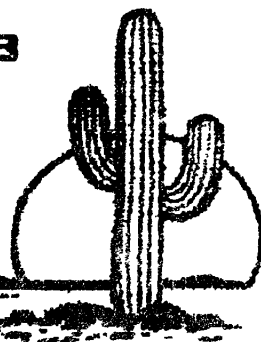


TUCSON ORIENTEERING CLUB

NEWSLETTER

JANUARY, 1982



ANYTHING G-O-ES AT GREASEWOOD

by Peg Davis

There will be fun for EVERYONE at Greasewood Park on Sunday, January 19th. In addition to the normal Basic course, two other courses will be set up. Roger and Sue are already cackling with glee about their secret plans. Even rank beginners will be encouraged to try one of these "special courses". (See Course Notes on page 7 for more information).

Because the park is easy to get to and hard to get lost in, this will be an especially good meet to bring your friends to as an introduction to orienteering. Meet directors Peg Davis and Beverly Burwell will be glad to see y'all. Beginners' clinics will be at 9 AM and upon request. The Basic course will open at 9:30, and the other courses at 10:00 AM (Note time change!). Latest starting times will be at noon. You must check out at the registration area by 2 PM, when control retrieval begins. Costs are \$4./individual and \$6./team entry with a \$1. discount for TOC members. This meet will also be a good opportunity to renew your membership, which probably expires this month (look at your mailing label).

The park is located on Greasewood Road just south of Speedway. For more information or to volunteer to work at the meet, call Peg at 628-8985.

AEROBIC ANIMALS RALLY

AT BEAR CANYON

by Ann Haber

Well, the meet director's weather prediction was way off for our Holiday-O. Even 9:30 starters were greeted with warm sunshine and a slight breeze. It was a t-shirt day all around.

With average distances of 500 m or more between controls on the intermediate and advanced maps, the course was a paradise for those of us who dig the physical aspects of this sport. Nothing like a 6 km jaunt through the desert for an aerobic workout! (See future issues of the TOC Newsletter for "Principles of Aerobic Training.")

Unfortunately, gremlins were out the night before the meet eating controls off the basic course. Starters were delayed while Marilyn replaced controls #1 and #2. Early finishers reported that #4 was missing as well. We apologize for any frustrations this may have caused. Folks on the basic course weren't the only ones affected. A punch was missing at one of the advanced/intermediate controls. Apparently this is an inconvenience we must contend with for meets near Tucson.

It was a pleasure to direct this meet. It's an easy job when you've got good help like: Bill Hamilton (course setter); Marilyn Clevinger (veter and course fixer); Roger Sperline (beginner clinic); Steve Personett, Mat Miller, Marilyn Clevinger (registration), Sue Roberts, Roger Sperline, Mike Kessler, Mike Pfeiffer, Mark Parsons (Start/Finish); Thom Wade, John Maler, Mark Parsons, Mike Pfeiffer (control pickup). Thanks also to Jim, a Sabino Canyon resident, who let me fill the water jug at his house!

See you next month at Greasewood. Remember: Be kind to your meet director - volunteer to help!

Recreational Entries:

Ken Smally	Rachel Gelbin	Ann Haber	Lewis & Clark
Sue Roberts	Mike Kessler	Big Dogs	Alma Berkowitz
Dan Drucker	Terry Porter	CZ	Glen Hutchinson
Clark Team	James Terlap	Steve Fuhrig	
Levine & Sarjoughian		Haley's Comets	(Haley is 5 months old!)

BEAR CANYON RESULTS

Advanced Course:

1M John Maier	76:06
2M Roy Parker	88:30
3M Martin Greiner	89:00
4M Mark Parsons	90:51
5M John Little	105:40
6M Mike Pfeiffer	115:29
7M Scott	118:20
8M Pete Cowgill	137:28
1W Pat Penn	148:12
9M Wilkey Richardson	172:27
1T Fred's Friends	179:37
Peg Davis	DNF

Basic Course:

1T Colts	52:13
2T Runners	67:08
3T Shutter/Taylor	82:17
1W Shirley Reynolds	88:51

Intermediate Course:

1M Thom Wade	61:30
2M Charlie Massieon	63:26
1T Green Mountain Boys	72:13
2T Personett/Miller	77:57
3T Bears	88:50
3M Daniel Perez	99:14
4M Bud Farmer	105:47
4T America Eats You Up	109:54
5M John Clark	111:28
5T The Waltons	113:18
6T Redland Raiders	131:54
1W April Bahl	133:27
2W Robin Staples	134:23
Dancer & Prancer	135:57
Catalina Javalinas	150:11
Broncos	165:49
Carol Kochan	DNF
Bobbie Ratliff	DNF
Mary English	DNF

TRAINING SESSION

SUNDAY, JANUARY 12, 9 A.M. Meet at I-10 and Hwy. 90 Jct. (Exit 302).

We'll be training in the foothills of the Whetstone Mtns, a new site to be used for our February event. John Maier will lead the session, which will cover planning and execution of successful route choices. The site is about 30 minutes from the junction on a dirt road that is pretty bad in spots. We'll carpool, taking only high clearance vehicles. Once you see this beautiful area, you'll agree that the drive is worth it. If you have a mountain bike and prefer to ride in, call for directions. Allow 60-75 minutes for the bike ride. The site is at 5000' so it could be cool; be prepared. Plan on training for 3 hours and having lunch at the site before returning to the cars around 2 PM. Call John at 586-7300 (Benson) for more information. Skill level: Intermediate and advanced. Next month - Tentative date: Feb. 9; Redington Pass

TOC OFFICERS, 1992

President:	Pat Penn	326-2339
Vice-President(s):	John Maier	586-7300
	Mike Kessler	888-4034
Secretary/Treasurer:	Wilkey Richardson	529-1105
Membership Secretary:	Steve Personett	887-1633
Equipment Chairman:	Helen Deluga	882-6194
Map Chairman:	Roger Sperline	577-8519
Publicity Chairman:	Peg Davis	628-8985
Newsletter Editor:	Sue Roberts	577-8519

UPCOMING EVENTS

- January 12 Training Session, Whetstone Mountains
- January 15 Business Meeting at Pat Penn's. 931 N. Norris
6:30 PM potluck; 7:00 meeting. Everyone welcome.
New officers are encouraged to attend
- January 19 Anything G-O-es, Greasewood Park
- March 14-15 State Championships, Redington Pass
- April 4 The Arizona ROGAINE, Cave Creek

NEWSLETTER SUBMISSIONS

Newsletter articles should be submitted no later than one week after the regular meet (Only meet results should be that late.). Give the articles to me on meet day or mail them to:

Sue Roberts, 4600 N. Avenida del Cazador, Tucson, AZ 85718.

Contributors to this issue are: Peg Davis, Ann Haber, John Maier, Sue Roberts, Roger Sperline, and Thom Wade. Thanks to April Bahl for helping with my first newsletter and handling the editorial transition.

OPPORTUNITIES

by John Maier

Feeling left out? Not getting out of the house enough? Getting out of the house too much? Feeling guilty about not helping as much as you'd like? Well, we can take care of these problems and more. Just give us a chance.

We have numerous opportunities. Some require technical expertise, some require none. Some require creativity, others require none. Some require you to get out of the house, others to stay home. On some you'll work with others; some you can do alone. Hey, it's up to you. Right now, you can help with:

1. Our 8-hour ROGAIN including: choosing the area, mapping, publicity, course design, making awards, and numerous other minor but essential details necessary to make it a winner.
2. The 2-day State Champs event including ... (see #1 above)
3. A Class A (national) event, perhaps in 1993, but work begins now including ... (see #1 above).
4. Our monthly events which require many volunteers just to run smoothly.

Options 1 & 2 will be history before Easter arrives and are major undertakings. Option #3 is just now being considered and would offer many benefits to the club, including a high quality, 5-color map and national recognition for Tucson as a place to go orienteering. Option #4 is ongoing. The more volunteers we have, the more events we can run. We aren't limited to one event per month.

So, won't YOU get involved? Wouldn't you like to help our club grow? Wouldn't you like to see more events? You can do something. No experience necessary, we'll teach you everything. Call one of officers or one of the numbers listed in your newsletter. Explain how much time you can afford and what you'd like to do. We'll be grateful for the help.

A JOG IN THE PARK AND A WHITE CHRISTMAS

by Thom Wade

That's an accurate thumbnail description of the San Diego Winter O-Fest '91 held Dec. 21-22. In addition to their normal crowd, SDOC was host to a group of Scandinavians en route to the World Veteran's Championships in Tasmania. Each day's venue was out of the ordinary, whether you were from Turku or Tucson.

Balboa Park presents many obstacles to navigation, common and uncommon. Reentrants and ravines separated by a California freeway, woods and clearings, the San Diego Zoo (with its 10 foot high, definitely uncrossable fence), and a lot of non-orienteers. Tourists looking for the Museum of Natural History eye you suspiciously as you run down the street. As you are beating through a thicket, you come upon tattered sleeping bags and blankets, some occupied, some not. Or the blister pack from Doc Johnson's Double Dong. Urban orienteering is an adventure!

The next morning was quite a contrast. For one thing the altitude. Balboa Park is marginally higher than a sand bar and Mt. Laguna stands more than 2000 meters above sea level. Another difference was the two inches of snow covering the course. At least until 4 bus loads of orienteers started running. The joke of the day was that, since it had not snowed yet in Sweden, many people had to travel all the way to San Diego for this year's first snowball toss.

At the Greasewood Park meet, I'll have a display board with maps and some photos of control points to illustrate the physical correspondence between the terrain and the international symbols. My ulterior motive is to prompt people to travel to SDOC meets this summer, May 16 at Mt. Laguna or June 20 at Cuyamaca Rancho.

GREASEWOOD PARK COURSE NOTES

Yes, I know Greasewood is boring. You know every reentrant and ridge in the place. It's too small, the terrain is too gentle, you can't get lost or do any REAL orienteering there. But we've used most of our low altitude sites already this winter (that's a hint to all you potential mappers). We'll try to jazz up the place with two special courses in addition to a fairly normal Basic course.

BASIC Course. This will be similar to our usual basic courses, except it will be self-guiding. There will be hints, tutorials, etc. along the way that runners can choose to use or not to use. This course is suitable for absolute beginners. Those who've completed Basic courses in the past or who complete this course will be encouraged to try the Mystery Score-O.

MYSTERY/SCORE-O. For BASIC competitors and INTERMEDIATES totally lacking self-confidence. Participants choose their own routes among the controls. In addition to punches, each control will be labelled with a suspect, weapon, or place. By elimination (or guessing), the identity of the murderer can be found. A correct solution will be increase your score-O total. Time limit: 75 minutes.

ANYTHING-gOes. For INTERMEDIATE AND ADVANCED Orienteers. It'll bear little relationship to orienteering as you know it. You'll need a compass. You may or may not have a map. The map(s) you have may or may not be real helpful. You'll be collecting things along the course, so wear something with pockets or bring a plastic bag along to hold your treasures. Awards will be given in both Intermediate and advanced classes.

MEETING/POTLUCK JAN 15th

Our next business meeting will be January 15th at Pat Penn's, 931 N. Norris. Everyone is invited, but new officers are STRONGLY encouraged to attend. Potluck at 6:30; Meeting begins at 7:00. For directions, call Pat (326-2339) or Peg (628-8985).

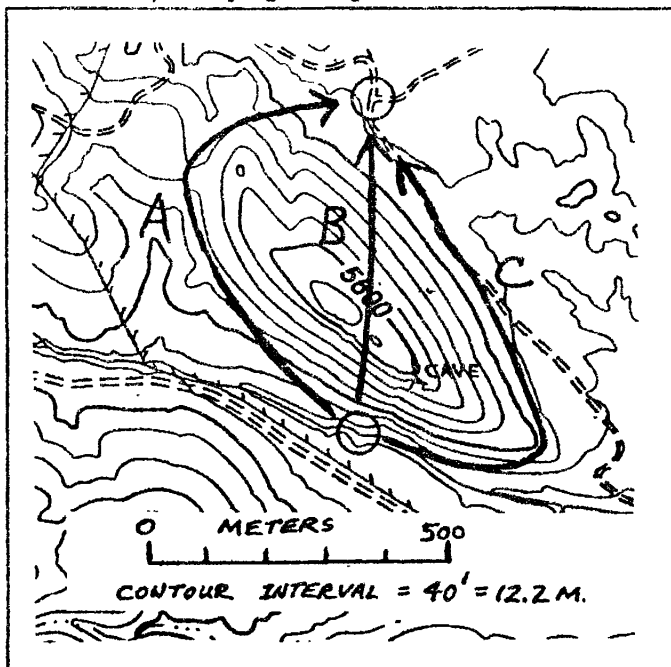
THE COMPETITIVE EDGE

by John Maier

The Sabino Canyon event brought home the importance of knowing the relationship between contouring (maintaining elevation by following the contour lines) and climbing. When you are in steep terrain where you can either go up and over (or down and back up) or around, this rule is most important. The general rule of thumb is: one meter of climb is equal to ten meters of level running. Since everyone's abilities are different, you need to fine tune this rule to your own performance. Obviously contouring in steep terrain is slower than contouring on flat terrain, and brush or rocks are slower than blasting along a trail. But all else being equal, one to ten is a pretty good guideline.

In the example, there are three route choices. Which is best? First, determine the distance covered, then add 10 meters for each meter of climb to give the effective distance. The smallest effective distance is the fastest route. For the most part, you can ignore descent, but steep descent is slower.

Route A avoids most of the steepness by going left of the hill and crossing the saddle; B follows the beeline route up and over; C involves the least climb, but swings right of the hill, taking you further from the next control. It's



obvious that B is the shortest distance with most climb whereas C is the longest distance but least climb. A is in between.

To find out which is fastest, we must measure distance, calculate climb, calculate the distance equivalent of climb, then add the two for the effective distance. Since the effective distance is proportional to the time it takes a typical orienteer to cover that route, the results not

only tell you which route is faster, they also indicate how much faster one route is than another. In calculating effective distance, it is important to use consistent units of measurement. Since our maps give distance in meters but contour intervals in feet, we must convert feet to meters. A 40-foot contour interval equals 12.2 meters, 12 meters is close enough. The table below shows the mental calculations you'll need to do on the course.

Route	Distance	Climb	Equiv. Dist.	Effec. Dist.
A	900 m	5c x 12 m = 60 m	60 m x 10 = 600 m	1500 m
B	575 m	8c x 12 m = 96 m	96 m x 10 = 960 m	1535 m
C	975 m	2c x 12 m = 24 m	24 m x 10 = 240 m	1215 m

As you can see, the fastest route for a typical orienteer is C. There's almost no difference between A and B. How much difference between C and A or B? The numbers are directly proportional to time, so if C takes 8 minutes, A or B would take about 10 minutes.

Would the result be the same if the contour interval were 20 feet? Let's calculate. Climb would be half of the previous example, or 6 meters per contour line. This makes the table:

Route	Distance	Climb	Equiv. Dist.	Effec. Dist.
A	900 m	30 m	300 m	1200 m
B	575 m	48 m	480 m	1055 m
C	975 m	12 m	120 m	1095 m

Now B is best and the differences between routes are not as great. The actual distance has remained the same, but the hill is only half as high, so it's not as big an obstacle. If we used a contour interval of 2 feet, such as at Greasewood Park, the straight line distance would be an overwhelming favorite. Contouring becomes more important as the contour interval gets larger or the terrain gets steeper. Thus, when orienteering on our 40-foot contour interval maps, you must pay closer attention to contour lines in choosing your route. Contouring becomes an important technique to master and use well.

When running a course you can't make exact calculations, but if you have a large climb on a route choice, you should count the contour lines and get a quick approximation of the equivalent distance of that climb. Then approximate the difference in actual distance of your route choices (climbing vs. going around). If the equivalent distance of climbing is greater than the additional distance of going around, then don't climb, you'll save time by going around.



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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