

TUCSON ORIENTEERING CLUB  
NEWSLETTER  
JULY 1987

UPCOMING EVENTS

One upcoming event is already history. There was a night-0 scheduled for July 9. Since your newsletter editor ( Steve Krieski ) and his loyal staff ( Bob Kelley ) attended the San Diego convention and meet, then had personal vacations the following week, the newsletter did not precede this event. Just as well, since we didn't know where it was supposed to be. We still don't know if it was held.

BACK TO THE TAAAALLLL TIIIMMBERR!! The last two meets were at Bear Wallow and Whitetail respectively, and so will the next two. Seems your club course setters have an aversion to desert heat.

On July 25 ( SATurday! ), drive Catalina Highway up Mt. Lemmon to  $\frac{1}{2}$  mile past mile post 22 ( mile post 22 $\frac{1}{2}$ ? ). Watch for a dirt road to the right. Take the dirt road for about half a mile. Watch for a large clearing sloping uphill from the road, parked cars, and @ markers.

This will be a SCORE-0, though there will probably be recognition of different skill levels. In a score-0, participants try to visit as many controls as they can in a preset time, rather than see how fast they can visit all the controls on a preset course.

Times for prior score 0s have been 45 minutes, 1 hr 20 minutes, and 2 hours divided among the members of a team.

Bring compasses or rent for \$1.00 . Water will be available at the start/finish and selected controls. Run singly or in groups, competitively or recreationally.

<u>SCHEDULE</u>		<u>FEES</u>	
9:30-12:00	start times	individual	\$5.00
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 ff	pick up controls	\$1.00 compass rental	

TENTATIVE FUTURE SCHEDULE

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 571-1155 weekdays for more information.

Results of Orienteering Meet  
 Bear Wallow  
 May 31, 1987

Basic Course      6 controls, 1.6 km

Men		Team	
1. Jim Mabry	1:43:10	1. Butler/Lassiett	1:14:00
Gary Pritchard	DNF	2. Goodman Team	1:15:22
		Robert and Bertha Judge	DNF
 Women			
1. Patricia Mindorff	2:13:00	Recreational	
Rete Simons	DNF	Booth/Walter/Graves	
		Ken and B.J. Hofferber	
		Pickett/Frame	
		Sewart/Gordon	

Intermediate course      7 controls, 2.4 km

Men		Team	
1. Kelly Cook	1:06:46	1. Scott/Fleming Team	1:13:11
2. Michael Hofferber	2:31:00	2. Bae Team	1:23:40
		3. Veggeberg/Glicksman	1:47:25
 Women			
1. Terri Welsh	1:12:19	4. Kelley/Krieski	1:51:20
Avis Allen	DNF	Bourdeau/Parker	DNF
		Burch/Lyran/Grey	DNF
		Ratliff Team	DNF
 Recreational			
Johnson/Kuhlmer			
Kathy Magee			
Karl Chao			

Advanced Course      8 controls, 3.0 km

Men		Team	
1. John Little	53:27	1. Rovegno/Hubbert	58:30
2. J. Peter Lasher	54:47	2. Keith and Jamie McLeod	1:05:29
3. John Maier	56:01		
4. Glen Cole	1:28:30		
5. Dale Bruder	1:39:11		
6. Sam Dean	3:12:11		

Results of Night-0  
Jesse Owens Park  
June 13, 1987

Short Course

Men		Women	
1. Stephen DeMoor	27:40	1. Bernice Little	25:45
2. Tom Britton	32:30		

Long Course

Men		Women	
1. John Maier	35:43	1. Jamie McLeod	48:50
2. John Little	38:30	2. Maria Womack	62:00
3. Ben Barris	55:30		
4. Dave Pinnick	56:10	Team	
5. Bob Kelley	92:05		
		1. K. Magee/R. Bennett	59:25
		2. Steve Krieski/Kevin James	71:45

Recreational

Sam Dean                      Steve DeMoor

N E X T   N I G H T   0

WEDNESDAY, AUGUST 5, there will be a Night 0 at Greasewood Park.

Take Speedway west. Keep on going. When you've passed I-10 and passed Pima College west campus, watch for Greasewood Road. Turn left ( south ) then quickly right ( west again ). That's the park entrance. In-park paving is short and parking is limited. There's only one ramada; you can't miss it.

Potluck starts at 7, meet starts at 8. Bring flashlight, compass, and \$1.00 for each entrant. Instructions available for newcomers.

Choose long or short course, run as individual or team, competitively or recreationally, and have fun.

Dale Cole will design this one.

1987 U.S.O.F. Convention & Western Regional Championships  
Point Loma Nazarene College - - San Diego, California

Imagine a beautiful, dramatic campus located on a cliff overlooking the Pacific Ocean in cool, cool San Diego and you have the perfect setting of the 1987 U.S.O.F. Convention held from June 23 - 28th.

Meetings and workshops filled the three days of the convention, and a special event took place each evening--a reception, an ice cream social, a night-O meet, and a banquet for the Friday night close of the convention.

I attended three workshops on mapping and field-checking, and two workshops on youth & orienteering, and hope to share the information at a later date when all of us, who attended the convention, can coordinate a workshop for our local club.

The Western Regional Championships took place Saturday and Sunday in nearby Mount Laguna, about a 75 minute drive from the Pt. Loma campus. The terrain was a moderately hilly oak and pine forest 6,000 feet above sea level and a 5-color map with a scale of 1:15,000 and 5-meter contours was used each of the two days. Tucson was well represented at the meet--John Maier, Keith McLeod, Bob Kelley, Steve Krieski, John Little, Bernice Little, Peter Lasher and club members Dave Pinnick and Ben Barris from Tempe.  
--Rete Simons

TREASURER'S REPORT -- Rete Simons

Beginning Balance - May 20, 1987	\$ 326.50
Income: Interest, Meets, T-shirts, Compass rentals, Memberships	432.13
	\$ <u>758.63</u>
Expenses: Permits, supplies, postage, newsletter, office	234.45
Ending Balance - June 22, 1987	\$ <u><u>524.18</u></u>
Map Fund - Total to date:	<u>\$322.00</u>

## U S O F   C O N V E N T I O N

Your erstwhile newsletter staff repents in sackcloth and ashes that we don't know the names of everyone who attended the convention. There will be a complete report on attendance next month, when that topic has been adequately researched. Till then - - -

### T H E M E

Seminars were presented on a variety of topics, but one theme might have been "How to teach Orienteering to young kids in classes". This is a distinctly different procedure from an experienced adult teaching a less-experienced child one-on-one.

Thursday morning ( your newsletter staff was quite late in arriving ) Tom Renfrew, a ( the? ) British coach, gave a seminar on that very topic. He says he wants to see Orienteering as popular in the United States as they are in Europe and the British Isles. He thinks we should teach it in all our grade schools and says, if we must remove something from the curriculum to make room for O, it could be baseball.

I want to sell tickets to THAT debate!

Whatever it replaces, O is more physically challenging, and more mentally challenging, than baseball.

That afternoon Gunnar Hasselstrand, a Swedish coach, held a practice session in San Diego's Balboa Park. We practiced techniques for teaching first through third graders O skills. I described the skills to Elizabeth B. Kelley, my mother, who is a retired grade school teacher. She pronounced the skills exciting and valuable. She says teaching How To Follow Directions is becoming a "lost art" and teaching of Orienteering skills would fill that gap with interesting experiences. She says, if she were still teaching she would have me help her design Orienteering lessons.

So, there is a need we can fill. Maybe we should try.

Friday Mark Frank, USOF B.O.D. member from Pennsylvania,, exhorted us to put O into our grade school curricula. His talk was mainly motivational and I have lost my notes on its content.

In the afternoon Gunnar had a slide session on teaching kids a bit older than first and second grade and beginning Orienteers of all ages compass and map-reading skills.

Finally, there was a banquet followed by an ice cream social during which Orienteering familiarization videotapes were shown.

### C R E D I T S

Rete Simons, Bob Kelley, and Steve Krieski had their Convention articles published because they were the ones I had the time to contact. Sorry. I will print any and all Convention articles I receive as fast as space can be found for them.

## O R I E N T E E R I N G   T R A I N I N G

Gunnar Hasselstrand, a Swedish Orienteering coach, showed us many techniques for teaching newcomers to Orienteering - including children as young as four years old - Orienteering skills.

Some of his techniques for teaching first through third graders require physical demonstration or more space than I have to describe properly. They include

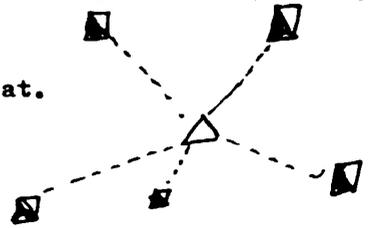
- map symbol recognition
  - alignment of map to terrain
  - recognition of feature pointed out by instructor
  - location of feature on path pointed out on map
  - location of feature OFF path pointed out on map
- after practicing above with manmade landmarks ( sidewalks, fences, etc. ) repeat with topographical map and terrain features.

AT A MEET, for young Orienteers, lay out a string course. Run 300 to 400 yards of heavy white cord through the site out of sight of the parking lot. Hang 3 or 4 controls along the course. Show youngsters how to use the punches, give them course cards, let them follow the string, punch the first punch in the first box, the second punch in the second box, etc. For 4 and 5 year olds this is not a trivial task.

Oh yes, announce pestiferously this is a young person's Orienteering experience, NOT a babysitting service. Parents remain responsible for their kids.

For ages 9 and up and 7 & 8 year olds who have run a few string courses and are getting antsy, have a RADIAL course. Use close-to-base flags of other courses or set out flags for this purpose separately. Demonstrate compass technique, aim student at out-of-sight control, have him/her find control, punch card, and come straight back. Then aim student at another ( farther? ) control and repeat. When student seems comfortable with compass, have him/her go to one control, then a second, then return.

A youngster who can easily find three controls, then return, is ready for the "real" basic course.



MAP TECHNIQUES - for all ages. Teach/learn recognition of HANDRAILS. These are the linear features - paths, washes, power lines, etc. - that can't be missed and will lead you somewhere.

Distinguish between "rough" Orienteering - handrail to handrail with relatively short cross-country leaps - and "fine" orienteering - by compass bearing, recognizing all landmarks.

Finally, plan course legs backwards. Look at your target control. Select a nearby attack point. No, that's not where the Orienteer catches the course setter. It's an exact location - hilltop, trail intersection, stream bend, etc. Then coarse- or fine-orienteer to the attack point, proceed from the attack point to the control.

MY TRIP TO SAN DIEGO By Steven Krieski

The day we left for San Diego I spent most of my time packing. About 6:00 P.M. my mother drove me down to Bob's work where we waited for Bob to get his car out of the 3-story parking garage.

At last we were on the road! It took all night and half the next day of starts and stops to get there. Finally, we were at Point Loma Nazarene College.

Then the gatekeeper gave us the wrong directions to the Orienteering Convention. Finally we followed the Orienteering signs to the dormitory and registered. We arrived just in time for the last few minutes of a man's speech on Orienteering in Schools.

Then we went to Balboa Park and learned how to teach little kids 5 - 8 Orienteering skills.

Then I got to play in the ocean for my first time and see what salt water tastes like.

Then we ate and got ready for the Night-0. It was a nice run around the campus. Bob and I did well.

Then we camped out on the rocks by the ocean and listened to the waves all night.

On Saturday we went up the mountains to the meet site. The terrain was like Bear Wallow.

There were two recreational courses for people that didn't register in time. And six for people who did register in time.

We didn't register in time so we did recreational the first day.

I loved their colored maps.

I learned about attack points after running the course.

Sunday we registered and did real courses. It was hard but fun. I did a White course and Bob did a Yellow.

I wish everyone could have been there.

After the meet we picked up Peter Lasher and came home.

During my trip I got to go to the zoo once and the beach 3 times.

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Steve, this was a big report on short notice and you did a great job. I edited just a little for smoothness, but I'm sure you recognize your own article. Keep up the good work!

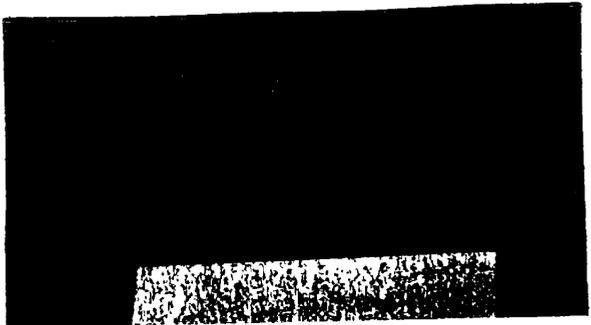
Bob.

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In May the people who hang around after the meet and pretend we run the club discussed selling advertizing to defray Newsletter expenses.. We are pursuing the question and we already have one good lead from a company that sells O supplies mail-order. They heard of us somewhere and want a copy of our newsletter and our advertizing rates....

WE're thinking in terms of \$10/month for a quarter-page ad.

Newsletter printing & postage cost about \$90/month.

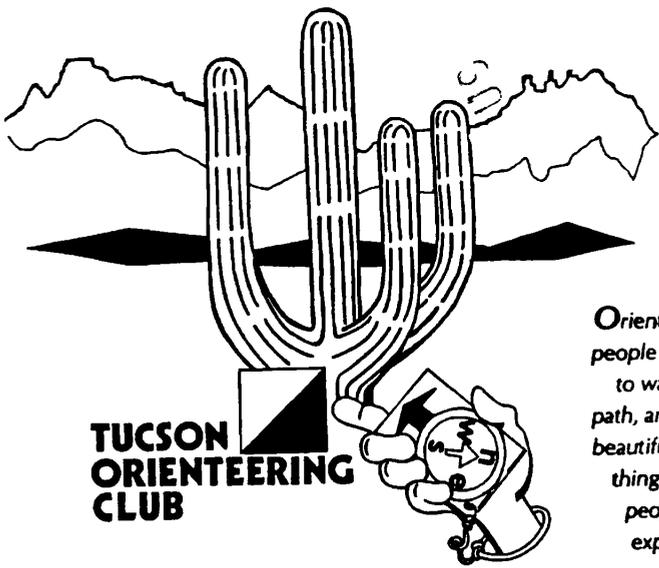


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*Orienteering gives people the courage to walk off the path, and to see the beautiful places and things that most people never experience.*