

TUCSON ORIENTEERING CLUB

March 1991

THE ARIZONA STATE CHAMPIONSHIPS

Even beginners are welcome at the Arizona State Championships on Saturday and Sunday, March 16th and 17th. This year's event will be held in the Santa Rita Mountains at 5000' elevation 30 miles south of Tucson.

Courses: Beginner, Intermediate and Advanced; Recreational and Competitive entries. Canadian Scott Donald is setting the courses. He has written an article which describes the maps, terrain and courses--see "AZ Champs-Course Planner's Notes" inside the newsletter.

Time: Sat. and Sun., March 16th and 17th. Courses open at 9:30 A.M. and participants may register and start until 12:00 Noon. Courses close at 2:00 P.M. Beginner's Clinic at 9:00 A.M. both days and at any other time upon request.

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

Directions: From Tucson, take Interstate 10 east to State Highway 83. Go south for 20 miles; between mileposts 37 and 38 and turn right onto the dirt road marked Gardner Canyon. Follow the orange(red) and white "0" signs about five miles to the start and camping area.

Camping: Primitive camping is available at the site for no charge.

Our program will be challenging and festive. Come one or both days, plan to camp overnight and trade campfire stories.

If you would like to volunteer to help at the Champs, or if you have any questions, call Keith McLeod at (602) 529-1808.

NOTE: The Championships will be held regardless of the weather, rain or shine.

IT WAS ALL WE HOPED IT COULD BE

by Peg Davis

Well, it almost rained for the third time in a row at a Greasewood meet, but the clouds cleared and we were rewarded with a cool, clear, breezy day. But the weather stunk compared to the orienteering. The quality of orienteers in Tucson improved more in THIS ONE DAY than any time in recorded history. Beginners, course setters, and class advancers ruled the day. Marilyn Cleavinger, Pat Penn, Tom Worthen, and Peg Davis set the four courses under the guidance of John Little as the final exercise in the course setting course. Even advanced orienteers, famed for their jaded attitudes toward Greasewood Park, described the courses as subtle and interesting. A fabulous crowd of newcomers showed up; most of them went on one of several map walks Tom Worthen led. Some of them went out later on the intermediate course with neophytes The Bills even winning a blue ribbon. Let's hope they're converts to orienteering and we see them again - they were a pretty nice bunch. The third great leap forward was composed of regular competitors who decided to take advantage of map walks or the "comfyness" of Greasewood to run a course harder than they usually compete in. Oftentimes moving up a course is more of a mental than a physical hurdle, so I was really proud of the leapers. Even if they don't decide to make a permanent move, now they know the differences in skills used and approaches taken on the various courses. And now for a most amazing list- all the people who helped at this meet. Course setters John, Tom, Pat, and Peg had to get all the controls out on Sunday morning. Keith McLeod, Mike Pfeiffer, Warren Kossmann, Charles Manolakis, and Mark Parsons brought them all back with only a little vandalism sustained. Mark Harkness, Pat Penn, and I taught beginner's clinics. Tom Worthen and John Little led map walks on basic and advanced courses, with Pat Penn spiritually guiding the Taboo Twins on intermediate. The tables and other ramada activities were kept in line by April Bahl (who gave up her chance to run), Beverly Burwell, Ann Haber, Mark Harkness, Wilkey Richardson (control straightening-out), with good ol' Warren checking results and handling loose ends. The end result was the meet director making it home less than one hour after the course closed! Thanks y'all and let's get ready to fly at those state champs!

GREASEWOOD PARK RESULTS

BASIC

Green Poodles 58:32
 The Laurences 71:00
 The Winners 72:37
 Gummy Bears DNF

Recreational Entries:

A'Li
 The Hunts
 Reid Cerutti
 Charles Manolakis [just had to do it again]
Mapwalkers Led by Tom Worthen:
 Peg Eaton
 Lew Westover
 Philip Lee
 Louise Robbins
 Crehun Team
 Yost Team
 The Hedtkes
 Charles Manolakis
 The Gerkens

INTERMEDIATE

Women:

Jodi Taylor (Wow!) 60:54
 Sue Roberts 123:36
 Joanne Striker DNF

Men:

Flynn Picardal 49:32
 Wilkey Richardson 64:36

Teams:

The Bills 52:39
 D&D Team 59:50
 Taboo Team 91:56

Recreational Entries:

Crehuns Go Intermediate
 Paula Meek
 Reid Cerutti [can't be stopped]
 Mars Bars

ADVANCED 1 COURSE [1st loop only]

Men:

Mark Parsons 23:12
 Jim Walsh 35:10

Teams:

The CranesX 127:48
 The CrawfordsX DSR

Mapwalkers Led by John Little:

Diane Ewald
 Mark Harkness

ADVANCED 2 COURSE [Both Loops]

Men:

Dan Cobbledick 49:44
 Keith McLeod 70:55
 Larry HowardX DSR
 Roger SperlineX DNF
 Mike Pfeiffer DNF

Recreational Entries:

Warren Kossmann [course guinea
 Diane EwaldX [had to see pig]
 the whole thing]

OTHER ADVANCED [2nd loop only]

Rachel Gelbin 43:37
 [In a category all by herself]

X Moved up to Advanced for the first time

Latest Additions to the Lost and Found:
 one kid-size blue sweatshirt
 one baseball type cap labelled Arizona

NOTE:

DSQ Disqualified

DNF Did Not Finish

***For further discussion on
 acronyms see the "Minutes"
 and "Dan's Letter to TOC"

by Scott Donald

Welcome to the 1991 Arizona State Orienteering Championships.

My name is Scott Donald, and I hail from the Canadian province of British Columbia. I was selected to design this competition's courses. I have designed courses at the local, provincial (1986 BC Summer Games), state (1989 Washington State Centennial Games), Western Canadian (1985), Canadian National (Canadian Relay OC 1987), and international (1990 Asian Pacific OC courses 3, 4, and 5) levels. I assisted the Washington State World Cup team in 1990 as Course Controller. I enter course design competitions and usually finish in the top three places. I am a certified Level 2 official, and working on my Level 3. Competitively, I was ranked #4 in Canada in the 50+ category in 1990. Don't you feel better already? My strengths in competition are navigation and relocating. My course design tends to favour the technical, rather than the physical side. I believe in giving the competitor the greatest opportunity to make mistakes. I like scenic controls, and I hate hills, so I have a love/hate relationship with this area.

The map is black and white, 1:12,500 (Course 1 uses a different map with a 1:10,000 scale) with 40 foot contour intervals (a bit more than 12 meters; 1 line on the map is worth almost 2 1/2 lines on a standard 5 meter map). Never let it be said that the Arizona people don't give you your money's worth! Some features used are not on the map. However, the feature is in the centre of the circle. Trust me. These features have NOT been hand drawn on each map to prevent drawing variations from giving the advantage to some competitors. Generally, the feature's presence can be deduced from the map, and this IS one of the skills expected of the orienteer.

BEGINNERS Your two courses are 2.1 and 1.9 kilometre long with 100 and 200 feet of climb. The Day 2 course is technically simpler than the Day 1 course. This is caused in part by the locations of the two starts. I have tried to compensate by making Day 2 cross a greater variety of terrain. On Day 1, two of the legs (the section between one control point and the next) are quite difficult for the casual orienteer. The route along these two legs has been "flagged" with red surveyor's tape to keep you on track. Think of the tape as a trail on the bushes. This trail takes you over one of the lower hills; take some time to look at the map and see what it means to climb up and down three contour lines. The next time you try orienteering, you will have a better feeling for what the lines mean.

INTERMEDIATE 3.5 Km/400 feet of climb and 4.6 Km/600 feet of climb. Because the map has been used before, I have kept the Day 1 course technically simpler than Day 2. This will reduce the advantage that pre-experience with the map will have. There are places on Day 1 which require you to watch what you are doing--nothing is free. Day 2 is the challenge. It is harder technically and physically, so if you trash yourself on Day 1 trying to build up a substantial lead, it will cost you on Day 2. There may be an observer at one or more of your control points. If asked at these points, you **MUST** surrender your control card for inspection.

ADVANCED 5.4 Km/440 feet of climb and 6.0 Km/920 feet of climb. Because the map has been used before, I have kept the Day 1 course technically simpler than Day 2. This will reduce the advantage that pre-experience with the map will have. The Day 1 course crosses an area where the map is considered weak. However, the route choice through the area is simple, and the attack point is obvious. Day 2 is the best I can make it. Lots of opportunity to make errors if you shift your mind into neutral, and physically demanding. It is not as "pretty" as Day 1, but much more interesting! There may be an observer at one or more of your control points. If asked at these points, you **MUST** surrender your control card for inspection.

IN GENERAL For those of you from outside this area, the following comments may help your route planning. Thorns are present on some of the vegetation; corral a local person and ask them to show you which of the bushes hide teeth. Snakes are not a problem. The soil is stony, so contouring is harder than it looks. Some of the ridges are slow running due to the thorny vegetation. Creek bottoms are passable, but can be slow due to the rock, or sand. The control flags are not hidden. They are about waist height, and usually positioned so that you will see the feature first, rather than the flag, if you come from the directions from which I think you will come. If you choose Course 2 or 3, Day 2 will be a substantial test of your abilities. I hope the courses will allow you to use a multiplicity of skills, and you come away feeling that you did the best you could and any errors you made highlighted a weakness in your skills, not a mistake in the course planning. If it is the latter, I expect to hear from you.

Have fun!

Editor's Note: Scott Donald has given us course critique forms which will be available at the meet. Please take time then to complete the forms.

IT'S TRAINING TIME

Training sessions will continue to be held on the second Sunday of the month (that's one week before our regularly scheduled monthly event). 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.

* March 10--North side of the Whetstones (many parallel features, few trails). Meet at the junction of I-10 and Hwy. 90 at 9:30 A.M. Session will end at 2:00 P.M.

* April 14--TBA (most likely at the ROGAINE site, Redington Pass area). 8:30 A.M. until 12:30 P.M. Call in April for more details.

For more information call John Maier at 586-7300 (Benson) or Peg Davis at 628-8985 (Tucson).

QUOTES FROM PRIOR SESSIONS:

"Remember only what you need." "I'm doing so well because I'm remembering all the things I forgot." "Hmmm, yes, I see, oh yes, of course, shaaa, hmmm, yes."

IMPORTANT DATES

[courtesy of our
illustrious Sec.,
B. Burwell]

March 4-----Business Meeting at Peg Davis', 1229 E. 13th St. 6:30 P.M. for potluck (bring a tantalizing dish), 7:00 P.M. for business.

March 10-----Training in the Whetstones (see "It's Training Time" for details)

March 16,17--Arizona State Championships at Cave Creek.

April 4-----Arizona Rogaine (see the enclosed Rogaine sheet for more information, registration and waiver forms--pre-registration is necessary!)

April 8-----Business Meeting at Pat Penn's, 931 N. Norris. 7:00 for business, no pot-luck--bring desserts only.

April 14-----Training-TBA

April 21-----Meet--Rosemont Junction

May 18-----Night-0 at Cottonwood Wash

May 19-----Motala at Cottonwood Wash

June 16-----Meet--Bear Wallow

July-----TBA

August 18-----Meet--Palisades

THE ARIZONA ROGAINE

The Tucson Orienteering Club invites you to participate in an 8-hour orienteering event known as a ROGAINE [Rugged Outdoor Group Activity Involving Navigation and Endurance] to be held on Saturday, April 6, 1991. Participants will attempt to locate as many control markers as possible in the 8-hour time limit. Controls of varying point values will be placed over 80 square kilometers of Forest Service land and can be located using map and compass skills. Our site for this event is nestled between the Catalina and Rincon mountain ranges at an average elevation of 4000 feet and offers exceptional scenery.

EVENT DESCRIPTION

During the 8-hour time period, teams of two or more members will navigate to as many controls marked on their maps as they can (or as they wish). At each control point, marked by an orange and white sign, a team will log in its time and next intended destination as well as punch its scorecard. Teams in the competitive categories will attempt to maximize their scores by getting as many control points as possible during the eight hours. Severe penalty points will be subtracted from the totals of any late returning teams. Winning teams will be those with the highest point totals. There is also a recreational category for teams that do not want to compete but just want to go out and have some fun with their friends visiting only as many controls as they desire. Recreational teams will not have their scores tallied.

MAP

A 1:30,000 scale map with 40-foot contour intervals will be provided for each team member. The maps will be copies of USGS 7.5 minute quads reduced to fit on the sheet of paper on which it is printed. The mapped area will not have been field checked; therefore no corrections will have been made for new or obsolete features such as jeep trails or vegetation, etc. Magnetic north lines will be added to the map as well as the control locations.

LOCATION

From Tucson drive east on Tanque Verde Road which changes name to Redington Road before turning to dirt as it enters the mountain ranges. This is the only road which passes between the Catalina and Rincon mountains. Continue on this dirt road approximately 7 miles until you see a large wooden corral on the right-hand side of the road. Signs will guide you from there to the registration and start point. Allow a minimum of 45 minutes to reach the start area from the Tanque Verde/Sabino Canyon junction on the east side of town.

SITE

Mostly open terrain with scattered mesquite, juniper, and oak. Larger washes contain sycamore and cottonwood. Two unfriendlies - catalaw acacia and shindaggers - also occur in this area but control sites will avoid the denser populations. A moderate network of jeep trails exists as well as numerous washes and cattle tanks. Water should be abundant at this time of year but purification of drinking water is essential.

REGISTRATION

Participation is only open to teams of two or more. It is essential that we know in advance how many will participate to guarantee having enough maps. To avoid a late fee, preregister by March 25. Late registrants may have to use a master map instead receiving preprinted maps, as well as black-and-white instead of color. Register early! If you cannot find a partner, let us help you. Preregister just the same but send in one half the team fee and answer the partner compatibility questions. We'll do our best to match you up. Fees are \$15 per team [2] plus \$5 for additional teammates. Late fee is \$5.

The Arizona Rogaine--continued

START

Maps will be distributed to teams 30 minutes prior to the start for planning purposes. All teams will start simultaneously at 9:00 AM. The start and registration areas are the same.

FINISH

Same location as start and registration. All teams must return to the finish [even if they terminate early] before leaving the event site. Failure to do so could result in a full scale search and rescue operation being called into action. A team will not be deemed to have finished until all members of that team have passed through the finish chute as a unit. Competitive entries who return late will have penalty points subtracted from their totals according to how many minutes they are late. All ties will be broken by order of return through the finish chute.

PRIZES

Special awards will be presented to the top three finishers of each competitive category [men, women, and mixed].

SAFETY

Only teams of two or more may participate. Teammates must remain together at all times. All teams must report to the finish before leaving the event site so we know you have safely arrived. All participants must carry a safety whistle. These will be on sale for \$1 at registration if you don't have one. It is strongly advised that teams carry the following equipment: basic first aid kit, compass, food and water, sun protection, water purification means, appropriate clothing and footwear [Orienteering suits and shoes are not suitable. Lower leg protection such as padded gaiters is indispensable and full leg protection is advised. Lightweight hiking boots are recommended with double socks for blister protection. Denim pants are best at repelling colds].

WEATHER

This is the dry season. Anticipate sunny weather [45% chance] with pleasant to hot temperature. Rain is unlikely [5% chance] but if it happens it will be cold. Even snowstorms can occur at this time of year though rare, so be prepared for each eventuality. The event will be held regardless of weather.

CAMPING

Free camping will be available adjacent to the registration area on Friday and Saturday. Indicate on your registration form if you intend to camp. Sanitation facilities will be provided according to the number of anticipated campers.

FOOD AND DRINK

Bring everything you need. Be sure to carry purification means for treating or filtering any water you take from washes or [heaven forbid] cow tanks.

SCHEDULE

- March 25 - Pre-registration deadline deadline to avoid late fee
- April 3 - Last registration date to be guaranteed a map. Call if registering later.
- April 5 - Camping open, roads/signs up by 3 PM. Registration open after 5 PM
- April 6 - 7:45-8:15 Registration
 - 8:15-8:30 Briefing & instructions
 - 8:30 Maps distributed
 - 9:00 Mass start
 - 5:00 Finish deadline
 - 6:00 Awards presentation
- April 7 - Control retrieval [volunteers solicited]

For more information call John Maier 502-585-7300 [Benson] Peg Davis 502-628-2485 [Tucson]

AND NOW, A WORD FROM A MEMBER

Dear T.O.C.,

I thoroughly approve of the new "THB" designation in the results writeups--"tried his best" really tells a story doesn't it? It occurs to me we could extend this principle and do away with printing times altogether--here's a preliminary list of possible "results":

KB Kicked Butt
KSB Kicked Serious Butt
KMSB Kicked Mildly Serious Butt
KUPD Kept Up with Peg Davis
KRO-FM Kar't Run Quick? Follow Me!
FSB Faster than a Speeding Bullet
FTC Finished The Course
GOOP Got Out Of Parking lot
WIMP Was Intimidated by Maier's Pace
HAND Has A Nice Day
FACE Found All Controls Easily
HARD FACT Had A Rough Day (Found All Controls, Though)
USOF UnderStands Orienteering Fundamentals
CAB Crashed And Burned
LAD Lost All Day
ROM Ran Off Map
AWOLS Advanced Women Only Lock Slow
BOGUS Bad Orienteer Gave Up Soon
CFABH Couldn't Find (Anything) with Both Hands

Dan Cobbledick, KGB
(King of Greasewood Park)

THE COMPETITIVE EDGE

by John Maier

This month we continue our discussion of Rogaining by considering what to wear and what to take. As in most forms of orienteering, footwear is most important. For any long distance hiking you will want to wear two pairs of socks. An ounce of prevention is worth a pound of cure. Two pairs of socks with properly fitting and broken-in shoes are the best blister prevention there is. The two pairs of socks slide against each other instead of rubbing back and forth over tender skin. The inner pair is thin and of material which wicks away moisture, the outer pair thick to provide cushioning. I like to carry along a change of socks so my feet can stay dry because damp or wet feet are softer and therefore more blister prone. For our terrain the best dressed feet will be topped off with a pair of lightweight hiking boots. If you think of how many times you'll have to lift those boots off the ground, principles of energy conservation dictate the importance of the weight factor. Save that energy for other things by going light. But the rockiness of our terrain also demands protection for those landing pads that you'll be using over and over and over. In our terrain, orienteering shoes are a poor second choice for rogaining.

Working up from the feet, the best dressed rogainer will be wearing padded, tear resistant gaiters providing ankle and shin protection against nasty veggies such as abound at many Arizona localities. The best that I've had occasion to use are called "TreKlite" (available from U.S. orienteering suppliers). Gaiters will also keep those irritating weed seeds from getting into your boots and socks. Padded gaiters offer excellent protection against Arizona's low-lying thorny vegetation. For the upper leg you need to consider the trade-off between leg protection and coolness. Some of us can get by fairly well wearing running shorts. They are the coolest which is good, but they are also least protective which is bad. Denims offer the best leg protection against scratchy plants but you may be too warm wearing them. Nylon orienteering pants or knickers are middle-of-the-roaders for both coolness and leg protection. If you can keep them away from the catclaw they're fine, but catclaw will snag and can rip them. For the upper body a T-shirt is plenty adequate but for coolness go with 100% cotton. Other clothing is optional depending upon your needs or sensitivity (e.g- hat, sunglasses, headband).

What you take with you depends on how long the Rogaine lasts, your plan

THE COMPETITIVE EDGE

[continued]

(returning to base camp at intervals or staying out the whole time), the weather, and your energy needs. For a 24-hour event you can go lighter (in food, in clothing, in bivouac gear) by returning to camp at least once during the event. But for most shorter events (6, 8, or 12-hour) it will be more efficient to stay out the whole time unless your route plan happens to pass fairly close to the base camp at some point. Clothingwise you want to carry the minimum that will get you through without duress. A trash bag makes a good emergency rain jacket and is superlight if you are not expecting rain but could get it. If you are expecting rain something more substantial than this emergency provision would be necessary. Similarly for cold weather or a possible forced bivouac: an emergency space blanket works wonders for keeping you warm and is lightweight. But if you anticipate cold weather something more appropriate is indicated. For our April event a flannel shirt or windbreaker may be the most extra clothing you carry. But don't forget about the extra socks. Your feet will thank you for it whether due to sweatiness, slipping while crossing the streams, or too many weed seeds.

Food and water. Water is the important one. You'll need at least two quart water bottles (that's two 1-quart bottles, NOT one 2-quart bottle). This should be the heaviest item in your pack--also the most important. You also need iodine tablets (or some other purification means) to treat the water you take from streams. You should always have water in one of the bottles for drinking. As soon as one of your bottles is empty--or close to empty--refill at first opportunity and add the iodine tablet which takes at least 10 minutes to do its job. (Follow the instructions that come with the tablets.) You can add flavor to camouflage the iodine taste but wait until the iodine has had its time to work or you'll impair the job it does. Get the type of flavor packet without sugar unless you like the idea of carrying a lot of heavy sugar around in your pack. Or you may prefer to add E.R.S. to your water to replenish your salts, etc. but this is also heavy due to sugar content. You need to keep your water bottles distinguishable from one another so you don't drink from the wrong one (the one still being purified). The best way of doing this is to always keep the drinking bottle in a separate part of your pack, or lacking that, put a broccoli rubber band around the bottle you drink from. Now for food. The most important thing is how much energy is yielded per unit weight. You want high energy, low weight. You should also take something to satisfy your craving for salt which you'll probably feel more and more as the day wears

THE COMPETITIVE EDGE

[continued]

on. Most people think too much about food and carry too much of it. You probably will too but try not to. Remember, by choosing high energy food, you can carry less of it. In a Rogaine you'll probably enjoy better success by snacking as you feel the urge or every couple of hours if you don't feel the urge. Sitting down for a long lunch break may work against your best interests.

One last item: the first aid kit. Each team should have one; it should be simple, and it should be adequate. The following should be adequate: moleskin for blisters; 2" roller gauze, 1" adhesive tape and folding scissors to make any dressing; aspirin or tylenol for what pains you; antacid for stomach upset; needle for thorn and spine removal (tweezers never did work); and a small box or pouch to put it all in. This is also a good place for repair items such as a couple of safety pins and dental floss to be used with the needle for sewing repairs. Your safety whistle can also call this place home.

What do you carry it all in? The fanny pack is the popular choice of most especially if you plan to do any jogging. Otherwise a small day pack will do nicely.

WHISTLE WHILE YOU WORK

by Peg Davis

On Saturday afternoon after the courses close, we will be having a work party. Isn't that an oxymoron? No, really, it will be fun. The club needs to guide people to meets with signs which will meet the standards of the Forest Service. Now is the time to make them. The cut-up raw materials will be brought to Cave Creek where our merry crew (which I hope will include you) will paint, nail, and screw them into perfection. The place to meet will be within shouting distance of the campsite. Let's start around 2:30 and work for a couple of hours. Those with an ability to draw a straight line or use tools are especially welcome. Those with a treasure trove of jokes are the most welcome of all. See you then.

FEBRUARY MEETING MINUTES

(Or What Your Officers Do For You) by Beverly Burwell

The Meet Schedule has been worked out through August and Business Meetings have been set (see "Important Dates"). A Meet Director is needed for the August 18th event at Palisades--want to volunteer?--call Warren.

Anyone who wants to vet any of the courses listed or help on the day of ANY meet should call Warren Kossmann at 628-8985 (Tucson).

Anyone interested in mapping watch this space. A mapping class may be held by Dan Cobbledick using Redington Pass.

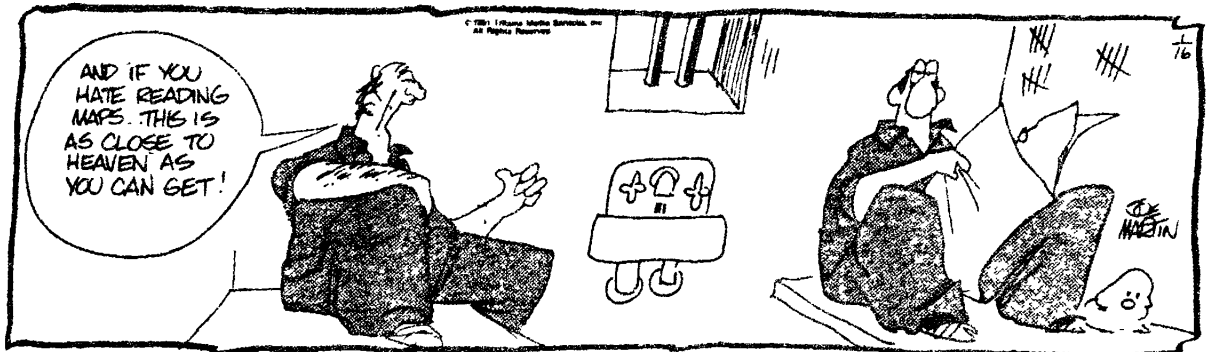
On Saturday afternoon, March 16th after the state championship course there will be a general construction party to build some club essentials (e.g. free standing signs) led by John Maier and Peg Davis (see "Whistle While You Work").

Results of meets will be reported using only minutes and seconds and only the standardized acronyms, DNF (did not finish) and DSR (disqualified) will be used.

For two meets we will allow competitors to copy control symbols "off the clock". If this works well we will adopt it for all meets.

Mister Boffo

By Joe Martin



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.



TUCSON ORIENTEERING CLUB
P.O. BOX 13012
TUCSON, AZ 85732

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