!!

BEAR WALLOW

Time for our "annual" romp in the taaaaaall timber. This is the place where you can't see the forest for the trees, but we have fun.

Take Catalina Highway up Mt. Lemmon  $\frac{1}{2}$  mile past Milepost 22 ( Milepost 22 $\frac{1}{2}$ ? ) turn right on the dirt road and keep going about half a mile. Watch for controls.

Same schedule and fees as at Rosemont Canyon. Water available at selected controls and at start/finish. Come dressed to wade through neutral to friendly vegetation and to breathe that fresh, pine-scented air.

Results of Orienteering Meet  
 Helvetia Ruins  
 April 12, 1987

Basic Course--8 controls, 2.3 km

| Team                        |        | Women                     |       |
|-----------------------------|--------|---------------------------|-------|
|                             |        | 1. Rete Simons            | 81:25 |
|                             |        | Recreational              |       |
| 1. North/Muckey             | 52:13  |                           |       |
| 2. Rowe Team                | 55:45  |                           |       |
| 3. Welsh Team               | 73:38  | Ben Hagyard/Jean Papke    |       |
| 4. McElroy Team             | 81:00  | Sudano Team               |       |
| 5. Slagle Team              | 89:56  | Bill and Cindy Richardson |       |
| 6. Schager/Pearce/Lowery    | 103:00 | Maxwell/McGuire Team      |       |
| 7. Paul and Rosemary Wendee | 136:30 | Rachel Gelbin             |       |

Intermediate Course--9 controls, 3.5 km

| Team                         |        | Men                      |       |
|------------------------------|--------|--------------------------|-------|
|                              |        | 1. Robert Thurman        | 61:05 |
| 1. Keith and Jamie McLeod    | 51:40  |                          |       |
| 2. Terri Welsh/Dale Bruder   | 77:39  |                          |       |
| 3. Vetter/Brown              | 83:20  | Women                    |       |
| 4. M. Cleavinger/S. Hamilton | 96:16  | 1. Corrie Clerx          | 69:20 |
| 5. Glicksman/Veggeberg       | 104:26 |                          |       |
| 6. Wade/Donovan              | 115:30 | Recreational             |       |
| 7. The Waltons               | 122:29 |                          |       |
| 8. Scott-Fleming Team        | 125:45 | Jesse and Peggy LaPlante |       |
| 9. Kelley/Drahovzal/Krieski  | 141:50 | Deatherage/Baker Team    |       |

Advanced Course--11 controls, 5.5 km

| Men               |        |
|-------------------|--------|
| 1. John Maier     | 93:08  |
| 2. John Little    | 104:22 |
| 3. Dan Cobbledick | 125:40 |
| 4. Dale Cole      | 127:15 |
| 5. Peter Lasher   | 132:17 |

Results of Orienteering Meet  
Greasewood Park  
April 18, 1987

Basic Course 11 controls, 1.9 km

Men

1. Billy Eichenbaum 30:25

Women

1. Avis Allen 39:57  
2. Maria Womack 43:45

Team

1. Rowe Team 28:00  
2. Welsh/Volk Team 36:02  
3. Robert and Bertha Judge 45:28

Recreational

Russ Mathias  
Julian McConnell  
Mark Sheahan Team  
Ina Zumbrunnen  
Carl DePillo  
Angie Ishmael  
Kathy Magee  
Leroux/Seber Team

Intermediate Course 11 controls, 3.1 km

Men

1. Steven Dentali 47:06  
2. Phil Davis 92:27

Women

1. Rete Simons 135:00

Team

1. Hagyard/Papke Team 74:00  
2. Buena ROTC Team 74:53  
3. Buckley Team 85:10

Recreational

Karl Chao

Advanced Course 14 controls, 3.4 km

Men

1. Dale Cole 36:07  
2. John Maier 36:25  
3. Peter Lasher 38:09  
4. John Little 40:24  
5. R. Wade 48:41  
6. David Pinnick 62:00  
7. Dale Bruder 121:23  
8. Bob Kelley 126:30

Women

1. Jamie McLeod 59:40

Team

1. Rawl/Notgrass 59:27  
2. Vetter/Brown 72:56  
3. Waltons 80:25

Recreational

Dan Cobbledick

## FINANCIAL REPORT

|   |                  |                     |
|---|------------------|---------------------|
| Beginning bank balance, Mar. 20, 1987       | \$ 388.49        |                     |
| Dues, meet fees, interest, comp.rent,       | \$ 169.01        |                     |
| T shirt sales                               | <u>\$ 216.00</u> | ( 27 shirts @ \$8 ) |
|   | \$ 773.50        |                     |
| Meet supplies, permits, postage, newsletter | <u>\$ 199.51</u> |                     |
| Ending balance April 20, 1987               | \$ 573.99        |                     |
| Map fund reserve                            | \$ 188           |                     |

Submitted by Rete Simons.

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T shirts are moving briskly; in fact we are already out of Large. New order is expected in time for May 13 night-0, maybe sooner. Waiting list available.

### CONVENTION TIME

|            |                        |            |
|------------|------------------------|------------|
| June 20    | U.S. Relay champs      | Bay area   |
| June 21    | U.S. Long - "O" champs | Bay area   |
| June 22    | LAOC Meet              | N. of L.A. |
| June 23-26 | USOF Convention        | San Diego  |
| June 27-28 | Western U.S. champs    | San Diego  |

Long "O" ( 50% longer than normal ) and Relay comps will be in the Bay Area out among the Redwoods. Great setting for an "O" meet!

The USOF convention always has lots of workshops to participate in as well as some fun events such as a night-0 and the Motala ( sort of a one-person relay ).

A FULL schedule of events and workshops is expected to be available at the May meets.

Four days of convention will culminate in a 2-day Class A meet to determine the Western U.S. champs. Competitions will be on color maps. There will be 6 courses and 40 categories from which to choose. Come and have fun!

CAR POOLING John Little, Dale Cole, and John Maier are planning to make the Bay Area meets; Rete Simons, Keith McLeod, and John Maier are planning on the San Diego convention. Dale Cole and John Little will join the convention party for the weekend San Diego meet. If you are interested in carpooling or sharing lodging, call John Maier at 881-1464.

More information will be available at the Rosemont meet May 3. Reservations will be made the week after. Don't delay! Plan your vacation around it!

### "O" EQUIPMENT

Some of you have asked where to get "O" equipment. Compasses are available where we put flyers: Summit Hut, Bob's Bargain Barn, Southern Outfitters.

Other items are available through A&E Enterprises ( Mo ) and Orienteering Unlimited ( N.Y. ) We will be placing an order in May. If you need gaiters - shin guards - O-suits - O-shoes - books - etc. etc. and want to order with us give us the info by the May 13 Night-0. We'll probably send the order the next day. Catalogs for these supplies are available at all our meets at the "free info" sign.

### FUTURE EVENTS

|                 |                      |                  |
|-----------------|----------------------|------------------|
| June 13 ( Sat ) | - Night - 0          | Jesse Owens Park |
| June ( 21? )    | - Preconvention meet | by Keith McLeod  |
| Sept            | - Showers Point      | ( Catalinas )    |

We need volunteers for meet director for July and August.

## GENERAL CONSIDERATIONS FOR ALL COURSES

OBJECTIVE

Orienteering's slogan is that it is "the thinking sport"; doing well requires a combination of physical and mental skills. These skills are put to the test by the course setter, working in the framework of the given map and terrain. It is nearly impossible to set a course that does not offer a good physical test, providing that it is of the proper length; the challenge for the course setter is to offer mental test appropriate to the skill level of those for whom the course is intended.

SKILL NOT LUCK

You are setting the course for an orienteer, not a surveyor, so the features you use must be distinct. You should avoid such control sites as "the middle of the marsh" ( unless it is a very small marsh ) or "the hillside". Why? Because they introduce too much of an element of luck into the competition. The competitor should be able to orienteer directly to the control if he is skillful, and not have to count on finding it by using a systematic search ( he may end up doing that anyway, but he should not have to ). Often a contour line will have a gradual bend in it that could be called a spur ( or reentrant ). Avoid this also; it may be hard out in the woods to tell where the spur or the reentrant is. Your features for control sites can be small, but they must be distinct.

In general, avoid dense areas for controls, especially if the terrain is somewhat vague. Again, it is a matter of what is fair; are you requiring skill or luck? Finding a control point ( for example, a pit ) in the middle of a large, flat, dense area places too great a premium on luck, even if the point itself ( the pit, say ) is distinct. Dense areas are OK if the terrain is well defined.

START\*FINISH LOCATION

Good terrain for white and yellow courses, with plenty of linear features, often dictates where the start will be. Most competitors like to have the finish/competition center as close to the parking as possible. Move the start to a higher location to reduce climb.

AVOIDANCE OF DOG-LEGS

Leaving a control, there should not be a logical route that doubles back through the same area from which the control was approached. Why? Because competitor A may have competitor B just behind him, so that A reveals the location of the control as he is leaving it, thereby helping B. So it is at least potentially unfair, since some competitors may be luckier than others. Dog-legs may be obvious or not so obvious. For example, the best route to a control may be along the base of a hill to a reentrant and then continue along the base of the hill, you have a dog-leg, even though the straight lines you use to connect the points on the map do not show this. To avoid dog-legs, you can put in a short leg - 100 to 300 meters long - to move the competitor away from the previous control to the start of another long leg. A similar problem can occur if you use the same control on more than one course, if runners on one course leave the control in the direction from which people on the other course are arriving. Avoid this as well. Under some conditions it may be necessary to have a dog-leg on a white course in order to have clarity. While not desirable, a dog-leg on white is preferable to a course that is confusing or too difficult.

## AVOIDANCE OF DANGEROUS AREAS

Avoid including dangerous areas such as cliffs with poor visibility, sink holes, large areas of poison ivy/poison oak, or deep swamps. ( or our local hostile vegetables - ed. ) Remember, a white or yellow runner may go into these areas accidentally, while a red or blue runner may be tempted to try a dangerous short cut.

## CONTROLS ON SIMILAR FEATURES

Have no less than 100 meters distance between any two controls on different courses if the features are similar enough to be confused at all ( New USOF rule effective 1/1/86 )

## OPTIMUM ROUTE

Before sending your designs in, determine the "optimum route" that an orienteer would take on all of your courses. Measure its length in meters with the edge of a piece of paper or a string. Then count how many contour lines his route crosses going uphill. Multiply this number by the contour interval in meters. This "climb" must not be over 4% of the optimum route distance. The 4% is an IOF maximum; it is better that you be well under it. For example, a 6.7 km red course with an optimum distance of 7.5 km should never have over 300 meters of climb. If it is, change your course so that there is less climb. Try contouring along hillsides. A longer walk to get to a higher start area can also help.

## CONTROL PLACEMENT

Controls should never be hidden by a non-mapped feature for any course. It is extremely frustrating for the orienteer to navigate a leg properly only to lose time searching for a hidden control. Remember, unless the clue information clearly implies otherwise, every control should be equally visible for all directions.

For white, controls should usually be visible from the trail or road used to navigate. For other courses, the control feature should be seen first and then the control. In no case should the control be hung low, near the ground. Err on the side of visibility.

It is fair, and often desirable, to block the view of the control by a mapped feature, such as a cliff, boulder, etc. But, be sure the feature is appropriately visible. It is hard to improve on a control on the far side of a knoll, seen first as the runner reaches the crest or comes around the side. On the other hand, nothing is worse than a control hidden behind a log, bush or other unmapped obstruction, which punishes all but the lucky few who stumble upon it.

## HIDDEN CONTROLS

Despite the consideration that the feature, not the bag, should be seen first, do not hide bags ( especially in pits ).

## DUPLICATE COURSES

If for some reason you are having duplicate courses, try to make them very similar in length, climb and number of controls.

## FIELD CHECK

Check the planned control locations out in the field. Many controls are unsuited due to map problems. You will find that even on a good map, up to 10% of the controls selected "on paper" ( by yourself or suggested by the course consultant ) will have to be rejected ( and alternates chosen ) after checking them in the field due to unsuitability of the map, vegetation, etc. An alternate control can usually be found only a short distance away, so that the leg can remain intact.

## COURSE PURPOSE

For the design of the less difficult courses, it is important to be mindful of three overriding considerations which distinguish these courses from the advanced courses, namely green, red and blue:

1. While as a general rule the advanced courses each should be designed to be as technically difficult as terrain and map permit ( and of equal technical difficulty ), each of the lower courses - white, yellow and orange - must be designed to fit a distinct range of technical difficulty.
2. Because each of the lower courses is an A level, or championship, course for certain classes, the correct design of such courses is just as important as that of the advanced.
3. Because beginners and developing orienteers spend at least a season or two ( usually longer ) running the lower courses, it is especially important to the development of the sport that these courses be well designed.

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Greasewood park's TRIM course is fun and interesting, but space is short. Pick up maps at Parks & Rec office in Reid Park. Thanks to Keith McLeod and TP&R for 2 years work making the TRIM course a reality.

PRACTICES will start later as daylight permits.      May 1 6 P.M.      Greasewood  
May 8 6 P.M.      Greasewood                      May 15 6:30      Sabino Canyon  
May 22              Faraway Places (?)  
Memorial Day Weekend (or longer) trip with John Maier. Bribe needed.  
May 29 6:30 P.M.      Sabino Canyon              For info call 881-1464

SEE YOU AT THE MEET

TUCSON ORIENTEERING CLUB  
P.O. Box 13000  
Tucson, AZ

Pushcart 1880s  
105  
6/1 6/1

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ADDRESS CORRECTIO