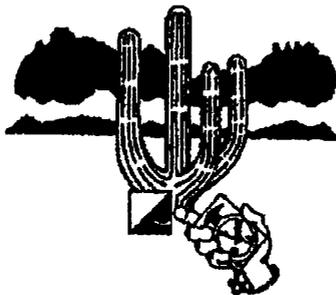

TUCSON ORIENTEERING CLUB



DECEMBER 1995

Catalina State Park, December 17

—Max Suter

The December club meet will be at Catalina State Park. Maureen Jamieson and Jim DeVeny will be the meet directors, and I am setting the courses. We need volunteers to work at the Registration and Start/Finish tables and for control retrieval. Please, contact the meet directors (323-0936) if you can help.

Catalina State Park, at 2,700 to 3,200 feet on either side of Sutherland Wash, is characterized by hilly and rocky terrain with many small-scale topographic features that are enhanced by the high resolution of Roger Sperline's five-color map (1:15,000 scale, 5m contour interval). Five point-to-point courses will be offered: beginners (White), advanced beginners (Yellow), intermediate (Orange), short advanced (Green), and long advanced (Red).

Directions: The entrance to Catalina State Park is located on Oracle Road (Arizona 77), six miles north of the intersection of Oracle Road with Ina Road. If you come on I-10, take Exit 248 and drive east on Ina for five miles to its intersection with Oracle. Visitors from Phoenix, take the Pinal Parkway to Oracle Junction, from where it is approximately 10 miles southbound on Arizona 77 to the park entrance. Note that we will not meet in the group use area this time. Start and Finish will be located in the southwest corner of the major car park near the head of the Romero Canyon and Sutherland Trails. You reach this area by driving from the ranger station for 1.5 miles straight to the end of the paved road. The State Park day-use fee is \$3 per car.

Fees: \$6/individual, \$8/team; \$2 discount for TSN, PHX, USOF, or SAHC members. This fee includes one laser Xerox copy per entry of Roger Sperline's new five-color map. Additional color

CAT MOUNTAIN RESULTS	Page 2
SUN*FEST UPDATE	Page 4

maps are available at \$1 each. Compasses rent for \$1. Safety whistles sell for \$1. *Every person, all courses, all meets* is required to carry some type of safety whistle.

Schedule:

- 9:00 a.m. Registration opens.
- 9:30 a.m. Courses open. Beginners' clinic starts.
- 12:00 noon Last time to start a course.
- 2:00 p.m. Courses close. Participants aim to check in by this time.
- 2:00 p.m. Control retrieval—good orienteering practice, lots of help always needed. Volunteer before 2 p.m. with the meet director.

To insure that all are safe, *everyone, whether finished with the course or not*, must check in formally at Start/Finish before leaving the meet site.

Newcomers: Check in at the Registration Table and tell them you are entering for the first time. They will give you additional information. To allow time to register before attending the beginners' clinic, you should arrive between 9 and 9:15 a.m.

Route-Choice Reviews: Between noon and 2 p.m., the course setter or an advanced orienteer will discuss route choices with returning participants, probably near Registration or Results area.

Lost/Found: Personal belongings left at a meet are collected with club equipment and brought to later meets. Check near registration.



Cat Mountain Results, November 19

—Jason Luurs

Forty-seven entries braved the mid-November, 80°+ weather at Cat Mountain this year. The weather was hot, the water was scarce, but a good time was had by all. Roy Parker set some challenging courses for Cat's "bowl" terrain. There was a general consensus that Control 1 on the orange course was hung one wash west of the mapped location. Apologies go out to those that had problems finding this bag.

Thanks to all of the newcomers that gave orienteering a shot! It was great to see both the Boy Scouts and the Girl Scouts out at Cat. There were also members from the hiking club present for the first time, as well as a traveller from Portland, OR. We hope to see you at future meets.

Special thanks to the volunteers: Andy "The Counselor" Wade (Timing), Peg Davis (Registration), Jim Stamm and Ann Haber (Beginners' Clinic), John Maier, Keith McLeod, GeeGee Larrington, and Marley (Control Pick-up). Your help was greatly appreciated. For those

of you that didn't show up to help (you know who you are), your beer privileges have been revoked!! I apologize if I missed anyone. See You at Catalina!

White (Beginner), 2.0 km

1T The Flyers	66:21
2T Silly Saguaros	69:43
3T Violeta Djambazov	70:23
Escargot	DNF
Christopher Suter, Chris Kraft, Girl Scouts #457, Tim Rowe, Debra Boldt, and David Baker	Rec.

Orange (Intermediate), 3.05 km

1W Pat Penn	59:37
1M Al Byrd	60:19
1T Gary/Cathy Hinman	69:51
2T Catalina Javelinas	74:59
2W Margrit McIntosh	76:06
3T Bushwackers	101:51
Ekcercise	107:57
S & E	110:53
3W Marley	112:57
Team Accorso	140:50
Grizzlies	DNF
The Flyers, Troop 007, Scott Drum, Larrington, Jean Zimmerman, Dwight Riggs, Thiltges, Matt	Rec.

Green (Short Advanced), 4.0 km

1M Michal Lebl	62:17
2M Keith McLeod	82:47
3M Mike Huckaby	83:23
William Moeller	87:49
1W Peg Davis	96:25
1T Don't Care	165:30
2T Po-Lo-Ma	203:33
George Lebl, Jim Stamm, Stephan Schulz	DNF
Wilkey Richardson, Brown Family	Rec.

Red (Long Advanced), 5.4 km

1M Plamen Djambazov	47:29
2M John Maier	69:00
3M Alexandre Savine	71:29
Max Suter	71:35
John Little	75:40
Jim England	136:08
1W Ann Haber	181:05
Bushwackers	Rec.

***Early Deadline for January Newsletter***

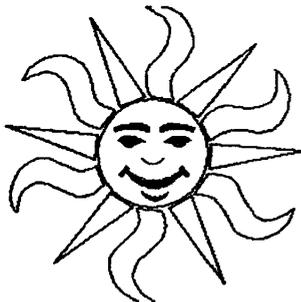
The normal deadline for the newsletter is the Monday eight days after the monthly meet. In December, that day happens to be Christmas! I will be leaving town for a few days on the 26th and would like to take the articles with me, so I have moved the date back to Saturday, December 23. I hope this won't inconvenience anyone.

Lois Kimminau

*Sun * Fest*

February 17 and 18, 1996

—Keith McLeod, Meet Coordinator



Super Sun*Fest is smoking! You can be proud of your club's efforts. Jim Stamm, heading up Public Relations and Advertising, reports that he has had inquiries, mostly via E-mail, from Connecticut, North Carolina, Alabama, Canada, New Hampshire, Kansas, Maine, Texas, Illinois, Colorado, Washington, New York, and California. We've received our first registration from out-of-state and are on our way!

Our first A meet requires us to formalize our meet operation to a greater degree than the local meets we offer monthly. It is a challenge and an opportunity.

Map/Field Supervision is being handled by John Maier and primarily concerns coordination and overseeing of the field-checking aspect of the map production to assure that it meets USOF standards and is ready on time. Plamen Djambazov is currently doing the field checking and expects to be finished before Christmas. Additional map/field responsibilities include obtaining the permit for the event and setting up the training area. Mike Huckaby has already obtained permission from Forest Service to use the site, but more needs to be done (emergency and crowd control plans, etc.) before we have our permit finalized. The training area will only be cursorily, not rigorously, field checked, but it is important in giving competitors an idea of what to expect on the map as well as in the terrain. This is vital considering that our terrain and vegetation are so very different from anything orienteers have been exposed to in other parts of the nation. We could use a few volunteers to help staff the training site on February 16. It will be open from 10 a.m. to 2 p.m. Contact John Maier (1-520-586-7300) if you can help out.

Supplies Chairman has received many offers during the past month, from people in the Phoenix O Club as well as our own, to lend tables, chairs, and canopies. We are still looking to borrow some insulated water urns (3- or 5-gallon, like the big orange ones used at club meets), a couple more dining canopies (with poles and lines), and at least one very complete First Aid kit.

If you can lend us any of those items from about February 12 to 22, please call Mary English, 881-4786. Whatever can't be borrowed will have to be rented or bought.

I am humbled and inspired by the Sun*Fest staff, who are all working so hard and with such excitement and enthusiasm. I encourage you all to participate, in whatever way you can.

The next meeting of the Sun*Fest staff, and anyone interested in helping, will be held on Thursday, December 14, 1995, at 6 p.m. at Pat Penn's home, 931 N. Norris (one block east of Campbell Avenue, three blocks south of Speedway), 326-2339.

Western States Championships

As has been mentioned in previous Sun*Fest reports, the Sun*Fest meet in February is not only a national A level meet, it will also determine the Western States Championships (WSC).

The Western States Region includes Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, and Wyoming. The WSC is held once in each calendar year by a USOF club headquartered in one of these states.

To be eligible to host the WSC, a club must get sanctioning from USOF for a two-day A-level meet. When multiple clubs are eligible and wish to host a meet, preference will be given to clubs headquartered in states which have least recently (or never) hosted the WSC.

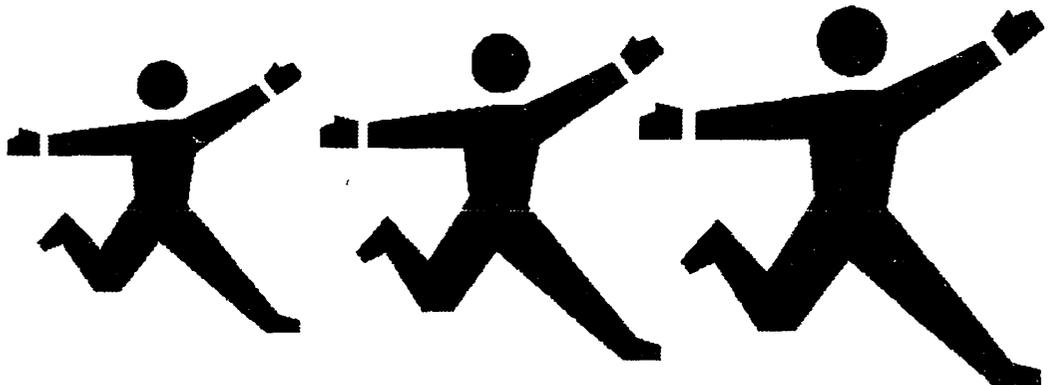
The WSC must take place over two days of sanctioned A meets, using USOF standard course specifications. The WSC will not include nonstandard courses such as long-O or short courses or sprints.

For each A class, the Western States Champion will be the top finisher who meets the following criteria:

1. Has resided in a Western state, or has primary USOF membership in a club headquartered in a Western state, for at least nine months of the 12 months preceding the competition.
2. Is a U.S. citizen or possesses a valid green card.

A standard award will be given to all Western States Champions. These will be in addition to any other awards or prizes given out at the A meet.

(The above guidelines have been abstracted from a preliminary paper written by Gary Kragt of the Bay Area Orienteering Club. And, just as a matter of interest, the Bay Area Orienteering Club had a lovely three-quarter page write-up in their November-December bulletin, describing our Sun*Fest and urging their members to attend.)



Ween-O Results

—Michael Collins

On Friday evening, October 27, we had a great evening of creepy characters, and that was just from the high school football game being held adjacent to Lincoln Park.

The second Vampire-O to be held by TSN was a great success. We had a much smaller turnout than expected, perhaps due to other festivities related to the holiday. It was very much the usual crowd, so we all got a chance to get better acquainted during the potluck and the award ceremony following the event.



The event was a bit different than last time. (*I'll say! How many times have you seen a course setter who appears in a different costume every time you see him! I'm not sure which one I liked best. John was really into the spirit of things.*) John Maier had a great score-O course laid out over the extent of Lincoln Park. No one found all of the controls. The mass start revealed two out of the eight "entrants" to be vampires (chosen by random draw by John). The non-vampires were then given a head start to begin gathering controls and to escape from the vamps. All of the vampires were able to "catch" other competitors, making them vampires and taking their punch cards (and whatever points they had retrieved). In fact, all of the "vampire cards" changed hands repeatedly.

The scoring was unique to the event, in that entrants could get bonus points (up to five) for wearing a costume, and they lost points for showing up late at the finish. Entrants scored one point for each correct punch. One entrant (we won't name names, Peg) filled her punch cards with incorrect punches, so the vampire who caught her didn't score as many points as first suspected. But, this entrant got hers: she ended up as a vampire, and since she didn't have a costume, scored an unfortunate 0. The other entry to end up as a vampire, the team "Death," actually finished ahead of two entries, since they were all costumed.

Special thanks go to Roger and Sue for helping with the potluck, while passing on the fun of the O-event. Also, Rachel Gelbin was of great assistance at the finish, keeping everything organized. Helen (alias Medusa) had a slew of "prizes" for all the people in attendance, including gummy ghosts, and festive pencils. I think some people were happier with their prizes than they would have been with ribbons.

Thanks also to everyone who showed up in costume; you helped make the event a little more surrealistic. Standing on the ridge, watching a barefoot ninja stalking me, was an experience I'll not forget for a while.

	<u>Points</u>		
Trailing Dick, 13 points (no costume)	13	5 points (no costume)	5
Helen (& friend), 7 points (full costume)	12	Team "Death," Vampire (full costume)	5
Yer-Anus, 6 points (full costume)	11	Team "Shadow," 7 points (6 minutes late) (no costume)	1
Al (Big) Byrd, 7 points (no costume)	7	Peg (Let me punch #2 in every box)	
Wilkey (I love Cholla) Richardson,		Davis, Vampire (no costume)	0

TUCSON ORIENTEERING CLUB DECEMBER 1995						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 BUSINESS/ PLANNING MEETING	2
3	4	5	6	7	8	9
10	11	12	13	14 SUN*FEST STAFF MEETING	15	16
17 MEET See page 1.	18	19	20	21	22	23 JANUARY NEWSLETTER DEADLINE
24	25	26	27	28	29	30
31						

TSN Club meets are held regularly on the third Sunday of the month, year-round. NOTE: Meet sites are subject to change. The schedule is updated every month in this newsletter.

Dec. 14 Sun*Fest Staff Meeting, 6 p.m. at Pat Penn's home, 931 N. Norris Avenue.
See report, page 4.

Dec. 17 Catalina State Park
Meet Courses: Max Suter (797-8850)
Directors: Maureen Jamieson and
Jim DeVeney (323-0936)
See page 1 for details.

Dec. 23 January newsletter deadline
See note, page 4.

1996

Jan. 21 Greasewood (City) Park
Meet Courses: ??
Director: ??

Jan. 29 February newsletter deadline

Feb. 1 Sun*Fest preregistration (postmark) deadline to avoid late fees.

Feb. 9 Sun*Fest late preregistration receipt deadline.

Feb. 17-18 **Arizona Sun*Fest: USOF Class A Meet & Western States Championships.** All U.S. Orienteering Federation courses offered. Awards to top three in each class, based on two-day combined time. Western States Champion award to top finisher in each A class for current residents or O club members of AK, AZ, CA, CO, HI, ID, MT, NM, NV, OR, UT, WA, or WY.
 Competition Site: Redington Pass
 Headquarters: Camp Adventure, 9239 E. Wrightstown Road
 Coordinator: Keith McLeod

Courses: Mark Parsons & John Little
 Map: John Maier, Plamen Djambazov, and Roger Sperline
 Registrar: Marilyn Cleavinger (phone 795-2081; FAX 795-3227; E-mail—clever@azstarnet.com)
 Hospitality: Rachel Gelbin (326-7504)
 Many volunteers still needed. Look for sign-up poster at next club meet or call Keith McLeod (529-1808).
 See Sun*Fest report, page 4.

March **TSN O Club Officer Elections**
 for April 1996-March 1997 term.

All TSN Club meets are organized and staffed by volunteers. If you can help, even for just an hour or so, please call the meet director or Mike Huckaby, vice president, 881-0559.

President's Corner

—John Maier

I'm feeling increasingly optimistic about where we are headed as a club. This, after feeling somewhat overwhelmed by all the important tasks begging for attention; this, after being plagued for so long by severe volunteer shortages. We're not out of the woods yet—we still have volunteer shortages; it's just that they're not so severe. This is due primarily to the greater willingness of our club members to pitch in and share the workload.

It's no longer just our veteran volunteers that are the glue holding things together. Now we are seeing neophyte volunteers stepping up to fill big roles, especially those of you who in this last year directed a meet or set courses for the first time. It's you I'm talking about; you are making a noticeable difference. It's also those of you who have volunteered your time, energy, and skills to fill the big roles as crew chiefs for Sun*Fest. You're making things click. And without a doubt, this year's board members have gone above and beyond what one could have expected, taking on greater responsibilities than merely filling the duties of office.

You are proving how much you care, how much you love TSN. I just want to make sure you realize how truly appreciated your efforts are.

Now, there are three specific topics I wish to bring to your attention.



1. 1996 Schedule At our December 1 business meeting, our schedule for the entire year will be set in concrete. This was mentioned in the last newsletter and a proposed schedule was posted at the last event for your comments and suggestions. It may be possible to add supplementary events at a later date, but before doing that we would need volunteers to conduct those events. There may be options for several two-day events, and you can certainly expect some more picnics associated with a night-O or a fun activity.

2. New Terrain This year we orienteered on one new map, the Parker Canyon Lake map which Mark Parsons produced for us for the ROGAINE last March. We would've had a second one, the Brown Mountain map (Tucson Mountains) developed by Roger Sperline, but we ran into an access problem. It might still be possible to use that site, but carpooling or a shuttle would be mandated, and our club has not done well on that score. It was our failure to carpool that lost us the use of Bajada Loop, an excellent site that everyone enjoyed.

Both Roger and Mark are currently working on new maps, and I will be taking on an increasing role in locating and mapping new terrain. It's always a joy to visit and orienteer on new terrain. If you have any ideas for new sites, please let us know.

3. Sun*Fest Our Sun*Fest event is fast approaching (February 17-18, 1996). Event director Keith McLeod has assembled a strong cadre of crew chiefs to conduct the myriad functions that are necessary for an event of this magnitude. That is not to say we cannot use more help. We can and we will need many more volunteers to pull this event off in grand style. We welcome you to join the Sun*Fest Team and to participate in whatever capacity you are able. To volunteer is a credit to you as well as a credit to the club.

In one important area, we need special help that requires no organizational, administrative, or technical skills. We have an excellent event center and camping facilities at Camp Adventure, thanks to the enthusiastic efforts and arrangements by Rachel Gelbin. However, any A event normally attracts a good number of people who do not camp, and they are having one heck of a time locating lodging anywhere in the vicinity of Tucson. Most places are booked solid for February. We ask that IF ANY OF YOU ARE ABLE TO PUT UP ONE OR SEVERAL ORIENTEERS DURING THE SUN*FEST WEEKEND, PLEASE RESPOND to this plea for help. We do not want to lose people who want to come, but who need a bed or floor space because they don't own a single piece of camping gear, and simply cannot find any reasonably priced accommodations.

The Arctic Orienteering Club faced a similar housing crisis last year when they held the U.S. Champs, and they solved it by club members opening their homes. It was an excellent solution to a difficult problem. We can do as well. This would also be a great opportunity for you to get to know orienteers from a different part of the country. They would be grateful for your hospitality, and your goodwill would spill over to the benefit of TSN. If you can help, please return the response form on page 11. For additional information or specifics, call Rachel Gelbin at 326-7504.

Welcome



We had lots of new orienteers turn out for the Cat Mountain meet. Welcome to new members Polly Kimminau and Debra Boldt, and newcomers Plamen and Violeta Djambazov, Michael Accorso, Linda Neefe, Girl Scout Troop #457, Tim Rowe and Melinda Longsworth,



Nancy Duffin, Vicki Hervert, Chris Kraft, the Flieger family, David Baker, Dwight Riggs, Jean Zimmerman, Peggy Rogers, the Thiltges family, Michael and Lori Thomas, Ray Rossi, Troop #007 and Scott Drumm (Portland, OR).

It's nice to see you back, Alexandre Savine, Sergei Nayakshin and Elena Mazulina, Barbara Soehnlén, Teresa Krieski, Bill Moeller, Gary and Cathy Hinman, the Starr family, and the Pugh family.

☺ W ☺ E ☺ L ☺ C ☺ O ☺ M ☺ E ☺

Training Tip: Pace Counting

—Dennis Wildfogel

Pace counting is the means by which many orienteers keep track of how far they've moved through the terrain. The idea is to count the number of steps you've taken and then to translate that into a distance measurement. In order to do this successfully, two things are required: (1) you have to know how long your steps are, and (2) you have to remember to count your steps while you're doing all the other things one does while orienteering (no easy feat!).

Let's deal first with knowing how long your steps are. Usually, this gets expressed in the form of how many steps it takes you to cover 100 meters. The trouble is (as is immediately obvious) that this number changes drastically, depending on whether you're running or walking, on a trail or travelling over rough terrain, going uphill, downhill, or along a contour, etc. All these variables have to be dealt with, but the first step is to figure out what your pace count is for "normal" conditions. This is where this month's training tip comes in. Somewhere in your neighborhood there is, in all likelihood, a standard running track of 400 meters in length. Whether you're a runner or a hiker, do a few laps around such a track while counting your steps. Simplify the count by only counting each time your right foot hits the ground. Most people would come up with a count of around 40 paces per 100m while running, and around 65 paces per 100m while walking. Do this on several days, both to calibrate your pace count more accurately, and to get into the habit of keeping count over a considerable distance. Once you have your normal pace count down, you can work on adjusting it for different speeds and different terrain conditions.

—from *BAOC Bulletin*, November-December 1995

1995-96 TUCSON ORIENTEERING CLUB OFFICERS

President	John Maier P. O. Box 1418, Benson 85602	Benson, 586-7300
Vice President	Mike Huckaby	324-0209 881-8559
Secretary/Treasurer	Helen Deluga	795-6005
Membership	Marilyn Cleavinger	795-2081
Equipment	Mary English	881-4786
Mapping	POSITION OPEN	
Publicity/Education	Mark Parsons 313 Powell St., Bisbee 85603	Bisbee 432-2507
Newsletter Editor	Lois Kimminau	296-2108 FAX eves: 290-8071 FAX days: 327-4504

Sun★Fest Housing Response Form

Can you house visitors during Sun★Fest Weekend?

Yes, I can help.

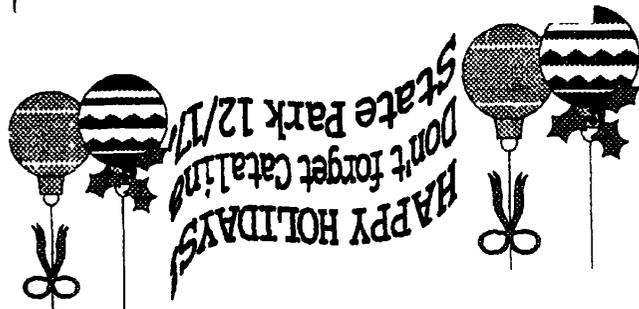
Maybe I can help.

I have bed space floor space for ___ people.

Name: _____ Phone: _____

Address: _____

Please return to Rachel Gelbin, 4208 East Oxford, Tucson, AZ 85716. For further details, call Rachel at 326-7504.



Tucson Orienteering Club
P. O. Box 13012
Tucson, AZ 85732
Address Correction Requested

TSN MEMBERSHIP APPLICATION

Check one: New Member Renewal Date on mailing label _____

Check one: Individual (\$8) Household (\$11)

Name: _____ Telephone: _____

Address: _____

Can you help staff a club meet? Yes, call me.

Members receive a monthly newsletter, have voting privileges, and receive a \$2 discount per meet. Make checks payable to: Tucson Orienteering Club, and send to P. O. Box 13012, Tucson, AZ 85732.