

# Tucson Orienteering Club

May, 1993

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## Don't Feed the Bears: Bear Wallow, May 16th

by Mark Romero

Summer's here and it's time for the cool Catalinas! Scott Donald from British Columbia, who some of you will remember was the course setter for the 1991 State Champs meet at Cave Creek, has returned to set the courses, and his plans will add a little spice to this years' event. The Basic Course will be a normal course, but the Intermediate and Advanced courses will be something different. The event will be like a normal course in that you will need to visit each control, but like a Score-O in that the order of the controls will not be specified, you may visit them in any order you desire. This should prove to be a somewhat unusual challenge. As an added attraction, a new OCAD representation of the Bear Wallow map, to replace our too-often copied dinosaur will debut.

Meet director Mark Romero (795-2081) will be grateful for your assistance at the meet. Please call to volunteer or for more information about the meet.

### **Bear Wallow, Sunday, May 16, 1993**

**9:00 AM** Registration opens adjacent to the Start/Finish table.  
Beginners' clinics start for those of you who would like an introduction on how to read a map, use a compass, or the logistics of completing a course.

**9:30 - noon** Starting times for Basic, Intermediate, and Advanced Courses.

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## **Tucson Orienteering Club Calendar**

<b>May 16</b>	<b>*</b>	<b>TOC Meet</b>	<b>Bear Wallow</b>
<b>May 17</b>	<b>*</b>	<b>Business Meeting</b>	<b>7272 E. Rainbow Canyon Drive</b>
<b>June 19-20</b>	<b>*</b>	<b>TOC Meet</b>	<b>Carr Canyon</b>

**What is Orienteering?** In orienteering, you use a map and compass to find your way across unfamiliar terrain. We place orange and white markers (controls) at various land features found on your map. These markers are checkpoints along the course. The object of the sport is to use the map and compass to locate the control markers in the shortest possible time and return to finish. You choose the best 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 is Tucson Orienteering Club?** TOC is a non-profit organization chartered by the United States Orienteering Federation (USOF) and the International Orienteering Federation (IOF). The club holds a dozen or so meets a year, including a ROGAINE, an 8-hour event held each Spring. Membership is open to everyone and includes a subscription to the newsletter and discounted entry fees at meets.

**What Equipment do I need?** Only a compass. The best kind is a protractor-type with a clear plastic base so that you can see through it to the map underneath. (You can rent one from the club for \$1. per meet until you buy your own.) We supply a map of the area. There is an entry fee. Wear running shoes or lightweight hiking boots (depending on the terrain) 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. Water is always available on the course, but it never hurts to have some of your own on a hot day.

**How do I get more information?** Call our Publicity Chairman, Peg Davis. Her number is always listed in the newsletter. If you have a specific question about the upcoming meet, call the meet director.

**Can I bring my kids, scout troop, etc. to the meet?** Sure. You will be required to sign a waiver form for any minors that participate in the meet. If you do expect to bring a group, call the meet director and let us know you're coming en masse.

**Bear Wallow, Sunday, May 16, 1993 - continued from page 1**

**2:00 PM** Courses close. Everyone, finished or not, must check in at the Start/Finish table. Control retrieval gets underway. Stay around and help! It's lots of fun and you get extra orienteering practice.

**Cost:** \$5.00 for individuals; \$7.00 per team; \$2.00 off for TOC and SAHC members. Compass rental is \$1.00. Safety whistles are required for the Intermediate and Advanced courses and can be purchased for \$1.00.

**Directions:** Drive up Catalina Highway past the Palisades Ranger Station. Start looking for the orange and white orienteering signs about a mile past the Ranger Station. (Note to veterans: this will NOT start at our habitual Bear Wallow starting location.)

**Camping:** A few of us will be spending Saturday setting up controls and camping out Saturday night. Come join us. Call Mark for details.

**Miscellania**

**Next Business Meeting Monday, May 17.** The next business meeting will be held Monday, May 17 at Keith McLeod's, 7272 E. Rainbow Canyon Drive. To get there, take Sabino Canyon Road to Sunrise. Drive 1 mile W. to Kolb. S. on Kolb 0.7 mi to Rainbow Canyon Drive. Turn E. to end of cul de sac. The meeting will begin at 7:00, but come early for the potluck dinner at 6:30.

**Lost at the ROGAINE.** Rachel's camera has been missing since the ROGAINE and is presumed lost. Anyone knowing it's whereabouts should call Rachel at 326-7504.

**T-shirts! T-shirts! T-shirts!** The club still has a great collection of T-shirts available and awaiting your purchase. The reason you don't see them at the meet isn't because they're sold out, but rather because we aren't allowed to sell them at several of our meet sites. We still have quite a collection available; NEW shirts in wonderful colors are \$12./long-sleeves; and \$9./short sleeves. The old tan shirts are still a REAL bargain at \$8. Kids sizes (tan) are \$6. Call Mary English to arrange to purchase the shirts while they are exiled from our meet sites.

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## Redington Pass Results - by Marilyn Cleavinger

There was a great turnout at Redington Pass, with over 90 people running the courses. There were quite a few new faces, and it was good to see Scott and Shirley Donald of British Columbia, who are becoming regular springtime visitors to Tucson. Flowers were in full bloom and another highlight for me was seeing a foot long tortoise while out retrieving controls.

The weather was warm and windy, and the courses were long. Course setter Bill Hamilton received many comments on the courses. There was general agreement that there wasn't enough water available on the courses. Water at one stop was noted to have run out by 12:30. The advanced course was longer than usual and that was a feature that several people liked. Perhaps it was a mini-ROGAINE for some! The intermediate course was more technically challenging than usual since it shared all of its controls with the advanced course. Also, comments like "that was the longest intermediate course I've ever been on" were heard. Many people did not finish their course, particularly on the Intermediate level. Don't be discouraged if that happened to you since these courses were all more difficult than usual.

Many thanks for the capable and enthusiastic help I had to conduct the meet. First time meet assistants Mary Silveri, Matt Shelby, and Michael Pagels did a most outstanding job fielding questions and getting the job done like old pros. Thanks also go to Rachel Gelbin for help with registration, and Pat Penn, Scott Hill, and Mike Mitchell for control retrieval after a long day on the courses. Beginner and intermediate clinic leaders LaDonna Lee and Peg Davis had large turnouts and great reviews. Thanks also for "locksmiths" Keith McLeod and Roger Sperline for emergency car key retrieval.

### Advanced Course: 11 controls, 8 km

1M	Martin Greiner	93:00
2M	Roy Parker	95:00
3M	Dan Cobbledick	111:00
4M	Roger Sperline	121:00
5M	Scott Hill	172:00
6M	Scott Donald	201:00
1T	El Equipo Romero	241:00
7M	Mike Mitchell	247:00

### Basic Course: 6 controls, 2 km

1T	Pathfinders	48:00
2T	Colts	63:00
3T	P-38's	69:00
1W	Audrey Brooks	83:05
2W	Dorothy Soland	123:00

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**Redington Pass Results: continued from p. 4**

**Intermediate Course: 7 controls, 5 km      Recreational Entrants and DNF:**

1W	Claudia Greiner	76:00	<b>Basic Course: Carrie Schumacher, Scorpions</b>
2W	Pat Penn	89:00	
1M	William Bryant	110:00	<b>Intermediate: M. Schneiderman, M &amp; M's.</b>
3W	Robin Staples	112:00	<b>Karen Wilhelmsen, Catalina Javalinas, Rachel</b>
1T	The Bears	113:00	<b>Gelbin, Paul Friedland, The Cranes, Shirley</b>
2M	Keith McLeod	118:00	<b>McReynolds, Chambers Team, H &amp; G, Wendees,</b>
4W	Marley Beard	130:00	<b>Al Tegethoff, Petr Filipouc</b>
2T	3 Blind Mice + 1	144:00	
3T	Thunderbolts	154:00	<b>Advanced Course: Pete Cowgill, Michal Lebl,</b>
4T	Brendo	159:00	<b>Kathy Creath, CFM, Hannah's 4x4's.</b>
3M	Jim Rice	164:00	
5W	Shirley Donald	170:00	
4M	Alex Harrison	176:00	
5T	PEA	202:40	
6R	Troop 241	222:00	

**Whetstones Results – Correction –**

**Because of insufficient proofreading, the times for the advanced course participants that were printed in last months newsletter were illegible. The Advanced Course Results are reprinted below:**

**Whetstones: March 21, 1993**

1M	Dan Cobblestick	82:13
2M	Mark Parsons	83:54
3M	John Little	121:28
4M	Scott Hill	131:40
5M	Cliff Hathaway	138:10
6M	Wilkey Richardson	188:59
1W	Peg Davis	191:08
2W	Pat Penn	200:28

## Avoiding Mistakes

The following is excerpted from a recent discussion on O-NET about coaching relay runners. To subscribe to O-NET, you must have E-mail access (Compuserve is sufficient.) Send a mail message to orienteering-request @graphics.cornell.edu. For Compuserve subscribers, the discussion is available in "digest" format so you only get a few messages a week. If you have direct Internet access you'll get 10-30 messages a week.

Tapio Leino (Finland) writes:

Are we stupid to always talk about the mistakes and errors we made in the races. Shall we stop it altogether and start talking about our hidden potential?

We like to think that the O-run is a 100% success when we made no mistakes at all. The mistakes then force us to believe that we performed only with 80-90% efficiency compared to our skills. So every time we run a race we try to avoid making any mistakes and almost every time we'll be disappointed when we see that we could not do it. It is hard!

I would like to claim that we'll finally get scared of making mistakes and decrease our running speed unnecessarily. That is not a good mental situation, and orienteering has a lot to do with the mind! I'd say that even the smallest mistakes depress us!

My suggestion. Everybody makes mistakes. The average can be calculated from earlier races. My average is 6-7 minutes lost per race, yours may be smaller or larger. Consider 100% success to be your average level of mistakes. Think what a boost to your self-esteem to notice you made a 110% run.

This method helps a lot in the "circle reaction problem" which explains how an athlete who succeeds gets confidence and succeeds again easier, etc. This reaction can proceed the other way around too: an orienteer makes a mistake, and he loses a bit of his confidence, makes very easily another mistake, loses more confidence, makes a huge mistake, etc. Gradually orienteering becomes more and more difficult. One of the Finnish World Cup orienteers had this kind of a problem last summer. The circle is much easier to break if one can be pleased with a bit less.

It also explains to me that no surprises can be expected from runners who never make mistakes.

Bill Teahan (New Zealand) responds to this:

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## **Avoiding Mistakes continued from p. 6**

Actually, my definition of success is where I've come in the race. Next time you race, forget about the errors and just look at your placing at the end. If you had a high placing you were successful. If you had a low placing you weren't. If you've beaten someone you've never beaten before, or you never thought you could ever beat, then you were very successful.

Just set your sights on someone you want to beat. The mistakes are annoying and frustrating, and you'll make a few along the way. It's a much better philosophy to say "I'm going to beat that guy one day!" than to say "I'm not going to make a mistake today."

**Marja Liisa Portin (Finland) replies:**

I disagree. My own experience has taught me, that (at least for myself) the most important thing to concentrate on in an important race is NOT to make any mistakes. If (and when) I'm confident with my physical condition, the only way to make a good race (for me) is to keep in mind a thought of an errorless run: not to let one's mind be affected about anything from outside (other orienteers, for example); slow down or even stop RIGHT AWAY if one gets a feeling that one doesn't know exactly what one's doing and where one's going. I have also noticed an interesting phenomenon in the most concentrated moments: after a GOOD race I sometimes have enormous difficulties remembering my route choices in the earlier parts of the race - I've simply locked the past time out of my mind. Thereby, in a good race a mistake is forgotten as well.

Especially in a big relay, the idea of competing against some individuals doesn't work for me. The whole performance is then disturbed by outside elements and the result may be a disaster. I've used the same principle also in individual races where it surprisingly may be more difficult not to be affected by other orienteers. Just for example, I've punched my control card on the same control with my mother 30 cms away in the Swedish 5-days (25,000 orienteers) and I never saw her.

**Tapio Leino replies:**

Marja Liisa is perhaps too modest about herself. She is a top Finnish orienteer who represented Finland last year in the World Cup. I know that she has several times won the Finnish Champs, both during the day and night.

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## **Avoiding Mistakes - continued from p. 7**

What puzzles me a bit is that Marja Lisa also quite definitely said that her primary strategy is to "avoid mistakes". Of course it is true and it is the goal of every orienteer. What I was saying is that, like in many other fields of life, it may be easier to reach the ultimate goal (a run with no mistakes) if one reaches for goals which are easier to get and have a positive influence on the result. (Rather than setting an error-free run as your goal) choose "secondary goals" to aim for. In orienteering, the "secondary goals could be, for example:

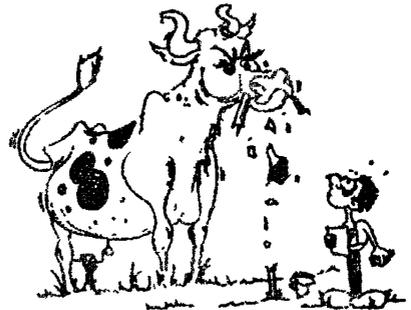
- to think more thoroughly about which spots to believe on the map
- to think more about which spots to choose as attack points
- to learn better to read the signs of tiredness in oneself

Basically this is the same thing as the errorfree run strategy. Because Marja Lisa cannot be sure about the victory, she has modified her goal so that, if she gets an errorfree run, she probably will win. My idea is only a development to this, just because it is so difficult to make no errors at all.

### **Encounter at Redington (anonymous contribution)**

Well, I was running the advanced course, it was long and hot, I was getting tired. Near the end of the course, the best route took me along a cow trail near the bottom of a ravine and through some trees. I was getting anxious to finish, so I'm running along this cow trail with my head down, ducking under trees, peeking under my hat brim to see where I'm going, and dodging fresh cow manure. The trail was easy to follow as the grass was well trampled.

Suddenly, I'm looking into two BIG brown eyes – then I hear a loud snort – and I'm face-to-face (well, within 15 feet) with a bull! Guess I didn't realize the cow pies were THAT fresh. So I stopped, then headed to the right up a rocky hillside. FAST. Apologizing to the bull.. Sorry, I didn't know this trail was occupied. I'm leaving.



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## **Top 10 Ways to Lose Your Way While Orienteering.**

**by Mick Swatek, LAOC, from O-NET**

10. When it's hot, and the sweat rolls down your forehead into your eyes, temporarily blinding you and causing you to wander off course.
9. When you're pace counting, but the map got printed with the wrong scale, so that you turn off the trail way too late.
8. When you're taking a compass bearing for a long cross-country leg with no features to guide you, and you're standing next to a big piece of iron ore.
7. Getting chased off of your course by a cow so that you lose your place on the map. (see page 8).
6. Choosing your route based on the tracks of Orienteers who started before you.
5. Choosing a route through the Twilight Zone.
4. Doing something you think is clever.
3. Folding your map so that the north arrows are hidden, then using the map upside-down.
2. Orienteering with a map you've never seen before in your life.
1. Inadvertantly falling off a 40 foot cliff, so that when you regain consciousness you don't quite have it together mentally.

## **The Orienteering Car - by Bryan Teahan (New Zealand)**

1. It accelerates at a phenomenal rate.
2. It travels faster in all gears, especially reverse.
3. The floor is shaped just like a rubbish bin and the outside is never clean.
4. It can be driven for up to 160 km with the oil warning light flashing.
5. The suspension is reinforced to allow the carriage of 100 controls, 2 tents, 3 toilet tents, and other heavy materials.
6. It has been adapted to allow reverse gear to be engaged whilst the car is still going forward.
7. The tyre walls are designed to allow it to withstand winding metal roads, slippery grass slopes, deep forms and humongously steep hills.

## The Arizona ROGAINE - by Ron Hudson

**Ed. note.** Ron put this article onto O-NET just after the ROGAINE. I ran out of space in last month's newsletter and Ron's article was the EXACT length I needed to cut.

In early March I went to Arizona to the third Arizona Rogaine - Rugged Outdoor Group Activity Involving Navigation and Endurance. For those who don't know, ROGAINES are long-distance score-O events, usually 6-24 hours long.

That Saturday the weather was just right. High temperature was in the 70's with a slight breeze. Water was no problem. With the recent heavy rains every wash had water in it, which we purified with iodine. The event was held in the Tortolita Mountains, a low range about 30 miles northwest of Tucson. The terrain varied from open desert to brushy and rocky hillsides. The interesting, but vicious to the touch vegetation included ocotillo, prickly pear, cholla, mesquite, and pincushion cactus. Also catclaw acacia, which is a shrub that has thin branchlets with small backward rose-like thorns that catch and scratch your clothes and exposed skin like a cat's claw. We didn't see any snakes; supposedly it was still too cool for rattlers to be out.

We camped the night before in the open, unpopulated outdoor surroundings. It is nice to just pull up and camp under the stars with wide open spaces to spare. I just love the desert in springtime. The people I know in the Tucson Orienteering Club are friendly, and we had a good time at the campfire.

After starting, we jogged the easier terrain - flat areas, good trails, and downhill. We walked a lot, though, around the brush, over the rocks, and up the hills. We hardly rested, stopping only a couple minutes occasionally. 30 controls were spread over about 12 square miles. I found the orienteering pretty easy, and we didn't make any real errors getting to the controls. Three teams found all the control points, and we were one of them. About 35 teams participated. I and my partner, Kalon Kelly from Santa Barbara, were third overall with a 7:06 time. (Ed. note, other comments on results deleted.) I figured we went 20 miles and climbed 4800 feet, not counting all the small up and downs and ins and outs. The people from Tucson Orienteering Club did a great job putting on the meet. Lots of fun!

I am going to be doing it again in mid-May in the Mount Laguna area near San Diego. This time the event will be on three contiguous, high quality orienteering maps rather than the usual USGS topos. Ron Grayson (619) 598-5730 is meet director for that event. The ROGAINE there is 8, 5, or 3 hours as your choose, and there is a regular O-event that Saturday too.

**Miscellanea:** continued from p. 3

**Phoenix-O Schedule:** Alex Harrison reports that the Phoenix-O schedule for the next few months is as follows. Call him at 985-7844 (Mesa) for more information.

May 2 Coon Bluff Meet. A site along the Salt River

June Map hike in the Strawberry area.

**Ribbons! Ribbons! Ribbons!** Mary English wants me to remind you to pick up the ribbons you've earned but not received at the next meet. Ribbons are normally sent with the newsletter, but there are a few times when I can't do this. If I can't match up team names with mailing labels, the ribbons aren't mailed. If the labels arrive late, they are just stuck on the newsletters and mailed without sorting out the ones deserving ribbons. Finally, if sending the newsletters with ribbons first class would result in less than 200 newsletters to be bulk mailed, I don't mail the ribbons because the change from bulk to first-class mailing would DOUBLE the cost of the mailing. Also, a few people have requested that they NOT receive ribbons. If you want to be added to this list, just tell me so.

**Newsletter Deadline** for the June newsletter is MAY 18!!!! This is a FIRM deadline this month. If you can't make this deadline, your article won't appear until the July newsletter. Announcements of events held before July 13 should appear in the June newsletter. Contributors to the May issue are Mark Romero and Marilyn Cleavinger.

### 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	628-8085
Newsletter Editor:	Sue Roberts	577-8519

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Address Correction Requested

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Check One: \_\_\_\_\_ Individual \$8.00)

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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.