

# Orienteering at Catalina State Park Sunday, December 17, 1989

Catalina State Park, the site of the 1987 Arizona State Championships, will be the scene of December's meet on Sunday the 17th. Courses will be set by Marilyn Cleavinger and Warren Kossmann. It is a lovely site with irregular terrain including a variety of hills, rock out-croppings, and steep dry washes. Cactus, saguaro and palo verde vegetation range over the terrain.

How to get there: Follow Oracle Road ( AZ highway 89) north to mile post 81. **IMPORTANT NOTE:** A \$3 entrance fee is charged by the park service for every car entering the park. You may want to carpool to avoid this. A good meeting point/car drop site is the Valley National Bank parking lot on the corner of Ina and Magee.

Start times: 9:30 AM to Noon. Courses close at 2 PM. Basic, intermediate, and advanced courses can be run competitively (timed) or recreationally (untimed). Teams are welcome.

Cost: Individuals- \$4                      Teams- \$6                      TOC members \$1 less.

Meet Director: Tim Fahlberg (571-8252). Feel free to call for additional information. Please leave a message if I'm not in.

## ORIENTEERING IN THE EAST

During my absence from Arizona I've taken the opportunity to orienteer as much as possible. In addition to getting out in the woods and having fun chasing down control markers, I've also gotten a good look at orienteering in the East. Some of this may be interesting and of possible value to our club.

July and August in New Jersey are dog days. It is the season between seasons - of high humidity and no orienteering. The big orienteering seasons are spring (March - USOF Convention) and fall (Sept.-Dec.). In the summer months of July and August dense undergrowth and heavy insect populations as well as mugginess dictate that the in-place to be is at the beach, not the woods. Someone may put on a canoe-O but even that is rare. However, two ROGAINES ( Rugged Outdoor Group Activity Involving Navigation and Endurance) events were held this August. ROGAINES are like Score-O's but they're done on 7 1/2 minute USGS maps covering many square

miles and they last from 6 to 24 hours. Only teams enter (for safety). More on this another time.

Come September clubs get back to business and there is something going on somewhere nearly every weekend. Clubs put out single sheet brochures listing the season's events and directions to sites plus everything the beginner might need to know. It is a time for gaining new people and some events are offered only at the beginners level to really encourage new people to come out. Color maps are the standard. The last black-and-white map I ran on was last April at the AZ champs. More than one person has told me that club growth really took off once they got their first color map. It's a real joy to orienteer in color. In 6 weekends, I orienteered on 9 different maps, all in color. Control descriptions are given in international symbols (except for beginners). Local events (except for those strictly for beginners) usually offer 4-5 courses, cost \$2-\$4 to enter, and draw 60-150 participants. Typically I had to travel 100 miles to reach an event but the average for most people is probably closer to 50. All clubs post results shortly after a finisher returns; none give awards for local events.

In my 6 weekends of orienteering in the East I've been fortunate to compete in 3 class-A events and will make it 4 this weekend in St. Louis. But you know what, I sure did miss AZ and will be glad to be back even if we're still using black-and-white maps.

John Maier                      written October 25, 1989

#### A Blustery Day At Saguaro East

...and some of our 98 participants would say that was an understatement! Yes, we had a great turnout with 63 entries, all of whom contended in heavy winds. Of those 63 entries, 47 ran in the competitive class with the heaviest turnout on the intermediate course. We also had a possible record number of participants on the advanced course. This was similar to last month's Old Prison Camp, but with fewer DNFs. The advanced competition is getting fierce.

Mikes Pfeifer and Kessler set out some great courses (satisfied customers reported) on trail-laden, cat-clawed terrain with dusty views of the Rincons due to the wind. Thanks to Dale Bruder for vetting the basic and intermediate courses and to Keith McLeod for vetting the advanced.

Dan Cobbledick gave 2 beginner clinics with at least 11 people in each, using Tim Fahlberg's terrific homemade relief map. Three of those beginners ventured out on the intermediate course after completing the basic, and several newcomers joined the club for the following year after having a great time.

On the advanced course, John Maier ran an amazing 60:42 and Helen Deluga and Ellen Sweet both competed and finished it in great times for newcomers. This meet director was outclassed as I DNFed on the intermediate. It's great to see more competition among the women, but I have my work cut out for me.

Ladies---watch out for the up and coming Betsy Duren, Pat Penn, Becky Deatherage!

My personal thanks and a hearty welcome back (I hope) to Lee North for her hard work at the hectic time table during the morning start. Additional thanks to April Bahl and mom, Peg Davis, Rudy Drahovzal et al., Helen Deluga, Dan Cobbledick, Julian Spittlehouse, John Maier, Mike Pfeifer and Bernice Little for working the tables and/or retrieving controls.

I believe the biggest challenge of the day, according to Marilyn Cleavinger, myself, and Dan, was trying to get more registration money in the cash box than would blow out! It was "Dash for Cash" on more than one occasion.

This was my first experience meet directing, and besides the stomach butterflies, I enjoyed meeting and talking with so many of the participants. I encourage others to volunteer for this position as you can be involved in the club without being required to have course-setting expertise. Think about it.

See ya next month at Catalina State Park

Rachel Gelbin

RESULTS - SAGUARO NATIONAL MONUMENT EAST - NOVEMBER 19, 1989

BASIC COURSE

Bernice Little	25:52	1st, Women
Brian Minnich*	30:58	1st, Men
Buena Team	36:38	1st, Team
Betsy Duren*	38:34	2nd, Women
BFDs	53:01	2nd, Team
Robert Wolk and the California Kids	74:10	3rd, Team (new "O" rock band?)
Steckman/ Rasmussen	83:53	
The Colts	132:36	
The Bears	156:15	
Beverly Burwell	DNF	
Not Awake	DNF	lost card

Recreational entries:

The Cardinals	Cody Team*(good time; should've competed)
Ellis Team	Tom and Margie Groleau (and passenger)
Harold Henig	Mickle mice
Schwartz	Dave Shir cane
Two Jaws	Winship/Marshall

\*hardy souls who also did Intermediate

INTERMEDIATE COURSE

Keith and John McLeod	59:45	1st, Team
Tim Fahlberg	66:08	1st, Men

Roger Sperline	80:48	2nd, Men
Kelly Cook	98:06	3rd, Men
Pat Penn	112:08	1st, Women
Becky Deatherage	115:35	2nd, Women
Saguaro Flyers	123:50	2nd, Team
Emilio Fernandez	124:15	
Peg Davis	127:33	3rd, Women
Ocotillo Team	142:00	3rd, Team
Larry Howard	143:56	
The Waltons	146:10	
Intrepid	148:25	
Lost Ones	159:35	
Sue Roberts	177:00	
The Cook Expedition	191:56	
Hill Team	217:00	
Tom and Pat Britton	DNF	Team Perseverance - missed first two, but got the rest!
John Clark	DNF	
Garfield and Odie	DNF	
Rachel Gelbin	DNF	
The Red Barons	DNF	or DIF - Down In Flames

Recreational entries:

B&B Team	Cody Team
Betsy Duren	Ann Kovich
Jesse LaPlante	Brian Minnich

ADVANCED COURSE

John Maier	60:42	1st, Men
Dan Cobbledick	77:25	2nd, Men
Roy Parker	87:01	3rd, Men
John Little	88:29	
Dominic Oldershaw	105:04	
Mark Parsons/Peter Worrall	150:13	1st, Team
Steven Dentali	162:14	
Helen Deluga	184:00	1st, Women
Dale Bruder	191:12	
Ellen Sweet	198:40	2nd, Women
Julian Spittlehouse	206:40	
Warren Kossmann	214:32	
Crawford/Zak	DSQ	wrong punch #7
Dale Cole	DNF	Where was that #8, anyway?

Recreational entries: none

IOF Control Symbol Usage

Based on sixty cards turned in (of sixty three entries), the following summarizes control information used at this meet:

Course	Symbols Only	Words Only	Symbols <u>and</u> Words
Advanced	3 cards	4 cards	6 cards
Intermediate	1 card	13 cards	13 cards
Basic	none	6 cards	14 cards

A majority seemed to consider the new symbols worth recording, although their actual usage remains uncertain. A solid one-third stuck with the English-only descriptions. This may be an interesting stat to follow through future meets.

### THE COMPETITIVE EDGE

(the first in a series of articles on ways to improve your orienteering)

If you are a recreational orienteer do not be put off by the title of this article; it is for you every bit as much as for the competitor who vies for fame and glory. The difference is that (s)he must master these skills to succeed whereas your mastery of them will "only" increase your enjoyment.

This article deals with the balance between speed and navigation. Do you know how to strike a good balance? How many times have you overheard an orienteer at the finish line proclaiming how much faster (s)he would have been if it weren't for that one control that cost him(her) "x" number of minutes (i.e.-(s)he got lost)? How many times have you found yourself wondering exactly where on the map you were? In both cases a good balance was not struck. It is imperative that you keep track of your location on the map at all times. The easiest way to lose it is to move faster than you are navigating. Slow down. Keep track of your location on the map by placing your thumb there and moving it along as you travel.

Look at your map frequently and anticipate what you will be seeing in the terrain based on what's shown on the map. How often do you look at your map? Elite orienteers may glance at their map as often as once every 10 seconds and look at it for only 1-2 seconds at each glance! You can see how important it would be to keep track of your place on the map (with your thumb) if you only had 1-2 seconds for each look. It's better to take frequent brief looks than to take infrequent long looks. But at first don't be concerned with how long you look, just be sure you know where you are.

If you find yourself continually having difficulty with the navigation even when going slow, perhaps you are orienteering above your level. Try an easier course until you've mastered the navigational techniques at that level, then consider moving up a step. Always master the navigational skills at a particular level before increasing speed.

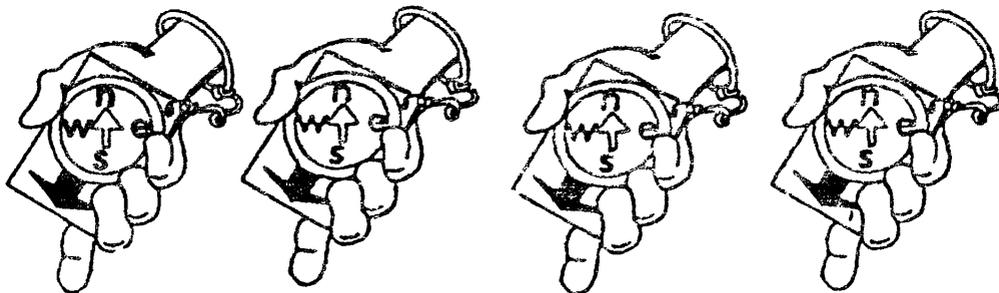
One parting thought: Errors determine who wins and who doesn't. Errors can be big or small but the biggest come from becoming

(temporarily) lost. Prevent that. If you know where you are on the map at all times you cannot become lost. So slow down, mark location with thumb, check map frequently, and orienteer at your skill level. You'll eliminate the big errors and have more consistent performances. (Next: Route Choice)

John Maier

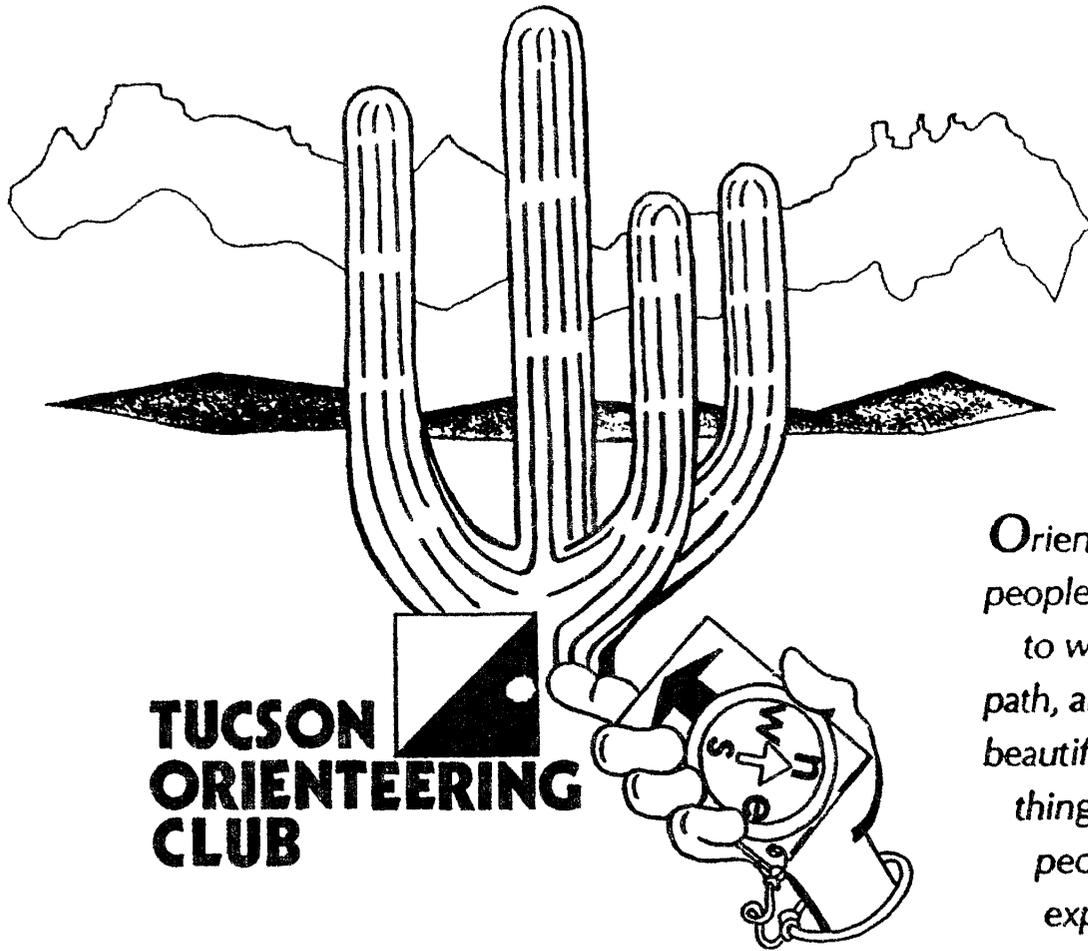
## Training seminar for women

John Maier will be teaching a seminar for women on Sunday, January 14th. The purpose is to help women move up from the intermediate to the advanced course. All women who have run an intermediate course are welcome. The seminar will be held at John's place near Benson, reached by taking I-10 east from Tucson to State Road 80 (exit 302), going south on 90 for about 1.5 miles, then turning east on a good dirt road 0.25 miles south of milepost 291. Follow signs to the site. Let's carpool down and take lunch (call Peg at 628-8985 to set up). This should be a fabulous opportunity- John is a good teacher and a great orienteer for those of you who haven't met him. **FOR ALL OF YOU WHO AREN'T WOMEN WHO HAVE AN RUN INTERMEDIATE COURSE:** John plans on doing a series of seminars on the Sundays before meets. Talk to him about future topics you'd like to have covered.



For those of you who haven't divined it by the newsletter contents, John Maier is back in town and we heartily welcome him back.

If you borrowed one of the following books from Tim Fahlberg (Armchair Orienteering volume 1 or 2, Orienteering Skills and Strategies - his name is on or inside each book) would you please give him a call (571-8252) or bring them to the next meet. Thanks.



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

MEMBERSHIP FORM

FILL IN APPLICATION, MAKE CHECK PAYABLE TO: TUCSON ORIENTEERING CLUB, AND MAIL TO: TUCSON ORIENTEERING CLUB, P.O. BOX 13012, TUCSON, AZ 85732.

CHECK ONE: \_\_\_\_\_ NEW MEMBER \_\_\_\_\_ RENEWAL \_\_\_\_\_  
Date on mailing label

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELE. # \_\_\_\_\_

CHECK ONE: \_\_\_\_\_ INDIVIDUAL (\$8.00)  
\_\_\_\_\_ FAMILY (\$11.00)

Members receive a monthly newsletter, have voting privileges, and receive a \$1.00 discount per major meet.



Tucson Orienteering Club  
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Address Correction Requested

