



# Tucson Orienteering Club

July, 1993

---

## Greasewood Early-O on Sunday, July 18th

by Peg Davis

It's time for one of my favorite Tucson summer traditions - the Greasewood Early-O! By getting out early you can finish a course before frying time. We've even had delightfully refreshing sprinkles several times (OK, it was pouring in 1990) as auxiliary cooling.

Greasewood Park is the perfect place to begin orienteering. Bounded by an elementary school, two roads, and a housing subdivision, it's impossible to really get lost in, but still a scenic piece of natural desert. The new OCAD map is readable, accurate, and beautiful. The park is amazingly easy to reach on Greasewood Road just south of Speedway, across the street from Pima College West. Pavement all the way to the start! We'll be under the ramada.

The first beginners' clinic will be held at 7 AM with more clinics available on request until 9 AM. At 8:30 AM, Pat Penn (yes, the state champ!) will be leading an intermediate clinic. Basic and intermediate courses can be started between 7:30 AM and 9:30 AM. You must complete your course or quit by 10:30 AM. Costs are the usual \$5/individual and \$7 team with a humongous \$2 discount for club members. This is a great time to become a member - you'll save at every meet and never have to worry about missing a newsletter. Buy a safety whistle for \$1. Rent a compass for \$1. Browse through the collection of new, high-fashion t-shirts.

continued on p. 3

## **Tucson Orienteering Club Calendar**

July 23	*	Business Meeting	<del>345 N. Pantano, #257</del>
July 18		Early-O Meet	Greasewood Park
August 15		TOC Meet	Palisades, Mt. Lemmon

**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.

## **Greasewood Early-O, Sunday July 18th**

This is the month for all those people who have only been thinking about orienteering to finally come to a meet. This is the month to bring all those friends and co-workers. They've been saying, "Oh, that sounds like fun" the third Monday of every month for ages; here's their chance to get started.

And what are all you hotshot advanced people supposed to do for fun? There won't be an advanced course, it's ture, but there is one other sophisticated orienteering skill you could practice. Teach a clinic! Lots of beginners will need lots of clinics and some of them will want compass training. Come and invest an hour in the club's future orienteers. Call me before Friday the 16th and I'll be glad to get yo materials on how to do it. Follow the illustrious example of our dear president and help the club with your expertise. If you can complete an intermediate course, you have the skills to teach a beginners' clinic.

Laurie Fellows and Mary English will be illustrating the maxim that if you can complete an intermediate course, you can design a basic, if not an intermediate course. Volunteers for teaching, setting, and ramade work will be cheerfully welcomed. Call me (Peg) at 628-8985.

### **Miscellania**

**Next Business Meeting Friday, July 23.** The next business meeting will be held at Roger Sperline's, 4600 N. Avenida del Cazador. There will be a potluck dinner at 6:30 followed by the business meeting at 7:00. Bring your swimsuit for a dip in the pool after the meeting. Call for directions

**Newsletter Deadline** for the August newsletter is July 25. Announcements of events held before September 14 should appear in the August newsletter. Contributors to the July issue are Wilkey Richardson, John Maier, and Peg Davis.

**Address Changes:** Address changes for the newsletter should be directed to the Membership Chair, Marilyn Cleavinger. Send them to the TOC Post Office Box, allow 6 weeks for changes to take effect. If you don't have six weeks, call Marilyn and leave a note on her machine.

**continued on p. 4**

# Carr Canyon Results

by Wilkey Richardson

The weather in Tucson was indeed brutal this weekend, but for those who came to Carr Canyon, things were much more pleasant.

Saturday, Peg Davis set a Long-O for advanced and intermediate runners, and a regular Basic course for beginners. Nineteen individuals and teams ran the course. Due to a combination of permit snafu and inability to get the campground ramada, everything was run out of my vehicle. Sunday, Peg set a score-O and Basic course. Twenty-eight individuals and teams ran the course, and everything went smoothly.

Thanks to: Bud Farmer for handling the registration table, Mark Parsons for the Sunday beginner's clinic, and especially to Rachel Gelbin, Keith McLeod, John Maier, Ann Haber and Greg Starr for retrieving two days' worth of controls.

## Saturday, June 19 Long-O

### Advanced Course:

1M	John Maier	63:30
2M	Mark Parsons	66:24
3M	Roy Parker	67:02
4M	Dan Cobbledick	69:47
1T	Anomalous	123:45
5M	John Little	DNF

### Intermediate:

1W	Pat Penn	72:48
1T	The McLeods	84:55
1M	William Bryant	88:30
2T	The Chambers	111:26
2M	Bud Farmer	113:30
3T	Catalina Javelinas	165:09
3M	Mike Mitchell	178:24

### Basic Course:

1W	Molly Parsons	31:36
1T	House & Nimitz	46:00
1M	Paul Friedland	48:25
2T	The Edelsons	51:29
3T	Ryder Team	54:58

### Recreational:

(Saturday) Killer Bees  
(Sunday) Coronado 4H-I, Coronado 4H-II  
The Edelsons, The Edwards, Ann Haber,  
Beverly Burwell, Bisbee Climbers,  
Elizabeth Bernstein

**Carr Canyon Results, Contined from p. 4**

**Score-O (29 possible points, -1 point/minute late)**

**90 Minute Event (Ties broken by elapsed time)**

	<b>Men</b>	<b>Pts (Time)</b>	<b>Team</b>	<b>Pts (time)</b>
1	Dan Cobbletick	23 (87:35)	Uncollared Peccaries	21
2	John Maier	23 (89:58)	Los Maestros	11
3	Roy Parker	20	Foxtails	10 (87:48)
4	Jeff Brucker	19	The Chambers	10 (94:30)
5	Mike King	13	Catalina Javelinas	6
6	Willam Bryant	12	The Cranes	4
7	Greg Townsend	10		
8	Bud Farmer	10	<b>Women:</b>	
			Pat Penn	11
			Rachel Gelbin	7

**60 Minute Score-O**

**Basic Course: (timed)**

1M	John Little	15	Half a Javelina	24:80
2M	Keith McLeod	13		
1W	Shirley McReynolds			

**TOC OFFICERS**

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

## **Murphy's Pearls of Wisdom - by Bill Teahan ( New Zealand)**

**The success of an orienteer depends jointly on technical skills, psychological approach and physical fitness. All three factors are trainable, but the first two are greatly affected by the third. The greater one's physical fitness, the easier it is to carry out the technical skills and to approach the event with confidence. -- Kay Haarsma, South Australia; in "Australian Orienteer", April 1988.**

**To do well, an orienteer must train the body, the mind and the soul. Having a great mind or a great soul helps, but having a great body helps most of all. -- Murphy, New Zealand; in "MAPsport", August 1988.**

**There are only four controls that matter on an orienteering course - the first three, and the second to last." -- Kent Olsson**

**There is only one control that matters on an orienteering course - the next one. -- Murphy**

**Every orienteering leg is the same. All you need to do is continually:**

- 1. Look at your map.**
- 2. Look at your compass.**
- 3. Look all around.**

**If you've made a mistake, it's because you have forgotten to do one of the above." -- Anders Eric-Olsen, at a talk to the NZ Training Squad, 1987.**

**No orienteering leg is the same. You can make a mistake on any leg, no matter how simple. -- Murphy**

**Hofstadter's Law: It always takes longer than you expect, even when you take into account Hofstadter's Law.**

**Murphy's Law: If there is a 50-50 chance that something can go wrong, then 9 times out of 10 it will.**

**From O-Net. To subscribe, send a message to [orienteering-request@graphics.cornell.edu](mailto:orienteering-request@graphics.cornell.edu)**

## SDO's Pacific Crest ROGAINE - by John Maier

We were cold, we were soaked. As we paused in the continuing downpour, Dan acknowledged the obvious: "Do you think hypothermia is a threat?" He was wearing polypro without a rainproof shell; I had on my rainproof anorak sans polypro -- rainproof up to a point, but now well beyond that point. If we each had the other's gear to complement our own, we could've stayed warm. Instead we had one set between us. As long as we kept moving, I figured I'd be OK -- cold but not hypothermic. Dan felt the same so we continued slogging through the 7th hour of this 8-hour ROGAINE, not especially looking forward to this soggy finale to an otherwise glorious event.

The day before we have received fair warning as we drove north from I-8 towards Mt. Laguna to partake in San Diego's premiere ROGAINE. Billed as the First Pacific Crest ROGAINE, it was organized by SDO's Ron Grayson and Steve Schaefer. I felt privileged just to be there. Not long before my partner Mark Parsons had to bow out due to knee failure. It was my good fortune that Dan Cobble Dick was able to step into his shoes on such short notice. As we neared our destination, the sky blackened and the heavens opened up, the early sprinkles giving way to a pelting rain and then to a barrage of ahilstones. By the time we reached Horse Heaven Campground -- the base camp for this event-- we were in a steady downpour. The organizers for the event were going about their chores wearing smiles under their protective raingear. We heard about how nice and sunny it was the weekend before when controls were being put out. My premonition that my polypro were perhaps miles away in sunny Arizona was borne out as I searched in vain for them in the back of my truck. We were not the only team not fully prepared for rain. Many people just do not expect inclement weather in the Southwest at this time of year (mid-May). But if there is inclement weather to be had, you better believe the mountains will have first dibs on it; and Mt. Laguna at over 6000 feet elevation -- 4000+ feet above the desert floor -- was a good candidate.

Fortunately, the weather picture improved overnight. By the time maps were distributed, the sun had made its debut and by start time we were treated to a cloudless blue sky. The forest and meadows were at their freshest; wildflowers, especially lupine, were in evidence everywhere. It was the perfect setting -- for a hike in the woods, for a picnic, for a ROGAINE. Ron and Steve had set 39 controls worth a possible 1500 points over 35 square kilometers of terrain. Participants received a set of three contiguous 5-color 1:15000 scale orienteering maps plus a black & white map of the whole area to aid

continued on p. 8

## **John & Dan do San Diego - continued from p. 7**

in planning strategy. As Ron explained afterwards, the design was such that exactly half of the points lay to the north of base camp, half to the south, half to the east, half to the west. But the 20 minutes we had for planning strategy was not enough to discover these finer points of the design criteria. In fact, if it were not for the quick thinking of my partner Dan, we would've started with scarcely a plan in evidence. His plan served us well in maximizing points while minimizing energy expenditure. We were warned of certain scenic controls which might take out breath away and were given bonus minutes as compensation for visiting these.

Within 5 minutes of starting our feet were soaked, the vegetation being drippy wet everywhere; however, this did not seem to hinder our progress. Whereas most teams seemed to head in a northerly direction, we chose to go south allowing us to defer the decision about doing the steep climbs (for high pointers) until later when we'd have a better idea of our energy reserves for the duration of the event. That worked well for us, for although we never made it to the northernmost area of the map, we cleaned up pretty well in the south and central parts. In general we found the vegetation to be quite open and runnable though we chose walking over running for the vast majority of the course. We'd been told to trust the dark green on the map as being just that. Still, we did have to try a couple of these "fight" areas that appeared irresistibly short, and yes, dark green was dark green. None of the vegetation was nasty: no hooks, claws, spines, or daggers; and no poison oak. The water situation was super. Not only was there water in streams, but there were water controls at which we were allowed to fill our bottles. This marks the first ROGAINE where I've not had to drink a single drop of iodine water. Temperatures were moderate so overheating was not a problem.

Our first 5 hours were under sunny skies. In the 6th the skies darkened, and in the 7th they opened up on us. Although I dreaded the thought of doing our last hour in the rain, soaked as we were, I needn't have worried. SDO magic was at work, for within 20 minutes of our hypothermia discussion the rain ceased and minutes later the sun popped out with the clouds beating a hasty retreat. This last part of the course was a high point for me. It felt so good to have our bodies warmed again and to be so near the finish. My favorite control was the last we did #23 at Little Laguna Lake. Pointwise, it was a lowly 20-pointer, but beauty-wise it was top-notch: saturated colors in the late afternoon sun-- wildflowers, dark green grasses, deep blue water,

continued on p. 8

## **John & Dan in SDO - continued from p. 8**

granite boulders and a lone snag catching the sun's rays in the midst of a meadow sporting forested hills for a backdrop. "Wish I had my camera now," I said to Dan. Later I did return with my camera to capture the image on film, but the event was over and much of the magic had gone out of the scene.

In our 8 hours on the course, Dan and I covered 22 1/2 miles and climbed over 4000 feet - not a fast pace, but a steady one. That effort was enough to net us a first place in the Masters division and second over-all. Not far behind us was SDO's team of Edwin and Bill Gookin; and just a hair's breadth behind them was LAOC's team of Bob Anglin and Kalon Kelly. Ron Hydson, after flying down for this event from BAOC, decided to sit it out with a knee injury - the result of doing a 50-mile qualifying run the weekend before. Qualifying for what?... a 100 miles, no less! His would-be partner Tom Strat (BAOC) teamed up with Joel Thompson (LAOC) to post the best score in the Open division and the top score overall.

SDO drew approximately 20 teams to this event. In addition to the 8-hour event, there were 5-hour and 3-hour options with numerous categories in each. For awards they gave out large color prints from photos taken at the ROGAINS site. I was pleased to receive one of my favorite control site -- #23. Thank you SDO, You put on a Class-A ROGAINE. Please take note: they plan to do it again next year.

## **Phoenix-O Schedule for 1993**

- July 10-11      Lake Mary Meet (near Flagstaff) Basic, Intd, Adv. courses  
(This is a wonderful site. Cool, non-rocky forest to run through.)
- July 31 - Aug 1    Party-O/Night-O  
Butcher Jones beach on Saguaro Lake
- Sept 11-12      annual Lake to Lake Hike; Bear Canyon Lake to Knoll Lake
- October        Lynx Lake, Prescott Basic, Intd, Adv courses
- November      Lake Pleasant Meet, Basic, Intd, Adv courses
- December      Cave Creek Map Hike

Call Alex Harrison (602) 985-7844 (Mesa) or Fred Padgett (602) 956-7522 (Phoenix) for more information.



Address Correction Requested

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

### 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.