

TUCSON ORIENTEERING CLUB

APRIL 1991

ROSEMONT JUNCTION IS NEXT

by Ann Haber

Our Rosemont Junction area at 5000 ft. elevation is in the oak/juniper zone. It has numerous washes, many mesquites, some acacia, grasslands and cottonwood trees. Join us on Sunday, April 21st and try one of the Basic, Intermediate or Advanced course which Mark Parsons and his assistant, Molly Parsons, are setting for us.

Volunteers are needed for registration and timing tables and for picking up controls after the meet. Please call Ann Haber at 293-2222 (Tucson) if you can help.

Time: April 21, 1991. Courses open at 1:30 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 I-10 East from Tucson. Then take AZ 83 south for 11 miles to one-quarter mile beyond milepost 47. Turn right on road marked Rosemont Junction. Go approximately three miles to Registration.

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

AND NOW FOR A WHEELY GOOD TIME!

by Mark Parsons

It's true folks. The final weekend of the big spring of orienteering will include a Bike-0. Those who do both days (Bike-0 on Saturday, Regular-0 on Sunday) will be Bi-0 experienced. In addition to setting three field 0 courses for April 21, I plan to hold a Bike-0 on Saturday, April 20th. Start times will be given between 9:30 and Noon. HELMETS WILL BE REQUIRED; knee and elbow protection is recommended. There will be just one course for you fat tire enthusiasts and it will not require you to leave an existing road or ATV trail. Foot paths will not be used. It will be approximately 6 km long with 7 or 8 control points. The location is Rosemont Junction. It is very jeep trailed and tracked up by road lice. Our current map will do just fine. This is the same area we used on Sunday of last year's State Champs.

Directions: Take I-10 East from Tucson. Then take AZ 83 for 11 miles south from I-10 to one-quarter mile beyond milepost 47. Turn right on road marked Rosemont Junction. Go approximately three miles to Registration. For more information call Mark Parsons at 432-2507 (Bisbee).

Cost: \$4.00 with a \$1.00 discount for club members.

THE AZ STATE CHAMPS--YOU HAD TO BE THERE

by Keith McLeod

A number of us camped out at the meet site Friday night. In order to get up on time Saturday morning I used the primitive alarm clock: drink plenty of liquids before retiring.... My wake-up call came at 4:00 A.M. Sitting up my head hit the top of the tent. Damn, that could only mean one thing. Sure enough, opening the tent flap I was greeted with three inches of snow. Well, I did promise no rain.

Orienteering in snow is a different experience. The scenery was spectacular. During the warm day the snow disappeared. That night we had clear skies, millions of stars, and a below freezing temperature. Sunday morning was brisk. However as the sun rose competitors were warmed and comfortable. Lovely, lovely days. Each was a scenic wonderland, each was a separate challenge.

Guests arrived from Los Angeles, Washington State, San Diego, New York, Ohio and Switzerland. Our regulars were there too. They were the ones that made the meet possible, and a success. Each of the following assisted and deserves a great bow:

Molly Parsons: Babysitting Chairperson

Mark Parson: Equipment Supplies Chairman who also assisted at the Finish

Rachel Gelbin: Awards Chairperson; ably assisted by Dale Bruder and John Little

Dan Cobbledick: "Comfort" Chairperson and taught Beginner's Clinic, as did Dale Bruder

President Marilyn: Saturday Evening Events

April Bahl: Registration/Start Chairperson assisted by Beverly Burwell, Peg Davis, Dianne Ewald, Mary English, Dale Bruder, Marilyn Cleavinger and Ann Haber

Mile Pfeifer chaired the Start and did his usual fine job. He was assisted by Roger Sperline, Paul Kossmann, Jim Walsh and Mark Harkness

John Little: Finish Chairman was assisted by John Maier, Helen Deluga, Mark Parsons, Dan Cobbledick and Scott Donald

Peg Davis: Publicity Chairperson

Warren Kossmann obtained the permit, prepared the IOF symbols board and was available to pitch in and lend a hand.

Finally, when the meet was over and everyone was heading for home, Little, Maier, Parsons, Penn, Pfeifer, Kossmann, Bruder and Los Angeles Olive stuck around to collect controls.

Rachel Gelbin said "you decentralized the duties, do you do that at work?" I replied that a job had to be done. Being around a while, I knew the members and picked the best ones for the tasks. An orienteering meet is too much for one person so we all pitched in. We can all take credit for this year's unique and successful State Championships.

One final thought. We were all enriched by our guests Scott and Shirley Donald from Canada who designed the courses. Their contribution raised the level of orienteering in Tucson. Thanks to our Canadian friends.



John Little at the State Championships in the Snow!!

Orienteering gives
people the courage
to walk off the path,
and see the beautiful
places and things that
most people never
experience.

RESULTS FROM THE AZ STATE CHAMPIONSHIPS

RED COURSE	DAY ONE	DAY TWO	COMBINED	GREEN COURSE	DAY 1	DAY TWO	COMBINED
ELITE MEN				ELITE WOMEN			
John Maier*	69:08	67:57	137:05	Olive Kearney	88:45	101:46	190:31
John Little	82:02	82:52	164:54	Pat Penn*	79:37	155:40	231:77
Mark Parsons	121:45	85:33	207:18	Helen Deluga	137:51	187:20	325:11
David Hensley	140:52	136:56	277:50	Peg Davis	109:15	DNF	
Mike Pfeifer	155:30	133:40	289:10	Rachel Gelbin	154:44		
Wilkey Richardson	156:40	195:12	351:52	Shirley Donald	128:21	161:57	290:27
Jim Walsh	140:40			VETERAN MEN			
George Ziltner		145:52		Roger Sperline*	74:39	93:41	168:20
Scott Donald		100:52		Warren Kossmann	75:28	126:58	202:26
Arne Skog	DNF			Mark Harkness	101:48	191:51	293:39
Dan Cobbletick	DNF			Mac Innis	172:55	213:45	386:20
Kelly Cook	DNF			Lewis Westover			
OPEN TEAM				TEAM			
Bob and Luke Team	159:56			Chris Hannum Team			

ORANGE COURSE	DAY 1	DAY TWO	COMBINED	BASIC COURSE	DAY 1	DAY TWO	COMBINED
VETERAN WOMEN				JUNIOR WOMEN			
Marilyn Cleavinger*	59:58	94:40	154:38	Molly Parsons*	41:30	46:00	87:30
April Bahl	100:45	127:25	228:10	OPEN WOMEN			
Dianne Ewald	146:49	136:45	283:34	Mary Josephs			
Beverly Burwell	133:54			OPEN MEN			
Jodi Taylor		DNF		Lane Lawson		48:17	
JUNIOR MEN				Mark Johnston	REC		
Paul Kossmann	DNF			Bob Kraus		57:00	
OPEN MEN				Mike Fisch		116:14	
David Karberg		80:31		OPEN TEAM			
Philip Lee		DNF		Bears	33:27		
Flynn Picardal		106:58		Seahawks 1	37:39		
OPEN TEAMS				Seahawks 4	40:57		
Craufords		74:01		Seahawks 2	42:04		
Colemans		107:36		Seahawks 3	46:40		
Harriers		115:57		Broncos	47:14		
Bears		120:59		OTHER			
Broncos		124:47		Also Participating:			
Cranes	157:35			Sue Roberts and Paula Meek			

* INDICATES THE ARIZONA STATE CHAMPION IN EACH CLASS

IMPORTANT DATES

- April 6-----Arizona Rogaine
- April 8-----Business Meeting at Pat Penn's, 931 N. Norris. 7:00 for business, no pot-luck, bring desserts
- April 14-----Training in the Redington Pass area--see "It's Training Time" for more details.
- April 20-----Bike-O at Rosemont Junction--see "And Now For a Wheel-y Good Time" for details.
- April 21-----Meet at Rosemont Junction--see the front page for details.
- May 18-----Night-O at Cottonwood Wash
- May 19-----Motals at Cottonwood Wash
- June 16-----Meet at Bear Wallow (up Mt. Lemmon highway).
- July-----TBA
- August 18----Meet at Palisades (up Mt. Lemmon Highway).

THE COMPETITIVE EDGE

by John Maier

With the ARIZONA CHAMPS now behind us, this is a good time to take stock of ourselves and set plans for improvements we'd like to make before next year's big event. I've said it before and I'll say it again: orienteering only once a month at our regularly scheduled events is not sufficient for making significant progress towards individual development. You must do more. We have training events from which you can benefit but even that is not enough. You need to go out on your own, or with friends, and do a real orienteering practice at least every other week; once a week is better. In addition you need to work on physical conditioning by perhaps jogging several times a week and, as often as possible, in the terrain (not just roads). If you are not in good physical condition, you'll become tired sooner; and if your body is tired, your decision making will suffer. Of course you also need to work on technical skills by analyzing your problem areas and working to improve them. So: practice, and improve physical conditioning, technical skills.

One of the most important gauges to look at in determining where you stand is consistency. If you don't practice enough, you're likely to have inconsistent results. An orienteer in command will know that (s)he can rely on a certain level of performance every time out. (S)he may do a little better or a little worse on a particular course but his/her results will not fluctuate widely from one event to the next. What makes one person perform consistently time after time? Very simply: good decision making. This IS the thinking sport, right? You're not just a horse out there running a race. Even if your speed is slow, if your thinking and decision making are clear and correct, your results will be consistent. Get your thinking machine in line before working on speed. Don't try to play catch up (after an error): it's a losing tactic. If you try to go faster to make up lost ground your brain will suffer losses of oxygen that is diverted to your legs so you will get poorer decisions making you more error prone. Instead, keep a cool head, use techniques well within your skill level, and orienteer with confidence. If the other person(s) make(s) errors you may end up ahead: at least you won't have a time that's embarrassing to be posted. Remember, this is a game of errors and your mission is to keep them small and few. If you find yourself 3-4 minutes into an error, location unknown, stop wishing for a lucky break or hoping to stumble on the control. Take command, relocate, and get on with it. Keep those small errors small. We've discussed all these things in previous issues. You can always go back to them for specifics. You can ask questions at training sessions or before and after your run. If things go wrong you have a right to be angry. You should be angry at yourself unless everyone else is DNF (which directs suspicion of fault to the course designer). But turn that anger into constructive energy by deciding to work on the problems that need attention. We can all improve if we work at it. It's up to us: we only need to take command!

NOTE: "The Competitive Edge" seeks your input. Do you have particular problems which you'd like to see discussed in future articles? Please send all requests, suggestions, or puzzlements to: John Maier, P.O. Box 1418, Benson, AZ 85602.

THE FEW, THE PROUD

by Rachel Gelbin

Want to join the famed clique who retrieve controls? That elite machine of specialized talent so famous for their lightning ability to zero in on their targets? I'll give you the secret in strictest confidence--are you ready? Are you taking notes? The secret is--HANG AROUND AFTER THE MEETS! Besides becoming a full-fledged member and receiving all the privileges bestowed, you get the opportunity to learn, learn, learn! You learn the quickest, easiest route choices, unlosing yourself, attack points your previously untrained eye would have missed, where you "mistaken" during the competition, how to adjust from 2 foot to the dreaded 40 foot contour intervals leaping the insignificant bumps in a single bound and much, much more. Not only do you get these fabulous benefits but you also get the honor of rubbing elbows with other privileged members and make new friends along the way. So the next time "that time" comes around to pack-up and leave the meet site- remember the secret of HANGING AROUND AFTER THE MEET and you too could be one of The Few, The Proud- The Control Retrievers!!!

IT'S TRAINING TIME

Training sessions are open to orienteers of all levels but are primarily geared to those of intermediate skill levels. All sessions are free. Please join us.

*APRIL 14 (Sunday): Redington Pass Area at the Pogaine site. We will use a portion of the Pogaine map which will be blown up to a normal orienteering scale of 1:15,000. Training will emphasize using skills to conserve energy, contouring, estimating elevation and distance, and of course, map reading with 40" contours.

Direction: Go East on Tanque Verde Rd. The name will change to Redington Rd. and then at the foot of the Rincons it will turn to dirt. Follow the dirt road up into the mountains for 7 miles to the WOODEN corral on the RIGHT. This dirt road has its rough spots so allow 20-25 minutes for it. Low clearance vehicles are advised to stay in Tucson, but normal clearance passenger vehicles should have no difficulty provided they go slowly over the rough spots. Even if you don't want to train you should come here just for 'the scenery'. Session lasts 8:30 A.M.-12:30 P.M.

*POST-TRAINING HIKE will follow the just mentioned training session after lunch for those who would like to make a full day out of it as well as capitalize on this spectacular setting. We will have a number of scenic options to choose from including numerous waterfalls and swimmin' holes. Plan to be back at the cars shortly after sunset, the most beautiful time to drive down the mountain into the lights of Tucson. The actual hike will be decided by those present but anticipate something relatively laid back.

*MAY: No scheduled training. This is a particularly hectic time for your training leader (maybe another club member would like to step forth and lead one??). However, if a large number of requests to hold one are received, we could squeeze one in either before or after our weekend event on May 18-19.

*FOR FURTHER INFORMATION: Call John Maier 536-7300 (Benson) or Peg Davis 628-8985 (Tucson).

BEACHHEADS ON THE FUTURE

by Dale Bruder

John Maier passed the PCC class baton to me three years ago. While organizing the knowledge into teaching sections, I recognized many educational opportunities.

TUSD's environmental school, Camp Cooper, offers compass and map exercises in their curriculum. A weekend long teacher inservice module awards participants one PCC credit and provides material for the classroom. "Healthful Living Day" includes Orienteering. The nationwide Science Olympics has challenges in Orienteering. The Tucson Audobon Society Family Adventures includes a day of orienteering. BSA has an orienteering badge. GSA and Campfire welcome the program.

Presented as an adventure, orienteering is exciting to kids. The only reason we don't see more is the reticence of their parents and guardians. All is not lost. Their appetite has been whetted by both the intellectual and physical stimulation. Someday, maybe the third Sunday of this month, they'll show up.

Note: Dale has another enthusiastic group in the PCC class "Terrain Games". Look for some future competitors to challenge our champions.

Address Correction Requested

Tucson Orienteering Club
P.O. Box 13012
Tucson, Az. 85732



MEMBERSHIP FORM

Check One: New Member
 Renewal Date on Mailing Label

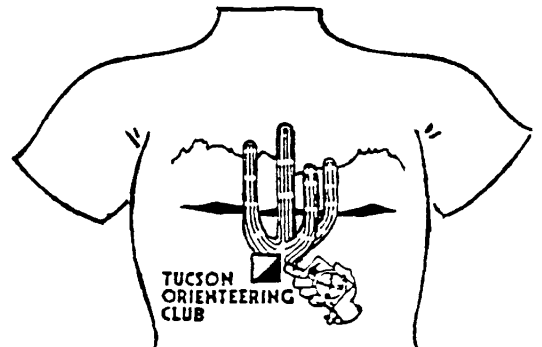
Name _____

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.



**GRACE YOUR
BODY \$8.**

