



Tucson Orienteering Club

January, 1994

Jan. 16 - In-Town O-Meet at Lincoln Park by Elizabeth Weintraub

We'd like to encourage those orienteers who like to sleep late to enjoy a "Sunday Brunch-O" at the exquisitely convenient Lincoln Park on the East side of Tucson. Tucked between Davis-Monthan Air Force Base and the Pantano Wash, the park offers parking, tables, and all the amenities for a picnic brunch. With any luck in the weather (something TOC has been a little short of in recent months) we'd like to see some quality 'knoeing' and running under sunny skies.

Since the terrain is gentle (relatively) and the site smaller than some of our other locales there will only be point-to-point courses at the Basic and Intermediate levels. These courses are provided by first time course setter Wilkey Richardson who has been busily O-CADding maps for the club this past year.

Of course it won't matter how lovely the map is for those advanced orienteers looking for the challenge of running sans map at this site. Wilkey is reintroducing a Memory-O similar to the Greasewood Park event held last January. There will be a map provided at the start which you may return to as often as needed. (We are not responsible for heckling from the crowd of spectators at the start tables!)

So bring a friend, bring some food and join us for the Lincoln park O-meet January 16.

The meet director is Elizabeth Weintraub of Hannah's 4s4's or the Max Pack (depending on the number of children in tow...) For information or to volunteer to help out a first time meet director, call 529-8059

Meet Schedule:

- | | |
|-----------|---|
| 9 AM | Registration opens |
| 9:15 | Beginner's Clinic. A brief introduction to map and compass. This is a great site for beginners leery of some of our more isolated, remote sites. Clinic may be repeated later if requested. |
| 9:30-noon | Courses open. Time limit for Memory-O not yet determined. Noon is last time to start a course. |

continued on p. 3

Tucson Orienteering Club Calendar

January 9	Business Meeting	5755 E. River, #201
January 19	TOC Meet	Lincoln Park
February	TOC Meet	TBA
March 6	Arizona ROGAINE	Bear Valley

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 visit each control, usually in a prescribed order, 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. Each control has a punch with a distinct pattern of holes. You punch a card to verify that visited the control location.

What Equipment do I need? Very little. A compass is necessary. 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. Participants on Intermediate and Advanced Courses are required to carry a whistle for emergency signaling. If you don't have one, we'll sell you one for \$1. Wear running shoes or lightweight hiking boots and old clothes that you don't mind meeting cactus in (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, especially on a hot day. Although water is available on the course, it never hurts to have some of your own.

How do I get more information? Call our Publicity Chairman, Peg Davis (phone number is given below. If you have a question about the upcoming meet, call the meet director.

TOC OFFICERS

President:		
Vice-President:		
Secretary/Treasurer:	Laurie Fellows	790-3652
Membership Secretary:	Sue Roberts	577-8519
Equipment Chairman:	Mary English	881-4786
Map Chairman:	Wilkey Richardson	529-1105
Publicity Chairman:	Peg Davis	628-8985
Newsletter Editor:	Lois Kimminau	296-2108

Lincoln Park, Jan. 16, 1994, continued from p. 1

2:00 Courses close. Everyone, finished or not, must check in with the finish timer. Control retrieval begins; for free orienteering practice (and our enduring gratitude), volunteer at the registration table.

T-shirts will be available, all colors, all sizes (we hope!) \$9/short sleeve; \$12/long sleeve. Grace your body!

Directions: Enter Lincoln Park on the east side of Pantano Road, between Escalante and Irvington Roads and at the south side of Santa Rita High School. There will be a short (a hundred yards or so) walk to the start. The trail to the start is at the east end of the parking lot near the rest rooms.

Miscellanea:

Next Business Meeting: The next business meeting will be held Sunday, January 9 at Wilkey Richardson's, 5755 E. River #201. Buzz to be let in. The meeting will begin at 7:00. Come early for the potluck dinner which may even continue through the meeting.

Check your newsletter label! Has your membership expired? Remember, TOC members receive a \$2 discount on the meet entry fees. Your mailing label has the date your membership expires printed on it. Check it now! If it says EXPIRED or has no date on it you are not a member. Please renew your membership, save big bucks, and keep the newsletters coming!

Newsletter contributors and deadlines: Contributors to the January newsletter are Mary English, Elizabeth Weintraub, Jeff Brucker, Dan Cobbledick, and Peg Davis. Contributions for the February newsletter must be received by January 26. Any events occurring before March 14 should be announced in the February newsletter.

Changes to the mailing list: Send address changes to the club mailbox or to the membership chairman. Allow plenty of time for changes sent to the mailbox to make their way to the membership chairman and into the mailing list data base.

New Newsletter Editor: Lois Kimminau (think Cranes) will take over as editor with the February of the newsletter. Please be kind to her and get your articles in early. I want to thank everyone who submitted "interesting" articles to the newsletter (not just meet announcements and results. Those always willing to write something who get my official thanks are Peg Davis, John Maier, Mark Parsons, and Roger Sperline. Finally, as my last official act, I get to award the 1993 Newsletter Writing Award to Rich Dekany for "I'm a Cow". Unfortunately for Rich, there is neither a monetary or symbolic award to be presented.

'Twas the Meet Before Christmas - by Mary English

And even though the club's stockings were hung with care a few miles further south on Dec. 19 than originally planned, both Santa Claus and John Maler found them, at Starr Pass next to Cat Mountain.

Santa brought us a big case of tangelos to enjoy at the finish line. John simply brought an astonishing display of calculating faultlessly where the meet would likeliest be when, late in the morning, he found it wasn't at Bajada Loop. (He'd been away and missed the December newsletter.)

Happy faces approaching the finish attested to the success of Dan Cobbletick's plot for adding the fourth dimension (4D), that of time, to the Orange and Green courses, and for setting a Yellow instead of the usual White level as the basic course. The time dimension was introduced by having two controls, both shared by Orange and Green, move around in a predictable way, instead of staying put. Each of those variable controls had two sites, and the control punch alternated between the sites every quarter hour.

For each course, Dan prepared a small handout sheet listing control descriptions, with IOF symbols for Green, owrds plus symbols for Orange, and jsut words for Yellow but with some hints and reminders on the more difficult controls of that course.

Yellow #5, wash junction, also read: "The adventurous might go straight for this, but the trails is safer and maybe faster." Yellow #8, hill, southern foot, also read: "You could handrail this via trail and base of hill, but why not go straight at it? You're surrounded by trails, and the hill makes a good catching feature."

Of the 30 entries on the 4D Orange and Green courses, 25 found all controls; on Yellow, seven of the nine entries located all points. "Really fun", "enjoyable" and "challenging, but do-able" were the typical comments noted on the Feedback for Course Setter board. The negative comments had to do with cactus encounters.

The courses were set as loops that all funneled entries into view of the finish line as they headed into their final controls, which made it great fun for spectators.

In all, 67 persons participated in the meet; 19 as individuals; 48 on teams, mostly of two. One team included first-time visitors to Tucson from France, who are hikers but had never orienteered before.

From The Cranes (meet directors), our thanks:

for doing stints at registration and timing, to Dante Archangeli, Diana Archangeli, Jeff Brucker, Wilkey Richardson, Roger Sperline, Gregg Starr, Gregg Townsend, Elizabeth Weintraub,

for a thorough beginner clinic, to Pat Penn

for taking over midway through from Dan Cobbletick and Rachel Gelbin on the variable controls, to Keith McLeod and Gregg Townsend;

for collecting controls, cleaning up the site, and hauling equipment to Jeff Brucker, John Maler, Keith McLeod, Mark Parsons, Pat Penn, Wilkey Richardson, Gregg Starr, Roger Sperline, Max Suter, Gregg Townsend.

Sincerely, Mary Jane Santa Maria, Carol Matty, Lois Kirminau, Mary English.

results on p. 5

Cat Mountain, December 19, 1993, RESULTS

Orange 4D-O

4.3 km, 120 m climb, 12 controls

1M	Michal Lebl	65:19
1T	Huckabyrd	75:33
1W	Elizabeth Weintraub	79:40
2M	Gregg Townsend	84:30
3M	George Lebl	88:55
2T	Catalina Javelinas	107:10
3T	Killer Guinea Pigs	111:10
4T	Shinobi	119:30
5T	Fortails	123:08
4M	Keith McLeod	124:03
6T	Charles de Gaulle*	132:19
7T	Space Cadets	137:38
8T	Broncos	144:10
2W	Diane Ewald	173:46
	Colts	DNF
	Lisa Werner	DNF

Green 4D-O

5.2 km, 180 m climb, 14 controls

1M	John Maier	78:46
2M	Mark Parsons	92:11
3M	Jeff Brucker	103:03
4M	Weldon Schweigert	107:20
5M	Max Suter	111:26
1W	Pat Penn	116:09
6M	Wilkey Richardson	117:30
1T	Dynamic Duo	171:52
2T	KD	192:46
	Marley Beard	DNF

Yellow Course

(2.2 km, 100 m climb, 10 controls)

1T	Aurora	72:01
2T	H & G	77:24
3T	Bears	107:44

Recreational Entries: Yellow Course: XX and XY; Lost in the Desert, Christopher Suter, Nevin Libers; Gazelas; Orange Course: Charlie Whitmore, DA's, Out of Control; Green Course: Richard Kane.

* = Charles de Gaulle Memorial French National Orienteering Team

TOC Officers for 1994

President	
Vice-President	
Secretary	Laurie Fellows
Map Chairman	Wilkey Richardson
Membership Chairman	Marilyn Cleavinger
Publicity Chairman	Peg Davis
Newsletter Editor	Lois Kirminau
Equipment Chairman	Mary English

Notice the vacancies? As of December 12th, we still need a president and a vice president for 1994. If these slots are not filled we can run O-meets in Greasewood Park. (The vice-president secures the permits that allow us to use National Forest sites, (everything but Catalina State Park, Cat Mountain, and city parks).

The 1994 Arizona ROGAINE

Do you like to make big navigational errors? By straying only four miles off the south end of the map you can end up in Mexico and the 4th annual Arizona ROGAINE!

On Saturday, March 5th, TOC will hold an 8-hour ROGAINE in Bear Valley in the Atascosa Mountains south of Tucson. Twelve square miles of navigating pleasure, found on the USGS Ruby topographical map, will be set by Dan Cobbledick. Elevation ranges from 4000 to 5000 ft. While the vegetation includes some grassy open areas and only a sprinkling of cactus, large drainages are filled with tall trees and one-quarter of the map features brushy, disorienting flight. Though some areas are runnable, the course will be geared to the hiker. The course setter clearly intends to make the trip to the higher point controls slow and tough by using the vegetation and some parallel error possibilities lurking on the long ridges.

We guarantee that Arizona in the spring will be a beautiful place. Weather possibilities range from sunny highs in the 70s to snow. If water is not running in the large drainages and in Sycamore Creek, depots will be set up on the course. Lots of stocktank/draws dot the map, so bring a filter and see some cows.

Reaching the site is a 2 hour drive from Tucson, so camping on Friday night is recommended for out-of-town participants. (Note: You do NOT want to drive the road to the site at night. If you are coming from out-of-town and can't get here early enough to drive to the site before nightfall, plan to stay in Tucson and drive out very early Saturday morning.) We'll be set up on the banks of Sycamore Creek enjoying Arizona at its finest. Our last three ROGAINEs have been great successes. This year's site should please both leisurely strollers and gung-ho bushwackers with the variety of challenges on the map. The 1994 Arizona ROGAINE goal is to "put the R back in ROGAINE"

A registration form will be in the next newsletter. Preregistration is required. We will match individuals to teammates if desired. For more information, call Peg (628-8985).

O-Humor - by Bill Teahan (from O-Net)

Murphy's law applied to Orienteering in steep terrain:

1. The optimum route taken will always involve the maximum climb.
2. The actual route taken will always involve greater than the maximum climb.
3. The course will be set in such a way that the straight line route will always be at right angles to the contour lines.
4. A mistake will always be made in such a way as to maximize the climb required to correct it.
5. Any control you see is definitely not on your course. Any control you go out of your way to check will not be yours. Any control you don't check will be.

Masochists's Progress: A ROGAINE Memoir - by Dan Cobble Dick

Rogaining is not that different from the orienteering we're all used to; the trick is to go as fast as your mind and body will permit for as long as it takes. Rogaines, though, are sooo muuuch loonger that in addition to the usual balancing at between speed and brains, you now have to face the element of depletion. Scary! How far can I go how fast without falling on my face? You can't find out in a chair; you gotta get out there. Here's what one guy found out about stretching his limits.

1991 Arizona ROGAINE - A Real Pounding in Redington Pass

We all heard the advice: "It's more of a hiking thing. You gotta feed yourself. Rest a little. Electrolyte replacement! Power bars!" Sure, OK, Fine, let's go. Mark Parsons and I had decided it was too clumsy feeling to run with a butt pack, but we did jog a little, especially in the vicinity of other competitors. (Mark had a theory about intimidation). The orange-level controls were easy to find, and, for a change, I enjoyed having a partner to share it all with. We took short breaks, we ate, we drank. We did real well for about four hours and then stopped for lunch.

When we took off again after fifteen or twenty minutes, my brain stayed behind. At five hours in, my navigational abilities were "significantly impaired: (i.e. I had to follow Mark the whole way back). Shortly thereafter, my body struck for better working conditions, and my job for the rest of the day was to somehow keep Mark in sight. So this was why they make us go out in teams! We met other orienteers on the way in (who shall remain nameless if they're nice to me), and they looked much like I felt. Clearly no one else was any more prepared for his first rogaîne than I was. With all this, despite leg cramps so bad I couldn't have hopped over a sidewalk crack, we finished in the top five!

Afterwards, we gobbled bananas and oranges but mostly lay on the ground awaiting recovery. My personal greatest achievement the rest of the day was making the gruelling climb into my truck for the drive home.

Post mortem: first half fun; second half not. Must conserve resources better or get more of them. Rest only lets you stiffen up, and I don't see that all that food helped me any. Cramps probably from lack of water - squeeze bottle delivers too slow - gulp it next time. Next time?! Oboy. Well, why not? We did OK, why not try to win one.

1992 Arizona Rogaine - He's putting himself through that again?

Since Mark was helping set this year's course at Cave Creek, I needed a new partner. I went outside the O-club and invited a hiking buddy I usually had trouble keeping up with. Maynard Schweigert and I stuck with boots and jeans, but we took much less food than I had the previous year (and no pizza this time). I brought some Goidnaid electrolyte replacement to combat the leg problems I'd had, but I didn't start using it soon enough. Two hours in and the cramps came. This was ridiculous! The quote above this section was from an absent friend, but it echoed my own thoughts at that point.

continued on p. 8

Masochist, continued from p. 7

Fortunately, Bill Gookin's powdered miracleworks just fine. Unfortunately, I hadn't brought enough. I gave one packet to Maynard, and we both finished the event rather gingerly. Walking in on a road, I asked "Could you jog in if we had to?" We tried, we laughed, we stopped.

That stuff aside, we had a good day. We worked well together and found a pace that allowed us to finish intact, if not strongly. The threatened rain stayed south of Sonoita, but I wondered what it would be like to have to function in a downpour. Although our score was better than last year's, so was everybody else's, and my finish position remained about the same. The out-of-state winners were doing the same things we were, only slightly faster.

1993 Arizona ROGAINE - "Slow but Painless through the Tortolitas"

My competitive fires were dampened a bit this year, but I still wanted to participate - I'd hate to be left out of all that great commiserating. Wilkey Richardson agreed to go with me on the condition that we not run. "No problem!" say I. "Nobody runs!" Maybe true in '92, but this year saw the faster folks in Nikes and nylon, with exposed skin to boot. We got caught with a too-short course, and three teams, all out-of-staters, got all the controls in well under the time limit.

Our survival skills were superb; we went nice and slow, ate very little (two bagels and a Jolly Rancher for me), pushed the Gookinaid hard from the start, and took only one short break. Our biggest goof was in planning; we didn't figure to get all the points, but didn't think we'd get as many as we did, either. We found ourselves after seven hours in great shape, blister-free, with the unvisited bags too far away to reach in that remaining hour. We never gave any thought to how fast we might go - we just picked what we thought would be an ambitious loop (with bail-out options) and went for it.

We were quite pleased with ourselves while on the course, and I think we did have close to the best score of those doing absolutely no running. The number of runners we saw was discouraging - it appeared I wouldn't be able to stay competitive in this quickly-evolving sport.

Unless I trained. And found a really fast partner.

1993 Pacific Crest Trail ROGAINE "Fast, Wet, and Happy on Mt. Laguna"

I hadn't intended to go to San Diego's inaugural ROGAINE, but when John Maier called me a week before the event with the news that Mark had to withdraw due to insufficient knees and he (John) needed a partner. I couldn't pass up the opportunity. One chance to apply all I'd learned in three not-completely successful tries and try to move to "the next level".

I rested. I carbo-loaded. I left my hiking boots behind and packed my O-suit. We got to Laguna Saturday afternoon and it rained. All night. Oh, well, what's eight hours of wet feet anyway? SDO presented us with the logistical nightmare of three five-color

continued on p. 9

Masochist, continued from p. 8

orienteering maps (of contiguous areas) plus a single black-and-white of the whole region plus a control description sheet plus a punch card, all in a non-sealable plastic bag. Cards got wet, and maps got lost (yes, lost!). Remember those nice orange-level control locations? Forget it. Advanced maps apparently demand advanced placements. A pretty neat idea altogether, open-ended bags aside.

It was great! Morning sunshine, nice and cool. Soft ground, flowers everywhere. And running (Me! Running!) on the downhill and flats. It turns out sometimes an easy jog is a better resting pace than a walk is. Who knew? I'm working hard and, mostly, keeping up.

It couldn't last. Rain lurked behind the trees and finally hit after about six hours. Recommendation: try not to have to orienteer in the rain in glasses. I could lift them to see the map, but the actual terrain was a blur. Cold was a bigger problem. I had a polypropylene shirt; John had a rain jacket. Between us we had enough clothes for one guy. I got crabby, then scared - sure I'm warm enough running down these trails-turned-rivers, but what if I have to stop? It let up after about an hour, during which John led me through the worst hills and brush we'd seen all day ("Real men! etc. etc. blah blah"). In our last hour, with spirits renewed, dried, and polished, we scratched out three final controls on our way in, finishing with a nice jog through a lovely, though ankle-deep in water meadow.

The payoff? First place in Master (over forty year average age) men's division with 1020 of 1500 points, and second overall to some young guys (average age 39.5 years) who got 1100 by cheating (i.e. moving their feet very fast). The real payoff? Despite some ups and downs during the day, I finished as strong as I started after eight hours of continuous effort. Amazing things are possible if you just give it a shot. Ah, I'm an inspiration to myself!

I wonder what twenty-four hour rogaines are like?

Editor's note: Dan is the course setter for the 1994 Arizona ROGAINE.
We also need a meet director for the ROGAINE.
It's a lovely site. Call Dan to volunteer (326-7504).

Orienteering Elsewhere

Phoenix-O: Call Judy Donaldson for information (602) 956-7522
Jan 8 Course Design Clinic at Cave Butte
Feb 6 Saguaro Lake Meet

San Diego: Call Mac Innis for information (619) 453-0174
March 26 Mount Laguna (compete with 100 Swedes)
May 28-29 Sat: short course; Sun; Hilary Flat ROGAINE



Address Correction Requested

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

MEMBERSHIP FORM

Check One: New Member _____ Renewal _____
Date on Mailing Label _____

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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.