TUCSON ORIENTEERING CLUB
NEWSLETTER
AUGUST 1987

AUGUST'S BIIIG MEET

(Planned by John Little)

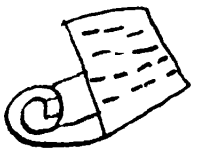
Back to Whitetail for this one! Saturday, Aug. 29,

take the Catalina Highway up Mt. Lemmon from Tucson to Milepost 21. That8s 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.

This will be a Regular meet with Basic, Intermediate, and Advanced courses. Rent a compass for $1.00 or bring your own. You may run alone or bring family/friends and run as a group. Run in Competitive or Recreational categories.

WATER will be available at the start/finish and at selected controls. Bring your own of you want. Bring fresh fruit and other foods to help you rehydrate after the meet.

SCHEDULE



9:30 - 12:00	start times
9:45 and after	beginner clinics
1:30	course critique
2:00	business meeting
2:00 & later	pick up controls

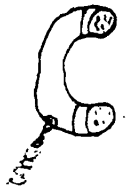
FEES

Individual	$3.00
Family or Team	$5.00
Members	$1.00 less, each category
Compasses	$1.00 rental

SEPTEMBER NIGHT O will be Wednesday, the ninth at Ft. Lowell Park.

Go to Craycroft and Glenn.Go North on Craycroft to the first driveway East, or East on Glenn to the second driveway North. Either route will bring you to the Main Parking Lot. Ramada 1, just south of the lot, is where we're meeting.

POTLUCK at 6:30 NIGHT COURSE at 7:45. Bring flashlight and compass.
CLUB MTNG 7:00 Over at 9:00.
$1.00 per participant, 50¢ compass rental.



For further information call

Keith McLeod / Dennis Orrico	571-1155
Bob Kelley	792-8977 / 722-2851
Pete Simons	298-5966

Results of Orienteering Meet
Bear Wallow
July 25, 1987
Score "O" Format

Long Course -- 23 Controls
100 minutes -- Maximum Time
59 points -- Maximum Score

MEN

1.	John Little	40
2.	Dale Cole	33
3.	John Rovegno	26
4.	Ed Rawl	24
5.	Robert Kelley	11
6.	Robert Thurman	8
7.	Jim Mabry	5

RECREATIONAL
Kessler/Holt/Stephens

WOMEN

1.	Terri Welsh	24

TEAM

1.	Dentali/Barston	32
2.	Browning	27
3.	Glicksman/Veggeberg	20
4.	Naess/Little	19
5.	Deatherage/Jansma/ Rypniewski	14
6.	Waltons	13
7.	Scott-Fleming	11
8.	Baker/Deatherage	4

Short Course
60 minutes

TEAM
1. Keith & Jamie McLeod 17

RECREATIONAL
Ron & Jeff Keippel
Hendrix Team
Slagle/Moore

TENTATIVE FUTURE SCHEDULE

Sept. 20 (Sun) Regular meet/Palisaides/Catalina Mts.

Oct . 11 (Sun) Regular meet/Helvetia Ruins/Santa Ritas

Nov. 7-8 (Sat-Sun) Arizona 2-day championship meet. Location to be decided.

Results of Night-O
Greasewood Park
August 5, 1987

Short Course:

Women

1. Rete Simons 37:13

Team

1. Stein/Pfeifer 30:17

Long Course:

Recreational:

Sam Dean

My, that was an eentsy meet! (I know, I know - I wasn't there either.)

I guess this is what happens during summer vacations. But remember - last year activity stopped entirely for several months. So we're improving!

S O M E T H I N G T O D O

Lee North and Jon Muckey earlier this year worked with Mr. Gard, the scoutmaster of Troop 212 to assist several Scouts from that troop to earn Orienteering merit badges. This is a start, but hardly a landslide.

We all have Scout troops in our neighborhoods. The youngsters in these troops would certainly enjoy the Orienteering experience, which would include the opportunity to earn an award.

Let's have more of us talk to Scout troops!

This will be some work, but not as much as it sounds. (I just thought of this as I'm trying to fill up this month's newsletter. I'll interview Lee and Jon for next month's issue.) Scout troops are already well-organized (well, sometimes) and their members are already interested in outdoorsy adventures.

All (!) you have to do is let your local Scout troop know you're available for Orienteering coaching, show up for a few meetings to teach basic skills, and let them know when several meets are scheduled. Oh, it's probably also a good idea to find out what the merit badge requirements are.

The Troop will supply a meeting location and an audience that will have reasonably orderly behaviour - at least at the start. If you don't bore them, their behaviour has a 50-50 chance of remaining orderly. The Troop will also supply its own transportation to a meet (more or less - you may be asked to drive "since you're going anyway"; you won't be asked to supply 5 cars and drivers. Or if you are, you may decline.) and will also know how many adults it needs to keep its mob under control.

THE COMPETITIVE EDGE

by John Maier

One of the most important skills of the orienteer is his ability to judge distance. This article will discuss techniques by which to improve your judgment of distance. You can use your eyes, your feet, and even your watch.

It is essential that you be able to relate distances on the map to distances in the terrain. The distance scale on the map makes it easy to measure map distances. To measure distances in the terrain you can count paces. You need to know your pace count for this to be useful. Measure out 100 meters (328 feet) and walk it. Every time your right foot goes down, that's one pace count (or double step). Or you can use your left foot if you prefer. Pace count 100 meters out, then 100 meters back, and take the average. This is your pace count for 100 meters. Now do the same thing when running or jogging at the rate you travel when orienteering at speed. You should do these counts in a relatively flat area that is free from brush or other obstacles. Later on you can experiment with steepness and brushiness to see how they affect your pace count. But to start, determine your pace count on easy terrain. Knowing your pace count will not be useful unless you use it. Get in the habit of using it! The more you use it, the better you will be able to compensate for different types of terrain. Start out as an apprentice, learn the ropes, and become a pro. If you don't practice, you won't improve.

Now we've got two yardsticks: the distance scale for the map, and your pace count for the terrain. The distance scale is accurate, but the pace count is only approximate. The more you practice with pace count, the more accurate you can become. Now let's add to our bag of tools. Learn to estimate distance by sight. When you are hiking, pick out an object ahead and guess its distance. Pace count to it. Was your estimate under or over? Make an adjustment, pick another object, and try again. The more you practice, the better you will become. Then it won't be necessary to rely on pace counting every time. You can estimate by sight whenever visibility allows. You'll still need to pace count in the forest where visibility is low, or at night, or for longer distances; but now you have a second tool for estimating distances in certain cases. Another method of estimating distance is by timing yourself. For the same type of terrain, twice the time should equal twice the distance at a given speed. This is only approximate, as was pace count, but it can be surprisingly accurate on trails. The more gauges you have to judge distance, the better equipped you are. Use your eyes if possible to judge by sight; use pace count if you can't tell by sight; use timing as a backup for pace count (like when you lose track of your count!).

One of the keys to success is better understanding the relationship of the map to the terrain, or better yet, how one map compares to another. If you've been orienteering mostly on 1/15000 scale maps and then you go out on a 1/10000 scale map, everything in the terrain will seem to happen more quickly. That's because you'll cover an inch on the 1/10000 map half again as fast as an inch on the 1/15000 map. The map scale should be given on every map you use. Complain if it isn't. It allows you to quickly evaluate how this map compares to others you've been using. Regardless of what the scale is—but especially if it's different from what you've mostly been using—take the

first control or two more slowly (read "cautiously") as you become accustomed to the map scale. Nothing frustrates one like blowing it on the first or second control because of failure to adjust to the map scale.

Now for a time saver. You can save time in judging distance by converting the distance scale to pace counts. If your pace count is 60, change the 100 meter mark to 60 paces, 200 meters to 120 paces, etc. Put a piece of tape on the front edge of your compass and transfer this distance scale to it. Now as you hold your compass on the map to measure distance, you will be measuring pace counts directly, eliminating the need for converting paces to meters. (Note: If the pace count you put on the tape is your walking count, be sure you do a walking count for use with that scale. You could put both walking and running pace counts on the scale if you keep it straight which is which.)

Of course the number one method for determining distance is by identifying features as you pass by them. Keep your place on the map (put your thumb on it) and check off features as you see them. But when similar features, or indistinct features, or 40-foot contour lines leave you confused, use these other methods to help you determine distance.

Hope this gives you some ideas for improvement. I'm wanting to use my breathing rate to estimate distance. But what would people think of a person who tapes his breathing rate to the edge of his compass?!

Interesting idea, John. Might work for you. My breathing rate varies too much.

MEMBERSHIP

$7.00/year individual **$10.00/year family or household.**

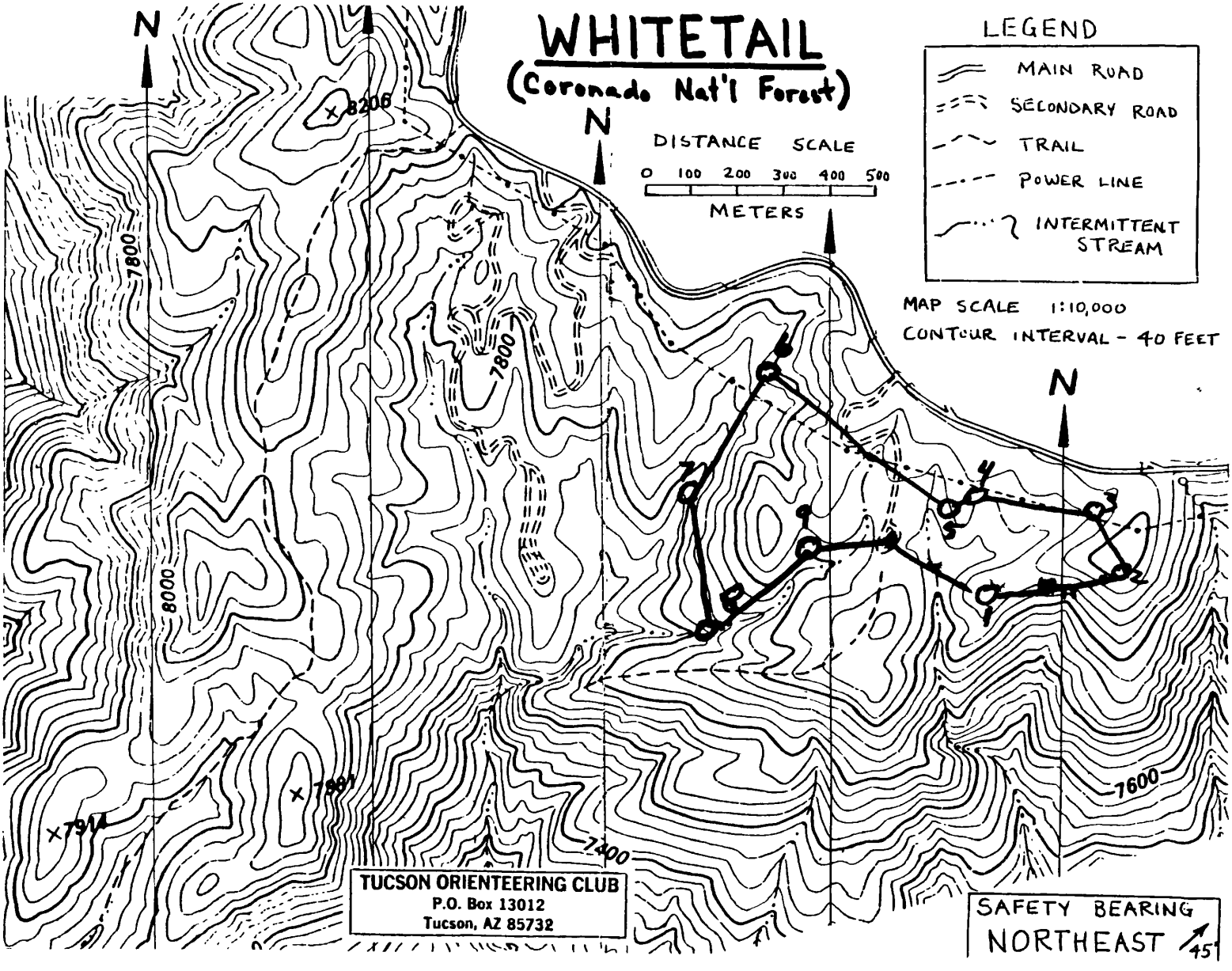
Membership includes:

1 year newsletter subscription

$1.00 off on all major meets

Voting privileges on matters affecting the Club.

We know, $7/year makes it hard to "break even" if you only run occasionally. The Club is trying to improve and upgrade its maps, and there are ongoing monthly/annual expenses even if YOU don't always attend. Support Orienteering - it's a force for health and intelligence!


WHITETAIL
(Coronado Nat'l Forest)
LEGEND
MAIN ROAD
SECONDARY ROAD
TRAIL
POWER LINE
INTERMITTENT STREAM
DISTANCE SCALE
0 100 200 300 400 500
METERS
MAP SCALE 1:10,000
CONTOUR INTERVAL - 40 FEET
N
8206
7800
8000
7881
7914
7600
7400
TUCSON ORIENTEERING CLUB
P.O. Box 13012
Tucson, AZ 85732
SAFETY BEARING
NORTHEAST 45°

COMMENTARY FROM A DISGRUNTLED BUSHWHACKER

I would like to express my opinions concerning the use of linear features, specifically reentrants and spurs, as control features.

It is my feeling that it is the object of the sport of orienteering to successfully navigate to a particular location. If a spur is circled on the master map and the control description is "spur", then I feel that I have accomplished my goal when I am standing on the axis of the spur. Any time then spent searching for the control bag, I consider unfairly lost time.

Now, in Europe, the use of spurs and reentrants as control features does not present much of a problem. The maps are very detailed, and the reentrants and spurs used are only a few meters in length. If one can find the proper reentrant, for example, then the control marker is immediately visible. The problem is to find the proper reentrant, not where on the reentrant the control marker lies.

Here in the West, our maps are not yet so detailed, and the topography is such that the reentrants and spurs are often over a hundred meters in length. Can or should these features be used as control features? Maybe, if certain criteria are met. First, the control marker must be clearly visible from any place on the stated feature. In the case of a long spur, this visibility would probably result in the control being seen from a distance far from the spur. Second, the marker must be on the axis of the spur or at the bottom of a reentrant. If it is located on the side of the spur or reentrant, the marker is not at a specific location. A third condition, which is optional but helpful, is to place the control in the middle of the length of the spur or reentrant.

If the control is placed in the upper or lower half of the spur or reentrant, then it should be designated as "upper part" or "lower part". The orienteer should then expect to see the control when he is in the designated half of the reentrant.

I believe more specific control locations are better. Spur bends, reentrant bends, and reentrant junctions serve the best as control features for our long spurs and reentrants as long as these features are distinctly apparent on the map.

Briefly on other topics, it is my view that uprooted tree roots and small boulders make good control points. I think it is adequate to display these features on the map as map corrections. I believe all control features must be mapped. If the description is "between the 3 m. boulders" then those two boulders must each appear distinctly on the map.

It is my view that if the above guidelines are followed, less time will be spent in random searching, and less time will be spent in complaints to the course setter. This should also result in fairer competition in which navigation rules supreme.

s. smith

(The other letter Steve's talking about.)

This month your LAZY editorial staff fills a sizable piece of space with articles lifted directly from newsletters picked up at the San Diego conference.

We noticed they print Letters to the Editor. That means their members WRITE Letters To The Editor. Letters to the Editor will help your LAZY editorial staff fill up space and will give YOU an excuse to show the Newsletter to your family/ friends/work colleagues/bowling team/etc. ("Hey, look at this! They published my letter!" "Oh? Let's see . . . . Hey, that's neat! What's Orienteering?" "Let me tell you about that . . . .")

San Diego seems to have some of the same problems we do, though we've long known water is not optional.

At times, we do suffer from flags put on L-O-N-G landmarks - then hidden to boot.

I liked the clue standards displayed at the Western States meet at San Diego. They said things like "East side of root stock", "North side of clearing", etc. PETE LASHER, who attended the conference/ meet, then designed the Bear Wallow meet followed these clue standards. I hope they become common practice.

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

PO BOX 13012
TUCSON, AZ. 85732
Address correction requested

... AND FROM THE DISGRUNTLED VISTA:

I had this gripe written up for the last issue, but it got lost, so here it is again - at about the same level of acidity. When are the course setters going to get it through their thick skulls that putting water on the courses is not an optional nicety, but rather necessary for the health and welfare of the participants? There is simply too much of the attitude "Go find a stream somewhere on your course". We're not talking about bubbling artesian springs or bountiful gushing streams in the High Sierra. What we have in our area (even in the mountains) by June are bare trickles, into which sceptic tanks may have drained and cows may have pissed. You'd be surprised at how few people there are who enjoy getting on hands and knees and slurping up a mouthful of water of dubious potability, along with suspended particles of mud, bits of leaves, water spiders, fool's gold, mosquito larvae and amebas. And the only alternative is to risk heat exhaustion. Please, we need that water on the course, not just at the finish area.

jcj

STEVE SAYS by Steve Krieski

When I was flipping through a San Diego newsletter, I found that they write Letters to the Editor. I was reading it and do you know what they think? The San Diego club actually has to decide whether or not to put water on the course. We learned that lesson the hard way. We always put water on our courses.

I read another letter out of the San Diego newsletter. One guy said he was a little mad about the fact that course setters give you a clue like " North side of re-entrant" then they really put it at the top to the south.

We have large landmarks too, but hunting for a flag on a landmark is not Orienteering.

SEE YOU AT THE MEET!

(One of the letters Steve's talking about)