



Tucson Orienteering Club

November, 1993

State Champs at Catalina State Park November 13-14

Two Days of O, Camping, and Spaghetti

The 1993 Arizona State Champs will be held November 13-14 at Catalina State Park. State Champions will be decided in eight categories, M21, F21, M35, F35, M50, TEAM, M16, and F16. The competitors with the best TOTAL time over two days in each category will be awarded state championship "sticks" (mesquite medallions -- OK, they happen to be acacia this year.)

Those serious about the competition should already be pre-registered. The registration forms were in last month's newsletter and must be received by November 5. Anyone who isn't preregistered can come on out anyway, and run (or walk) the courses, camp with us at the park, and just have a good time. (but you won't get color maps.) If you can just make one day, that's OK, just join us for that event.

What's that about spaghetti? Saturday night there will be a spaghetti dinner at the campground. Spaghetti, sauce, and garlic bread will be provided to you for the magnificent fee of \$2.00. Bring something to share to round out the meal. (See note on p. 9 about reserving a spot at the dinner.)

We've reserved the group campground for Friday and Saturday evenings. Come on out and camp with us (camping fee is \$7./night per vehicle payable at the park entrance). We hope to see several of our friends from PHXO at the event.

DETAILS AND DIRECTIONS ON PAGE 3; MORE INFO ON MEET PROCEDURES ON PAGE 11; COURSE NOTES ON PAGE 6

Tucson Orienteering Club Calendar

November 13-14	STATE CHAMPIONSHIPS	Catalina State Park
December 19	TOC Meet	Bajada Loop
January 16	TOC Meet	TBA

What is Orienteering? You use a map and compass to find your way through unfamiliar terrain. We place orange and white markers (controls) at various places on the map. The object is to locate the controls in the shortest possible time and return to the finish. You choose the route between controls. Beware: the best route may not be the direct route. At each control you punch a card to verify that you were there.

What Equipment do I need? Only a compass. The best aren't necessarily the fanciest, ask for advice at a meet. You can rent one from the club for \$1. We supply a map. Wear running shoes or lightweight hiking boots and old clothes (long pants and long-sleeved shirts are recommended.) Wear a watch, since there is a time deadline. You may want to carry a water bottle. Although water is available on the course, it never hurts to have some of your own on a hot day.

How do I get more information? Call Peg Davis. If you have a question about the upcoming meet, call the meet director.

TOC OFFICERS

President:	Pat Penn	326-2339
Vice-President:	Scott Hill	296-4178
Secretary/Treasurer:	Laurie Fellows	790-3652
Membership Secretary:	Marilyn Cleavinger	795-2081
Equipment Chairman:	Mary English	881-4786
Map Chairman:	Roger Sperline	577-8519
Publicity Chairman:	Peg Davis	628-8985
Newsletter Editor:	Sue Roberts	577-8519

Catalina State Park Schedule: Saturday, November 13

- 9 AM Registration Opens. Pre-registered entrants pick up packets
There will be a short walk to the start (10 minutes), so plan accordingly.
Competitors on the orange, green, and red courses must carry whistles.
- 9 AM Beginner's clinic. Will be repeated throughout the day upon request.
- 9:30 - Noon Start courses.
- 1:00 Maps and courses will be posted with Roger's recommended routes.
- 2:00 Courses close; everyone finished or not, must check in at the start
- 2:30 (tentative) First day's results posted
- 4:30 TOC Business meeting - see p. 9
- 5:30 Spaghetti Dinner - see p. 9 for info on signing up

Sunday, November 14

- 9:00 Registration opens. Beginners' clinic starts. Clinics repeated upon request.
- 9:30 - Noon Start courses
- 1:00 Maps and courses posted
- 2:00 Courses close. Everyone, finished or not, must check at the Timing table; anyone not checked in will be considered lost. Don't make us start a search for you.
- 2:00 Awards ceremony
- 2:15 Control retrieval begins, volunteers will be joyously welcome. Get extra orienteering practice! We'll need LOTS of help with control retrieval today.

Cost: Per Day: \$5.50 /individual, \$8./team; \$2. discount for TOC/SAHC members.
Compasses can be rented for \$1. Whistles may be purchased for \$1.

Camping: Available at registration/finish area. RVs and campers or tents are welcome. There is a \$7. fee per vehicle per night for camping collected at the park entrance. Day use is included in this fee.

Directions: North on Oracle Road. The park entrance is well marked on the right six miles north of Ina Road. The park will collect a \$3. day use fee per vehicle; car pool if this is a problem. Follow the O-signs from the entrance to the group campsite. Do NOT plan to park outside the entrance and walk in.

For more Information or to volunteer to help: call Sue Roberts at 577-8519.

Rain, Sun, Wind, and Fun at Slavin Gulch Oct 17

Those of us who camped out the night of the 16th enjoyed a friendly campfire social under cool and cloudy skies. The rains began in the early morning, winding down by 7:00. Shortly after the first runners began, the rains started up again. Our table managers were challenged to write on wet paper. Eventually they moved into the safety of their cars passing papers through the open door. For a short time, the runners also retreated to their cars or under plastic to copy their maps. Some of the intermediate master maps got a bit smeared (please don't take the master maps out of the plastic). By 10:30 the rains had passed. After that, beautiful warm sunshine and occasional crisp wind prevailed.

Pat Penn set three popular courses. The area was wide open with numerous small hills and reentrants. The vegetation was gentle. We had a good showing given the rain and the drive with 7 individuals on the beginner course, 40 on the intermediate course, and 7 on the advanced course. Everyone was competitive. Two participants suggested a location discrepancy on one advanced course control. Deer were seen. Someone bumped their head on a tree. Please remember that you are not finished till you get your card to the timer and all your team members are present.

My thanks to Terry Shumaker, John Ginter, Ann Haber and Keith McLeod for working the registration and start/finish tables. Particularly Ann and Terry who worked through the rainstorm. Volunteering to collect controls were Mary English, Lois Kimminau, Mark Parsons, Cliff Hathaway, John Douglas, Keith McLeod, and Molly Parsons. Thanks to Peg Davis for teaching the beginners clinics. Thank you all.

Advanced Course:

1M	Roy Parker	69:41
2M	John Little	100:05
3M	Mark Parsons	111:50
	Cliff Hathaway	112:58
	Roger Sperline	114:11
	John Douglass	124:33
	Craig Kulesa	138:30

Basic Course

1T	Colts	32:30 *
2T	Broncos	47:05 *
3T	Pooh Bears	57:40 *

Recreational: Carol Brown

I've used an asterisk to award an honorable mention for courage, those who started and/or competed in the heaviest rain.

Slavin Gulch Results, continued

1M	Michael Collins	49:30	1W	Marilyn Cleavinger	71:45
2M	Terry Shumaker	58:50	2W	Sue Roberts	100:35
3M	George Lebl	60:05	3W	Lisa Warner	110:00 *
	Michael Lebl	60:20		Elizabeth Bernstein	144:32 *
	Keith McLeod	74:00 *			
	Bob Kelly	115:35			
1T	Lost Forever	73:08			
2T	M & M's	74:40			
3T	Foxtaile	82:30 *			
	Catalina Javelinas	83:20			
	Energizers	88:40			
	Cranes	91:10 *			
	Equal Partners	91:15			
	Max & Christopher	93:10			
	Huckabyrd	107:35 *			
	Disgruntled Postal Workers	110:06 *			
	Geldings	110:45 *			

Bike-O at Slavin Gulch

Because of the early deadline this month, I had to print the newsletter before the Bike-O results were received. They will be included in the December newsletter. I understand that turnout was light, but I have it on good authority that we all missed a good time. Mike Mitchell called to tell me to be sure to note that all the participants thought the Bike-O was a wonderful event; the sky only threatened on Saturday (unlike Sunday), and we blew it by not showing up in droves. I can only second his recommendation. I did the Bike-O that Mark set at Rosemont Junction a year or so ago, and it was was great. If you have a mountain bike, you should try this, it's lots of fun (but, you know, it just might be faster to run the courses...)

Mapping/Course Notes, Part 2 - by Roger Sperline

The new color map for the November meet at Catalina State Park is finished. (Hurrah! Hurrah! ... It actually took two more field checking sessions, and a few more changes during three flagging sessions.) We will use 8.5x11" color photo-copies, at 1:15,000. Every sheet will have a legend.

The IOF mapping convention was designed for "forest", not thorny scrub. I only found two small patches to map in "white" (runnable forest). The rest is described in vague "running speed" terms, where the darker greens indicate slower traveling. Some compromises have been made to assist in the printing. a) On a color laser output, the dotted rough-open-scattered-trees are hard to tell from plain open, so it has mostly been changed to rough-open (light orange). This also makes the computer file 200K smaller and halves the drawing time. b) The boulder-field scalene triangles come out as blobs, so all of them have been temporarily changed to single tiny black dots. Equilateral triangles still indicate boulder groups. I've indicated the effect on running speed using the density of stony ground dots; in boulder fields the dots will be close together. c) We don't have many cliffs of bare rock, but do have many vertical earth banks. The dangerous ones will be shown as cliffs. d) We also don't have many running streams, so the "intermittent water-course" symbol will be used where a trickle of sand is seen.

The courses are designed, and controls have been flagged. After vetting, nine diskettes of OCAD maps will be taken for laser printing (a Master and one for each of the eight courses). Controls and starts and finishes will be printed on the maps in regulation magenta. If we run out of pre-marked color maps, you will have to use our normal black/white maps which will not have vegetation marks.

Clue sheets will be printed by laser printer. These are pretty neat! The Postscript macros were down-loaded from O-Net. Thank you Dave Hodgdon for writing them. I learned enough Postscript to add two macros to produce double-high boxes and write the descriptions. We hope to print enough so no-one has to copy the descriptions by hand. White and Orange course clue sheets will have both symbols and words for the descriptions, but Green and Red will have only the symbols.

Thanks to Martin Greiner for the preliminary course design and some useful design ideas. I have followed the USOF guidelines for distances. While the courses may seem a little longer than TOC standard, TOC often only adds up the straight-line distances, not the best-route distances. None of the courses have much climb. Many interesting locations were eliminated because the stones/vegetation roughness made traveling (running) unpleasant (brutal).

Algebra and the U.S. Team Trials - by John Maier

Each year USOF chooses who will represent us in international competitions. The primary event USOF uses to select the 5 men and 5 women on the US team is the US Team Trials. This event is usually held in the spring, but this year it was held in mid-September, just one month before the World Orienteering Champs which were held in the U.S. for the first time ever. Since I was staying in the general vicinity, it was a great opportunity to orienteer on two maps which I hold in high regard: Bushy Ridge and Silvermine, both located in New York State Parks. Only two courses were set each day, one for men and one for women. Anyone could compete, but you must compete with the best on the same course. There are no veteran or junior categories.

In order to choose the best team this year, the events were similar in length to WOC Courses. The first day was a short distance event - 5km for the men, 4 km for women. The second day was longer - 15 km for men, 9 km for women. Sound good enough to weed out the riffraff? In my optimism I hoped to finish near the middle of the pack. Roughly 90 men were entered. As it turned out, I was deluding myself. I hadn't run in terrain with a map & compass since July and only found time to jog country roads about 3 times in the month prior to the event. Most people aspiring to be good orienteers run 3-5 times per week and get out in the woods a bare minimum of once a week. So my effort had that cold turkey element to it. But, I run high on optimism.

On the first day my start time was one of the earliest. As I set out on the short 5 km course my senses were jolted by the technical nature of the terrain. I'd orienteered here 3 times previously and always had difficulty. But the first 5-6 minutes went well bringing me to within 300 m of the control and to the point at which I had to leave my comfortable handrail. As I did so, I was soon engulfed by patches of rather thick, vision-obscuring vegetation. Bit by bit I neared the control, trying to compensate as best as possible for my zigzag route, dodging around the green stuff while checking off the rock features that I was able to see. Can't say that everything fit perfectly, but I did get to the reentrant I wanted. Only one problem; no control! Went to the next one just in case I was off a bit. Again, no control Continued on one more just to make sure of not stopping too soon. No luck. Went back across the reentrant again, looking up and down as I crossed. No good. No control. What to do now? Search more or bail out? I chose to go to a steep hillside 200 m away and use the rock features there to relocate. After looking at several cliffs and boulder fields, I still couldn't be sure of my location, but my alternatives didn't seem any better so I decided to make an assumption about what was what. (continued on p. 8)

Algebra and the Team Trials (continued)

It's very risky, you know, to make assumptions about features while orienteering, but my desperation seemed to warrant such a rash act. Back towards #1 I went. My assumption brought me back to the exact reentrant I'd previously been. But there was still no control. What now? Much though I hated to admit it my assumption and relocation brought me no net gain. I needed to try something else to be very certain of my location. I needed to bail out big time. This time I chose to drop 75+ meters and go 400 m away to a trail near a stream. At the trail, furthermore, I had to go another 200-300 m to a stream or road junction in order to pinpoint my location on the trail. No, I was not having fun at this point. (However, I've heard it said that it's the rough times in life that build character, so hopefully I gained in that regard.) Having pinpointed my location exactly, it was critical to go carefully and precisely, using all due caution as not to go astray. So I returned to the elusive #1 using painstaking exactitude. When finally I reached the site, it appeared the control had fallen to the ground. I was mistaken. All the bags on the course were hung at ankle height! You had to be almost on top of it to see it. Previously I had crossed this same reentrant, only 50 m below. Looking in both directions was not enough. This was an elite event and I had just incurred the penalty of not being absolutely sure of where I was. I was being weeded out.

On to #2. Although my plan seemed good, it contained two flaws. It didn't factor in the dense vegetation, and it failed to heed the lesson which should have been gained from #1: be exact, be precise, know where you are at all times. Instead, I saw an opportunity to home in on an attack point quickly trusting the terrain features to funnel me directly there. It didn't work. I failed to see the terrain features that should've stopped me and continued in pell-mell fashion greatly overshooting my attack point and leaving me bereft of plan and hopelessly gone astray. I'll spare you further details. Suffice to say, I was clearly out of practice and I was clearly in the wrong league.

OK. Ready for the ALGEBRA? My time in reaching #1 was so bad as to be 9 minutes longer than it took the winner to do the entire course. By the time I reached #2 my time was double the winner's total time and I still had 9 controls to go. As you may know, the time limit at an orienteering event is 3 hours. Based on my first 2 controls described above, you may well believe that I was headed for an OVT (overtime) designation in the results column. Not so! As a matter of fact I only had to learn my lesson twice. The rest of the course went quite nicely. Although my total

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What Else is Happening on State Champs Weekend?

Next Business Meeting at State Champs Meet, Saturday, November 13 at 4:30. Everyone is welcome to attend.

Spaghetti Dinner. Everyone is invited to attend a spaghetti dinner to be held Saturday evening, November 13th at the State Champs Meet. Spaghetti and garlic bread will be provided. The cost to you will be \$2. The rest of the meal will be pot-luck, bring a contribution. You'll need to provide you own plates and silverware, too. To sign-up for the spaghetti dinner, call Laurie Fellows at 790-3652 before November 10.

Deadline for the December newsletter is November 24. Announcements of events held before January 11 should appear in the November newsletter: Contributors to this issue are Scott Hill, John Maier and Roger Sperline. **Address Changes:** Send to the Membership Chair or the TOC Post Office Box, allow 6 weeks for changes to take effect.

Algebra.. continued from p. 8

time was 2-1/2 times longer than the winner's time, it was short of being OVT by an amount equal to the winner's time. Now, using algebra, you can calculate (if you wish) the winner's time, my time, and how long I look on controls #1 and #2. And you can check your answers for the first half of the problem when it comes out in print in O/NA.

The second day at Silvermine was much more enjoyable as my orienteering was fairly good. My body, however, was not up to 15 km and I had to walk the last third of the course after working out the leg cramps. Perhaps going back to Bushy Ridge that morning prior to my course (redoing the previous day's blunder) was not so wise, but it sure put my mind at ease to know that I could do those first two controls in a respectable time.

The courses for the U.S. Team Trail were set by Damon Douglas, a former U.S. team coach. He had this to say: "It has been said that it is the course setter's task to make the course difficult and the runner's task to make the course easy. I hope that I have done my part. Good luck with yours." I'd say that he succeeded with his part and that a lot of orienteers vying for the team did likewise with theirs. It was a great competition. In addition to selecting the U.S. team, this event crowned the U.S. Elite Champions, Mikell Platt and Kristin Federer.

Interpreting Color Maps

The color map for the State Champs meet will look different than the ones you're used to. It has more information on it, and should be easier to read, although it may be confusing at first. The map will be displayed at registration. Come early and take a good look at it before starting your course.

There are five colors used on the map:

BROWN is used for earth features, contours, earth banks, ditches, gullies

BLUE is used for water features rivers, lakes, marshes, creeks. All we have at Catalina State Park are washes! A wash with sand in the bottom has been mapped as an intermittent stream and is shown in blue. The park boundary is also shown in blue.

BLACK is used for most of the features, trails, boulders, buildings, cliffs. Most of what is usually marked on our maps (except for contours) will be in black. You should be familiar with the symbols - a triangle for a boulder group, a dashed line for a trail, etc. This separation allows one to more easily separate trails from contours or streams. Thus, you should be able to identify these kind of linear features more easily.

GREEN shows areas of thick vegetation and/or slow running. The darker green the harder it is to get through the area.

YELLOW shows open land where the running is easy and line of sight is good.

Mottled yellow represents open ground where visibility is good but vegetation gets in the way.

WHITE represents normal "forest". We don't have forest at Catalina State Park, so you'll see very little white on the map.

The course will be printed on the map in **PURPLE**. As usual, controls locations will be circled and the start will be represented by a triangle.

The area with black hatching is private property and **OUT OF BOUNDS**. **DO NOT** enter this area.

FOR RED COURSE RUNNERS: A contour interval change on the map will be marked with a **MAGENTA** line -- at this line, the contour interval changes from 5 m to 12.5 m (40 feet). The **GREEN** course approaches this area but does not enter it.

How the State Champs will Work

Just to clear up any confusion, here are the procedures we'll use for this meet.

If you've preregistered:

A packet will be ready for you at the start containing your punch cards, and course-setter's notes and mapper's notes. Try to arrive in time to read these before your start. You'll have a short walk to the start (10 minutes or less) which will not be at the registration area. At your start time, you will receive a plastic bag containing your map (with the start, finish, and control locations marked on it) and a clue sheet giving the control ID-letters and control descriptions. A sample clue sheet is shown below. At your start time, you can take off and start the course. The route from the last control to the finish will be flagged. Please come to the finish through that chute - it makes for good spectating and should help the finish-line workers record more accurate times.

If you've not preregistered:

Register at the start as normal. You will be given a start time and your control card at registration. Proceed to the start area and, when the starters are not busy sending someone off, let them know you're there. At your start time, you will be given a map and a clue sheet, BUT you will have to copy the controls onto your map as usual.

BLUE	9.8 Km.	345
1 KL	U	
2 PA	∧	
3 PB	∧	
4 PC	⌘	2.0 L
5 PD	∧	1.0 O
6 PM	▲	1.5 O
7 PU	▲	
8 PV	∧	
9 PW	⌘	1.5 L
10 PX	⌘	4.0 L
11 PY	▲	1.5 O
12 PZ	⌘	1.5 L
13 HJ	☉	2.0 O
14 GI	⌘	2.0 O
15 GO	▲	2.0 O
	○ --- 100 --- ▲	◎



Address Correction Requested

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

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 \$2.00 discount per meet. Make checks payable to: Tucson Orienteering Club, and send to P.O.Box 13012, Tucson, AZ, 85732.