



The Tucson Orienteering Club Newsletter

June 1990

Join us June 17 at Palisades

Ready for the June event? This month we'll be at Palisades North, also known as the Girl Scout camp. The courses will be the "regular" cross-country format and are described by course setter Warren Kossmann as "physical". No psycho-social courses this time, folks. Be ready for tall pines and cool breezes. At this writing, parking locations are not firm, but we won't be able to park right at the camp end of the road as we did last year. Parking will be easy to find, though. Follow the red and white "O" signs from Catalina Highway to the designated spot.

9:00 AM - First beginner's clinic starts. More held anytime later on request.

9:30 - noon - Courses can be started.

2:00 PM - Courses close. Participants must return to start point whether finished or not. If you'd like to do a little more orienteering, volunteer to pick up controls.

Costs: \$4 per individual, \$6 per team, \$1 discount for TOC and SAHC members. Compass rental is \$1. Whistles on sale for \$1.

Directions: Drive up Mt. Lemmon on the Catalina Highway past Milepost 19. Look for red and white "O" signs to direct you to parking and the start.

July 7th Night-O Score-O O-Boy

The ever-generous John Maier will be hosting a full moon Night-O down at his spread on Cottonwood Wash. Mark your calendars for a 7:30 PM mass start on Saturday, July 7th. Get there by 7 PM to mark maps and register. Course lengths will be 60 and 90 minutes. Since this will be a Score-O, remember to bring your watch. Since this will be a Night-O, remember to bring your flashlight. We're invited to camp out afterwards at the 4000 ft. elevation. John is thinking about organizing a hike the next morning - interested? To car pool or get further information, call Peg Davis at 628-8985. To reach the site, take I-10 toward Benson, exit at State Highway 90 (exit 302). Go south 1.5 miles (0.25 miles south of

milepost 291). Head east on a dirt road and follow the O-signs for about 2 miles to the site. Slimjims, coathangers, and Molotov cocktails provided.

Fast times and mass starts at Mt. Laguna May 12&13

Great camaraderie was enjoyed by the nine person contingent from TOC attending the Long-O/Relay Championships and A meet hosted by the San Diego club. We camped together at the site of the meet, 6200 foot Mt. Laguna, the southernmost peak of the Pacific Crest Trail. The temperature drop and humidity rise as we climbed the mountains left us shivering with delight - or just plain cold. The Jeffery and Sugar pines were incredibly tall, the meadows green and lush, the fields carpeted with wildflowers of many colors, and the hard/fight thickets impenetrable in the truest sense. Seven challenging, varying, and fair courses were laid out for the multitude of competitors who came Saturday for the A meet and the Long-O championship.

Our lone Long-O runner, John Maier, finished second on his 14 K (whew!) red course. Hitting a control at the same time as Rachel Gelbin, he gasped at her "I'm supposed to be running" but finished with style. Mark Parsons (who parked on a log at one control until someone asked if he was running a root beer stand) and Keith McLeod won their divisions and Warren Kossmann pulled off a second. Pat Penn and Peg Davis won their divisions with Marilyn Cleavinger snagging second. Rachel, the one-person team, panted through a recreational course. Also competing from Arizona were the Fort Huachuca hotshots, Jean and Mike Cordier.

Although the hoped-for Cobbledick/Maier/Little team didn't materialize for the relay champs, the McLeod, Kossmann, and Parsons team (Los Geezers, no, no, the Three Amig-Os) managed a third place in the Master's division, easily the most competitive level. John Maier got together with two West coast masters and formed the all-star team which handily won the event. Pat, Peg, and Marilyn waltzed into second place in their two-team field. You may call it last place, but we call it second. The course was a ten control figure eight pretzel featuring a mass start. Thirty-four teams followed courses which diverged only slightly from each other - meaning that you might follow another runner or stumble upon a control, but with only a one-in-three chance of it being yours. The cross over of the figure eight was within sight of the start/finish with a walkie-talkie-equipped official announcing each runner so your team could cheer you on. One of our runners was the first person to come in and tap off a second man. As the Tucsonans finished, we sprawled in the grass by the finish line. Since Rachel didn't run on Sunday, she burned the day's calories by cheering for every single runner on the last stretch to the finish. Everyone finished to the sound of cheers -

possibly the first time that's ever happened for some and greatly appreciated. What a great time and really exciting. Many East coast and European orienteers made the meet. Peg leapt at the opportunity to schmooze with the big names - got to do a post-mortem with Sara May Berman, the publisher of Orienteering/North America, and met Sharon Crawford (frequent national women's champ) who encourages just plain 'keeping at it' as the best way to progress at orienteering. Almost 150 people were fed at the Saturday BBQ/pig-out right at the site where such familiars as Olive Kearney, Hannah North, Ron Hudson, Karen Dennis and David Irving (the course setters) and more Gookins than you could shake a stick at were spotted. We were pleased to hear TOC mentioned so frequently at the awards presentation. The team spirit that can gel at an event like this is very uplifting. Every member of TOC should think about attending one of these "away" meets. Courses for every level are offered two days in a row and the easy sociability off the course can't be beat. We'll be drinking out of our Relay 1990 mugs with happy memories, waiting for the next meet.

Mark Parsons and Peg Davis

Bear Wallow results from May 20th

What better place to go on a typical-Tucson May day than the slopes of Mt. Lemmon? Yes, there among the pine trees and clouds, 76 people signed little white forms and proceeded to appreciate the outdoors as only orienteers can.

Bill Hamilton did a fine job designing the courses and Pat Geranis vetted them. Keith McLeod and Tim Fahlberg then hung the controls in preparation for the big event. The early arrivals were treated to the wonders of wildlife (no, not beer cans) when a a:mole, b:gopher, c:vole, d:mouse, e:small animal with big teeth decided to build a burrow in the registration area. Later arrivals got to wonder about the small roped off area, empty when said rodent moved to a quieter neighborhood.

Participants were enthusiastic about the courses, though some thought they made up in climb what they lacked in length. An element of hide-and-seek was added when controls were strategically placed behind the very features they were to identify.

Special thanks go to all the course designers, vettors, and setters. Much appreciation to our registration and timing group of Eileen Dennett, Mike Pfeiffer, Sue Roberts, and Roger Sperline whose help made everything work out. Dan Cobbledick is also to be congratulated for his 3 college credit beginner's clinic.

Competitive

Advanced		3. John Little	78:32
Women -	1. Pat Penn	Dan Cobbledick	87:37
	2. Peg Davis	Warren Kossmann	127:37
Men -	1. John Maier	Mike Cordier	130:03
	2. Mark Parsons	Mike Pfeiffer	149:50
		Mark Harkness	192:38

Intermediate		
Women -	1. Terri Welsh	80:50
	2. Becky Deatherage	85:22
	3. Jean Cordier	111:32
	Dianne Ewald	114:39
	Joanne Striker	213:23
Men -	1. Julian Spittlehouse	79:07
	2. Fred Padgett	82:23
	3. Weldon Schweigert	84:50
	Ralph Prince	204:30
Team -	1. Hungry Hippos	87:52
	2. Personett/Miller	96:18
	3. Dustbusters Plus	110:57
	Jam-O	128:48
	Ratliff	144:36
	Cowgill/Soehnlén	DNF
	Biketees	DNF
Basic		
Women -	Beverly Burwell	DNF
Men -	1. Bill Montfort	41:30
Team -	1. Fugate/Dentali	30:45
	2. Suns	47:48
	3. Lost Girls	71:08

Recreational

Advanced	
Men -	Tim Fahlberg
Team -	The Hawks
Intermediate	
Women -	April Bahl
	Angela Green
Team -	Neidrauers
	Fugate/Dentali
	International Somethings
Basic	
Women -	Cathy Risch
	Angela Green
	LaDonna Lee
	Molly Parsons
Team -	Kathleen Sanford and
	Helen's Dad
	Hestors
	International Somethings

Helen Deluga meet director

Tidbits

The Phoenix Orienteering Club is up and running. Their meets are happening the first Saturday of the month. July's event is only described as special, but August 4th will find them in cool, piney Payson. If anyone is interested in going, call Peg at 628-8985 and I'll let you know the exact location and any other people to car pool with.

The Delaware Valley Orienteering Association (DVOA) is having a map problem - they're losing mapped areas to civilization and are having trouble getting access to new good areas close to their members. Does this sound familiar? They have decided to map a set of smaller, easily accessible areas in black and white which will only be appropriate for basic and intermediate courses. Their thinking is to attract new members with these maps. As clubs have found, when those beginners are ready for advanced courses, they'll drive nearly anywhere to get at them.

What happened at the May 29th business meeting? A tentative schedule of meets was set including: October at Cave Creek, November at Helvetia, December at Bajada Loop, and January at Catalina State Park. Rumor has it that Kelly Cook is working on a map in the Little Rincons, an easily accessible area just north of I-10 east of Benson. Mapping was proposed for the area inside the loop road of Saguaro Monument East. Possible extra meet ideas, giving us the chance to orienteer more than once a month, were proposed and are being pursued. Some meet director and course setter slots were filled, but vacancies still exist for some meets coming up as soon as September. The Dustbusters came to their first business meeting and graciously volunteered to be meet directors to the delight of all present. All orienteers are invited to business meetings - and they really add a lot!

In the December DVOA newsletter appeared an ad aimed at non-speed demon orienteers. Available in both t-shirt and sweatshirt is a design of a running foot in a circle with a red slash across it. The words are "I'm in no hurry. Want to talk?". Often in the middle of a course, curious passersby or campers will ask orienteer what all these people with maps are doing. Should one stop and tell them? I know I'm not going to be beating John Maier's time on the advanced course so I usually stop. For one thing it's a chance to catch my breath. For another, it's yet another chance to plug orienteering. Since these people are out in the woods already, maybe they're potential orienteers. Since I've already got a map and compass in use, it only takes a minute or two to get the basic concepts across and tell them where the start point is so they can pick up a schedule.

Does anyone have some extra folding chairs, a card table, or a tarp with poles which are not really needed? Any of these items would make meet directing much more pleasant and registering easier. Call Rachel Gelbin (equipment director, 326-7504) to make any donations and be showered with appreciation.

CROCK By Bill Rechin and Don Wilder



The equipment chair speaks

Rachel Gelbin asks meet directors to return all meet materials (tables, forms, dixie cups, etc.) to her (3013 N. Richey) after each meet. She will do an inventory, restock materials, and issue the whole enchilada to the next meet director with a smile. She also needs any meet director manuals returned to her. Since the materials will be with Rachel most of the month, please contact her if you need compasses, controls, or other materials to give educational seminars (yet another plug for exposing the group of your choice to the joys of orienteering).

June training session to be forested frolic

This month we will again supplant our normal training session with an acclimation hike similar to last month's. The date will be Saturday, June 16 which is the day before our regularly scheduled event. Our destination on this hike will be the same as last month - Lemmon Pools - but the itinerary will differ. We'll start and finish on top of Mt. Lemmon which means almost all of the climb will be on the way out. All but one mile will be on the trail unless you partake of any optional side hikes. Absent any side hikes you'll have a good 4 hours to rest and relax at Lemmon Pools. Lemmon Creek is a cool mountain stream with numerous pools of clear refreshing water. In June it will be at its prime in offering pleasant respite from the torrid desert below. After the hike we'll camp out, catching sunset and sunrise from the Meadows atop Mt. Lemmon (elevation 9000'). For acclimation to have any value, it will be necessary to camp out at elevation. This hike is a joint TOC/SAHC affair rated "B".

Area: Wilderness of Rocks

Hike: 8 mile loop

Climb: 2500'

Pace: leisurely

Meeting Place: Shopping Center on NW corner of Tanque Verde and Sabino Canyon Roads behind Security Pacific Bank.

Departure Time: 7:00 AM sharp (come early so as not to be late)

Return to trailhead: 6:00 PM

Encore: Camping at the Meadows after hike.

Further info: John Maier 586-7300 (Benson)

The competitive edge

This time we will focus on tempo and rhythm. Your strategy for running your course will be greatly influenced by your ability to know when you can travel fast and error free, when you must go slowly and cautiously to prevent errors, and when you must stop to rethink your plan or to recover from an error.

Prior to your start you should warm up and stretch. In addition to preparing yourself physically, this will help you prepare yourself psychologically as your pre-start anxiety level should drop. Anxiety contributes to errors so you want it to be low. After you've copied the master map (more on this next time), you're off. But not too quickly. You want to run conservatively on the first control or two until you feel comfortable with the map and the distance scale when running in the terrain. Then move up to your race rhythm easily and with confidence. Missing the first or second control would be a heavy blow to your overall game plan. Don't let it happen.

In general you'll be moving more quickly through sectors involving rough navigation. These are areas where you don't need to pay strict attention to smaller details as larger and/or more distinctive features will make navigation easier. In other areas lacking these easier navigational aids or in sections of complex terrain, navigation must be more precise, attention to detail greater, and speed slower. Sections of difficult runnability such as rocky ground or thicker vegetation will also slow your speed; but these physical reasons are more or less automatic slowdowns in comparison to the technical factors involving judgement and decision making for which you must voluntarily decide to slow down. Your ability to make these voluntary decisions on speed is what tempo is all about. A favorite course setter's trap is to follow easy sections of fast terrain with difficult sections involving precise navigation thereby tripping up those orienteers who fail to shift gears in deference to the navigational demands required in more technical terrain. Your better orienteers will shift smoothly and effortlessly from one mode to the other and not be bothered by the fact that they are now going slower.

In fact, your better orienteers may even relish the fact that they "have" to go slower, for this is where they have the opportunity to pass up other competitors who are continuing to go faster (i.e. too fast).

Race tempo involves more than just the here and now. It is affected by difficult sections previously run which force you to go slower due to fatigue, as well as sections yet to be run which may require extra reserves. Tempo even involves knowing where the water controls are located. Your race tempo and rhythm should be geared toward optimizing the individual legs such that you maximize your overall speed on the course. Therefore, you will want to capitalize on any opportunities for planning ahead because the more you know about the rest of the course the better your plan can be. So take advantage of both those easy sections on your course and those slow uphill sections to plan ahead.

John Maier

