



The Tucson Orienteering Club Newsletter

April 1990



1990 Arizona Orienteering Champs

Red - Elite Man	Roy Parker
Green - Elite Woman	Terri Welsh
Green - Veteran Man	Keith McLeod
Short Green - Veteran Woman	Becky Deatherage
Orange - Junior Woman	Bernice Little

from Dale Bruder, the meet director-

The nights were chilly but the competition was hot at the 1990 'O' Champs. Rosemont Junction's hills held 58 entries Saturday and 47 entries Sunday competing on ten superb courses designed, set, and vetted by John Little and Marilyn Cleavinger.

The club was served well by 30 people on the tables and retrieving controls during the two day event.

Contestants from Minnesota, Idaho, and California joined us - and soundly beat us on most of the courses. Their performances were an inspiration for improvement. David Irving, the USOF representative for our area made his annual appearance.

I'm grateful for the participation and suggestions made by

everyone. My personal acknowledgement goes to each of these fine folks:

April Bahl	Tim Fahlberg	Hannah North
Marilyn Cleavinger	Rachel Gelbin	Lee North
Dan Cobbledick	Larry Howard	Roy Parker
Dale Cole	Ron Hudson	Mark Parsons
Kelly Cook	Mike Kessler	Pat Penn
Becky Deatherage	Paul Kossmann	Sue Roberts
Helen Deluga	Dave Krieder	Rete Simons
Eileen Dennett	John Little	Roger Sperline
Betsy Duren	John Maier	Julian Spittlehouse
Billy Eichenbaum	Keith McLeod	Terri Welsh

Results

H = male D = female T = team
order based on finish time only

Red Course - Day One

Difficulty: Hard
Length: 5.8 km
Climb: 900 ft.
15 controls

1H. Roy Parker	72:42	5H. Mike Kessler	119:07
2H. Ron Hudson	75:33	6H. Ron Hudson	121:20
3H. Dan Cobbledick	80:54	1T. Schwiegsz Team	142:11
1D. Hannah North	82:15	7H. Ken Castle	164:16
4H. Dave Krieder	90:04	8H. Tim Fahlberg	221:35
5H. Mark Parsons	91:39	2D. Helen Deluga	225:38
6H. Ken Castle	93:10	9H. David Hensley	240:52
7H. John Maier	96:53	Billy Eichenbaum	Rec.
8H. Thomas Benz	99:38	David Krieder.	DNF
9H. Mike Kessler	119:41	Thomas Benz	DNF
2D. Helen Deluga	185:54	Mark Harkness	DNF
10 11H. Mark Harkness	213:11		
Tim Fahlberg	DNF		

Red Course - Day Two

Difficulty: Hard
Length: 6.0 km
Climb: 880 ft
18 controls

1H. John Maier	69:46
2H. Roy Parker	77:21
3H. Dan Cobbledick	85:16
4H. Mark Parsons	86:49
1D. Hannah North	91:24

Red Tally

AZ Elite Man First- Roy Parker	150:03
AZ Elite Man Second- Dan Cobbledick	166:10
AZ Elite Man Third- John Maier	166:39
Hannah North	173:39
Mark Parsons	178:28
Mike Kessler	238:48
Helen Deluga	411:32

RON HUDSON 196:53
KEN CASTLE 257:26

Green Course - Day One

Difficulty: Hard
 Length: 4.0 km
 Climb: 550 ft.
 12 controls

1H. Edwin Gookin	53:01
2H. Keith McLeod	59:29
3H. Warren Kossmann	79:17
4H. David Irving	93:15
1D. Pat Penn	94:11
5H. Roger Sperline	95:11
6H. Phil Martineau	101:00
2D. Betsy Duren	106:03
7H. Paul Doty	106:39
8H. James Beving	109:55
3D. Terri Welsh	112:21
9H. Mike Siemens	141:02
4D. Peg Davis	149:34
10H. Julian Spittlehouse	171:04
5D. Jennifer Johnson	200:35

Green Course - Day Two

Difficulty: Hard
 Length: 4.0 km
 Climb: 510 ft.
 14 controls

1H. Edwin Gookin	55:23
2H. David Irving	80:14
3H. Keith McLeod	114:59
4H. Warren Kossmann	136:38
1D. Terri Welsh	143:11
2D. Pat Penn	199:05
5H. Larry Howard	199:37
Peg Davis	DNF
Dale & Magdalena Cole	DNF

Green Tally

Edwin Gookin	108:24
David Irving	173:29
AZ Veteran Man First-	
Keith McLeod	174:28
AZ Veteran Man Second-	
Warren Kossmann	215:55
AZ Elite Woman First-	
Terri Welsh	255:32
AZ Elite Woman Second-	
Pat Penn	293:16

Short Green Course - Day One

Difficulty: Hard
 Length: 3.2 km
 Climb: 440 ft.
 9 controls

1D. Donna Gookin	89:24
2D. Karen Dennis	96:47
1T. Survivors	115:47
3D. April Bahl	116:53
4D. Stephanie Martineau	118:07
2T. The Hawks	121:04
5D. Becky Deatherage	150:10
6D. Diane Ewald	170:30
Marty Jansen	DNF
Sue Roberts	DSQ

Short Green Course - Day Two

Difficulty: Hard
 Length: 3.4 km
 Climb: 440 ft.
 11 controls

1D. Donna Gookin	87:12
2D. Karen Dennis	94:20
1T. Broncos	103:18
2T. The Hawks	110:32
3T. Mustangs	121:42
3D. Becky Deatherage	140:43
4D. Diane Ewald	150:02
5D. April Bahl	177:24
Las Albondigas	Rec.

Short Green Tally

Donna Gookin	176:36
Karen Dennis	191:07
The Hawks	231:36
AZ Veteran Woman - First	
Becky Deatherage	290:53
AZ Veteran Woman - Second	
April Bahl	294:17
AZ Veteran Woman - Third	
Diane Ewald	320:32

Orange Course - Day One

Difficulty: Intermediate
 Length: 2.9 km
 Climb: 400 ft.
 9 controls

1H. Brian Jacobosky	48:34
1T. Mihm-Butts	55:30
1D. Bernice Little	62:57

2H. Paul Doty	63:06
3H. Flynn Picardal	66:43
3H. Kelly Cook	70:03
2D. Jodi Taylor	129:55
4H. Jim Huebner	157:45
Shaw-Trumble	Rec.
Hammond, Cleavinger, Carroll	Rec.
Gelbin & Tenney	Rec.

Orange Course - Day Two
 Difficulty: Intermediate
 Length: 2.8 km
 Climb: 310 ft.
 8 controls

1T. Wolverines	57:25
1H. Kelly Cook	61:05
2T. Spittlehouse Team	69:41
3T. Waltons	69:44
1D. Bernice Little	75:32
4T. Colts	111:18
2D. Alison Adams	111:34
Crawford Team	Rec.
Meyers & Yee	DNF
Maestas & Maul	DNF
Barbara Soehlen	Rec.
Bass Team	Rec.

Orange Tally
 Kelly Cook 131:08
 AZ Junior Woman First
 Bernice Little 138:23

White Course - Day One
 Difficulty: Easy
 Length: 1.9 km
 Climb: 200 ft.
 8 controls

1T. Mihm-Butts	27:55
2T. Shaw-Trumble	45:31
1H. James Meyers	45:42
1D. Alison Adams	60:40
3T. Deatherage Team	89:10
2H. John Carroll	101:22
4T. The Cranes	108:12
Paul Kossmann	Rec.
Groleau X 3	Rec.

White Course - Day Two
 Difficulty: Easy
 Length: 1.8 km
 Climb: 170 ft.
 6 controls

1T. Crawford Team	25:31
2T. Shetlands	27:04
3T. Groleau X 3	29:34
4T. Maul & Maestas	40:41
1H. Paul Kossmann	43:34
5T. Posa Party	50:03
6T. Striker & Blair	62:09

Yet more results from Cottonwood in February

Just a few more notes from the Cottonwood meet on February 18th
 Recreational entries not listed in last month's tally:

Basic Course
 1.9 km, 140 ft climb, 7 controls
 Wilderness Tours
 Parsons/Littrell
 David Nelson

Intermediate course
 3.4 km, 250 ft climb, 9 controls
 Jim Huebner (2nd course)

Parsons/Littrell (2nd course)
 Keith McLeod
 Dave Nelson (2nd course)
 Huber/Gelbin

Advanced Course
 5.2 km, 450 ft climb, 15 controls
 Billy Eichenbaum
 Mark Harkness

77 participants, none of whom DNFed or DSQed - this is a first!

Night-0

Saturday, April 7th, 7:30 PM

The night-0 will be held at Cottonwood Wash, site of our February event. To get there, take I-10 east about 40 miles from Tucson to Highway 90 (exit 302). Follow Highway 90 south exactly 1.5 miles turning east on an unsigned and hard-to-see dirt road (0.25 mi. past milepost 291). Follow signs about 2 miles to site. The night-0 will be set up using a score-0 format with a mass start right after instructions are given at 7:30 PM. Beginner's clinic will be given at 7 PM. As you know, a score-0 is set to have too many controls to find in the allotted time. Your task is to maximize your points. Penalty points will be subtracted for late returns. There will be two categories; short will last 30 minutes, long will last 45 minutes. Keeping track of time is very important in this event, so don't forget your WATCH.

Following the event will be a slide show and after that we'll spin yarns around the campfire or tell mini-mysteries. Everyone is invited to camp out or in (John's place) and take part in the following day's training session. To set the record straight, the expected low for early April is 45° outside. Remember this night-0 will occur only 3 days before the full moon but bring your flashlight anyway because two types of control markers will be used: our regular ones and the small reflective ones. For more information, call John Maier at 586-7300 (Benson) . For carpooling, call Peg Davis at 628-8985.

April improvement seminar

Sunday, April 8th, 9 AM-3 PM

If you missed the night-0 the night before, use the same directions to get yourself here. We'll be practicing compass skills and other precision skills necessary for homing in on the control. Often it's those last few hundred meters where people have the most difficulty. Pace counting and precision compass work are particularly important here so that's what we'll focus on. For more information, call John Maier at 586-7300. For carpooling, call Peg Davis at 628-8985.

The Competitive Edge

This time we are going to look at the compass, the Number One and only piece of specialized equipment that an orienteer really needs to have. There are lots of people orienteering today who misuse their compasses, that is, they don't use them to their best advantage. They make a compass a more complicated instrument than

it needs to be. It should be understood that the compass is not a crystal ball - it is a crutch. Most of your better orienteers would probably tell you that orienteering is 90% map and 10% compass. If you were the perfect orienteer, you could leave your compass at home, but nobody's perfect--not even the best-- so you need your compass to help you when you screw up. You need that crutch. How should you be using your compass? I use mine to orient my map, nothing else. The map when oriented will give you all the information you need. So keep it simple. Don't take bearings or shoot azimuths. It's a waste of time; it'll take you three times as long. Think about it. When you take a bearing, you first put your compass on the map aligned from where you are to where you want to go, second rotate the housing to align the orienting lines (in the housing) with the magnetic north lines (on the map), third, take the compass off the map and hold it in front of you, fourth, rotate your body until the magnetic needle lines up with the orienting lines, and finally look ahead in the direction you want to go. Consider the alternative. First flop your compass down on the map however you please, second, rotate the compass map unit until the magnetic needle agrees (is parallel) with the magnetic lines on the map, third, hold a straightened hand or pencil over the map from the point you are at to where you want to go, and then look in that direction. This second method is called "orienting by needle" because the only thing you use the compass for is orienting the map by watching the needle. The first method of "taking a bearing" involves 4 steps in which the compass must be held or adjusted with precision. The first method also requires two hands and you must be stopped to do it accurately. The second method only requires that two steps be done with precision, the second hand is free most of the time, and can often be done while moving. Convinced? I hope so. The more complex a technique is, the greater a chance for errors to creep in and accumulate. Keep it simple; be easy on yourself.

For orienteering, the commonly used protractor compass has a lot of unnecessary extras: the housing, the orienting lines, the degree graduations, the base plate. Wouldn't it be nice to have a simple compass with just the things you need? There is such a compass. Silva makes it and it is called the Norcompass. It is also known as a thumbcompass because it attaches to your thumb by means of a small elastic band. You may already have seen some of your fellow orienteers (especially on advanced or intermediate) using these. Once you learn to use one the reason for its increase in popularity becomes obvious. It's a beautifully simple instrument that can cut minutes off your time due to the ease in using it. You carry your map and compass in the same hand; the other hand is free to guard your face, grab onto trees, fight off wolverines, keep balance, whatever. The part you really need - the needle - is enlarged and brightly colored so you can easily use it while on the move. Ready to throw away your protractor compass? Don't. If you are a hiker, the Norcompass will be useless to you unless you first draw magnetic north lines on your map. Declination is compensated for

by rotating the protractor housing the proper amount. Any other drawbacks of the Norcompass? It is slightly less accurate than the protractor compass but not to a significant degree. Can you relocate with a Norcompass? You bet. I can relocate in about 1/6 the time with a Norcompass. Does it have a scale for measuring distance on the map? Yes, two scales: one for 1/10,000 maps and one for 1/15000 maps (the most commonly used scales in orienteering). Remember, for orienteering you can use a protractor compass to do what the Norcompass does, but the Norcompass eliminates the parts you don't need and emphasizes the parts you do need. It is a simplified, specialized compass for orienteers. Logistics. The Norcompass is usually carried by Bob's Bargain Barn, Summit Hut, and South Rim Outfitters (call to be sure) and may be ordered through A & E Enterprises (catalogs available at club events). The cost is about \$25.

New wrinkles in registration

Coming changes - A new procedure will be used at registration during the May and June meets. Control descriptions will be copied onto the control cards between the registration and timing tables. Since speediness at copying descriptions is not considered an orienteering skill, you can relax and take your time. Those who are learning IOF symbols will have a master symbols board to allow a little last minute cramming. After a two month trial, a decision will be made about permanently adopting or abandoning the "interim description copying station", so please make your opinions known to an officer or come to the July business meeting.

The next business meeting is.....

The next business meeting will be held Tuesday, May 29th at the Eileen Dennett/Julian Spittlehouse lovenest (1417 e. Grant Road). Come at 6:30 PM for a potluck or 7:00 PM for the meeting. All members are welcome - the club benefits greatly from the views of new blood. This is about the only chance to chat with fellow orienteers at ease while potlucking and to find out how the club tries to function while meeting. You are invited!

Birth of a Phoenix club

Phoenix has a new orienteering club. The Papago Park Orienteering Club wants to hear from anyone interested in getting their new club rolling. Contact Clare Miller or Betty Conner at the City of Phoenix Parks and Recreation Dept., 1001 N. 52nd St., Phoenix, 85008. Call 602-256-3110 or 256-3449.



'C'MON, MARX, FIND NICARAGUA ON THAT THING — WE CAN TAKE OVER THERE, THEN SWEEP NORTH INTO THE UNITED STATES.'

April Score-O in Fort Huachuca

Use a color map in Arizona! Keith McLeod's baby finally sees the light of day! Easter Sunday, April 15th, marks the grand unveiling of Arizona's only color orienteering map (scale of 1:15000). The meet will be a Score-O with times lengths of 1, 1.5, and 2 hours for basic, intermediate, and advanced courses. A Score-O differs from a "regular" meet in that a number of controls (too many to find in the allotted time) are scattered over the area. You choose which ones you want to find in any order you like. The object is to claim points by punching in at the greatest number of controls. The harder-to-get-to controls have higher point values. Get as many points as you can, but be sure to get back to the timing table by the deadline because penalty points are subtracted for every extra minute. Be sure to wear a watch. Tim Fahlberg and Keith McLeod will be settin'and vettin' with April Bahl (529-2140) and Mark Parsons (1-432-2507), meet directors, taking calls for all those who want to volunteer for some of the other meet duties. Start times are 9:30 to Noon, with beginner's clinics at 9 AM and on request. The cost will be the regular \$4 for individuals, \$6 for teams, with a \$1 discount for TOC members.

HOW TO GET THERE: Take I-10 east from Tucson to Highway 90. Going south on this road will take you through Sierra Vista straight to the Main Gate of Ft. Huachuca. Tell the guard you're here to orienteer and you will be given directions which will take you along Brainard, Carter, Hatfield, Erwin, Gatewood, and Canelo Roads (whew! it's a long way) to the Maverick Picnic Grounds. Tim will try to hang out O markers along the way.

Da Do Run Run Run

The place to be in May: CALIFORNIA!

During May, six days of orienteering will be happening in California. May 5 & 6, the Bay Area OC will be having events near Santa Rosa. May 9 & 10, the Los Angeles OC will be having events in Santa Barbara and Brea. May 12 & 13, the San Diego OC will hold the U.S. Long-O and Relay championships at Mt. Laguna. Pretty tempting, eh?

I have entry forms for the San Diego/Mt. Laguna meet. Entry forms received after April 14th pay a \$3/day late fee and after April 28th pay \$5/day late fee. Just leave your address on the answering machine and I'll have a form in the mail the next day. We also are making an effort to carpool to California. Do you have a big vehicle and yearn for company? Looking for a vehicle to snag a ride in? Call me and let's see what we can arrange.

Peg Davis 628-8985

What do you do to stay in shape or improve your skills for orienteering? And who are those people you see all over the courses while you're out there? In hopes of finding the answers, the newsletters will be exploring just that aspect of orienteering by

Spending a few minutes with.....

Mark Parsons:

My Favorite Special Training Run

Once or twice a month our family picnics at the Coronado National Memorial (USPS), a 3-mile trail which connects the picnic ground with Coronado Peak, near Montezuma Pass. A good dirt road goes through the Memorial, connecting southern Cochise County with the San Raphael Valley/Parker Canyon Lake area. I run from the picnic ground uphill to the pass or peak where I meet my family for a car ride back to the picnic area. The run is uphill all the way, with spectacular views into Old Mexico. Very strenuous trail with very little traffic. The Coronado National Memorial is located at the southern foot of the Huachuca Mountains, 20 minutes south of Sierra Vista.

-Mark recently started using a Norcompass and was delighted to discover during the Championships that "you can fall on it with your entire body weight and not even scratch it!"

Hannah North:

For the second year, Hannah has showed up at the Championships and cleaned up on the longest, hardest courses we have to offer. This year, she placed fourth (two-day tally) on the Red course. Who is this woman? "I'm the only orienteer in the state of Idaho." Hannah started orienteering about 10 years ago in California when family friend Bill Gookin finally cajoled her into coming to a meet. She immediately began doing well on the courses (perhaps helped by 15 years of competitive cycling). Her most recent club affiliation was with the Bay Area OC. She manages to continue orienteering by scheduling business trips to dump her for a weekend nearly every month in some town where a meet is being held. She polishes her skills with a lot of map work. One exercise is marking a map with a good course, then going to the location and finding those locations. Though one has to do a lot of verifying at the control, it's like a private meet. She's accurate, but is she fast? "No, I can probably only run 8 minute miles for a 10K or so." And what did she do to relax before before the two-day meet? "I went climbing on Mount Lemmon with Ron Hudson (BAOC)." See you next year, Hannah.

USOF membership plug

Should you join USOF? Membership yields benefits to both you and the club. The number of votes the club has on national issues and the board of directors is based on the number of club USOF members, making it more likely that Tucson's interests will be served. Personal benefits include discounts at "A" and "B" meets (\$2 per day for the May meets in California) and a subscription to Orienteering/North America, the monthly harbinger of all you ever wanted to know about what's happening in orienteering. Membership blanks are available at meets.



Mark your calendar

Coming Events - always the third Sunday of the month
May 20th - Bear Wallow
June 17th - Palisades, Mt. Lemmon
July 15th - Greasewood Early-0

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

