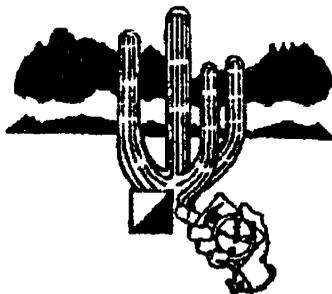

TUCSON ORIENTEERING CLUB



APRIL 1995

East of the Sun & West of the Dragoon(s) *(or, By the Light of the Silvery Dragoon)*

—Roger Sperline

Time for some gentler terrain at my favorite site: Slavin Gulch, on Sunday, April 16. I've added and field checked some very scenic, additional areas on the east side. All four courses will pass through the new areas. Mike Huckaby has kindly agreed to be the Meet Director, and to vet the courses for accuracy and fairness. For additional details, call him at 881-0559.

These courses will be somewhat longer than normal, but the climbs will be smaller than normal. The White course will be along handrails and have some sort of catching features. Orange will present opportunities for "sighting off" and will have a lot of "attack points" and catching features. If you don't know what these things mean, ask one of the many old hands at the meet, or try the Beginners' Clinic. If you intend to do the Green (short advanced) or Red (long advanced) courses and don't know what they mean, you will be in trouble. Both Green and Red are longer and some legs are technical, with route choices. (There are always the dumb route choices.) To avoid one fence crossing, the White and Orange will start south of the fence, and the Red and Green will start north of the fence, but there will be directional signs.

As an added treat, Mark Parsons will be offering a Night-O under the FULL MOON on the previous evening, Saturday, April 15. Just as it sounds, it's done at night, with special reflectorized controls you can spot with a flashlight. REMEMBER TO BRING A FLASHLIGHT. See details following.

Cost: There will be an extra 50¢ charge to cover the cost of new color maps, i.e., \$5.50 for individuals, \$7.50 for teams; \$2 off for TSN and USOF members. Compasses rent for \$1. Safety

whistles sell for \$1. Participants may carry their own whistles, but *every person, all courses, all meets*, is required to have some type of safety whistle.

Camping: Primitive camping available at the Start/Finish parking area. Area is very pleasant and shaded. Bring everything—there is no water in sight.

Directions to Site: Take I-10 East from Tucson to Exit 303 (or any Benson exit); take AZ Highway 80. Drive 24 miles south to Milepost 315, where you turn left onto Middle March Road. Go 9.9 miles east. Just before the forest boundary, turn left (north) onto Forest Route 687, and follow the O-signs. Turn right at the first junction, proceed 500 m. north, past the windmill, to the parking. Please try to park on the north side, not against the fence, or on the west, not against the trees.

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 gets underway. Good practice in orienteering—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.



Saturday Night Pot Luck, Campfire, and Night-O

—Mark Parsons

Saturday, April 15, we can orienteer under the full moon. The event will consist of an 18-control Score-O, 75 minutes, a mass start. The cost will be \$3 for nonmembers, \$2 for members, and perhaps a broken arm or leg. Bring a watch and a flashlight. Bring a friend. Schedule for Saturday evening:

- 5:00-6:00 Potluck supper
- 6:30-7:15 Registration for event
- 7:15-7:30 Finish copying maps, briefing
- 7:30 Mass start
- 8:45 Finish deadline. There will be a 10-points-per-minute late penalty.

The Fifth Annual Arizona ROGAINE Hosts Forty-five Teams

—Mark Parsons

Our guests from Alaska, Minnesota, New England, and other northern states had no complaints about the near-perfect conditions. People drove down to the event from places like Tacoma, Washington, and said they would do it again. We had 8 guests from Washington and over 30 from California. If you provide a field, they will come. We actually had very close to 50 teams, when you count the last minute walk-ups who just wanted to map hike.

Under the full moon and well before dawn, 15 teams set out on the 12-hour quest. This event attracted by far our best group of orienteers ever. John Maier and Charlie DeWeese, the winners, said the sun first shone directly on them at the Sunnyside Cemetery as they were punching in the 380th point. Eight men's teams got over 1000 of the possible 1400 points. I predicted two teams would get all the controls and the winners would do it in about 10.5 hours, and I was not disappointed.

Was this a world class event? A team from St. Louis came in three minutes under the time limit and beat a team from Rochester, NY, and St. Paul, MN, by 10 points! The event was the biggest ROGAINE ever to be held in America.

The 8-hour event had 21 teams and featured the world-class team from the New England O Club of Fred Pilon and Peter Gagarin, publishers of Ultra Marathon magazine. They managed to get all but four of the 36 controls and had more than twice as many points as the second place team. Marilyn Cleavinger and Bill Hamilton from our club won the mixed category, beating six other very competitive teams. Once again, the women's division was lightly contested and remains a golden opportunity for a winning team to rise from our ranks.

We capped off the day with an all-you-could-eat taco/salad bar, which everyone seemed to enjoy—I hope so. Over 110 people ate. I learned a lot about feeding a crowd that afternoon and couldn't have done it without the great help from Lena and Molly, Paul Mueller, Ron Ingram, Bruce McAllister, Rachel Gelbin, Elizabeth Bernstein, John MacKinnon, and Alexandre Savine.

The finish and scoring table was staffed by Sue Roberts, Ann Haber, and Mary English. Thanks, ladies. You did a great job, accurately, under pressure, and quickly. Lois Kimminau receives my warm regards for designing the control cards, laying out and printing the event flyer and for helping clean up the kitchen area.

On Sunday, the controls were retrieved by Keith McLeod, John Maier, Ron Hudson, Bob Letson, Ron Grayson, Mike Huckaby, Pete Cowgill, Judy Bodkin, and Dan Cobbledick. Bob Letson swept all the sidewalks in camp.

During the awards presentation, a set of special trophies of appreciation were given to John Little, John Maier, Dan Cobbledick, and me for our efforts at organizing and hosting the five Arizona ROGAINES. I was quite surprised and speechless (finally) and perhaps finally made aware that most of you really do appreciate the many hours of hard work it takes to produce a successful, quality event.

I love to be appreciated, but most of all, I love to see a big group of people enjoying the courses. It takes just as much work to put on an event for 20 people as it does for 100. Support your local course setter. Attend events!

The meet coming up next is at, I think, our most beautiful area, and Roger has made a new map. See you there.

1995 Arizona ROGAINE Results

12-Hour Event

Men's Teams:

1	John Maier, AZ Charlie DeWeese, CT (9 hr., 44 min.)	1400
2	Ron Hudson, CA Mark Peterson, CA	1400
3	Ken DeBeer, MO Richard Ruid, MO	1290
4	Tom Whitesides, NY Stan Wagon, MN	1280
5	J. J. Cote, CO Thorsten Graeve, CA	1270
6	Ron Grayson, CA Joel Thompson, CA	1090
7	Alex Hall, CA Mitch Utterbach, CA	1060
8	Bob Letson, CA Gary Cross, AZ	1050
9	Mike Shifman, MO Clark Lohr, AZ	900
10	Jerry Greenlee, KY Chris Greenlee, KY	530
11	Alexandre Savine, AZ Keith McLeod, AZ	260

Mixed Teams:

1	Linda Moore, WA Carl Moore, WA	770
2	Bill Gookin, CA Angelika Castenada, CA Barbara Warren, CA	470
3	Anthony Lawler, CA Debbie Adams, CA	20

Women's Teams:

1	Peg Davis, AZ Helen Deluga, AZ	60
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8-Hour Event

Men's Teams:

1	Peter Gagarin, MA Fred Pilon, MA	1290
2	Roger Sperline, AZ Wilkey Richardson, AZ	580
3	John Little, AZ Jim Stamm, AZ	560
4	Steve Schaefer, CA Byner Carter, CA	530
5	Dave Graser, AZ Eric Ryba, AZ	530
6	Dave Petty, WA John Pascal, NM Knute Olson, WA	500
7	Mike Roberts, AZ Arnold Wadding, AZ	490
8	Greg Townsend, AZ Warren VanNest, AZ	330
9	Rio Telge, AZ Brandon Clander, AZ	560
10	Mac Innes, CA Jeff Jacobs, CA	30
11	Steve Nave, CA Dan Nave, AZ	Rec.

Mixed Teams:

1	Marilyn Cleavinger, AZ Bill Hamilton, AZ	730
2	Donna Gookin, CA Ed Gookin, CA	620

3	Jill Follett, AK Eric Follett, AK	510	4-Hour Event	
			Men's Teams:	
4	Jutta Eichler, CA Michal Lebl, AZ George Lebl, AZ	500	1	Bruce Niedrauer, AZ 170 Bruno Niedrauer (8), AZ
			2	Bruce McAllister, WA 70
5	Marley Beard, AZ Mike Huckaby, AZ Al Byrd, AZ	460	3	Bill Bryant, AZ 70 Scott Steinhagen, AZ
			4	Tim Ward, AZ 0 Keith Johnson, AZ
6	Audrey Schneiderman, IL Mike Schneiderman, IL	430		Jason Luurs, AZ
7	Judy Bodkin, AZ Pete Cowgill, AZ	360	Mixed Teams:	
			1	Maureen Jamieson, AZ 230 Jim Deveny, AZ
			2	Ben Wilfond, AZ Rec. Tricia Stremple, AZ
	Women's Teams:		Women's Teams:	
1	Janet Halsebo, CA Marsha Jacobs, CA	450		Coleman, Luedtke, McDaniel, CA Rec.
2	Mary English, AZ Lois Kimminau, AZ	Rec.		

Sun*Fest News

—John Maier

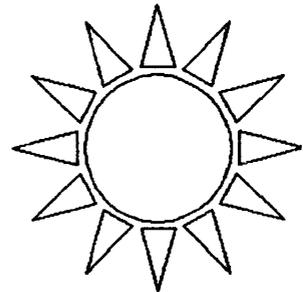
Now is the time for people to begin thinking about the level of commitment they would like to undertake for Sun*Fest—the first national-level event that our club will host, taking place in February 1996. Why so early? To be well prepared.

Since we haven't done this before, we need to work out any bugs in the procedures before the ultimate event. This year's State Champs event in September would be a good opportunity to test and refine our procedures.

For the big event, we'll have three major crews for the competition itself. These are the Start, Finish, and Results crews. In addition to the crew chiefs, we'll probably want four people for the start (1 shift), twelve people for the finish (2 shifts), and eight people for results (2 shifts).

By far the most critical task belongs to the finish crew. Six different tasks must be performed within seconds of each other and three of these require split-second coordination. Some practice is essential to make this a smooth operation. A bonus of working the finish is that it is the most exciting place to be.

The start crew also must be critically exact as regards timing, but since start times are predetermined, the task is less demanding.



For the results crew, it is not the actual timing that is critical but rather timeliness and correctness of posted results. Competitors like to see their times posted in short order, and clubs who do this get good reviews.

In addition to the three major crews, there are numerous other tasks which will play an important part in the success of our event. At registration, a participant has his first interface with the club. This should be done by cheerful/helpful volunteers who like meeting and greeting people. First impressions are formed here.

Other tasks/crews include first aid, child care, parking, and beginners' clinic. We also need to make dinner and entertainment plans, design T-shirts (crewboss: Rachel Gelbin), design awards, produce registration forms, get publicity out, etc.

It should be emphasized that not a single one of the volunteer tasks described above will prevent you from taking part in the event itself and, in fact, we encourage you to do so. You can volunteer for a couple hours *and* go out on your course. So consider how you might like to help out your club at Sun*Fest and become a part of the team effort.

Many volunteers will be performing tasks for the first time. Not to worry. We will teach you anything you need to know. To volunteer or make inquiries, please contact one of the following: Pat Penn at 326-2339, Marilyn Cleavinger at 795-2081, or John Maier at 586-7300, P. O. Box 1418, Benson, AZ 85602.

Vampire-O

—Mike Huckaby

Final details still need to be worked out, but start planning now to attend our first "social" event on Friday, June 9. TSN has reserved Ramada #7 at Lincoln Park from 6 to 10 p.m. Ramada #7 is the easternmost one as you enter from Pantano, and is between the softball and soccer fields. We plan a picnic or BBQ, but aren't sure what the club will provide; we do have a permit for beer to entice the "youngsters" (college-age). Following the repast, a Vampire-O is eagerly anticipated. Final plans next month!



Notice: Address Changes

Please notify us at least one month in advance of an address change (whenever possible) to be sure you will receive every issue of the newsletter. Since newsletters are not sent with first-class postage, they are not always forwarded along with your regular mail. Call the Membership Chairman, Marilyn Cleavinger, at 795-2081.

President's Corner

—John Maier

Congratulations to Mark Parsons on his huge success—and ours as well—for putting on almost single-handedly the biggest and best ROGAINE this club has had to date. His publicity efforts drew the largest attendance we've seen at any Club ROGAINE. In addition to general publicity, he mailed letters to orienteers around the country. Personalized attention works!

He spent numerous weekends designing the control placements to force orienteers to make difficult decisions. The competition was challenging and the points were right-on! He directed the event from start to finish—from the initial permit process with Forest Service and special use of a normally off-limits area, through taking care of all the arrangements to guarantee a flawless event, to a spic-and-span clean-up of the site (all trash hauled away) that left officials well pleased and eager to have us back. Performance is what brings success!

As if the event itself were not enough, he undertook the monumental task (to most) of feeding us all in grand style, soliciting the help of his non-orienteering friends from Bisbee. I, for one, was astounded at the magnitude of the undertaking and awestruck by the ability of one person to do so much so well.

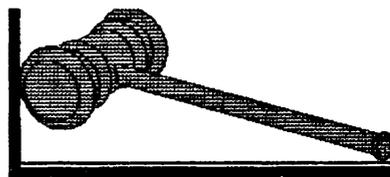
Make no mistake about it, in Mark Parsons we have one super volunteer, one who on his own initiative went above and beyond what anyone could have expected. Thank you, Mark, for the success you have given us.

One couldn't help but feel good, sitting around the ROGAINE site after the close of the competition, sharing an evening with friends, both local and distant. Happenings such as this not only help to keep folks together a little longer after the main event, but also boost the feeling of camaraderie and add the social element that is lacking in most of our local events. To me, dead tired though I was, this was a wonderful time; seeing everyone else in a similar state gave me a warm and good feeling inside.

I was proud of the job our club did, proud of our super volunteer, and delighted to see those present—locals and guests alike—caught up in the moment, having a good time. We don't want this to be a singular experience, one moment that in time fades away. We need to make it happen more often. We must make it happen more often.

At our board meetings, we have talked about the need for more social and fun activities, not just our regular monthly events. We are tentatively planning for such an event in early June (see article by Mike Huckaby in this issue), including a Vampire-O. This event, more fun than you can imagine, is a combined night-O/score-O with designated vampires to whom, if caught in their red beam, you must surrender your scorecard and assume their identity as vampire until finding your own victim.

If you are interested in helping on this or other social/fun activities, please contact Mike Huckaby (881-0559). If you have other ideas, please contact any club officer or, better yet, join us at our next meeting. We want to hear from you!



APRIL 1995						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12 Sun PENT MEETING	13	14	15 NIGHT-O
16 SLAVIN GULCH MEET	17	18 Business/ Planning Meeting	19	20	21	22 Map Check?
23 Map check?	24 Deadline for April Newsletter	25	26	27	28	29 Map Check? 30

Apr. 15 Slavin Gulch, Dragoon Mtns.
Night-O

Courses: Mark Parsons
(Bisbee, 432-2507)

Apr. 16 Slavin Gulch (continued)

Courses: Roger Sperline
Meet Director: Mike Huckaby
(Phone 881-0559)
See details in this issue.

Apr. 18 Business/Planning Meeting, 7 p.m.

All members welcome. See March
meeting report in this issue.

Apr. 24 May newsletter deadline: mail to
9055 Calle Bogota, 85715, or FAX to
290-8071, but call 296-2108 first.

May 21 Cave Creek, Santa Rita Mtns.

Courses: ??
Director: ??

June 18 Carr Canyon, Huachuca Mtns.

Courses: Mark Parsons
Director: ??

July 16 Bear Wallow, Catalina Mtns.

Courses: ??
Director: ??

Aug. 19- Palisades Ridge, Catalina Mtns.

20 Group campsite reserved at adjacent
Showers Point.
Courses: ??
Director: ??

Sep. 16- 1995 Arizona State Championships

17 Meet: Rosemont Junction-South
Santa Rita Mtns., organized by TSN
Club. Event will count for national
rankings.
Courses: ??
Director: ??

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|---|--|
| <p>Oct. 15 Meet: tentatively Brown Mountain,
new site in Tucson Mountains
Courses: <u> ?? </u>
Director: <u> ?? </u></p> <p>Nov. 19 Meet: Cat Mountain, Tucson Mtns.
Courses: <u> ?? </u>
Director: <u> ?? </u></p> <p>Dec. 17 Meet: Catalina State Park
Courses: <u> ?? </u>
Director: <u> ?? </u></p> | <p>Feb. 17- Arizona Sun*Fest (A-Level Meet)
18, Redington Pass
1996 Director: John Maier (Benson, 586-7300)
Registrar: Marilyn Cleavinger (795-2081)
Accommodations, T-shirts, Saturday dinner: Rachel Gelbin, (326-7504)
Many volunteers are needed to organize this major, national event.</p> |
|---|--|

TSN Club meets are held regularly on the third Sunday of the month, year-round. Each meet is 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.

March Business/Planning Meeting

Eight members met March 21, 1995, at the home of Mike Huckaby; John Maier, president, presiding.

- Discussed success of ROGAINE and ways to advertise next year's ROGAINE and "A" meet. Decided to raise price for next ROGAINE but include the meal.
- Passed a motion to pay course setters, vetters, and map developers for pre-meet day mileage costs incurred in setting up courses and maps. Amount was set at 10¢ a mile.
- Marilyn Cleavinger will prepare course setters guide for review at next meeting.
- Discussed quiet hour guidelines for events that include camping.
- Discussed possibility of having state champs as part of "A" meet.
- Voted to purchase aerial photos to aid in Redington Pass mapping effort.
- NEXT MEETING: Tuesday, April 18, 7 p.m. (potluck 6:30), at Roger Sperline and Sue Robert's residence, 4600 N. Avenida del Cazador; call 577-9519 for directions.

Colorado Seven-Day Meet Clock Is Ticking

The Colorado 7-Day runs from June 24 to July 2. Entry fees are on an escalating scale with the *lowest fees through March 15*, increasing in monthly increments until June 15, when the die-hard procrastinators will pay the max. USOF members and people who went last year get additional discounts. If you want to know the details, talk to any USOF member; call Marilyn Cleavinger at 795-2081 or write John Maier at P. O. Box 1418, Benson, Arizona 85602. It's also in the February issue of O/NA.

Now's the best time to make your plans. Join your "O" friends in Colorado this summer!

Catalina State Park Map

—Roger Sperline

Volunteers are needed for a final field-checking of the Catalina State Park map. This is your final chance for input before the map is printed and a chance to learn how field checking is done; it's fairly easy. We hope to print it at the same time as the A-meet map. I'd like to include some area near the entrance we've never used. I propose April 22-23 or April 29-30. Please call me at 577-8519, even if you only have suggestions of where the existing map is incorrect.

Phoenix Orienteering Club Schedule

Apr. 9 Cave Creek Park	Info: Judy Donaldson, 837 W. Fairmount
May 6/7 Chino Valley Meet	Avenue, Phoenix 85013-3334; phone 602-
June 4 Christopher Creek Meet	956-7522.

Sun★Fest Meeting April 12

There will be a meeting on Wednesday, April 12, at 7 p.m. at Marilyn Cleavinger's house (2926 E. Seneca, phone 795-2081). The primary purpose of this meeting will be to put together the registration form. This means that we must decide everything that goes on it, including fees, schedules, dinner, accommodations, T-shirts, child care, training, etc., etc. Other items which will receive attention are: budget, volunteers, map progress. Please attend if you have input, or wish to help, or are just curious.

1995 TUCSON ORIENTEERING CLUB OFFICERS

President	John Maier P. O. Box 1418, Benson 85602	Benson, 586-7300
Vice President	Mike Huckaby	881-0559
Secretary/Treasurer	Helen Deluga	628-8985
Membership	Marilyn Cleavinger	795-2081
Equipment	Mary English	881-4786
Maps	POSITION OPEN	
Publicity/Education	Mark Parsons 313 Powell St., Bisbee 85603	Bisbee 432-2507
Newsletter Editor	Lois Kimminau	296-2108 FAX 290-8071

How We Orienteer: Mistakes...

--Bill Teahan

You've heard that saying, "Learn from your mistakes." That's easier said than done, especially in orienteering when sometimes it seems that you keep on repeating the same mistakes over and over again. Following is a four-point game plan on how to "really" learn from your mistakes. (*Note: Tactics 2-4 will be in subsequent issues.*)

Tactic 1: Never make a mistake in the first place.

This may seem like a crazy tactic, but it's the best one, and the one that works all the time. Always do it right in the first place, so you won't have to worry about making or correcting a mistake. Of course, that's easier said than done!

Concentrate on the basics:

- a. Know where you are, and where you want to be.
- b. Look ahead, look all around, look at your map.
- c. Read the map and think ahead; always plan your route first. Never leave a control or just keep running without having some idea of where you are going.
- d. Simplify. Break each leg up into parts. Sort out the big features you want to find along the way. Then choose your route between these two points, "one at a time," unless you have time to look ahead. Never ever run without some idea of where you are going. Always plan ahead, even if it's only the next 100 m.
- e. Understand the map. Don't ignore all those spaghetti patches because they are too hard to read. Don't ignore the contours because you can't tell what's up and what's down. Try to understand them. Look for the big features which you know you can find. If you don't feel confident in reading certain terrain, practice. Set courses on difficult maps for yourself. Imagine running each leg without a map to refer to. Draw a "mind map" of the main features you memorized. Did you miss any important features? Would you feel safe using it? If not, try again. Draw the "mind map" on a piece of paper. Make a partner use it to locate where each control is on the map (both at home and in the field). Read the map and the contours! The difference between an A and a B grade orienteer is simply that the A grade orienteer reads the map more. Are you content being a B grade orienteer all your life?
- f. Concentrate. "Concentration is the secret of success." Never think a control is easy. You can make a mistake on an easy leg just as on a hard leg. Don't get bored. Treat every leg with the same caution. Every course and every leg pose different problems. Beware.

Reprinted from Los Angeles Orienteering Newsletter, Jan./Feb. 1995 issue



Club Shirts: All cotton, several colors; medium, large, extra-large sizes;
\$9 short sleeves, \$12 long sleeves. Available at most meets.



OPEN
STREET
CLUBS

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.