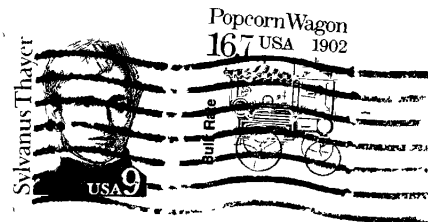
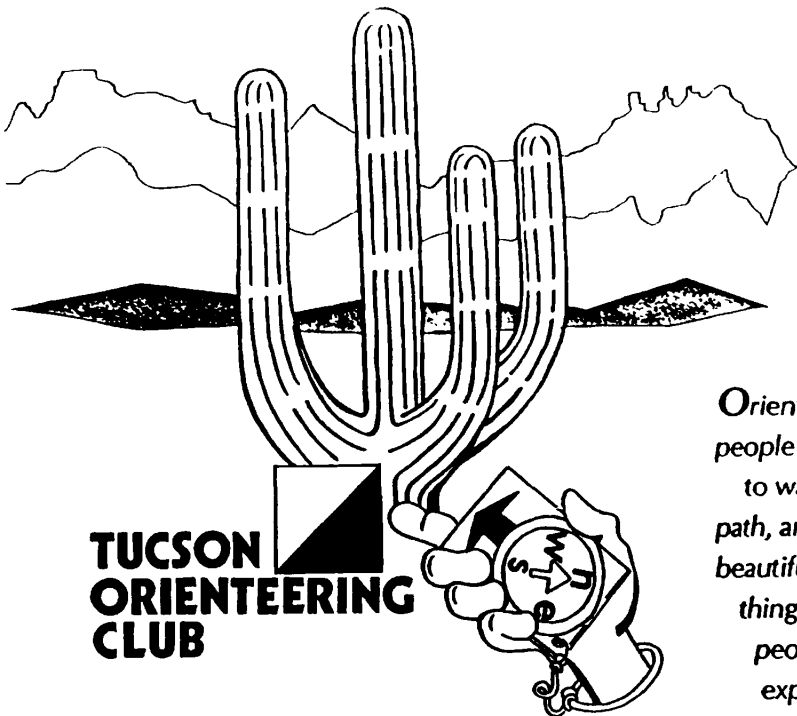


Tucson Orienteering Club
P.O. Box 13012
Tucson, Az. 85732

Address Correction Requested





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

Early-O at Greasewood Park

Sunday July 16th, 1989

Directions: Greasewood Park lies between Anklam and Speedway roads, just west of Pima College West Campus. Access is off Greasewood Road, just south of Speedway.

Start Times: 7:30AM - 11AM. Course closes at noon. A beginner clinic will be offered at 7AM and later on request.

Fees: \$4 for individuals, \$6 for teams. TOC members receive a \$1 discount. This is a joint meet with the Southern Arizona Hiking Club and their members will also receive a \$1 discount.

Courses: Basic, intermediate, and advanced courses will be offered. The advanced course will feature controls set especially for this meet, just to keep you Greasewood familiars hopping.

Course setter Tim Fahlberg and Meet Director April Bahl will be out at the Greasewood ramada start point bright and early. Since Greasewood is at a low elevation, the earlier you start, the cooler you'll stay. The park vegetation is quite trambly, so long pants and sleeves are recommended.

COURSL-SLTTING CLINIC

Given by John Little June 13, 1989

Up until now, our principal training for course-setters has been simply running in club events at various levels. After saying "I can do that!", they attempt to create courses similar to those they have competed on, possibly with no design criteria in mind other than "Basic short and easy; advanced long and hard". As ten or so of us found out at John Little's clinic, there are a surprising number of objective criteria involved in creating fun, fair, and interesting courses for orienteers of varying abilities.

Much of what we discussed was the desired characteristics of basic, intermediate, and advanced courses. Some samples: basic courses should be designed to emphasize success - an easy and fun introduction to orienteering, using handrails and obvious attack points, that will encourage people to return and tackle greater challenges. Intermediate courses should send people cross-country more, with a greater leeway in route choice, but with catching features beyond the controls to keep people from getting too lost. Advanced courses should require constant navigation by the orienteer - easy handrails, if any, should take the long way - to controls typically located before catching features. Lots of route choices and opportunity for mistakes should be included.

The concept of fairness in course design was extensively discussed, starting with the necessity of getting the controls in the right spot. Both markers and attack points must be in areas that are accurately mapped, so orienteers can associate map and terrain from any reasonable direction of approach. We were taught to avoid creating situations where luck can give one competitor an advantage: the "bingo control" in a featureless area without attack points ("Oh, look what I found!"), and the "dogleg" where control approach and departure are likely to be on the same route ("If I see you leaving, I can find it faster").

We did some map exercises of the type "from point A, lay out an appropriate basic, intermediate, and/or advanced leg". Doing and discussing these, we discovered how tricky the application of all these principles really is, but also what fun it is too. A few of the participants will be laying out their first courses in the near future; this session will contribute greatly to their success.

Postscript: Anyone who missed this session and is interested further should contact Mr. Little - he has developed a six-page outline of this material that should be considered a must for course-setters of any amount of experience.

-Dan Cobbledick

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Any comments about or additions to this newsletter are welcome. Send them to Peg Davis, 1229 e 13th St, Tucson AZ 85719 or call 628-8985

Are you interested in getting more involved with orienteering? Please fill in the area on your registration form at Greasewood or your next meet asking about your volunteer skills and preferences. The club needs YOU!

USOF Membership: What's in it for me?

-adapted from the St. Louis newsletter April '89

Here is the membership form for the United States Orienteering Federation, the national organization which governs and promotes orienteering nationwide. TOC encourages its members to join USOF where we can affect national orienteering policy.

Fine, you say, but why should I join USOF? What's in it for me? First of all, there's the discount at all USOF-sanctioned A-meets (such as the one just held in Colorado Springs). USOF members receive a \$2 per day discount at all "A" meets. In addition, you must be a USOF member to get a national ranking based on your participation in "A" meets.

OK, you say, I only go to TOC meets and our next planned "A" meet is in March of 1991, so it would be pretty hard for me to be ranked.

Well, there's also the magazine: Ten times a year, you receive Orienteering North America, which contains articles on meets and competition, features on training, nutrition, and health, and lighter articles by "ordinary folks" on such topics as "I was a teenage course setter" and "Close encounters with a deer tick." After major meets, O/NA includes full-color maps with selected courses printed on them. These maps are great for armchair training, and accompanying articles explain the route choices that leading competitors took.

A third reason to join is that, by joining, you help insure that our region isn't neglected in national planning for orienteering. This is because the number of votes TOC gets in USOF elections is dependent on the number of TOC members who are also USOF members. The more USOF members, the more votes.

Membership costs range from \$2 for a non-voting, non-magazine receiving junior to \$250 for a lifetime membership. For yourself, your club, and your sport: Join USOF!



MEET DIRECTOR ABSCONDOS WITH JUNE BEAR WALLOW RESULTS'
Reward offered for information leading to publication.

Coming next month: the exciting account of Helen Deluga's third place finish at the Colorado A-meet.

United States Orienteering Federation

P.O. Box 1444
Forest Park, GA 30051
MEMBERSHIP APPLICATION

() NEW MEMBERSHIP () RENEWAL () ADDRESS CHANGE

I hereby apply for USOF membership. I understand that I am entitled to all membership benefits of the organization, including membership in the International O-Federation and (except for Junior members) a one year subscription the Orienteering North America.
Please Print

Date _____ Yr Born _____

Name _____

Address _____

Home Phone (_____) - _____ - _____

If family membership, list additional persons:

Name	Year Born
------	-----------

New Member Renewal

Type of membership (check one):

As a member of a chartered club Club _____

Junior \$2 (18 or under, non-voting, no magazine)

Student \$6 (21 or under) Individual \$15

Family \$20 Lifetime \$250

As a member at-large

Junior \$2 (18 or under, non-voting, no magazine)

Student \$6 (21 or under) Individual \$20

Family \$25 Lifetime \$250

All contributions to USOF are deductible on your federal income tax return. If you contribute \$40 or more in addition to your membership fee, you will receive your copy of Orienteering North America by first class mail for the next year. Please check the fund you wish to benefit from your donation:

Special Projects Promotion

U.S. Junior Team U.S. Team

U.S. Ski-O Team Mapping

Other application _____

Make checks payable to USOF

LIFE IN THE FAST LANE

by

Warren Kossmann

Having recently attended the United States Orienteering Federation (USOF) Convention and Colorado High-O (Heartland Championship) in Colorado Springs, I can say that participating in a national event is quite a bit different than the kind of events I've attended since I was first introduced to orienteering approximately five years ago. Many of the folks who participate in events at the national level seem to possess the uncanny ability to home in on control markers in much the same way as a bat uses sonar to detect objects in its environment. These people are continually in motion from start to finish, running hard most of the time - I suspect that they are able to punch control cards in mid-stride! I have to admit that I felt a bit out of place being in the midst of runners whose endurance level far surpassed anything I could have dreamed of attaining.

Actually, it was quite interesting to experience a national event and get a understanding of how orienteering is done elsewhere. Many of the maps were done in color, which takes some getting used to. I was surprised to learn that the maps are pre-marked and that, in most cases, clues concerning the location of control markers are provided in the form of International Orienteering Federation (IOF) symbols rather than the English word clues that I am so accustomed to. Also, there is a three-hour limit for finishing a course, presumably established for safety reasons. Regardless of whether a participant finds all the controls, if that person takes longer than three hours to complete the course, it is technically an overtime situation which results in disqualification - it is the same as if the person had not finished the course!

During the convention, I was able to tour Analytical Surveys, Inc., a specialized computer mapping service. I got a first-hand look at how maps are made and all the technology that goes along with it. I was fascinated by the stereo plotters, which are used to create 3-D drawings, and fantasized about how nice it would be if Tucson Orienteering Club (TOC) had ready access to equipment which would provide computer mapping capability.

I also attended an excellent workshop on ski-orienteering. Although this might seem to be an inappropriate aspect of orienteering for dwellers of the desert southwest, I do think that northern Arizona has great potential for such events. It is entirely within the realm of possibility that several Ski-O's could be held during the winter months (anyone interested in organizing Ski-O's should contact one of the club officers).

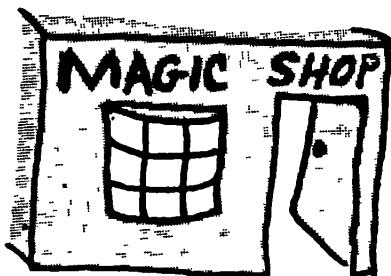
The high point of convention workshops were the two conducted by Mark Frank, who heads USOF's Education Committee, concerning teaching orienteering to beginners and strategies for growth. I really felt inspired as a result of attending these

two workshops, primarily because of the tremendous potential for the growth of orienteering on the national level as well as for the Tucson Orienteering Club.

Now for the bad news. My overall impression of the courses that were set, both for the events which took place during the convention and the first day of the Heartland Championship (I did not participate on the second day of the event), was that they left a lot to be desired from a design standpoint, as evidenced by a considerable number of DNF's, that is, people who were unable to complete the course(s). I also suspect that not all of the courses were vetted, which could have contributed to the problem. After experiencing all (or nearly all) of what a national event has to offer, I am firmly convinced that the folks in TOC who design and set the courses are doing a fantastic job and are to be commended for their efforts. Thanks for all the really great courses!

Right now, I don't think that I'll want to be attending a national event for several years. There's plenty of orienteering to be done in and around Tucson, and a lot that can be done to promote the growth of the sport in the local community. Sounds like a good time to me!

WILY COURSESETTER by Sid Sachs



"I want six pens with red ink that will be visible for only 15 to 20 minutes before disappearing."

★ ★

The 1989 California State Championships are coming up September 30 - October 1 at Palomar Mountain, only 90 minutes from San Diego and Los Angeles. For more information, write to San Diego Orienteering, P.O. Box 26722, San Diego, CA 92126.

Setting an O-Course

(Subtitled: How I left my heart at Lincoln Park)

Are you interested in:

- a. Improving your orienteering skills?
- b. Meeting new people?
- c. Getting scared silly by night noises?

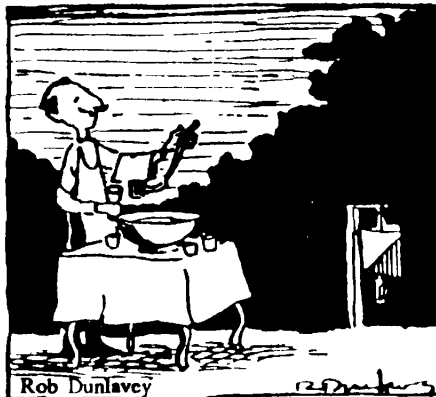
Well, even if you only answered two out of three you should still consider getting involved in setting an orienteering course.

I volunteered as a intermediate orienteer of limited experience to help set and direct a night-o with master course setter Dan Cobbledick. To get a feel for the topography and extensive (but confusing) trail system, I first visited the course alone and then with Dan. I also learned to rein in my imagination during a solitary visit on a dark, windy night when the park was alive with known and unknown noises (actually this is a lie). After designing, testing, and improving a short course (with some gnashing of teeth and much confusion) a (hopefully) fun and challenging course was agreed upon. Just before meet time we hung the special reflective night controls (chuckling here and there about placement!), drew the master maps, and then eagerly awaited the arrival of hordes of participants.

Folks did appear and then disappear into the black of the moonless night (some with flashlights bigger than breadboxes). After a longer period of time than we'd anticipated we began to see lights playing near the final controls. These had been deliberately set so as to be visible from the start/finish area and provided unexpected entertainment.

At the finish stories of frustration and humor filled the air and rewarded all with a sense of camaraderie and accomplishment.

-by Tim Fahlberg



Now THIS is a classy water stop...

ORIENTEERS RUN THE WORLD

Orienteering is a unique sport for urban outdoor activists because of its adaptability to small open areas (4-6 square km) and the variety of course styles. Tucson is a typical example: an urban area of almost 500,000 with parks and preserves within 50 miles, the Tucson region offers opportunity for applying most orienteering styles. Two forms, canoe-O and ski-O, are highly unlikely in our desert.

But that should never stop you. By attending and participating in O-meets around Tucson, the skills become second nature - compass use, map reading, terrain recognition and efficient course skills grow with each experience. Even getting lost and finding your location on the map becomes both challenging and easier.

Want to try canoe-O or ski-O? Find a club sponsoring a meet and plan on attending. Travelling to another part of the continent and want to meet new friends? Find out where the nearest O meet is that coincides with your trip.

Orienteering is available near almost every major urban area in the northern hemisphere. It's especially popular in Europe where international map symbols are particularly useful. After all, would an Italian be able to find a re-entrant in German or Swedish?

The USA boasts many clubs sponsoring frequent meets. Recently, I spent a month in St. Louis, MO. During my stay, I ran two orienteering courses in widely separated locales. I was afforded the chance to see parts of the region I would have missed left to my own devices and I was enthusiastically greeted by friendly people at each event. Besides that, I was challenged by the courses, including one that was new to me. The St. Louis club meets added to my visit.

How did I know about the SLOC and their schedule of events? I read their newsletter a month before my trip and noted dates and locations. I searched through the library of other orienteering club newsletters at the previous Tucson meet I attended. The newsletters are on a large steel ring and are available at every TOC event. They are kept current by our well-organized secretary - Marilyn.

So! You can use a compass and a map. Next time you take a trip include an orienteering event on your itinerary. It's worth it.

-Dale Bruder



The club has a great deal of information available about many aspects of orienteering. We make some of it available at every meet. The catalogues of several mail order orienteering gear outlets can be perused along with newsletters from clubs across the country. The article on the AZ championships from the San Diego club is quite interesting and the accompanying pictures are very educational. If there's a specific area you're interested in, please ask at the registration table or the crowd post-mortuming the course at the finish line. The more you know, the more you can enjoy orienteering, and we're glad to help.

Welcome to the PT Pounders and the Peraltas! Y'all come back....

1989-1990 Schedule of Events
for the
TUCSON ORIENTEERING CLUB

Beginner, intermediate, and advanced courses can be started between 9:30AM and Noon. Beginner's clinics are available at each meet. The cost for individuals is \$4 and teams \$6 with a \$1 discount for club members. Compass rental: \$1.

* Because of the heat at this lower altitude, start times for July only will be 7:30AM-11AM.

Date	Location	Directions
1989		
July 16th	Greasewood Park*	Access is off Greasewood Road between Speedway and Anklam Roads.
August 20th	Sabino Canyon	Turn left at the end of Bear Canyon Road and follow the dirt road for 1/4 mile.
Sept. 17th	Palisades	Take Catalina Highway to Organization Ridge Road and follow orienteering signs.
October 15th	Old Prison Camp	Just after Milepost 7 on Catalina Highway going up Mt. Lemmon, turn left on a dirt road between 2 ridges. Look for an O-sign.
November 19th	To Be Announced	
December 17th	Catalina State Park	Follow Oracle Road north to park entrance and follow orienteering signs.
1990		
January 21st	Tucson Mountains	Take I-10 to Ina Road and go west to Wade Road. Follow Wade south for 2 miles while the name changes to Picture Rocks. Parking is at the sharp bend after the pass.
February 17 & 18th	Cottonwood Wash	Follow I-10 east from Tucson to State Road 90 (exit 302). Go south on 90 for 1.5 miles then turn east on a good dirt road and follow signs.
March 17 & 18th	Arizona State Championships at Rosemont Canyon	From Tucson, take I-10 east to State Hwy. 83 (exit 281). Go south approximately 14 miles and follow O-signs down the dirt road on the right.

AN ORIENTEERING GLOSSARY

A guide to the Lingo for Beginners

O/NA

We thought it would be helpful, especially for beginners, to include a glossary of Orienteering terms. There is nothing so intimidating as being surrounded by talk that you don't understand. What is included here is certainly not complete; we plan to continue this feature in subsequent issues.

ORIENTEERING: Navigation through unknown terrain using only a map and a compass. Notice that the map is mentioned first--you can find your way to something without a compass, but probably not without a map.

ORIENTEERING COURSE: A group of features on that map that are to be visited. At each feature is an orange (or red) and white marker, and a punch for marking your control card. The total of these three (the feature, marker, and punch) is called a control. Each feature is circled on the map, while the start is shown by a triangle, and the finish by a double circle.

CONTROL CARD: A card that you carry with you to punch at each control. As the punches all produce different hole patterns, the card is evidence that you have visited all the controls.

CONTOUR (LINE): A line on the map that is at constant altitude. If you think of a hill as a layer cake, the contour lines are where the frosting squeezes out between the layers. When you cross a contour on the map, you are going either up or down--you must use other evidence on the map to figure out which is which (e.g., if you're going toward water, you're going down).

RE-ENTRANT: Probably the most unfamiliar term to non-Orienteers and the one most used by Orienteers. A re-entrant is a small valley: if you are standing at the bottom facing into a re-entrant, the land inclines up in front of you and on both sides, and down in back of you. (See book review on page 3 for a more complete description.)

KNOLL: A small hill. Correctly used, it should only designate features one contour or less in height, but we get a little casual about usage.

NORTH: In Orienteering, this is magnetic north. Maps have their orientation, or at least their meridian lines drawn to magnetic north, so that bearings can be read directly from a compass with no declination correction.

ROCK FACE (or Cliff): A piece of exposed rock with one side close to vertical--at least at a slope of 60 degrees. The size required for a rock face to be included on the map varies with the rockiness of the area, but is hardly ever less than 1 meter; in some very rocky areas only cliffs at least 2 m. high are included.

MAP: An Orienteering map is a map which includes all information that is useful for navigation by an Orienteer running through the woods. The information consists of: contour lines, rock features, man-made features (buildings, trails, roads, fences, etc.), water features, and vegetation indications (normal, thin, thick). It is not meant to be an exact picture of the terrain, as sometimes that would not provide information useful to the Orienteer. Sometimes contour lines are raised or lowered to give a better picture of how the land looks--the exact contour line might just miss showing something apparent to the eye.

SCALE: The size of the map compared with the area it represents. The usual O-map scale is 1 inch of map to 15,000 inches of terrain (written 1:15,000 or sometimes shortened to just 15,000). That means 1 mm. on the map is 15 m. (50') on the ground, or 1 inch on the map is 1250 feet on the ground.

ONE-EIGHTY (180): Going in exactly the wrong direction. This happens when you set your compass relative to South rather than North, resulting in a 180 degree error in direction.

ORIENTEERING

Tucson Orienteering Club Membership Application June

Fill out the application, make check payable to: Tucson Orienteering Club, and mail to:

Tucson Orienteering Club, P.O. Box 13012, Tucson, Az. 85732

Membership expires 12/89

Check One: New Member Renewal _____
Date on mailing label

Members receive a monthly newsletter, have voting privileges, and receive a \$1.00 discount at all club sponsored events and meets.

Name _____

Address _____

T-Shirt Order Form

Adult Sizes \$8.00+50¢
postage

Kids Sizes \$6.00+50¢
postage

Zip _____

Small 34-36

Small 6-8

Check One: \$3.50 Single

Medium 38-40

Medium 10-12

Telephone _____
 \$5.00 Family
or Team

Large 42-44

X-Large 45-48