



The Tucson Orienteering Club Newsletter

November 1990

Come to Helvetia for the November 18th meet

On November 18th, the monthly event will be held at Helvetia. This site in the Santa Rita mountains has not been used since 1988, so many in the club will be making their first visit there. The old sages say hostile vegetation and steep hills abound, so it sounds like your average ole TOC Sunday stroll. Local hero Dan Cobbledick will be setting three cross-country courses for our control-finding pleasure. And, yes, there's more! It's time for a TOC camp-out! Those who like to socialize are encouraged to show up the day before at the meet site (follow the signs) for the usual tall tale telling and outright lying Saturday night sessions around the glow of the Coleman stove. This will be classic Arizona camping - no facilities - so bring your own water and don't ask where the restrooms are. Want to test and improve your orienteering skills? Located within spitting distance of the start and available from 4 PM Saturday until noon Sunday will be the PACE COUNT CLINIC. Don't know how many paces it takes you to cover 100 meters on a dirt road at a walk? At a run? How about going uphill and downhill? How about while contouring? 100 meters flagged paths will be set up allowing you to hone your skills. For the hotshots, the mystery course will be set up - you pace along the flagging and see how your estimate of 100 meters compares to the gold standard scrupulously measured by Legwoman (Peg Davis). While most of this is self-paced (excuuuse me), she will be hanging around to get you started and give pep talks about how pace counting can help you complete courses faster and even get unlost.

Directions: Drive to Sahuarita on I-19 or U.S. 89. Take Sahuarita

Road east for 0.7 miles, turn right (south) on Santa Rita Road and drive 13.4 miles. Turn left and follow the "O" signs to the start.

Times: Courses can be started between 9:30 AM and noon. Courses close (and you must have returned to the finish) at 2 PM. Beginner's clinics are offered at 9 PM and any other time you request at the registration table.

Costs: \$4 for individuals, \$6 for teams of any size, with a \$1 discount for TOC members. Memberships can be purchased AND RENEWED (look at the expiration date on your mailing label) when registering - \$8 for individuals, \$11 for families or households. Compasses can be rented (\$1) and safety whistles (\$1) bought. If you have any green left after all this, how about a TOC T-shirt (designed by Dale Bruder) for \$8? He'll autograph it for you at no charge.

Y'ALL COME!

Course setting course now set

Do you want to learn how to set orienteering courses? There's something in it both for you and for the club. The club needs more experienced course-setters, as usual. The benefits for you include preventing burn-out of the other setters, so that we will continue having meets; learning something new, interesting, and challenging; and, best of all, learning a set of skills which really improve your own orienteering, partly by allowing you to see and study a course at your leisure with a full brainload of oxygen.

We will get started in learning the elements of good course planning in a couple of different ways. First, we will have a couple of evening sessions at my house, details below, spaced one week apart. I'll talk about the elements of good course setting, how hard to make it, and some things to avoid. Between these two sessions, people will have a chance to look over some old courses for their good and bad points, and to design some legs of another course (call this homework if you will). Second, after these sessions, interested folks can help plan a real meet in the near future. How fancy we will get will depend on who shows up and their level of enthusiasm.

In 1991, we can get into the fine points of course setting; for the moment, this should get us started.

Evening sessions will be on Mondays, November 26 and December 3, at my house, 1514 E. Kleindale Road, at 7:30. I hope to be done by 9 PM each evening. To get there, get onto Ft. Lowell and go N on Cherry (halfway between Mountain and Campbell); proceed to the traffic barrier and go left; the house is the second on the left (palm tree in the back yard). Please call 621-5629 (days) or 327-8973 (home, keep trying) to book your slot and make sure there will be enough handouts. Some real field work will be set up in December to firm up the skills mastered.

--John Little

[Editor's Comment] This is a wonderful opportunity for anyone wanting to learn how to set courses. For those of you who only know him as a blur on the advanced course, John is a very experienced orienteer and course-setter; he has been in the club since it began in 1984 and has set a number of meets for the club, including the critically-acclaimed (!) Arizona State Championships at Rosemont this past March. In 1988 he won a national Course-setting Competition sponsored by USOF. Don't be intimidated by the prospect of homework--what else would you expect from a teacher?

Night moves at Lincoln Park October 31st meet results

Clouds veiled the moon while a copper chopper blazed white light on orienteerers zigzagging across Lincoln Park like escaped prisoners.

Sixteen brave people accepted the challenge to find 6 or 19 controls by choosing their own routes that ranged over riparian washes and low scrubby hills. The markers were spread over the terrain and offered plenty of opportunities to use orienteering skills - intuition has no weight at a Night-O. Maintaining your position on the map and recognizing features on the shadowy terrain are all that's available. The short course had 6 controls widely spread apart. Jim Walsh and Chris Hannon, formerly the Pious Pimps, teamed up again as Look Sharp and

handily blasted through the course. Helen Deluga slithered through the course as Medusa. Owls buzzed her hair for a meal. Susan Lawrence (recently completed my "terrain games" PCC class) and Jim Hoagland successfully completed their first course - and a Night-0 to boot! Beverly Burwell found two controls, both with the same punch code - now that's intuition. Dan (Damn! lost 10 minutes doubling back) Cobbledick raced back to a snoozing Connor. Rachel was guarding the trick or treat treats. Eileen Dennett and Julian Spittlehouse cruised through the course while Warren Kossmann insisted that some of the controls were misplaced. Best efforts by Roger Sperline (the real one) and Sue Roberts sucked up 14 controls on a tough and tricky course. Pat (Dr. Draculette) Penn found 11 while Peg (disguised as Roger Sperline) Davis found 6 of the controls (aren't these things supposed to be reflective?) that Pat couldn't. Steve Personett and Matt Miller found 5 of the most difficult controls. Thanks to Pat, Jim, Julian, and Eileen for control retrieval, Warren for table set-up and Helen for control inventory.

Dale Bruder, Meet Director

Short Course --- 6 controls
 Look Sharp 49 mins.
 Helen Medusa Deluga 64 mins.
 Beverly Burwell 2 controls

Long Course --- 19 controls
 Dan Cobbledick 58 mins.
 Smokey & Zippy 100 mins.
 Warren Kossmann 134 mins.
 Shop Vac 14 controls
 Dr. Draculette Pat Penn 11 controls
 Peg can't see Davis 6 controls
 Miller/Personett 5 controls

Another view of orienteering

Not too long ago, while I was in the woods at a local meet in the Northeast a novel way of seeing myself orienteering came over me. It was as if I was sitting in the head of a robot. I had to keep glancing at the map to keep track of my progress as well as indicate to the robot which direction to go. It was kinda neat not to have to keep thinking about making myself move faster, or of being out of breath, and the robot took care of avoiding

obstacles, etc. Although I had control over the speed, I was dissociated from the physical discomforts of locomotion. In order to do well I wanted to go fast, of course, but that made it more difficult to navigate well as the scenery moved by more quickly. So it was necessary to process the incoming data (visual sights) against the map data at a rapid rate and to anticipate what lay ahead so as to not have to slow down to figure it out once I got there. Was something trying to tell me that this sport is more mental than physical?

J. Maier

P.S. To our faithful newsletter readers it may appear that J.M. had an overdose of Gookinaid but such an assumption would be false.

...and another view

At the April meet at Ft. Huachuca, using that color map for the first time, I had an amazing feeling of control. At some points I could look at the map and have it turn into a three dimensional display. The map was so easy to use and the terrain features so obvious that most of the time I was out I could have marked my location on the map with pinpoint accuracy. The feeling of truly knowing where I was instead of figuring "Well, I must be around here" was very enjoyable. I'm waiting for the next phase of my orienteering development - feeling that way on 40 foot contour intervals! Then I'll move on to robotics.

Pcg Davis

The Orienteering Club is going to need a lost and found department soon.

The items we have collected so far are:

- grey sweatshirt
- Norcompass (looks fairly new)
- lensmatic compass
- black plastic whistle
- reading glasses

More on control punching

I heard some discussion about John Maier's article on approaching and spiking controls. These further explanations from Lowry and Sidney's *Orienteering Techniques and Strategies* should help to keep the topic hot.

TECHNIQUE AT THE CONTROL

At the advanced level, competitions are often won or lost at the control. But no matter what your level, you can improve your time by developing good technique. For example, there are an average of 10 controls on a course. If it takes you between 30 and 60 seconds to punch each control and continue, you spend 5 to 10 minutes at controls every event. Compare this time to the 2.5 minutes (15 seconds per control) of an intermediate orienteer and 50 seconds (5 seconds per control) of an advanced orienteer. The differences are staggering, so pay special attention to this area if you want to better your performance overall.

Eventually, you'll develop a control system you feel comfortable with and which suits your orienteering style. Here are the typical progressions of systems you can adopt or modify for your own use.

BEGINNER

As a beginner, you need to develop a basic sequence of actions at controls. Your goal is to ensure that the marker you've found is the right one, that you record it properly, and that you are ready to continue as quickly as possible.

1. You sight the control flag and are overcome with joy.
2. Stop at the flag.
3. Check that the control code on the description sheet and the one on the control marker are the same.
4. Punch your control card in the appropriate box.
5. Plan your next leg.
6. Leave the control.

Refrain from rushing into the control, punching too quickly, or rushing madly away.

INTERMEDIATE

As an intermediate competitor, your control system changes to a deliberate plan to move as quickly as possible through the control area.

1. Sight the control feature or flag. (You don't have to see the flag itself. You recognize the feature and know the control marker is hanging on or near it.)
2. Check the control code on the description sheet.
3. Read the map to plan the next route. Refold your map and take a new bearing for direction.
4. Stop at the control and punch your control card.
5. Move 10 to 15 metres away from the control in the direction of the next control and stop.
6. If you were unable to plan your route and direction to the next control before punching, do it now. Refold your map.
7. Leave the control area. But don't rush off. Slowly increase your speed, checking your direction and map reading as you go. Make sure you know exactly where you are heading. This part of the leg is still more precision than rough orienteering, until you reach your high speed rhythm again.

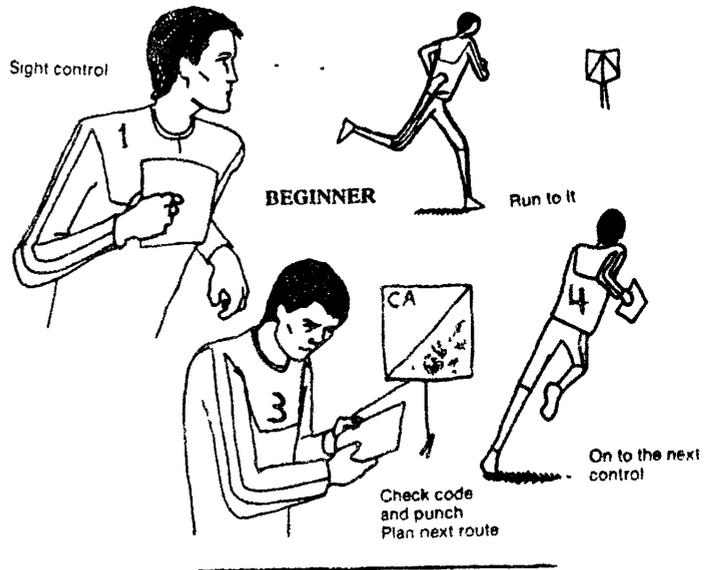
If you were able to plan your route and direction prior to punching the control, you don't have to move away from the control and stop. Do move away from the control slowly though, and recheck your planned route and direction.

If the route to the next control is simple and you can move quickly to a large handrail such as a trail, you might be tempted to rush to the trail first and recheck and plan the leg from there. But if you leave the control too quickly, you may err in your direction. Turning out of the control in the wrong direction is more common than you might think.

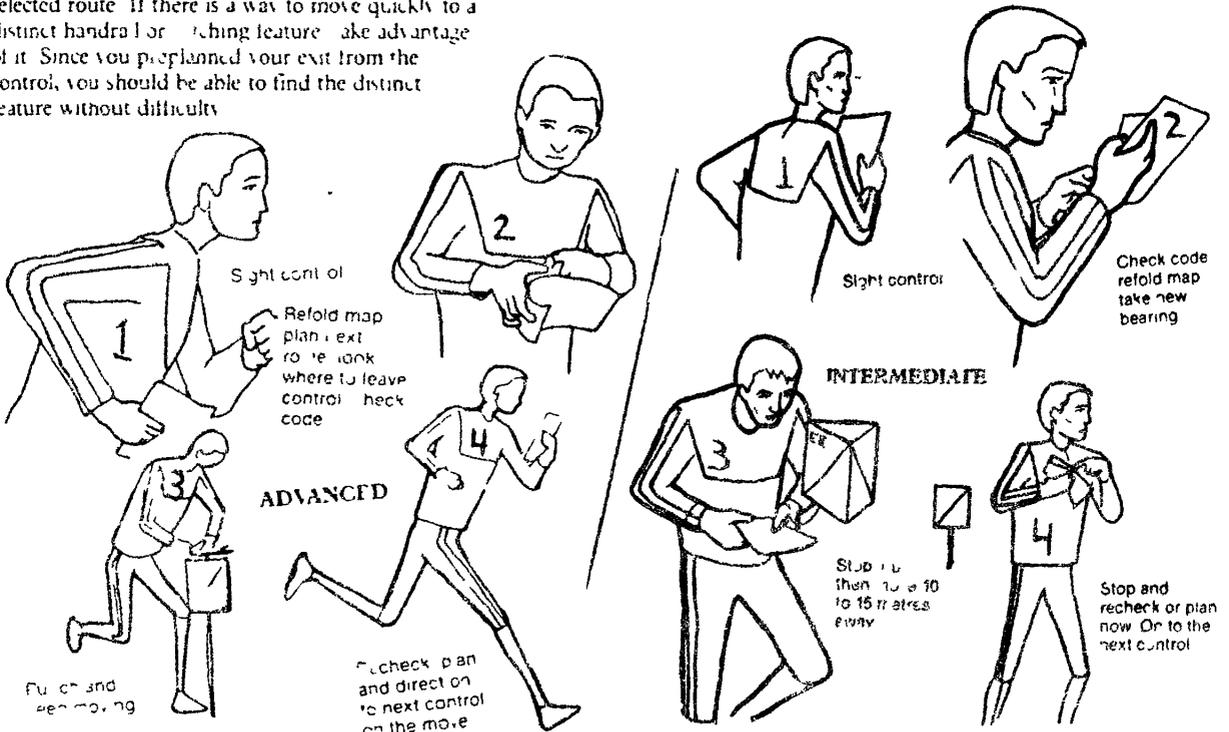
ADVANCED

The advanced system involves preplanning your exit from the control, and then execution of a smooth departure

- 1 Sight the control feature or flag. Don't sprint to the flag. Take your time and execute the rest of the control system smoothly.
- 2 Roughly plan the next route if you haven't already done so.
- 3 Refold the map for the next leg.
- 4 Look in the terrain for distinct features to guide you out of the control and on your way to the next control.
- 5 Check the control code.
- 6 Punch your control card. Don't stop for more than a few seconds.
- 7 Leave the control in the direction you have predetermined. Recheck your plan and direction while moving.



Take it easy when you leave the control. Be careful that you are travelling in the direction of your selected route. If there is a way to move quickly to a distinct landmark or marking feature, take advantage of it. Since you preplanned your exit from the control, you should be able to find the distinct feature without difficulty.



BEAR CANYON MEET RESULTS

10/21/90

The October meet at Bear Canyon was well attended with 51 participants comprising 37 entries. The weather was sunny and gorgeous. The courses set by Mike Pfeifer and vetted by Warren Kossmann produced some very competitive times. Many people reported bringing cactus souvenirs back with them. Diane Ewald came to their rescue, supplying tweezers for some of the more zealous competitors.

Many thanks go to those people who helped on the day of the meet: Roger Sperline, Sue Roberts, April Bahl, Steve Dentali, Warren and Paul Kossmann, Mark Parsons, Julian Spittlehouse, Helen Deluga, and Dale Bruder.

Marilyn Cleavinger
Meet Director

BASIC

1T	The Colts	23:10
2T	The Bears	33:09
3T	The Broncos	43:19

Recreational

Tumellie Team
Hughes Huskeys
Nancy Skocy

ADVANCED

1M	Dan Cobbledick	52:51
2M	John Little	54:12
3M	Mark Parsons	1:01:03
	Maynard Schweigert	1:09:58
	Steve Dentali	1:35:26
	Julian Spittlehouse	1:39:13
	Mark Harkness	1:42:35
	Mike Cordier	1:58:09
1W	Marilyn Cleavinger	2:05:08
2W	Peg Davis	2:14:25
3W	Becky Deatherage	3:28:01
	Helen Deluga	DNF
	Dale Bruder	DNF

INTERMEDIATE

1M	Keith McLeod	1:04:52
1T	The Crawfords	1:22:28
2T	Personett/Miller	1:33:58
3T	The Waltons	1:34:25
	Look Sharp	1:35:41
1W	Terri Welsh	1:35:43
2M	Kelly Cook	1:40:48
	Roberts/Sperline	1:42:31
	Plasse/Forbes	1:47:09
	Gentala Team	1:48:19
	Flying Flugos	2:02:16
	The Cochrans	2:15:36
2W	Diane Ewald	2:25:50
	The Cranes	3:30:36
	Wilkey Richardson	DNF

Recreational

April Bahl
Rachel Gelbin
LaDonna Lee

Business meeting reminder

The next business meeting will be held Tuesday, November 13th at the Peg Davis/Warren Kossmann abode (1229 east 13th Street, 628-8985). Look for the control on top of the mail box. Come at 6 PM to potluck or 6:30 PM to get right down to business. The meet will end at 9 PM so have your agenda ready and get your two cent's worth in. All members and interested parties are welcome.

NOMINATIONS FOR TUCSON ORIENTEERING CLUB 1991 OFFICERS

President	Marilyn Cleavinger
Vice-President	Warren Kossmann
Secretary	Beverly Burwell
Treasurer	Pat Penn
Newsletter Editor	April Bahl
Membership	Steve Personett
Publicity/Education	Peg Davis
Mapping Development	Dan Cobbledick
Equipment Manager	Rachel Gelbin

As you may notice, it seems that exactly one candidate showed up for each office. This should make balloting simple.

The competitive edge

To gain the competitive edge over your fellow orienteers may be easier than you think. In fact, if you take care of the essentials, success may even sneak up on you without your realizing it. Repeated success will boost your self-confidence making it easier and easier to realize victory. But you do need to take care of the essentials. Very simply, you need to analyze your performances to identify strengths and weaknesses. Then set up a training schedule and work on improving your strengths and eliminating your weaknesses. If you need help in this, look to your fellow orienteers or ask me. After any event you should compare your routes with those of others on your course. You should especially find out how the better orienteers tackled the problems which gave you trouble. It is helpful to draw in the route you took on your map as best you can, consider what other options were available to you, and write up an analysis of it. This will turn your performance into a learning experience regardless of whether or not you fared well. Perhaps after several events you may recognize some particular errors which you been prone to make. Just knowing when you are likely to make an error will help because you can be on guard when faced with a similar situation.

Earlier in the year we had monthly training sessions which many people seemed to enjoy and we will have more again in the year ahead. But if you have great hopes for improvement, you really need to practice on a weekly basis. If you need help in setting up a training schedule, just ask me. Also anyone wishing to see a particular problem area covered in a training session, let me know.

John Maier

P.O. Box 1418, Benson, AZ 85602

phone: 586-7300

Editor's note: John Maier (that's pronounced MY-er)'s next appearance is rumored to be at the Helvetia meet, signing autographs for the faithful. Have those bouquets and overripe tomatoes ready.



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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
P.O. Box 13012
Tucson, Az. 85732

Address Correction Requested

