

# The Tucson Orienteering Club Newsletter

May 1990

## See you at Bear Wallow

It's time for the summer migration to the cool and thin air of Mt. Lemmon. Bill Hamilton will be setting the courses and Helen Deluga will be directing the meet. Orienteering in trees is a whole new experience.

Date: Sunday, May 20th

Time: Courses open 9:30 AM - 12 Noon. Course closes 2 PM. Beginner's clinic at 9:00 AM and on request.

Cost: \$4 for individuals, \$6 for teams. \$1 discount for Tucson Orienteering Club members (You are invited to become one.) and SAHC members. Compasses can be rented for \$1. Whistles (Don't try to go out on a course without one of some sort.) can be purchased for \$1.

Courses: Basic, intermediate, and advanced.

Directions: North off Catalina Highway (follow signs to Mt. Lemmon) onto dirt road 0.5 miles beyond Milepost 22. Park at sharp curve after about 0.5 miles.

## Results of the April 7th Score-O at Cottonwood

or "Who stole that truck?"

We had more excitement than hoped for at the Cottonwood Wash Night-O/Score-O. Everything was going pretty much according to schedule except that the moon was failing to produce its promised silvery beams. Flashlights assumed a more dominant role. Course lengths were increased by 15 minutes to counter the defiant action of the clouds (and also to placate the crowd on hand). Then the bomb hit. Billy Eichenbaum reported that his truck had disappeared! Can you believe it? Out in the middle of nowhere a highly sophisticated thief lurks in the weeds waiting for his moment and then makes off with a locked and keyless vehicle within 250 feet of our night crowd and nobody hears a peep! Most of us still cannot believe it. This was not the mini-mystery portion of the evening program which your organizer had hoped for. No, this was a real live unscrupulous act by someone. Due to all the confusion surrounding the incident (police report, etc.) and abetted by longer than normal copying times from the master maps, the actual start time was delayed by over an hour. John can't get things done on time to save his life!

The courses themselves were well received. The revised map at 1/5000 scale was much easier to read than the February event map. The clouds produced only a few sprinkles and the scattering of the moonlight left it bright enough that flashlights were only intermittently necessary. The Parsons team ran away with the night on the long course - well, actually they eeked it out over first place man Warren Kossmann by one point. Helen Deluga was tops for women. Becky Elvin enjoyed a successful return-after-a-long-absence on the short course. Dave Hensley and Fred Padgett travelled all the way from Phoenix for this one. Tim Fahlberg found out just how "cruel" the overtime penalty really was, losing 3 points for being just over 60 seconds late. But he was compensated shortly thereafter as our night crowd celebrated his birthday and Tim showed his stuff by blowing out all his candle(s) from a distance of 5 feet! Try that one sometime. Slides followed (no poker game this time) and then began the camp-out. Nobody froze as the night lows didn't live up to their February reputation. At least half the group stayed the next day for the training session.

Hey, let's have some more full moon night-Os. They're much easier to set up than a regular event and offer a great venue for us partiers. And they're perfect for summertime events as a way to beat the heat. The club has maps for at least 3 city parks that we've used previously. All it takes is one or two people to volunteer a few hours of their time.

John Maier

Total possible points = 36

<u>Points</u>	<u>60 minute course</u>
18	Parsons Team (1st team, only team)
17	Warren Kossmann (1st man)
14	Mark Harkness (2nd man)
13	Helen Deluga (1st woman)
12	Peg Davis (2nd woman)
12	Tim Fahlberg (didn't know when to quit)
9	Dave Hensley (the Phoenician)
7	April Bahl (3rd woman)
7	Fred Padgett (1st time out)
	<u>45 minute course</u>
9	Becky Elvin (1st place)
6	Marilyn Cleavinger (2nd place)

## Stepping in the Right Direction

On Sunday, April 8th, John Maier's improvement class focussed on pace counting to determine distance travelled and using the compass for orienting the map to determine direction. John also showed us how to read the water flow in washes and translate the the flow to the O map.

Before pace counting, we need to know our direction of travel. Put your compass on the map, turn the map to align the magnetic north lines on the map with the needle on the compass. Prest-O, change-O, the map is oriented. Check the map features against the terrain and you are ready to step out in the right direction. John demonstrated the thumb compass which is strapped

to your thumb, making it easy to find and difficult to lose, easy to read and simple to use.

Now determine how far you will be going in meters so you can measure your progress toward your objective by comparing the distance in meters to your pace count. A step is counted each time a foot hits the ground. A pace is each time the same foot hits the ground (or two steps). To determine your pace count over 100 meters, measure 100 meters on appropriate terrain, walk it twice (to compensate for slope), and divide by two. Repeat at your normal running pace so you can pace count while running, too. You will need to adjust your pace count to ~~compensate for~~ vegetation, going up and down hills, and going around obstacles.

Practice measuring distance on the map and translating it into paces. Practice your pace count, running and walking, on different terrains. Practice estimating distance to objects in the field and then pace counting over to the object.

Practice, practice, practice.

Fred Padgett, Phoenix

## Results of the April 15th Score-0 at Ft. Huachuca

On April 15th, only 36 controls with point values from 5 to 35 were placed across the seven square miles covered by the first color map in Arizona orienteering history. This new area on the northwest corner of the fort featured greatly varying terrain and vegetation, proving to be very challenging to all participants. Most of our strongest competitors taxed themselves to the limit on our widest game and most grueling score-0 ever. I apologise if someone out there seriously considered singing their death song. It turned out to be a very windy and hot day and many of our people wisely carried water with them. Someone reported one animal with a canteen in the herd of antelope some of us saw. April 15th is late enough to have summer-like days and yet early enough to precede the mesquite bloom. There were vast areas with no shade. I promise to put much more water out if I'm involved with another event at this site next spring.

Many thanks to Keith McLeod and April Bahl who actually legged the meet into reality. Tim Fahlberg, Mike Pfeifer, and Eileen Dennett helped out. Mark Harkness, John Maier, and Mike Pfeifer helped us pick up controls. I especially want to thank those fine people who put the beautiful map together: Bob Turbyfill, Keith McLeod, Dan Cobbledick, John Maier, Jamie McLeod, and Andrea Haggerty.

Mark Parsons, meet co-director

### Results of the April 15th meet at Ft. Huachuca

All control points were available to all participants whether they had signed up for the 1, 1.5, or 2 hour event. Everyone found something, no one found everything, and almost everyone checked in late. Three points per minute were deducted on the 2 hour course, two points per minute on the 1.5 hour course, and one point per minute on the 1 hour course. I'm reporting scores because we had several new people who orienteered recreationally and did very well. I did not make late deductions against recreational entries.

<u>1 hour event</u>	<u>points</u>	
1st man Paul Kossmann (age 13)	8	1st team
The Sisters (average age 12, 1st time out)	5	
Rec. Elizabeth Bernstein	(50)	

<u>1.5 hour event</u>	<u>points</u>
1st woman April Bahl	95
2nd woman Allison Adams	87
1st team Ken and Kathy	150
2nd team Dustbusters	135
3rd team Dennett&Spittlehouse	116
4th team The Waltons	80
5th team The Lizards (with sticks and canteens)	60
6th team Parker&Orrico	40
Rec. The Kynlons (late)	(115)
Rec. The Wrens (almost not late)	(45)

<u>2 hour event</u>	<u>points</u>
1st woman Peg Davis	165
2nd woman Ann Haber (1st time out alone)	6
3rd woman Joanne Striker	-1
1st man John Maier (lost 165 points for tardiness)	440
2nd man Roy Parker	381
3rd man John Little	343
4th man Warren Kossmann	259
5th man Mike Pfeifer	238
6th man Mark Harkness	192
Rec. Ninja Hikers	(80)
Rec. Rachel Gelbin (a team in one body)	(75)

I noted how all the competitive entries in the 1 hour event were under 15 years old and all the male individual entries were in the long event. I think with the urges toward natural selection in place and the intelligence of our youthful competitors intact, there is much hope for the human species.

## Business Meets Pleasure

The next business meeting will be at the Eileen Dennett and Julian Spittlehouse house (1417 e. Grant Road) on Tuesday, May 29th. Get out in the kitchen and rattle those pots and pans and come at 6:30 PM if you're the wotluck type. The meeting will begin at 7:00 PM. Bring your suggestions, complaints, and ideas to a fabulous display of parliamentary procedure. All orienteers are welcome - members, non-members, even officers.

# The Competitive Edge

This month we shall consider some aspects of physical training. You can't do well unless you are physically prepared and this means training under conditions as similar as possible to competition conditions. If you'll be in the heat, train in the heat: if at high altitude, train at high altitude; if in very technical terrain, train in the same. The more you practice and the more sport specific your practices are, the better you will do come meet day. Practice in the terrain, with map in hand, and visit points marked on your map for best results. If this is not possible on a regular basis, at least keep up your physical training by jogging trails or washes or, at worst, even city streets. To increase your endurance you must continue to place increasingly greater demands on your cardiovascular system; any vigorous activity lasting longer than 15 minutes will help you in that regard. If you only practice 15 minutes at a time it won't benefit you much; it's the time you put in in excess that does the most good because that's when your body's energy is supplied primarily by aerobic processes. Developing the aerobic system is what endurance training is all about. That's what orienteers or distance runners want to develop. Don't burn out by overtraining or jumping into a training program too quickly as this can have adverse results and be an invitation to injury. Begin with easy practices ( maybe only 20 minutes at first) and increase the duration a little each week (say 3-5 minutes/week) over the course of several months. Later you can increase the intensity of your practices. You should shoot for practicing about 3-4 times a week and try to train in terrain at least once a week. But if you just don't feel up to physical activity on a particular day, don't force yourself. Listen to what your body is telling you. You can always do some armchair orienteering by studying maps ( mental training) at times such as these. A couple of days before an event you should lay off your physical training, especially intensity training. That's when you want to build up your reserves of energy and avoid all chances of injury.

Prior to your training or meet activity, you should warm up and stretch. For easy physical activity the warm up can be part of the activity itself but for moderate to heavy activity you want to warm up prior to the activity so your body will be prepared for the demands to be placed upon it. You can do this by light jogging. Your body is warmed up when you begin to break into a sweat. That's the time to stretch. Do not stretch cold as you can injure yourself. Warming up and stretching will make you less susceptible to injury. Likewise you should cool down and stretch after vigorous exercise. It is not good to stop immediately following intense exercise. Slow down by jogging and then walking and stretch before you have cooled down completely. Warming up and cooling down with stretching will help guard against cramps. How to stretch and which stretches are best will be demonstrated at this month's training event (May 19th) described elsewhere in this newsletter.

Fluids. Make sure to drink plenty of fluids prior to physical activity. This should be done several hours before and continuing up to the activity to insure that your body is completely hydrated. In the heat this is even more important but don't neglect it in the cold either. It is best to sip small amounts of fluid at frequent intervals rather than gulping large quantities at infrequent intervals. Lay off shortly before your start (say 15 minutes before) if you tend to get a gut ache when running. H<sub>2</sub>O is one of the best

fluids for your body or you may prefer an electrolyte solution. A few minutes after your activity you should resume drinking to rehydrate. Never drink ice water immediately after hard exercise. People have been known to die from doing so. After 10-15 minutes have a light, easy to digest snack such as a banana.

John Maier

## Training? Call this Training?

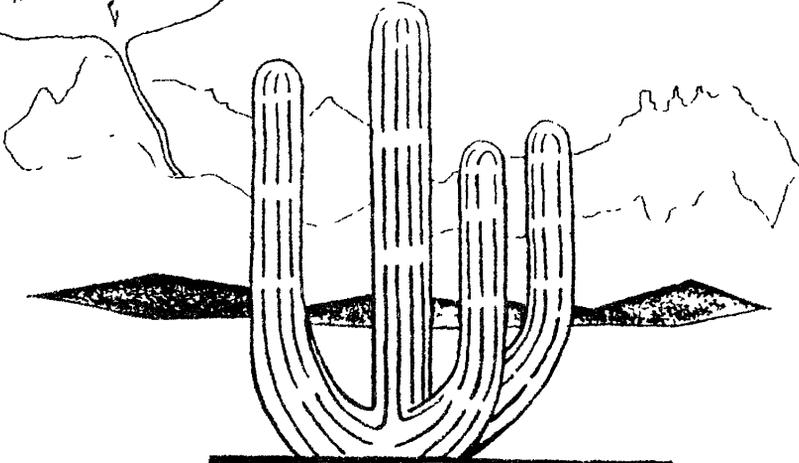
This month's training event on Saturday, May 19 will resemble a laid back affair of sorts such that you may even be tempted to label it a fun hike. But to keep the record straight, we will be high altitude training for the event the following day at elevation 8000 feet, exercising our moving body parts as well as seeing a live demo of useful stretches for orienteers. This will be a joint TOC/SAHC hike rated "B".

Area: Wilderness of Rocks  
Destination: Lemmon Pools via Marshall Gulch  
Options: the "Keyhole" (1/2 mile past the pools), return via Aspen Trail  
Distance: 8-10 miles round trip (depends on options)  
Climb: 2100-2500 feet (mostly on the way out)  
Pace: Leisurely  
Activities: Hiking, picnicking, lazing around pools, swimming, skinny dipping, sunbathing, enjoying the scenery  
Map: Mt. Lemmon 7.5' quad or SAHC Catalina hiker's map  
Meeting place: Shopping center on NW corner of Tanque Verde & Sabino Canyon Roads behind Security Pacific Bank  
Departure time: 7 AM sharp (come early so as not to be late)  
Return to trailhead: 6 PM  
Encore: Camping after the hike on Mt. Lemmon  
Note: For acclimation to have any value, you must campout.  
Further info: John Maier 586-7300 (Benson)

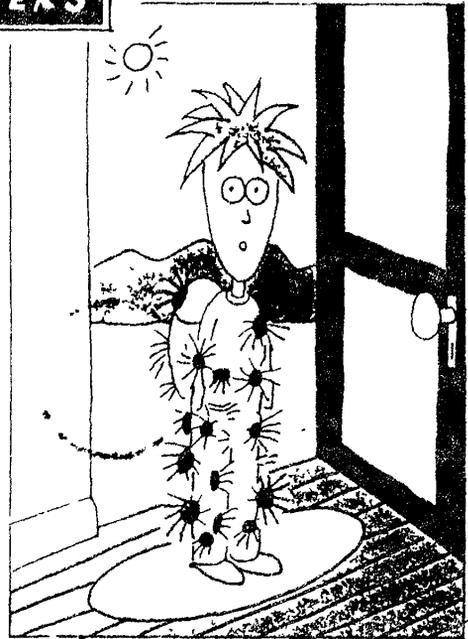
## Coming Event

always the third Sunday of the month-  
June 17 - Palisades North on Mt. Lemmon  
July 22 - Early-O at Greasewood Park, right in town  
August 19 - Bear Wallow on cool Mt. Lemmon  
September 16 - Palisades South on Mt. Lemmon

♪ Happy trails to  
you, until we  
meet again! ♪



**ARROYO ROGERS**



Back from his stroll, Hal  
delighted in recalling the  
beauty of the desert.

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

