

The Tucson Orienteering Club Newsletter

AUGUST 1990

Squint-0-vision edition

BEAR DOWN AT BEAR WALLOW ON SUNDAY, AUGUST 19TH

The next Tucson Orienteering Club event, a return to Bear Wallow, will be held Sunday, August 19 on Mount Lemmon, affording an opportunity to see grass, trees, and whatever progress the tunnelling rodents have made over the past three months. To reach the site, turn north (right) off Catalina Highway onto Bear Wallow Road (dirt) 1/4 to 1/2 mile past milepost 22. Park at the sharp bend 1/2 mile from the pavement on Bear Wallow Road. Camping sites are available off Bear Wallow Road (and elsewhere on the mountain). The usual basic, intermediate, and advanced courses will be offered, all set by Dan Cobbledick. The courses open at 9:30, and participants must start by 12:00. Courses will be closed and controls picked up at 2:00. Costs will be \$4 for individuals and \$6 for teams with a \$1 discount for TOC or SAHC members.

A beginner's clinic with all the instruction needed to complete a basic course will be held at 9:00 and thereafter upon demand. Because of the TREES and steep terrain, we recommend all participants carry a whistle (available on site for \$1.00.)

Sue Roberts and Roger Sperline, Meet Directors

THE COMPETITIVE EDGE

What do you do when you catch sight of your control? How refined is your control spiking technique? Do you even have a technique? As a beginner it is not critical to have a good control spiking technique because so many other skills are more important to master, but as you move up through intermediate to advanced level courses, good control technique can trim important seconds or even minutes off your time. You can gain as much over your fellow competitors here as at the master map. Good control technique depends somewhat upon your other skills. When you approach your control you should have at least a rough idea of your game plan for the next control. If not, then quickly decide before reaching the control so you won't be standing next to it deciding while at the same time being a large indicator beacon to other competitors searching for that control. As you approach, refold your map for the next leg of the course and verify in which direction you will be leaving this control. If you are dropping down to a control (e.g., a reentrant), check out the terrain on your exit route before dropping in, while visibility is greatest. As you zero in, memorize the control code and put your thumb next to the square on your scorecard you'll be punching. Verify that the control code on the bag is correct as soon before reaching it as possible and then punch the square which your thumb is marking. If this is a drinking water control, now is the time to drink and not before. Orienteers have been known to drink before punching and then forget to punch (whoops, DSQ). Move smoothly away from the control as you verify direction and increase speed. Note: if you have been searching in the vicinity of a control before finding it, then quickly run to it upon spotting it and quickly run away after punching, your actions (change of speed) will give the location away to others in the area who have not yet seen it. Your changes in speed should be gradual as you pass through the control so as not to draw attention to it. This is especially important in the Southwest where terrain is open and visibility great. Save your high speed and energy output for sections of rough orienteering between control locations and not in the immediate vicinity of them.

There are different ways of carrying your scorecard. If it is taped to the back of the map (never use magnetic staples), it is secure against loss but time consuming whenever you need to look at it for information (control code description) or when punching because in flipping over your map, you will invariably lose track of your location on the front of the map. Other places to carry it are attached to your waist by a cord, held freely in the hand, or attached by pins to your shirt. If you

must copy information onto it while being timed at the master map (as we usually do), then attaching will be costly. Fastest is to keep a tight grip on it though there is risk of loss. At most Class-A meets and at some local meets (by other clubs) you are often given your scorecard and control descriptions prior to the start so you have time to affix them however you please. In this case it is undisputed that most of your best orienteers will copy the control codes and descriptions directly onto the scorecard, protect it in plastic if necessary, and attach it to their bodies. This eliminates the time consuming action of flipping over your map at each control and usually twice beforehand (once to check the control description and a second time to check the code) which may easily cost up to 15 seconds or more per control as you must relocate your position on the map each time you flip it back. You should try different systems to see which works best for you.

John Maier

RESULTS OF THE COTTONWOOD WASH NIGHT-0 (JULY 7)

Cloudy skies and brief showers were not enough to keep this group away from having their fun after hours. Once again the moon conspired with the clouds (as it had at the April night-0) in an attempt to dampen the spirits of our night-0, fun-0-ers. But spirits were not dampened; only a few garments met that fate as brief evening showers were outclassed by other performances. Although two score-0 time limits were offered, all chose the challenge of the longer 90 minute course. As in April, a mass start was used. This works well as it gets everyone back at the same time so other group activities can be planned to follow the event at a specific preordained time. It's also more exciting for the spectators. Following is not a problem if enough controls are set in the vicinity of the start as participants will choose to go for controls in different orders. For this event, controls were valued at 2 and 3 points each and penalty points were awarded to late returnees at a rate of -1 point/minute. Although there was a total possible point value of 60, those who listened to preliminary instructions knew in their hearts it would not be possible to get them all. Evidently Dan Cobbledick was not listening as he raced out into the night to garner a perfect score in less than 80 minutes! Mark Parsons' worry about his legs giving out (he had run the Bisbee Hill Climb just 3 days prior) was misplaced and should have been reserved for his glasses which were transformed into two separate monocles before his very eyes! Our last exclamation point goes to Peg Davis, not only first for the women, but now also a threat to the men as the April night-0 first place man found out! On the sidelines were spectators Rachel Gelbin and Lena Parsons who watched the light show from the start/finish location at John's house. Rachel was hoping to get a head start on the watermelon eating which followed the event. For a brief moment, your organizer, seeing her in profile, figured she had pulled off this caper, but upon checking the refrigerator, quickly realized his error. The last 5 minutes of the event saw flashlights which had been darting to and fro at various points afield begin converging in their race back to the finish. Three flashlights were missing at the final bell, but this mystery was solved several minutes later when it was discovered they'd been held hostage by the Penn/Coward team and K. McLeod. Penalty points (-4 each) were promptly awarded for this infraction of the rules.

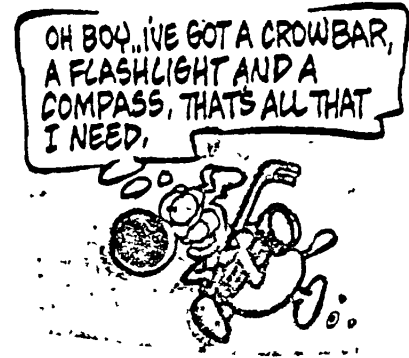
After watermelon, we had an outdoor slide show featuring such places as Lemmon Creek, Secret Place, Aravaipa Canyon, Yellowstone in the winter, and western Canada (location of this month's APOC events). Only a couple of people stayed overnight. Hopefully the rest weren't scared away by cloudy skies as the moon soon came out and the clouds scurried away. Fred Padgett was up before dawn collecting controls before heading back to Phoenix. Helen Deluga helped collect the remaining controls before joining the announced hike to the Dragoon Mountains. Crystal clear water was flowing in Stronghold Canyon West with several pools big enough to take a dip in. More people should have come.

Someone should consider doing another night-0 in September or October. Night-0's are great fun, not hard to set up or administer, and can be combined with a pot-luck beforehand or watermelon feast afterwards. We have maps of several city parks ready and waiting. Please call Tim Fahlberg to volunteer: 624-6955.

J. Maier

Cottonwood Standings

1st M	Dan Cobbledick	60	(Perfect score with 10 min to spare)
2nd M	Mark Parsons	48	("Monocles? Monocles? No!")
1st W	Peg Davis	42	("Yahoo!")
3rd M	Fred Padgett	38	(Most improved night-0-er)
4th M	Warren Kossmann	35	(Least improved night-0-er)
2nd W	Helen Deluga	29	(Saving energy for Sunday's hike)
1st T	Pat Penn/Doris Coward	28	(Too much fun to return on time)
5th M	Keith McLeod	20	(A victim of weak batteries)



RESULTS OF THE GREASEWOOD PARK EVENT (JULY 15)

You didn't really think that rain would stop the Greasewood meet, now did you? After April Bahl hung the last controls on her four courses at 5:30 AM during the deluge? Why should the meet director cancel the event when she could just stand under the ramada and coax people onto the courses? More than 20% of the participants (19) even went out on more than one course. Only the basic course used the old bedsheet size map - the rest of us got to use the new improved Cobbledick version. It fits on an 8½ x 11 page, is more accurate, and, gee, it just looks better. Among participants, Betsy Duren looked the wettest, Dale Bruder did the best job of washing all marks off his control card, and Dan Cobbledick and John Maier provided the drama by doing the window course head-to-head. All the people who worked on this meet were firsttimers (at least at that position) and everything came off like a charm. April's courses were well received (Peg vetted and Philip Ward helped put out controls and water). Steve Dentali only had to give one beginner's clinic, but did such a good job that both the recipients completed the intermediate course and are now members. Steve Personett, Becky Deatherage, Beverly Burwell, Susan Roark and Brian Minnich (no BS) handled the tables (one of the easier meets to work). Basically everyone picked up controls and I am now an ex-Meet Director.

Peg Davis

Memory-0 2.6 k., 140 ft. rise

1M	Dan Cobbledick	19:09
2M	Steve Dentali	23:30
3M	John Maier	24:08
4M	Dale Bruder	30:10
5M	Roger Sperline	30:29
1T	Personett/Miller	32:45
1W	Marilyn Cleavinger	45:45
2W	Helen Deluga	51:29
3W	Sue Roberts	1:16:20
4W	Joanne Striker	1:43:50

Window-0 4.6 k., 260 ft. rise

1M	Dan Cobbledick	43:26
2M	John Maier	1:06:02
3M	Dale Bruder	1:26:04
1W	Pat Penn	1:38:53
2W	Becky Deatherage	3:22:48
3W	Betsy Duren	3:50:20
Rockhoppers		DNF
No BS		DNF
Recreational		
Helen Deluga		

Intermediate 2.8 k., 160 ft. rise

1M	Warren Kossmann	36:50
1T	Flores/Mills	55:55
1W	Beverly Burwell	1:18:25

Basic 2.4 k., 140 ft. rise

1T	Clark Family	57:10
Flores/Mills		DSQ

PRESIDENTIAL REPORT

After the meet on the 15th, a business meeting was held in the sunshine around Helen Deluga's pool. Policies, assignments, and commitments were made. Under the stewardship of Marilyn, the map fund is completely restored. We set a policy to use the fund for improving existing maps and mapping new sites in black and white. Color map preplanning will continue while a suitable site is chosen.

Marilyn, Peg, John M., and Dale B. are going to plan a rogaine in the Catalinas for next spring. All assistance is welcome. We talked about a mountain bike-O in Tucson Mountain Park and a University campus foot-O. The group insisted that Dale finish the Lincoln Park map upgrade soon. Dan C. is ready to work on the Oracle State Park map and Kelly Cook is asked to bring the Little Rincon map to the map committee for assistance and advice.

More than ten controls have evaporated since the last count after the state champs. Turn in all controls to Rachel, the equipment chair.

Meet directing is becoming a popular activity. Roger and Sue Dustbuster are on for August, Eileen and Julian are taking September, and Steve Personett volunteered for December. October and November are open. Here's your chance. Call Tim Fahlberg (after mid-August) at 624-6955 to stake your month out.

Have any suggestions or advice for the club? Address them to Dale Bruder at T.O.C., P.O. Box 13012, Tucson 85732.

Dale Bruder

Thanks go to Dale for hanging out at Greasewood Park on the 22nd to guide any orienteers responding to some misdated publicity.

When you get done running, please give your map bag (known in the real world as a 10x12 ziplock baggie) back to someone at the tables. Recycling them is not only ecologically groovy, it saves the club some dough since they are sturdy enough to be re-used.

The Tucson Orienteering Club is proud to announce that our membership has climbed to 120.

The Phoenix Orienteering Club is really getting off the ground. Check out their fall schedule:

September 8 - night-O at Papago Park (right in town)

October 7 - Lynx Lake (near Prescott)

November 4 - Dreamy Draw Park (near Phoenix)

December 2 - Granite Reef (near Phoenix)

Call David Hensley at 275-5385 (Phx) or Peg Davis 628-8985 (Tuc) for directions.