



Tucson Orienteering Club

April, 1992

And the Arizona Champs Are....

Roy Parker, Elite Men

Mark Parsons, Veteran Men

Molly Parsons, Junior Champion

Pat Penn, Elite Women

Peg Davis, Veteran Women

This year's Arizona Championships were held March 14-15 on Redington Pass, in the area used for last year's ROGAINE. Four courses each day were set by John Maier (with a little (or a lot) of help from Mike Kessler); none were invalidated or even complained about. Several out-of-towners showed up for the event, and we mostly held our own with them. You could tell the visitors by two tell-tale signs; the brightly colored pajama-like garb worn by the HVO folks (Orienteering Suits), and the scratches obtained from their first run-ins with catclaw and shindagger (the locals tended to be in denim and avoiding that stuff.)

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Two of the visiting Californians made special impressions. Penny DeMoss continued the tradition Hannah North started a few years ago, running the Red Course and impressing all of us. Wyatt Riley, a 18-year old BAOC-member attending college in the LA area ran beautifully and was the overall winner on the Red Course.

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Calendar

April 7	*	Business Meeting	4165 N. Gregorio Circle
April 19	*	TOC Meet	Cat Mountain
May 17		TOC Meet	Bear Wallow
June 21	*	TOC Meet	Carr Canyon

* See article elsewhere in newsletter

TOC OFFICERS

President:	Pat Perrin	326-2339
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Secretary/Treasurer:	Wilkey Richardson	529-1105
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Equipment Chairman:	Helen Deluga	882-6194
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Newsletter Editor:	Sue Roberts	577-8519

Newsletter Stuff: Submit articles to: Tucson Orienteering Club Newsletter, P. O. Box 13012, Tucson, AZ 85732, or to the editor directly (call Sue at 577-8519). Articles received later than the deadline may not appear in the next newsletter. **EARLY DEADLINE for May issue: April 18.** Contributors to this issue are: Mike Kessler, Peg Davis, Beverly Burwell, and Mark Parsons.

Next Business Meeting: The next business meeting is scheduled for Tuesday, April 7 at Mike Kessler's house, 4165 N. Gregorio Circle. To get there, go W. on Prince to Romero (or if you're coming from I-10, go east on Prince). Turn N. on Romero. About 200 m. past Roger Rd., turn left onto Gardiner. Gregorio Circle is the third paved road.

Has your membership expired? Look at your mailing label, it shows your membership expiration date. If the label says EXPIRED, you're not a club member and are in jeopardy of being removed from our mailing list. Please renew now!

1992 Arizona State Championships continued from p. 1

Wyatt had an especially good time Saturday after having driven in alone from LA the night before. I don't suppose that'd work for the rest of us.

The Parsons family took home two state champs awards. Mark upheld the Club honor and took first place overall in the Veteran Men's category and on the Green course, which had as many runners as the other courses combined. Molly repeated as Junior Champion, and had an outstanding time on the white course the second day. Roy Parker, back after an involuntary lay-off (bad knees I understand) took the Elite Men's title, Pat Penn repeated as the Elite Women champ, and Peg Davis won the Veteran Women award.

In addition to the competitive events, the campsite and company contributed to a fine weekend. The campsite was pretty and private (no midnight shoot-outs) about a half-mile or so on past last year's ROGAINE campsite (near control 42 of the ROGAINE for anyone who remembers). Everyone's car seemed to make it to the site intact, though hitting those little ditches cutting across Redington Road was quite invigorating. We even made an effort to park all cars within 5 feet of the road as required by the Forest Service. The crowd started arriving on Friday night and about 20 people camped out the next night. On Saturday evening, Mark Parsons built us his annual bonfire, so we sat around it and roasted marshmallows and sang, yes, actually sang, and the variety of songs that came up was staggering.

The guys in charge, John Maier (course setter) and Mike Kessler (meet director) weren't even there; they were practicing the fine art of designing and setting Sunday's courses on Saturday evening. One could judge the amount of work required to put on the championships by looking at either of them. They were never seen sitting down unless they were doing paperwork. By now I'm sure you're wondering "what were the portapotty tales this year?" Mike Kessler not only rented it, dragged it up there and back down, he wasn't even heard to complain about it.

Mike Kessler adds: Well folks, another state meet has come and gone with wonderful weather and excellent help from many. The event just plain worked out. The campsite was comfortable, the company grand, and the courses interesting and fun.

Special appreciation to John Maier for his days (and nights) of effort setting the courses we all enjoyed, and to Roger Sperline and John Little for their work field checking and helping with the mapping.

Further thanks to Ann Haber and Dale Bruder who did responsible things at the start/finish and registration tables. Next to Scott Hill, Sue Roberts, Molly Parsons, Thom Wade, Peg Davis, and Beverly Burwell who helped Ann and Dale look good.

Also my personal gratitude to April Bahl and Keith McLeod for their work keeping track of the times and places of all the participants. And finally to the many volunteers who helped John recover the dozens of controls. Our sincere thanks to all of you.

Arizona State Championships: Results

Red Course:		Saturday	Sunday	Total	
1M		Wyatt Riley	68:27	68:03	136:30
2M	AZ-1	Roy Parker	87:20	60:12	147:32
3M	AZ-2	John Little	91:42	67:06	158:48
1W		Penny DeMoss	96:09	80:28	176:32
4M	AZ-3	Dave Kreider	132:55	76:47	209:02
1T		Auchtung	214:21	228:22	442:43
		Martin Greiner	72:32		
		Daniel Perez	DNF		
		Dean Herbert		DNF	

Green Course:

1M	AZ-1	Mark Parsons	75:32	54:48	130:20
2M		Joe Mokszycki	80:30	65:36	146:16
3M		Bob Bullions	70:38	80:07	150:45
4M	AZ-2	Richard Fawcett	75:13	75:58	151:11
5M	AZ-3	Thom Wade	106:12	66:54	173:06
6M		Harold DeMoss	106:43	68:20	175:03
7M		Dave Cutler	119:50	71:14	191:04
1W	AZ-1W	Pat Penn	107:50	84:11	192:01
8M		Scott Hill	88:36	116:01	204:37
9M		Keith McLeod	151:58	63:13	214:71
2W	AZ-2W	Helen Deluga	122:40	134:58	257:38
10M		Mac Innes	154:25	127:20	281:45
		Mark Harkness	123:38		
		Double T's	159:29		
		David Flieger	DNF		
		Dale Bruder	DNF		
		Rich Johnson		DNF	

Recreational Entries:

Kevin Hayden (green)	Scott Macinnes (white)
Rich Johnson (green)	Mark Romero (white)
Yvonne Gabbert (white)	

State Champs Results, Continued from page 4.

Orange Course:		Sat	Sun	Total
1M	Mike Kessler	60:36	63:31	123:67
1W	AZ-1W Peg Davis	69:06	92:11	161:17
2W	AZ-2W April Bahl	90:10	118:25	208:35
3W	Ann Haber	111:30	103:25	214:55
	Susan Dodd	DNF	96:41	
	Marley Beard	DNF	201:37	
	Dustbusters	109:54	---	
	The Cranes	DNF	---	
	Dante Archangell	--	66:20	
	Killer Guineau Pigs		74:53	
	Debble Damore		101:11	
	Disoriented Daves		141:11	
	Ladonna Lee		172:06	
	Catalina Javalinas		183:25	
	Crusaders		188:36	
	Jim Wood		232:13	

White Course

1W	AZ-1	Molly Parsons	64:52	26:32 (!)	91:24
		Disoriented Daves	54:25		
		Mis Sobrinos	69:48		
		Debble Damore	67:58		
		Colts	DSQ		
		Brendo		52:43	

Report from the Phoenix Champs

Under pristine skies, several TOC members attended Phx O's March 1 meet at Lake Pleasant and found success amidst the jungle of jumping cholla. Dan Cobbledick won the red course (2:17), Dave Kreider was second (2:32), and Mark Parsons third (2:37). Keith McLeod was also seen at the meet. Dave Hensley of PhxO was thanked for his typically rugged, long courses (they don't bother to calculate seconds in their times). We got our money's worth, and most definitely got lost a time or two. Too much fun!

The next big event sponsored by Phx O will be their July, 2-day O-fest near Flagstaff. Unlike our southern Arizona steep sloped, "sky island" pine forest, their site features intricate low ridges, huge meadows and a vast forest to get lost in. It's a setting unlike anything we use around Tucson. Plan to attend this event! Look for directions in the June newsletter.

How Much Water do I Need?- by Beverly Burwell

I became dehydrated at the 1991 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 that lack of thirst is not a reliable measure of 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. 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 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). (Beverly is a registered pharmacist and a medical student at U. of A. Article reprinted from the May, 1991 TOC Newsletter.)

Water on our Courses

While there is always water on TOC courses, it may not be very smart to rely upon this water, especially in hot weather. If course setters misjudge the difficulty or length of the course, get an extra-warm day, or a particularly large turnout, (all three of which happened at Catalina State Park last October), we can run out of water. This is an unpleasant experience for everyone. As Beverly pointed out above, one of the symptoms of dehydration is mental confusion - not a great thing to encounter on an orienteering course!

Don't rely entirely on course-setters water, especially on hot days. Drink before you go out on the course. Carry a water bottle with you. A 22-ounce bottle strapped to a belt or fanny pack won't slow you down much, and if you happen to be out longer-than-expected you'll find it's well worth the trouble you've taken to carry it with you.

New, Cool Site for Our June Meet

Mark Parsons is developing a new map for our June 21 meet. The site is 20 minutes south of Sierra Vista, at 7100' elevation, and has a new National Forest campground. Since the location is 2 1/2 hours from Tucson and the camping is good, there will also be a Score-O in the dark on Saturday night. Look for directions in the June newsletter.

Look for Something Besides Eggs on Easter Morning

The April meet will be held at Cat Mountain in the Tucson Mountains. (All you disappointed Helvetia fans, see the note below). Dale Bruder will be setting a Score-O (45-minute and 90-minute options will be available) on a new map at a site in the Tucson Mountains he's been eyeing for some time.

The meet is close to town and should provide a pleasant site free of motor vehicles, paved roads, and buildings. The map will be 1:15,000 scale, with 20-foot contour intervals. The valley will provide an excellent area for practicing basic and intermediate skills, though speed rather than navigation will be the challenge for advanced runners.

The meet date remains April 19, Easter Sunday. Starting times will be between 9:30 a.m. and noon, with beginners clinics at 9:00 and upon request thereafter. Please remember to check back with the start/finish table after completing your run/walk.

Cost will be \$4.00 individuals; \$6.00 teams; \$1.00 discount for TOC and SAHC members. Compasses for rent safety whistles for purchase will be available for \$1.00 each.

For more information or to volunteer to help call Scott Hill at 296-4178 or Mike Kessler at 888-4034. (Scott is a NEW meet director. Let's get him lots of help for this one.)

Directions: Drive W. on Ajo Road four miles past Mission to Kinney Road (on the west side of the Tucson Mountains). Turn right (north) on Kinney. After 0.9 mile, turn right onto Sarasota. At the end of Sarasota, make a final right turn on the gravel road. Drive about one half mile and park where the road ends. The start/finish table will be a one-half mile walk through the pass to the northeast, just inside Star Valley.

"Course Setters Should be Treated like Gold"

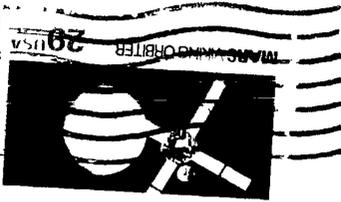
A sentiment Dan Cobbledick expressed a year or so ago. The reason for the "switch" from Helvetia to Cat Mountain for this meet is the club was unable to find a course setter or meet director for the Helvetia site. This is understandable, since many of the club stalwarts feel burnt out after working to put on the State Champs and the ROGAINE, and need to just run for a while to "refresh" themselves.

There is a desire to schedule meets several months in advance. Publicity in O/NA must be in early. It allows us to balance the use of small, in-town sites with distant or more advanced terrain. It allows plenty of time to obtain meet permits. But without course setters and mappers meets don't happen. Please thanks Dale for putting on an April meet for us.

Address Correction Requested

Tucson, AZ 85732

Tucson Orienteering Club
P.O. Box 13012



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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.

