

TUCSON ORIENTEERING CLUB

February 1991

IT'S TIME FOR A GENTLER TERRAIN!

February 17, 1991 will find us at one of our nearest and dearest locales, Greasewood Park. The courses at this meet will be set by the graduates of John Little's Course Setters Course and will feature Basic, Intermediate, Short Advanced and Long Advanced courses.

This is an good location for beginning orienteers and an excellent location to try a course at the next level. The course setters will be available to lead orienteers through a few legs of each course to show them different strategies and give them tips. Greasewood Park offers our most detailed map and some very pleasant terrain.

Volunteers are needed for registration and timing tables and for picking up controls after the meet. Please call Peg Davis (628-8985) if you can help.

Time: February 17, 1991. Courses open at 9:30 A.M. and participants may register and start until 12:00 Noon. Courses close at 2:00 P.M.

Cost: \$4.00 for individuals, \$6.00 for teams (club members receive a \$1.00 discount). Compass rental, \$1.00.

Directions: Take Speedway west to Greasewood Rd (approximately 2 miles after you go under I-10). Turn left on Greasewood Rd. The entrance to the park is an almost immediate right turn off of Greasewood Rd and is clearly marked.

IMPORTANT: Meets are held regardless of the weather; rain or shine.

THERE WAS WATER IN THE WASHES !

by Mike Pfeiffer

So go figure the weather. First it was chilly and overcast, then it was partly sunny and cold, then it got warm and overcast, then it got cold again, then it got warm again, then cold again. But that didn't slow down Dan Cobbledick, who donated blood on the course, the Lost Boys, who found their way around quite well, Jim Stamm, who went back for more, Pat Penn, who added another ribbon to her collection, Terri Welsh, who had the Intermediate course for breakfast, the aptly named Champs, those wild Bears, or Tony Celentano, who made short work of the Basic course. Congratulations to all 97 of you, including the Phoenix, Sierra Vista, Benson, Bisbee, and St. Louis contingents, who helped make this meet a success. Without your participation I would have looked like a fool sitting in the middle of the wash with a bridge table.

Special thanks to all the volunteers. They include: Dianne Ewald, Mary English, Tim Fahlberg, Marilyn Cleavenger, Steve Dentali, Dan Cobbledick, Rachel Gelbin, Dale Bruder, John Maier, Mark Parsons, Keith McLeod, and newcomer Tim Allen. They each manned tables, or retrieved controls, or taught beginners, or did multiple favors. If I forgot to mention your name I apologize, but from my vantage point in the Canada del Oro wash, it was impossible to see the start/registration area. And of course, special thanks to course setters Dale Cole and Kelly Cook for providing us with so much fun and vegetation fights.

MEET RESULTS- CATALINA ST. PARK

BASIC

<u>Team</u>		<u>Men</u>	
Bears	37:57	Tony Celentano	42:47
Broncos	44:39	Paul Kossman	44:37
Gehtra Family	47:47	Jim Stamm	REC
Lost In Space	49:29		
The Dweebettes	REC		
L&L	REC		
Dale-Kuhn	REC		
Cimino-Tumellie	REC		

THE COMPETITIVE EDGE

by John Maier

The ARIZONA ROGAINE is only 2 months away. Let's talk about Rogaining. Rogaines differ from regular "O" events in being of long duration, having widely spaced controls (from 1-2 km. apart), and covering a large area (85 sq.km. for our own 8 hr. event in April). The controls will typically be placed on features of intermediate difficulty and because it really is a giant score-0, your task is to maximize your score since you cannot hope to get all the points in the allotted time. You must return before the clock runs out to avoid penalty points which can accumulate at a phenomenal rate that can wipe out all your hard earned points ten times as quickly as you collected them. You must not be tardy!

Since controls are widely spaced, route choice plays a more dominant role than at your typical "O" event. You can easily pick up or lose 5 minutes or more between two controls due to route choice alone. It pays to plan ahead. Even if the maps were not distributed before the start (at our event they will) it would be well worthwhile to spend 15-20 minutes planning before running off. Try to be realistic in planning; you're not going to get them all. Figure out how much ground you can cover and how much elevation gain you can handle in the given time interval and decide how to pick up controls most efficiently. For most people, climb or elevation gain saps energy more rapidly than extra distance so give this strong consideration in planning your strategy. But remember that many smaller ups and downs can equal one large up and down. Sometimes it's better to get your climbing over quickly and then have smooth sailing to the control rather than going up and down over spurs and re-entrants to get to the same point. Depends on the situation. You be the judge. You and your partner(s). Water availability is another factor to consider; although this should not be a problem for our event, it may be necessary to detour to a water source if you find yourself short. In addition to planning a strategy to suit you and your partner(s) capabilities you should plan in some flexibility that allows options for aborting or short-circuiting your overall plan in case it proves to be overambitious. Leave a number of controls near the finish to be picked up near the end of the time limit. You don't want to be out in the boonies deciding if you have time for one more high pointer before scrambling back. Scrambling back could just take half again as long as you anticipate, especially late in the day. Much better to be

THE COMPETITIVE EDGE (continued)

close to the home base weighing the option of grabbing one more low pointer against the risk of being 1-2 minutes late. In general, high pointers will be found further from the home base, low pointers closer. Other factors used in determining point value are: isolation from other controls, technical difficulty, physical difficulty, and how much the course setter wants to entice you towards a control placement.

The map you receive for the Rogaine will not have anywhere near the detail or small features of a regular "0" map. It will have a smaller scale (to fit such a large area on a manageable-sized piece of paper) and will not likely have been field checked (too much manpower needed to do that) so certain items may be outdated. Perhaps a new jeep trail or cattle tank will not be shown but the contour lines should be fairly accurate. In most cases you will get a copy of one or several USGS maps using the same color scheme (green for wooded, white for open) with magnetic north lines and the control circles superimposed over it. Since there will be less detail than on a regular "0" map the controls must be located on more prominent features. For you this means zeroing in on a control is easier than at a typical "0" event providing you have been reading the map well. Precision orienteering plays a subordinate role; seeing the overall picture is paramount. You will be using the map more as a hiker would in travelling from point to point over unfamiliar terrain. And most of you will find that your pace more closely approximates that of the hiker than that of the orienteer as you go Rogaining.

SOMETHING FOR EVERYONE

by Peg Davis

On Sunday, January 13th, John Maier led his first training session of 1991. Using the Bajada Loop map, his objective was to teach us how to find controls on subtle terrain, and how to know when we had actually found the spot we were looking for among similar features. Lots of thrashing about in shallow re-entrants, between boulders, and on the sides of featureless hills followed, punctuated with cries of "I'm in the right place and you're not" from every direction. Who was this clinic intended for? The three advanced course runners all learned something. So did the two people who had never orienteered before. We were out for about 5 hours (there's no rushing John) pausing for a picnic table lunch while discussing the merits and value of personality testing. Yes, there's something for everyone at these sessions.

IT'S TRAINING TIME

by John Maier

Training sessions will continue to be held on the second Sunday of the month (that's one week before our regularly scheduled monthly event). Both the February and March sessions will use maps with 40-ft. contours to better prepare you for the AZ Champs (Mar. 16-17) which will be held on a 40-ft. contour interval map. Skills practiced will include:

- * Reading between the lines- what can one infer?
- * Selecting suitable attack points or other methods of getting close to the control.
- * Homing in on the control using precision techniques.
- * Differentiating between parallel (similar looking) features.
- * Deciding where to go fast and where to go slow to improve your time without becoming error prone.
- * What to do when things go wrong- keeping errors small.

We will experiment with a shorter session of 4 hrs. duration (10 A.M.-2 P.M.) and try to include a short course of several controls at each session. If you have specific problems in doing courses this is the place to air them. Others probably have the same types of difficulties. Sessions are open to orienteers of all levels but are geared primarily to those of intermediate skill levels. All sessions are free. Please join us.

Feb. 10--Meet at Douglas Spring Trailhead. Take Speedway East all the way to its end and park there. Arrive by 10 A.M.

Mar. 10--TBA (most likely the North side of the Whetstones or East side of the Rincons). Call in March for specifics.

For more information on the specifics of a session call John Maier at 586-7300 (Benson). For carpooling call Peg Davis at 628-8985 (Tucson).

CALLING ALL VOLUNTEERS

Well, it's time to get things organized for the ARIZONA STATE CHAMPS coming up on March 16 and 17 at Cave Creek, Arizona. This two day event requires a lot of people to get things going and keep everything running smoothly. There are a variety of jobs from registering entrants to picking up controls. Instructions are available for first time volunteers, so don't hesitate to give it a try. Give Keith McLeod a call at 529-1808 (Tucson) and he'll tell you more.

IMPORTANT DATES:

- February 10 Training, 10 A.M.-2 P.M., Meet at Douglas Spring Trailhead (see IT'S TRAINING TIME for additional information)
- February 11 Business Meeting, 6:30 P.M. for Pot-Luck (bring something good) 7:00 P.M. for Meeting. At Rachel Gelbin's, 3013 N Richey, Tucson.
- February 17 Meet--Greasewood Park (see front page for info and directions)
- March 4 Business Meeting, 6:30 P.M. for Pot-Luck (bring something wonderful) 7:00 P.M. for Meeting. At Peg Davis', 1229 E. 13th, Tucson
- March 10 Training, Location TBA in next month's newsletter
- March 16,17 ARIZONA STATE CHAMPS, Cave Creek
- April 6 ARIZONA ROGAINE, Redington Pass
- April 21 Meet--Rosemont Junction

YOU HAD TO BE THERE

by Beverly Burwell

Preparations for the ROGAINE on April 6, 1991 are on schedule. The area has been approved for the meet and negotiations for camping approval are in progress. Contact person is John Maier.

Phoenix Orienteering Club announced a meet on Feb. 3, 1991 at Lake Pleasant and will have an advanced course.

Tucson Maps and Flags, 2590 N. 1st Ave., stocks Orienteering supplies.

Kelly Cook has discovered a new meet site in the Tortilita Mountains. It is at 3400 ft elevation and about 4 to 6 square Km. We need to define an area and refine an estimate for mapping costs before we proceed further. 1991 Schedule--February and March discussed (see IMPORTANT DATES column for additional information). Any volunteers for meet directors, course setters and vettors for future meets should contact Warren Kossman.

Contributions to the newsletter should be submitted to April Bahl. The newsletter is printed the week following our regular monthly meet. If you want to publicize an event, the information should be submitted 6 weeks prior to the event for best results.

MEMBERSHIP FORM

Check One: New Member
 Renewal _____ Date on Mailing Label _____

Name _____

Address _____

Telephone _____

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. Make checks payable to : Tucson Orienteering Club, and send to P.O. Box 13012, Tucson, AZ 85732.



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ADDRESS CORRECTION REQUESTED

