

TUCSON ORIENTEERING CLUB

NEWSLETTER

JUNE 1987

UPCOMING EVENTS

June 13 (Saturday evening) night-0 at
Jesse Owens Park.

Take Broadway to Sarnoff (that's between Pantano and Camino Seco, on the east side of Tucson). Turn south, go $\frac{1}{4}$ mile to the park. Use the second entrance and drive back to the picnic tables near the playground.

POTLUCK starts at 7:00. Bring your favorite yummy and an appetite, and prepare for the night 0 to follow.

Bring flashlight and compass and \$1.00 for each entrant. Choose your course (long or short) and have fun. Instructions are available for newcomers. As usual, you may run as an individual or a team, competitively or recreationally.

(Sorry if this sounds choppy and stilted; I'm taking my copy from a press release.)

THE BIG ONE

Sunday, June 21 at Whitetail Recreational Site in the Catalinas.

From Tucson, take the Catalina Highway up Mt. Lemmon to Milepost 21. That's between Palisade Ranger Station and Spencer Campground. The turnoff (unsigned) will be on the left just past a dirt road (on the right) to Mt. Bigelow. Follow the turnoff a short distance to its end.

There will be the usual three courses, instructions for beginners, and compasses for rent (\$1.00). Run singly or in groups, competitively or recreationally.

<u>SCHEDULE</u>		<u>FEES</u>	
9:30 - 12:00	start	Individual	\$3.00
9:45 & after	beginner clinics	Family or Team	\$5.00
1:30	course critique	\$1.00 less each category	
2:00	business meeting	for members	
2:00 & later	pick up controls	\$1.00 compass rental	

Night 0 planned by Peter Lasher and Karl Chao

Whitetail meet planned by Keith McLeod, Angus & Janis Scott-Fleming.

TENTATIVE FUTURE SCHEDULE

July 9 (Thur) Night-0
July 25 (Sat) Score-0 at Bear Wallow (Catalina Mts.)
Aug 11 (Tue) Night-0
Aug 29 (Sat) Regular meet at Whitetail (Catalina Mts.)
Sep 9 (Wed) Night-0
Sep 20 (Sun) Regular meet at Palisades (Catalina Mts.)
Oct 11 (Sun) Regular meet at Helvetia Ruins (Santa Ritas)
Nov 7-8 (Sat & Sun) ARIZONA 2-day championship meet.

Call Keith McLeod or Dennis Orrico at 71-1155 weekdays for more information.

Results of Orienteering Meet
Rosemont Canyon
May 3, 1987

Basic Course 1.7 km 11 controls

Men

1. Lee Langford	40:05	Team
2. Hoover Lee	49:10	

1. Womack/Lee	35:50
2. Steve Krieski/Tony Puyear	44:50
3. Donovan Team	46:20
4. Terry Lee Team	50:55

Women

1. Avis Allen	41:10
2. Bernice Little	68:05
3. Rete Simons	118:20

Recreational

Laurie Jurs	Nancy Booth
Steve Personett	Leonard Swanson
Britton Team	

Intermediate Course 3 km 8 controls

Men

1. Steve Vierck	62:19
2. Steven Dentali	65:55
3. Glen Cole	72:57
4. Dale Bruder	82:19
5. Chris Notgrass	111:00
6. Bob Kelley	116:10

Team

1. McLeod Team	60:00
2. Orrico/Shipley	84:15
3. A & J Scott-Fleming	86:10
4. Hansang Bae Team	89:35
5. Waltons	101:28
6. Ratliff/Bourdeau	122:45
Judge Team	DNF

Women

1. Terri Welsh	84:50
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Recreational

Jesse Laplante	Karl Chao
Little Team	Cheryl Houser
Krieski/Puyear	
Kathy Magee/Cindy Dunn	

Advanced Course 7 km 9 controls

Men

1. John Maier	75:45
2. John Little	89:00
3. Dale Cole	101:00
4. Robert Wade	104:28
5. Ed Rawl	116:30
6. Mike Kessler	120:28
7. Ben Barris	126:40
8. Dave Pinnick	140:50
9. Peter Lasher	148:31
Mark Sheahan	DNF

Team

1. Corrie Clerx/Sam Dean	195:00
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Recreational

Joe Leroux

Results of Night-O
Lincoln Park
May 13, 1987

Basic Course 1.15 km 7 controls

Team

		Women	
1. North Team I	12:25		
2. North Team II	16:00	1. Bernice Little	29:30
3. Okray/Krieski/Martin	20:10	Recreational	
		Myrna and Kelly Cook	

Advanced Course 3.0 km 11 controls

		Women	
Men			
1. John Maier	49:40	1. Corrie Clerx	75:22
2. Ben Barris	52:25	2. Becky Deatherage	101:50
3. Dale Cole	54:40	Team	
4. John Little	62:40	1. Wade/Donovan	75:50
5. Kelly Cook	65:30	2. The Waltons	79:45
6. Steven Dentali	67:00	3. Womack/Pinnick	119:20
7. Sam Dean	94:18	Recreational	
8. Dale Bruder	103:15	North/Okray	
9. Bob Kelley	107:30	Karl Chao	
10. Walter Pickett	123:50		
David Rowe	DNF		

THE ULTIMATE EXPERIENCE

In early or mid-June, John Maier will lead a trip - approximately one week long - to the inner canyons of the Colorado Plateau. Orienteering will get the expedition to its destination as well as monitor its location in deep, narrow canyons. Pre-requisite skills: physically fit, can swim, not claustrophobic, able to rappel and jumaring, not afraid of unplanned bivouacs. John will show slides to all interested people after the May 15 Practice. Guess everyone knows now this article was slated for last month's newsletter. If you aren't sure about rappelling and jumaring, John will check you out. Sometime. Openings limited; call him at 881-1464 for further information. And good luck.

CONVENTION TIME

June 20	U.S. Relay Champs	Bay Area
June 21	U.S. Long-O Champs	Bay Area
June 22	L A O C Meet	N. of L. A.
June 23 - 26	U S O F Convention	San Diego
June 27 - 28	Western U. S. Champs	San Diego

We're still waiting for the schedule of specific convention activities. We hope it will arrive before the Bear Wallow meet (which should already be history as you're reading this.).

Car pooling - call John Little (327-8973) or Rete Simons (298-5966)

The relay team of John Little, Dale Cole, and John Maier will represent our club at the U. S. relay champs. Several others have indicated interest so it is possible to form a second club team or to join a regional (SW) or ad hoc (anyone anywhere) team for this event.

PRACTICES

Interested people should contact Dale Cole (629-2674) or Pete Lasher (298-4368). We've been holding practices for two months now and are seeing regular participation by an active club minority. Join us whenever possible. Practices normally occur on Friday evenings at 6:00 p.m.. Location varies from week to week. It's a good opportunity to work off the frustrations of the work week, not to mention the benefits to your orienteering skill.

HELP!

Volunteers are needed to help get the following tasks done over the next three months. John Maier, who has been doing all these things in the absence of a club activities chair, will be out of town from early June through late August. Here's the list:

- Design flyers and news releases
- Copy flyers and news releases
- Distribute flyers (5 locations)
- Send out news releases
- Obtain permits and insurance certificates for meets
- Answer club inquiries and respond to correspondence
- Store and inventory equipment after each meet
- Buy new supplies as necessary
- Make up ribbons
- Chair club meetings.

Volunteers have already stepped forward for some of the tasks. Jill Bielawski is typing flyers and news releases. It is necessary for the design person to provide her with the text well in advance. The design person should also forward this information to Bob Kelley for the newsletter. Rete Simons will be checking the P. O. Box. Others have volunteered to help with the design and setting of summer meets, but more are needed.

Those who have already volunteered in this capacity are Angus and Janis Scott-Fleming, Karl Chao, Bob Kelley, Steve Krieski, Rete Simons, Keith McLeod, Mike Kessler, Dale Cole, and Peter Lasher. Looking at the schedule of events (printed elsewhere in this issue) you can see we have 8 events scheduled for June through September. We need about six more volunteers to make that a reality. Most of these should be new people learning the ropes under our more experienced veterans. Please respond to this plea in whatever capacity you are able. Keep your club active over the summer.

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A FIRST!

The newsletter editor-in-chief, Steve Krieski (now 12) graces these pages with his first editorial in this issue. It's on the back page. He had his misspelled words corrected (all both of them) but otherwise composed and typed it without help. That's better than some high-school graduates could do these days! Good work, Steve, and welcome to the world of letters.

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SCOUTS IN THE WOODS

The Boy Scouts have an Orienteering merit badge and JON MUCKEY has been counseling Troop 212. He's doing a good job of teaching and the boys are doing a good job of learning.

Six boys from Troop 212 ran the same course at Greasewood that the club did in March. Apparently they ran it at a time other than our meet; exactly when is not mentioned in the press release. Much to the surprise of Jon Muckey and Lee North, their times were

Pinter/C. Johnston	21 minutes
Okray /S. Johnston	31 minutes
Shackman/B. Johnston	36 minutes

Several members of the troop attended our Night-0 meet at Lincoln Park on May 13. They ran our short course 1-2-3 with times

North/Gard	12 minutes	(Lee North & Scoutmaster)
North/Gard/North	16 minutes	
Okray/Martin.Krieski	20 minutes	

Steve Krieski isn't a member of Troop 212, but was invited to run on one of their teams as an experienced Orienteer.

We hope the boys will continue to Orienteer even when they have their merit badges and will bring other Troop members with them.

Lost Distance and Course Setting

May's newsletter reprinted some USOF guidelines for designing orienteering courses. One important principle that was missing from this outline was that of "lost distance". Taking this notion into account can make a big difference in the quality of an intermediate or advanced course; it is less important for basic courses.

The idea is that the experienced orienteer should have to read the map and relate it to the terrain during the entire leg. Any part of a leg in which one doesn't need to do this, but can just run along and look for a well-defined feature such as a road or a wash, is called "lost distance", and isn't really orienteering but running. Certainly, we should challenge the orienteer's running skills, but in a course four to seven km in length this is pretty much automatic!

Here are some examples from the Tucson Mountain map (next page, on the left; 20 ft contours, 1:12000). In the leg from A to B, there is no real need to read the map over most of the leg; one simply runs across country to the trail, then along the trail to the wash junction, which is used as an attack point. Consider how different this leg is if it is run from B to A; one must pay close attention to the terrain almost the whole way. Incidentally, this example illustrates why we have a rule that the course must be run in order (rather than backwards as some have done in the past); the challenge or lack of it is totally different if it is done in reverse (and it is not always easier running backwards--for example, there may be no attack points). An alternative would be to have the leg go from A to C, because one would have to use the map the whole way. Putting the control before the linear catching feature (the trail in this case) usually solves the problem; the orienteer can still use the catching feature, but now must pay a penalty by having to backtrack and come back to the control.

Similarly, the leg from B to D is almost entirely lost distance; if it is changed so as to go to E instead, one must pay attention instead of blasting along to the trail without much regard to the terrain. The trail (or the road) is still an option, but it probably isn't the fastest way, depending on how choked with vegetation the little gullies are. B to E offers three route choices.

In general, a trail or some similar, easy way should not be the fastest and most direct choice to the control. Again, there is no real orienteering involved, and, since there is no real choice in such a case, nobody would pick an alternative route. It is fine to have an easy trail run be a real option, but it shouldn't be the fastest way, except perhaps for a few legs in an intermediate course.

Another example that is especially relevant to our open desert terrain is the leg from F to G; since the goal is in plain sight during the entire leg, there is no navigational challenge, only those of avoiding the spines and struggling up the hill. Going from F to H would be far superior; F to H has the additional benefit of providing a lot of route choice, a subject touched on in the USOF guidelines.

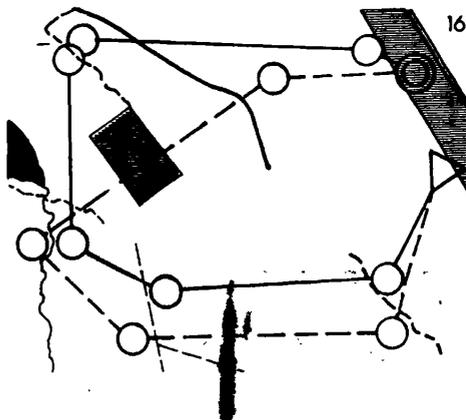
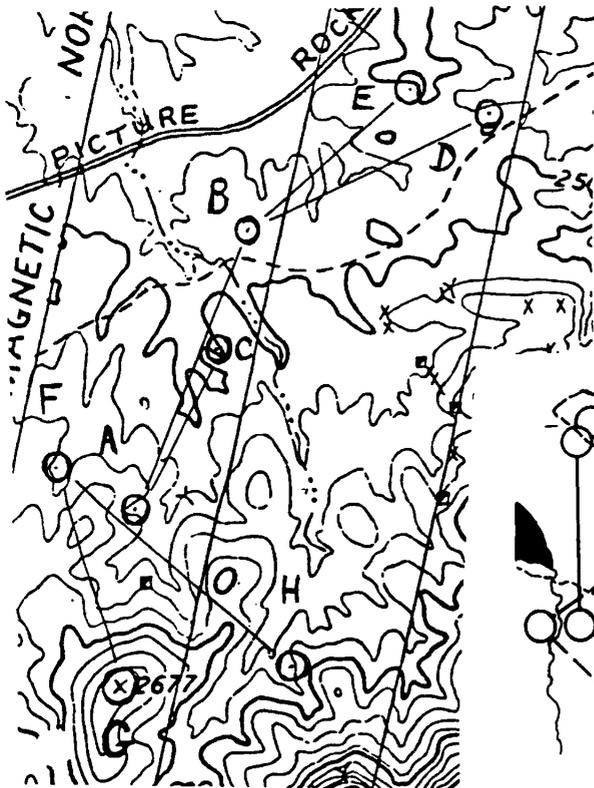
You can extend this principle by using the points marked on the map, and asking yourself how certain legs could be improved. H to D is not a good leg; you know you will run into the trail sooner or later. How could you improve it? Can you find another point near D that would avoid the lost distance? What about the suitability of C to D, F to D, F to B? How could you improve them?

Another example (labeled 16) is taken from a booklet "Course Planning", published by the British Orienteering Federation. The text states: "Two approximately similar courses--and yet so totally different in fact. One is of a high standard. The other is entirely worthless."

The distinctive aspect of our sport is the thought process required to do the navigation effectively. Good runners have an advantage whether or not the navigation is hard; too much lost distance makes a balanced course into a runner's course. Avoiding it is one of the things that makes planning courses, of itself, a big challenge.

Here's the sales pitch: You can greatly improve your orienteering by planning courses. Those of us in the club who have designed and set courses are happy to train others to do the same. The payoff for anyone getting involved is a crash course in the skills that improve one's navigation and speed at making the right route choices.

---John Little

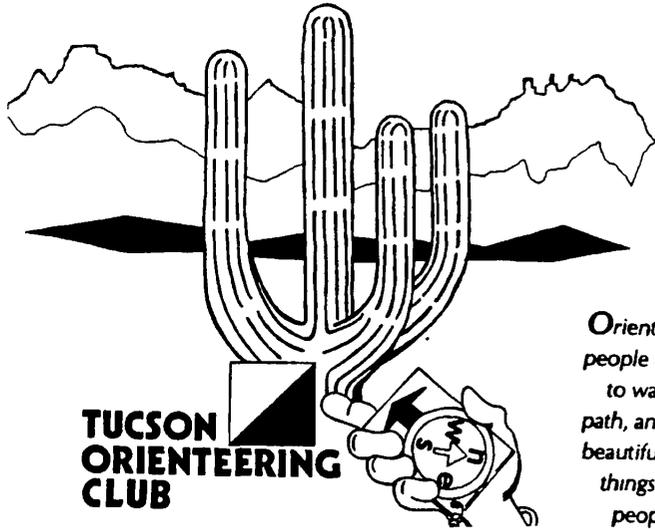


STEVE SAYS !!

by Steve Kriesakl

Hi, it's me again coming to scramble your brain with some of my wierdest articles about NIGHT-Os. No kid in his right mind wants to sit around watching stupid shows when it's Friday and nothing good is on T.V.. So, I have found solution to our problem, more NIGHT-Os. My friend across the street loves them when they are at Fort Lowell. I didn't like the fact that at the last NIGHT-O we had to go out in the boonies with one flash light and three people. But thats beside the fact because we took third place. They must have hired Plastic Man to hang the flags. They were five feet over my head.

HA!! HA!!
See you at the meet



Orienteering gives people the courage to walk off the path, and to see the beautiful places and things that most people never

NDER *erience.*

Pushcart 1880s
12.5

WE # +24



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