

Tucson Orienteering Club August, 1992

Cool off in the Catalinas; Paisades August 16

by Mary English

At about 8,000 feet elevation, the shady forests of the Palisade Canyon/ Organization Ridge site in the Catalina Mountains are a favorite for the club's summer meets, and a fine place to introduce someone to the delights of orienteering without running the gauntlets of prickly vegetation. So come, and bring your friends on Sunday, August 16.

For a little while, it looked as if there would be no joy in O-ville this month, when scheduled course setter Mike Kessler got called away at the last minute. But then, to the rescue came a team of four, so the meet WILL go on. Whew! Hurray! And many thanks to each and all of them.

Setting the Advanced course will be an old pro, Dale Cola, with Scott Hill, a new pro, hanging the controls. Doing yeoman's service, as usual, is Peg Davis, who will set the Intermediate Course and coordinate the effort. Laurie Fellows will make her debut as a course-setter by creating the Basic Course. As usual, entries may be either recreational or competitive.

Volunteers: We'll need the usual help: setting up before 9 AM; staffing registration and timing tables; beginners clinics; control retrieval; pick-up and pack-up in the afternoon.

For more information or to volunteer to help, call the meet director, Mary English, 881-4786 .

Details/directions on page 3

Calendar

August 14	*	Business Meeting	4600 N. Avenida del Cazador
August 16	*	TOC Meet	Palisades
August 26		DEADLINE - for receipt of September newsletter articles	
September 20		TOC Meet	Dragoons
October 18		TOC Meet	Catalina State Park
November 15		TOC Meet	Fort Huachuca
December 20		TOC Meet	Bajada Loop

* See article elsewhere in newsletter

TOC OFFICERS

President:	Pat Penn	326-2339
Vice-President(s):	John Maier	586-7300
	Mike Kessler	888-4034
	Wilkey Richardson	529-1105
Secretary/Treasurer:	Steve Personett	887-1633
Membership Secretary:	Thorn Wade	743-9610
Equipment Chairman:	Roger Sperline	577-8519
Map Chairman:	Peg Davis	628-8985
Publicity Chairman:	Sue Roberts	577-8519
Newsletter Editor:		

Newsletter Stuff: Submit articles to: Tucson Orienteering Club Newsletter, P.O. Box 13012, Tucson, AZ 85732 (Write "Newsletter" on the envelope) or to the editor directly (call Sue at 577-8519). Articles received after August 25 may not appear in the August newsletter. Contributors to this issue are: Peg Davis, Roger Sperline, Wilkey Richardson, and Mary English.

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 could be removed from our mailing list. Please renew now!

August Meet - Palsades - continued from page 1

Meet Schedule: Sunday, August 16

9:00 AM Registration opens
9:00 AM Beginner Clinic. Clinics will be repeated during the morning upon request, so ask if you'd like a brief introduction to navigating with map and compass.
9:30 AM Courses open
Noon Last time to start a course
2:00 PM Courses close: Everyone, finished or not, must check in at the Start/Finish/Timing table; anyone not checked in will be considered LOST.
2:00 PM Control retrieval begins; volunteers will be joyously welcomed. Get some extra practice. Just hang around the Start/Finish table looking eager.

Cost: \$4./individual; \$6./team; \$1. less for TOC/SAHC members. Compasses rent for \$1; Safety whistles may be purchased for \$1. and are mandatory for the intermediate and advanced courses.) Sorry, no TOC T-shirts can be sold at this site.

Directions: Tanque Verde Road east to Catalina Highway. Drive up Catalina/Mount Lemmon/General Hitchcock Highway almost to Mile Post 20. Turn left on Organization Ridge Road (about 50 feet before Palisade Ranger Station) and continue straight ahead, following the red and white "O" markers. Please use the marked, off-road parking areas just before the registration site.

Some of us will be working in the area by early Saturday afternoon and plan to camp nearby overnight. You're welcome to join us; no RSVP necessary.

Maps to be Discussed at Meeting on Friday, August 14

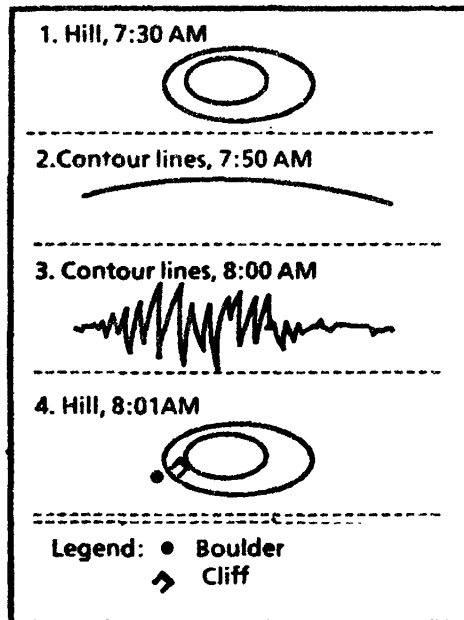
The business meeting in August will be held on Friday, August 14, and will focus on mapping. Among the items to be discussed (in addition to regular business) are (1) a color map of the Redington Pass Area; (2) "cheaper" approaches to color maps using color copies and CAD programs; and (3) computer-aided mapping in general, and O-CAD specifically. Anyone interested in these areas should plan to attend. The meeting will be at 7:00 at Roger Sperline's, 4600 N. Avenida del Cazador. Since it's a Friday night, to bribe people to attend, we'll provide pizza as the "entree" for the pot luck. Feel free to bring salad/dessert type stuff to share. Call us to let us know you're coming (so we can figure out how much pizza we need), or to let us know your pizza preference, or just to get directions, at 577-8519.

From the Mailbox - taken from the LAOC Newsletter - by Mick Swatek

Top 10 Ways to Attack a Control:

10. Approach it from above rather than below.
9. Sneak up to it on your hands and knees.
8. Call it foul names.
7. Stroll by it nonchalantly and act like it's not really the control you're looking for to fool your competitors.
6. Stick it.
5. Come crashing out of the brush with a bloodcurdling yell.
4. Soften it up first by lobbing in a couple of hand grenades.
3. Punch it.
2. Don't pick on the poor innocent control, **attack the course setter instead.**
1. Come at it from a nearby prominent feature.

Also from the LAOC Newsletter is this drawing of a hill near Big Bear Lake where two LAOC members were field-checking a map on Sunday, June 26th.



Lincoln Park Results - by Wilkey Richardson

The "food and fun" event at Lincoln Park turned out to be just that. Those who came for the pot luck contributed plenty of good eats, and despite missing a control I failed to place, everyone enjoyed the course. Thanks to plenty of volunteers we were able to retrieve all the controls before the park closed. Many thanks to Peg Davis for setting the courses and working the table.

	Runner/Team	#Controls
1M	Dan Cobbledick	19
1T	No Whining	18
2M	Scott Hill	14
2T	Team Brends	11
3T	Only 2 Stars	9
4T	Catalina Javalinas	8
5T	Team Lanning	7
3M	Keith McLeod	5
6T	Penfellows	4

Want an Early Look at the September Meet Site?

John Maier and Mark Parsons will be field checking the Dragoon map for the September meet in early August. They'd appreciate some help - even from enthusiastic mapping novices. If you'd like to help and get a look at the site, call John at (602) 586-7300 (Benson) after Aug. 5, or Mark at (602) 432-2507 (Bisbee).

Pima Canyon Trail Access

TOC has received a letter from the Southern Arizona Hiking Club regarding threats to Pima Canyon Trail Access. A group is forming to preserve unrestricted public access into Pima Canyon from Magee Road. If you want more information or to be involved with this, please call one of the following people: Helen Greer (SAHC) 881-8014; Ed Rawl (SAHC) 722-4712; Nancy Kelly (Sierra Club) 325-0909; Steve Anderson (Pima Trails Association) (296-2260).

The Colorado High-O - by Peg Davis

Most TOC meets are "C" level events. We use a black and white map, start the courses when we show up, and find out the results a few weeks later when the newsletter arrives and is eagerly ripped open. An "A" meet is quite a bit different.

John Maier, Mark Parsons, and I drove up to Colorado Springs, Colorado to participate in the U.S. Long-O championships and the Colorado High-O over the weekend of July 11 and 12. We all preregistered at least 3 weeks before the meet, telling the organizers what events we would run and at what level. If I wanted to be the women's Long-O champ in my age division, I would have had to run the Green course - 8-10 km long and rated as hard. I decided I would rather be happy and chose the Brown course - 6-8 km long rated hard. The joke was on me; my course was 7.8 km while the Green was only 8.4 km, hardly a significant difference. John ran in the M45-A category, meaning he was a male aged 45 to 50 running in his championship division. He ran the Red course - 13-15 km long rated hard. Courses offered on Saturday ranged from White (2-3 km and easy) to Blue (20-22 km rated hard).

A Long-O is a regular cross-country orienteering course with the controls set much further apart. My 7.8 km course had only 8 controls, some of them more than a km apart. The map, called Saylor Park, covered an area above Woodland Park on the Rampart Ridge. The terrain was rolling hills with tall pines and aspens, no cactus, easy to run through, beautiful wildflowers, and an elevation of only 9500 feet. We all gathered at the start and were handed our maps face down. All courses had the same start point and time; therefore the first one to show up at the finish would be the winner. At the meet director's bellow, we all started off in the different directions our courses led us.

The map was about 8x14 and in color. This shows changes in vegetation, water, roads, etc. all in different colors. Each map is then stamped with that course's control locations and a straight line connecting them - no copying needing! It was quite easy to read and packed with much more information than the usual TOC map. Every map has its problems - on this one the magnetic north lines had been drawn a few degrees off. Since color maps are printed in lots no smaller than 500, to avoid wasting maps, correct magnetic north lines had been printed over the finished map. In general this caused no problem, but on one leg, I had to laugh. I needed to go directly north and I had the correct magnetic north lines, the incorrect ones, and the course lines all nearly on top of each other. Water was available in many locations on the course. One control common to most of the courses offered Gookinaid, fruit, and first aid. First Class!

I had a pretty good day; I only was seriously not in contact with my map (that means lost) once and but found some purple columbine while wandering. I came in second, right after the only other woman in my division. John did very nicely and Mark finished the course.

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1992 USOF Convention "A" Meet - by Roger Sperline

As part of our vacation, Sue Roberts and I participated in the 1992 USOF Convention "A" meet at Roslyn, Washington. The event was sponsored by the Sammamish (WA) O-club, and many additional volunteers came from the Ellensburg, WA O-club. Most of the general comments on "A" meets made by Peg Davis in her article (this issue) applied to the Cle Elum meet. All those meet workers were necessary to cope with the 170+ competitors. They had on-site computer logging of entrants and finishing times, machine printed results, and even parking attendants! Because you had to wear an entrant number, they could embarrass you by announcing your name, affiliation, and time over the loud-speakers when (if) you dragged your sorry carcass across the finish line.

Roslyn is on the eastern slope of the Cascade Mountains so Saturday's 95 humid Fahrenheit degrees were not unexpected. Only 4 of 9 people in class M35B finished; this seemed typical of most of the "lower" classes. Lots of dehydration cases, although the courses had plenty of water. They put out 95 gallons on the six regular courses. (We didn't ask how much was put on the "String-O" course for the tykes.) Sunday was cloudy and cooler, and Saturday's late starters went off early on Sunday. The Green courses weren't long, nor were the controls hidden, but the pace required to be competitive was ferocious!

Terrain and vegetation were varied but much of the non-forested areas were covered with chaparral - not unlike the burned areas we saw at Carr Canyon in June. All of Washington east of the Cascades is dry, so the forested areas were somewhat like the area around Flagstaff. The start each day was 20-30 minutes' hike hard uphill from the finish so one didn't need any warm-up before starting. Seems like all we hear in Tucson is complaints about remote starts. There are some benefits, but it makes it hard on the meet organizers.

Both of us were stumped (!) by the detail available on a Color Map (capitalized out of awe). Most noticeable about this one was the lack of both a legend and a scale. Of course, everyone knows the difference between a scalable stone face and an impassable cliff. At least "1:15,000" meant something. Only the white course people were given legends. Good thing I took along some other lists of International Symbols to study beforehand.... not even sure we have earth banks in Tucson.

On Saturday, after wasting nearly 30 minutes looking for one of said earth banks near control 4, nearly quitting, then backtracking and starting that leg again, I breezed through the rest of the course. Saturday night, after the excellent barbeque (SP?) put on by the group owning the campground, eaten with some nice folks from Boston and Washington State, the best part occurred - the "How They Ran It". People with some of the best times on the courses described their decisions, leg-by-leg, during their runs. The most obvious point was that no matter how steep or vegetated a section is, a path is the fastest way, even if you must go 2 - four times as far. This cost me a lot at Carr Canyon, and, I'm ashamed to admit, also that A-

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The Colorado High-O - continued from p. 7

The social event of the weekend was held at a local swimming pool rented for Saturday evening by our hosts, the Rocky Mountain Orienteering Club. Imagine a swimming pool, jacuzzi, and patio barbeque peopled with nothing but orienteers. It was great! Later in the evening, the awards were presented - gold medals on red, white and blue ribbons for the champs in each division and thermal cups with the map of Saylor Park for the top three finishers in each category. Suddenly, I was very glad I had dropped down to Brown where I had a chance to be in the top three.

The level of competition at these meets is fabulous. People who are very fast and very experienced are moving across the courses at what looks like the speed of light. You'll see lots of orienteering suits, shoes with cleats, duct tape holding shoelaces securely, special flip-up map reading glasses, and even colored greasepaint under eyes to fight glare. The level of organization by the local club is also astounding. At the Long-O, three people didn't work the start, didn't work the finish, didn't hang or retrieve controls, didn't post results - they sat and verified results for hours. To run an "A" meet, the many U.S. Orienteering Federation regulations must be met to a "T".

The next day at Garden of the Gods was a very different kind of event. The terrain was more desert-like with cactuses and bare rock in intricate formations and a complex system of trails. After walking up to the the remote start, four minutes before our assigned start times we were called to the first line, where our presence was verified and we were given any last minute instructions. Two minutes before our start times we were called to the actual start line (10 feet away), where we were given our maps and did any stapling or taping of control descriptions we wanted - without looking at the course, of course. Then we were sent out with no more than one person on each color course in each two minute interval. I stunk from the very start the whole course. The map was very detailed - well, it was confusing to me. I couldn't seem to adjust to the scale or get a feel for the terrain. Even John walked most of the course. But Tucson still prevailed! Mark was right in the top pack on his course, vowing that his experience at red rock running powered him through. Rachel Gelbin, who showed up in time for the barbeque on Saturday, was out on the green course and managed to find all 14 controls and get back to the start in less time than I took to stagger over half of the 4 km course. She finished second in her division and was awarded one of the famous cups - this time marked with the Garden of the Gods map.

The courses - all 13 of them - both days were good and very accurate. An incorrectly placed bag could have been challenged by a runner and could result in that course being invalidated. The meet was highly and beautifully organized; they even had commemorative T-shirts made. The number of people who worked on this meet was probably greater than the number of TOC members. RMOC is a very well-established club with a lot of color maps and a lot of very experienced (and expert) orienteers, but even they were looking tired by Sunday

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The Colorado High-O - continued from p. 8

afternoon. Many of America's top orienteers made it to this meet, as well as many of the biggest supporters and promoters. You could chat with the champs, stock up on the latest equipment, and assess trends in orienteering in one weekend.

Should you go to an "A" meet even if you're not the fastest kid on the block? I'd recommend it. Several of us have gone to 2-day meets in California, enjoyed the orienteering and learned a lot. Rumor has it that one will be coming up this fall. Experience a color map and a big meet and get a new charge about the world's greatest sport!

Washington State A-Meet - continued from p. 7

meet Saturday. Sunday was different - I used the paths and roads as much as possible and cut 60 minutes off my Saturday time. Think I got second place in class M35B. You can't believe how hard it is to locate when all you can see in any direction is brush!

Saturday afternoon we went into Roslyn and got some ice cream across from Joel Fleischman's office and looked in at The Brick. Took the requisite photo by the Rosly's Cafe sign. Didn't see the Moose. The meet was held on the green hill seen looking north past The Brick on the Northern Exposure introduction.

Finally bought some gaiters at the O-equipment trade show at the meet. (Two car trunks and a utility trailer from A&E.) We get smug about the vegetation in Tucson, assume that that elsewhere is totally harmless, and tried it in shorts, only to find that even bushes without thorns can draw blood.

Biosphere Environmental Fair

Biosphere 2 will be celebrating the first anniversary of its closure on September 26-27 with an ecology fair to promote environmental awareness and action. There will be live entertainment, educational programs, food, etc. Southwest Gas is also sponsoring this event. We have been invited to "mount an interactive presentation about your organization's programs" during this event. Anyone interested in volunteering to handle this should call Peg Davis (628-8985) or Pat Penn (326-2339) ASAP. TOC will not be involved in this unless someone steps forward to take care of things.

Distance, Direction, & Details - by Winnie Stott (Ontario)

Adapted (shortened) from the June, 1992 Orienteering N/A

From listening to after the race conversations, I am convinced that many, many, many of the errors made are due to inaccurate judgment of distance. Some people have an inborn, uncanny (to me disgusting and despicable) ability to judge distance. Me??? No such luck. I pace count almost every step of every leg of every race. (Pace counting means the orienteer counts each time the left (or right) foot hits the ground, not both, the numbers get too high.)

I hear numerous arguments against pace counting. It's distracting. It's hard to do. I say getting misplaced is distracting. Counting is easy (especially if you've had musical training and been in marching band). It's easy to remember. It keeps you focused on the job at hand.

Now how do you pace count? You do **NOT** look at a 500 meter leg and begin counting 500 meters. You look at the leg and the segment you are about to execute. Perhaps the distance from the start to the hill you'll cross is 100 meters. Fine. Start counting. In 100 meters if you aren't on a hill then you're in **TROUBLE**. Stop, look around, orient the map and see the hill. If you hadn't pace counted, you wouldn't have a clue as to how far you'd gone, you might see any number of hills and you wouldn't know which is the correct one. Without pace counting you'd put yourself in a tricky position. Do you want to kick yourself all evening for making a stupid mistake?

Pace counting keeps you in touch with your physical condition. If you're strong the count won't vary too much. If the course is tough or you're tired the count will increase. When you measure 100 meters on the map and find it takes an extra ten steps to get there, alarm bells should go off in your head. You're tired. Perhaps your thinking will be affected. Be alerted and plan very carefully from here on.

Pace count also varies in different terrain. Be aware of your running count, your walking count, your uphill count, your downhill count, etc.

Pace counting can heighten your awareness of the terrain. This happens each time you set a goal for yourself. For example: In 200 meters I'll see the re-entrant. You commence counting and in 200 meters there's the feature. If you hadn't made the plan, you might have flown by the feature and never had it in your memory bank to draw upon in case you became misplaced (lost) further down the leg.

How far can you pace count and go on a bearing accurately? Not far. You'll find your own limit. Most people can manage 100, 200 meters. Some can navigate 300 meters. Beyond that you're talking luck.

One visiting coach from Sweden (a World Champs medalist) said she pace counts at least once in every race. She also said "By pace counting you greatly reduce the search area. If you know you have to go 200 meters and you paced 200 meters you are probably within 20 meters of your goal. If you didn't judge the distance accurately then your search area doubles or triples. (Continued on page 11)

Distance, Direction and Details: (continued from p. 10)

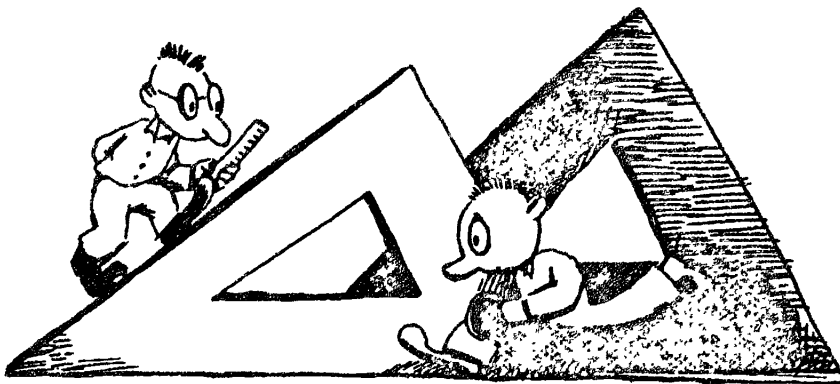
Pace counting alerts you to distance problems. For example: I'm going to see a rock wall in 200 meters. But the wall came up in 275. I instantly know my bearing was not straight. I have drifted to one side. I can correct this problem.

Pace counting alerts you to an error before it becomes a **BIG** one. Let's say you have 200 meters to go to the flag located in a re-entrant. You went 200 meters. The reentrant is there, but the flag isn't. A lot of orienteers are milling about. You look at the map. You know you've travelled 200 meters --obviously not exactly in the correct direction. Look at the map. Scan areas 200 meters from the start of this segment of the leg. Locate the re-entrant you are in. Proceed to the correct re-entrant. You have saved yourself several minutes of relocating (and being misled by other wandering orienteers.)

Pace counting helps you become "one" with a new map. You look at the first leg, recognize a small path you'll cross in 75 meters and you start to measure. One hundred meters later you still don't notice the path - you've learned something about this map.

Start pace counting now. Don't give excuses. Develop the skill so you can use it flawlessly. Even though your count won't always be 100% accurate it will be more accurate than running with no regard for the distance travelled. Have fun in that next meet.

by Rob Dendavey



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