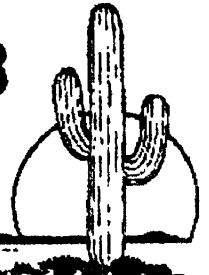


TUCSON ORIENTEERING CLUB

NEWSLETTER

JULY 1991



EARLY-O AT GREASEWOOD PARK, SUNDAY, JULY 21st

by Peg Davis

How many times have you explained what orienteering is to your friends? How many times have your co-workers said, "I'll have to try that sometime"? This is your month! It's the month to learn to orienteer in one day. The first beginner's clinic will be offered at 7 AM and thereafter on request. Map hikes guided by expert, trustworthy orienteers will be leaving to find their way across the basic and intermediate courses at 7:30, 8 AM, 8:30, and 9 AM. Or do the course on your own at your own pace. This is a great opportunity to move up from the basic to intermediate course, do the course alone instead of as part of a team for the first time, take your

non-orienteering (yet!) buddies out as a team, or bring your girl scout troop, church group, neighborhood watch, you name it. The courses can be started from the cool hour of 7:30 until 10:30. Control pick-up (another chance to do some orienteering) will start at 11:30. Costs are \$4/individual, \$6/team with a \$1 discount for TOC members. Whistles sell for \$1. Compasses rent for \$1. Any money left? Step right up and get your Tucson Orienteering Club t-shirt for \$8. Greasewood Park is very convenient to town. Enter on Greasewood Road just south of Speedway (just across from Pima College West) and come to the ramada. It is also difficult to get truly

lost in (bounded by paved roads on two sides, a power line and a school yard on the other two, just get on top of a hill and look for the roof of the ramada). There's no better meet for introducing someone to orienteering. Worried about the heat? Remember that it's rained the last two years during our July meets - let's go for a third. Where's the advanced course? There ain't one. You hot dogs are cordially invited to teach beginner's clinics or lead map walks. Call Beverly at 322-6351 to volunteer or ask any other questions
Peg Davis and Beverly Burwell,
meet directors and course setters

JOINT MEET AT LOWER LAKE MARY

by David Hensley

The Phoenix Orienteering Club and the Tucson Orienteering Club will be hosting a two day off-trail, cross country hiking and map reading adventure. Events will be held in the Lower Lake Mary area, 10 miles from west Flagstaff on Saturday and Sunday, July 27 and 28. Beginners, families and singles are welcomed.
Courses: Saturday "Day"
--Beginner, intermediate and advanced Courses. Registration and start between 9:30 AM and 1:00 PM. Courses close at 3:00 PM.
Saturday "Night"--Night-O, Score-O. Registration 7:30 PM, briefing 8:00 PM, start 8:30 PM, duration 1 hour (bring your flashlights and a watch).
Sunday--Intermediate Level Long-O Course of various lengths--12 km, 6 km and 3 km.
Fees: Per day--Individual \$4.00,

Teams/Families \$6.00 PHXO and TOC club members receive \$1.00 discount. Compass rental \$1.00 (No additional charge for Night-O)
Directions: On I-17 North prior to the I-40 interchange take the Lake Mary Exit and make a right onto Lake Mary Road. At approximately 5.7 miles you'll see the large Coconino National Forest Boundary Sign, proceed about a quarter mile past the sign and turn right onto an unmarked dirt road. This is Forest Service Road 132 (FSR 132). Note: This junction is also 100 yards north of MilePost 338 and 0.2 miles north of Lake Mary Country Store. Stay on FSR 132 for approximately 3.2 miles. You'll reach the FSR 132D junction marked with a Forest Service Directional sign board. Make a left onto FSR 132D, toward Elk Park

Meadows. Proceed approximately 0.4 miles and turn right onto FSR 6114, marked with an "O" sign. Drive down road to the camp area.
Accommodations:
1. Primitive camping at site, available Friday night Free
2. Forest Service Campgrounds at Upper Lake Mary and Annurst Lake. Make your own arrangements
3. Motels in Flagstaff are 10 miles from event.
In all cases bring your own water. A portable toilet will be provided. Be prepared for sporadic monsoon rains. If bringing children have them wear red shirts and carry whistles. Co-sponsored by the City of Phoenix Parks Recreation and Library Department, East District. For more info contact David Hensley in PX, 275-6385(H) or 273-3336(W). A map is available, call 529-2140.

THE COMPETITIVE EDGE

by John Maier

This issue is dedicated to those people on BASIC who want to move up: How do you know when you're ready to tackle INTERMEDIATE? If you are not prepared you could be in for a rude awakening. Intermediate requires many skills which you could get by without on Basic. Basic is designed so that you can find success and complete your course by following linear features (called handrails) that are fairly easy to discern, such as trails and washes. Control flags are placed at readily identified locations such as trail/wash intersections, hilltops, etc. On Intermediate you will not be able to depend upon handrails nearly so much. Often, when they do exist, you'll prefer not using them to save distance. When you leave the trails and easy washes behind, you'll have to rely on other techniques with which you may be unfamiliar. You'll need to be able to read contour lines well and visualize what the terrain looks like just from reading the map. You'll need to readily distinguish between spurs and re-entrants, not just hills and saddles and washes. But you can practice this skill anytime you are hiking with a map in hand.

Direction and distance. You will need to refine techniques for heading in a particular direction and estimating the distance covered so you can maintain some degree of accuracy when you leave the handrails behind. Become more adept at using the compass. Practice in a familiar area first and after mastering that move to unfamiliar areas. The compass is best used in conjunction with your map. By using the two together your mapreading can be used to verify how well you are using the compass. If you use the compass only to orient the map (as I do), then the map will indicate direction. If you are having trouble with this, seek the help of others who are familiar with this technique. For estimating distance it is important to use your pace count (the number of times the same foot

strikes the ground to cover 100 meters). For example, if the control is 50 meters from a wash/trail intersection and your pace count is 70 paces/100 meters, you need to go 35 paces in the direction indicated by your oriented (with compass) map. This method of estimating distance is approximate but for short distances up to 100 meters or so it is plenty adequate. But you will get better estimating distances if you practice. When hiking pick out an object, estimate its distance by eyeball, then pace count to it. One method will reinforce the other so that you'll be able to use either or both in the field. The course designer will make it easier for you to make mistakes than you're used to on basic so you must be on guard! But you are not helpless. Choose a terrain feature which you can easily get to near the control—maybe 100 meters away, 200 at most. This is your attack point. It gets you close to the control easily and is easy to identify so you'll be sure when you're there. Then using map, compass, and pace count go more slowly and precisely to the flag. When choosing the route you will take, pick one that will be easy to execute using the skills with which you are confident. Minimize risk of getting lost. Know where the catching features will be. These are terrain features which you will cross or pass on your way to the control; they will tell you how far you've come. A catching feature beyond the control will tell you when you've gone too far. Very good to have, like a safety net. So these are some of the techniques to be used on intermediate. Control flags will be located on less obvious features than you're used to on basic but with proper technique and some experience you can locate them with confidence.

Let's go back to the initial question: How do you know when you're ready for intermediate? Practice whatever techniques you can on your basic course. At least be

confident map reading, using compass and pace counting. After doing basic look at the intermediate course maps to see what you think looks difficult. Practice looking for attack points, handrails and catching features. Talk with intermediate level orienteers to see how they did their course—what techniques did they use? In the end you'll just have to decide when you're ready. But you might prefer trying a few intermediate controls some day after completing your basic course (there's no extra charge for doing a second course). That will give you a better idea of what to expect. The first time or two on the higher level course you would be well advised to go recreational rather than competitive. Work on technique, not speed (speed can come later). Remember, anytime you have problems, there are lots of people who are willing to help you. You only need ask.

SPEAK OUT!

Several loyal TOC members have given talks and/or demonstrations about orienteering to various organizations around town. If you are interested in giving such a presentation or if you would like to arrange one for a group you are connected with, please call Peg Davis at 628-8985. And, a big thank you to those who have donated their time and energy to promote

IMPORTANT DATES

July 21	Early-O Greasewood
July 27,28	Joint Meet with PHXO at Lake Mary
August 18	Palisades
Sept 15	Motato at Lincoln Park
Oct 20	Catalina State Park
Nov 17	Bajada Loop
Dec 15	Sabino Canyon

August's newsletter will be brought to you by Peg Davis. So if you have anything to contribute, call Peg at 628-8985.

AAHHHH!! THE COOLNESS OF MT. LEMMON

by Beverly Burwell

It was a gorgeous day at Bear Wallow; a cool green respite from the desert heat. I'd like to extend a hearty welcome to orienteering to the many newcomers at this meet. Several teams and one individual found the Basic course enjoyable enough to go out on the intermediate course as well. I can only assume that the Beginner's Clinics given by Warren Kossmann, Dale Bruder and Tom Worthen were stimulating introductions to this sport and I thank them. I was pleased to see that many people do regard orienteering as a family sport. In addition to all the walking children at least 3 parents hauled their infants

through the courses on their backs. And one of these "Teams", the Evil Mendu, even placed first in their category. I was a little nervous directing my first meet, but thanks to all the cheerful help I received it went quite well. Kudos to Marilyn Cleavinger, Pat Penn, Tom Worthen and Bill Hamilton for the interesting courses. Thanks to April Bahl, Roger Sperline, Sue Roberts, Ann Haber and Mike Kessler for manning the tables. And more thanks to control retrievers: Keith McLeod, John Maier, Roger Sperline, Sue Roberts, Rachel Gelbin, Dan Cobbledick, Mike Kessler and Ann Haber. Muchas gracias!

RECREATIONAL

Basic	W	Laurie Fellows	
	T	Scorpions	Trail Blazers
		Catalina Javelinas	DJ
		L & R	Torrey Titans
		D Squared	Trompers
Inter.	M	Mountaineers	
		Dick Toups	Keith McLeod
		B. Victor	
	W	Jackl Knapman	Sue Roberts
	T	Laurie Fellows	
Adv.		L & R	DJ
		Wayward Wind	Tigers
		Catalina Javelina	The Novices
	T	Davis/Kossmann	

HOW MUCH WATER DO I NEED ?

by Beverly Burwell

I became dehydrated at the Arizona Rogaine; enough to become quite ill. I was surprised because I thought I was drinking enough. In our summer climate you can lose up to a liter per hour while doing little or nothing and up to a liter and a half while being active. The bad news is your lack of thirst is not a reliable measure of your hydration. If you drink all you want you can still be 2% of your body weight below your needs; for most of us this is 1 to 2 liters. Some common symptoms of dehydration are

severe thirst, headache and mental confusion. So, you need to drink all you want and then drink more. What should you drink? WATER!! Never drink alcoholic beverages as this will worsen your dehydration and compound your symptoms. Caffeinated beverages are generally not recommended. Reversal of dehydration takes longer with sugar sweetened beverages but these are adequate for fluid replacement as long as dehydration is not severe. You

BASIC

M	Paul Kossmann	26:35
W	Sandy Sledge	36:32
T	The Novices	30:38
	Wayward Wanderers	50:12

INTERMEDIATE

M	Terry Shumaker	66:06
	Karl Broberg	86:00
	John Edwards	98:33
W	Ann Haber	88:07
	Diane Ewald	112:45
	April Bahl	122:45
	Chris Hannum	142:13
T	The Evil Mendu	79:00
	The Watons	109:30
	No B.S.	110:45
	Ocean Beach Club	166:16

ADVANCED

M	John Maier	60:05
	Mike Kessler	99:07
	Roger Sperline	124:37
	Dale Bruder	156:19
	Brad Farrall	174:43
	Wilkey Richardson	DNF
W	Rachel Gelbin	141:42
T	Pfeiffer Brothers	DNF

IT'S TRAINING TIME

Nothing on the horizon, at least not at this time, unless someone else would like to step forward. Remember there are lots of things you can practice on your own or with friends. For further ideas call John Maier at 586-7300 (Benson). P.S.--On June 15th, 20 people did the acclimation hike, mostly SAHC members. Next year we'll do it

don't need to replace electrolytes (e.g. Gatorade) unless exercise extends beyond 2 hours and then after fluid replacement with plain water since these products contain sugar. You do not need salt tablets unless exercise extends beyond 6 hours. Before starting any exercise program consult a physician. Any questions?? Call Beverly at 322-6351 (Tucson). Editor's Note: Beverly Burwell is a registered pharmacist and a second year medical student at the University of Arizona.

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.

