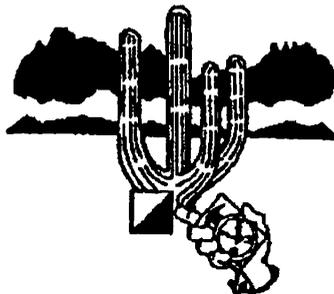

TUCSON ORIENTEERING CLUB



JUNE 1995

CARR PEAK ON FATHERS DAY, JUNE 18

—Mark Parsons

The cool breeze never fails to delight us at the Reef Townsite group ramada, after orienteering between seven and eight thousand feet above sea level. The north face of Carr Peak (9220') would mostly be mapped dark or medium green for the "hard fight/difficult underbrush" if we were using a Class A map. The two major unburned enclaves where the firefighters made their stand during the tremendous fire 18 years ago are mature, open ponderosa and are mapped, as are the trails and roads.

There will be 30 controls evenly spread across the two-square kilometer area, placed carefully at 30 previously unused locations. Two hours will be the time limit, and maps and score cards will be pre-printed. Mountain bikes will be allowed (cyclists must wear a helmet), and ribbons will be awarded in the category if there are sufficient entries. There will not be a mass start.

If you want to jog or hike to Carr Peak, it is a pleasant alternative to orienteering, free too. The nine-mile round trip is an excellent training trail, and the view, fantastic.

The ghost of the Reef Townsite is overlaid by the shaded campground and features an excellent, interpretive trail. The campground has good water and latrines and is available to us on a first-come basis, at \$8 per site, each accommodating two cars. The day use ramada site is available to us only on Sunday and will park 15 cars, tightly. Do not park on any roads. Overflow parking must be in the trailhead lot and costs \$2 per car. The day use area has many tables and excellent barbecuing facilities for Sunday picnicking.

We will have a Sun*Fest meeting on Saturday, and a campfire that evening, so arrive early enough to get a good campsite. The Ramsey Vista campground, also on our map, will be available if the Reef campground is full.

CAVE CREEK RESULTS	Page 2
VAMPIRE-O AND POTLUCK	Page 3

Due to parking constraints, the distance this event is from Tucson, and the dangerous (narrow, steep, many switchbacks) last three miles of the graded, two-wheel drive road up the mountain, carpooling is advised. Put your best driver at the wheel for the last miles coming to this meet.

Directions: Take Exit 302 (AZ 90) south from I-10, marked for Sierra Vista and Fort Huachuca. Take AZ 90 for 40 miles to a lighted intersection where AZ 92 continues south to Palominas. This is the second intersection where 90 makes a left. Follow AZ 92 south for seven miles, then turn right on Carr Canyon Road. From this point, you are five miles from the meet site. This road gains more than 2,000 feet of elevation in less than three miles distance. Insert a good driver, turn off the air and the tunes, lower your windows, and watch out for oncoming traffic on the switchback above you. Descending vehicles are expected to use the pullouts and yield to the ascending vehicles in the one-lane sections. Sometimes this does not happen. Use extreme caution on this road. There is a good carpool parking area, inside the national forest, about a mile and a half west of Highway 92, but before the big climb starts.

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.

Cost: \$5/individual, \$7/team; \$2 discount for TSN Club and USOF members. Compasses rent for \$1. Safety whistles sell for \$1. *Every person, all courses, all meets* is required to have some type of safety whistle.

CAVE CREEK MEET RESULTS

—Clark Lohr

Our May 21st meet at Cave Creek went well, with some 50 people running the courses.

Wilkey Richardson, Mike Huckaby, and John Maier worked at setting up and checking out courses.

One bag was misplaced on the advanced course and proper competition results can't be given from that event. The bag was about 150 meters off. Some competitors got it, some didn't. Apologies for the error.

We had wonderful volunteer participation. Everybody who said they'd be there was there. **Mark Parsons and Peg Davis** did beginner's clinics. **John Andrews, Pat Penn, Marilyn Cleavinger, Tim Ward, Paul Friedland, Jim DeVenry, Maureen Jammieson, Kelly Cook, Dave**

Graser, John Maier, and Keith McLeod worked tables and helped around the site. Mark Parsons, Jim DeVeny, John Maier, and Mike Huckaby retrieved controls.

Other than complaints about the advanced control being off, we got feedback asking for maps with better than 40-foot contour intervals.

White (Basic)		Knoblock & Moeller	143:42
2.1k, 50m climb, 10 controls		Cranes	161:09
1T Matt Stamm, Glenn Miller	34:18	Red Dog Raider	180:24
Barbara Wright	Rec.	Rachel Gelbin	Rec.
Paul Friedland	Rec.	Larrington	Rec.
H & G	DSQ	Jamie Moore	Rec.
Warm Up	DSQ	Green (Advanced)	
Orange (Intermediate)		5.7k, 300m, 6 controls	
3.4k, 100m climb, 9 controls		Roger Sperline	97:40
1M Sparky	61:55	Dan Cobble Dick	104:14
2M Terry Shumaker	64:28	Cleavers	109:02
1W Pat Penn	70:13	Jim DeVeny	109:38
3M Jason Luurs	72:21	Alexandre Savine	116:49
Kelly Cook	78:35	Peg Davis	171:32
1T Forever Lost	91:36	Elephant Guys	194:28
2T Lost Forever	96:34	Keith McLeod	209:07
Jim Stamm	105:09	Mark Parsons	Rec.
3T Catalina Javelinas	108:40	Seekers	Rec.
2W Maureen Jamieson	138:10	Sally Oey	DNF

POTLUCK DINNER AND VAMPIRE-O AT LINCOLN PARK

Friday, June 9, 6-10 p.m.

We haven't held an event in Tucson for a while, so take advantage of this easy opportunity to orienteer at Lincoln Park. Enjoy good food, great company, and a change to lurk around in the desert while experiencing a new night-O format (Vampire-O, as described in ghastly detail in last month's newsletter).

Bring something to share at the potluck, and a watch and flashlight for the Vampire-O (in addition to the usual compass and whistle). Sodas, ice, gas grills, and eating utensils will be provided. The orienteering event will begin at dusk and is free. Compass rental and whistles (required) will be available for \$1 (each).

Meet at Lincoln Park, Ramada #7. Enter the park on the east side of Pantano Road, between Escalante and Irvington Roads and south of Santa Rita High School.

John Maier is course setter. Call meet director Marilyn Cleavinger at 795-2081 for additional information.



SUN*FEST MEETING JUNE 17

—John Maier

Saturday, June 17, at 5 p.m., Carr Canyon meet site. We will finalize the publicity flyer that will be distributed in Colorado at the USOF Convention and Seven-Day event. We want to include as much information as possible to entice people to come to Arizona in February.

PRESIDENT'S CORNER

—John Maier

Hello out there! What are you thinking? I can't tell unless you speak up. Maybe you have ideas we can use. Maybe you have some comments, or criticisms, or suggestions about club functions and activities. Why not share the thoughts that are coursing through your brain cells?

One place you can do this is the course feedback sheet. We always like to know what you thought about the courses: the good, the bad, the ugly. Just say it!

Another way is to hang around after the event and shoot the bull or get into a serious or even thought-provoking discussion. For more involvement, consider attending a club business/planning session. New faces are always welcome, whether or not you are a club member.

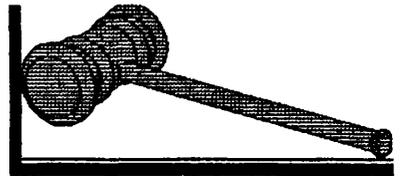
Now I'm gonna speak my mind. Hey, did you notice what a nice site Cave Creek was last month, how friendly the vegetation was? Did you notice all the new faces? Did you notice all the volunteers Clark Lohr got to help him in his first go at being meet director? Didn't he do a great job? Of course, there were some problems with the courses, and the map could use a lot of work, but these things can be fixed.

Now for some comments on several topics. If you have any observations or input to offer, remember, all officers have phone numbers published in every issue of the club newsletter. Those numbers are for your use, and we'd be delighted to hear from you more often!!!

COURSE SETTING ERRORS: We had them good and plenty at our last event. The underlying problem was too little time and too small a pool of qualified course setters/vetters from which to choose. So when we got down to the wire without these positions being filled, we elected to go with pinch hitters—that is, someone who was not expecting to do the job but agreed to do it at the last minute despite insufficient time being available. It was either that or cancel the event. Which would you have done?

Sometimes pinch hitting works, sometimes it doesn't. It would be wrong to criticize our volunteers. Rather criticize the fact that too few people volunteer for these crucial tasks. That is the real problem and the one we must deal with if we are to find a solution.

We need more orienteers to step forward and say, "I want to course set. Teach me how." We will teach you if you make yourself available. The best way, the way that is advised, is to work with an experienced course setter the first time around, receiving consultation at each stage as needed. It



is also better the first time to just set the easier courses; let the experienced consultant set the higher level ones.

I was one of the pinch hitters in our recent event, volunteering to vet the courses. Therefore, feeling some responsibility for the way things turned out, I have analyzed what went wrong and what can be done to avert such problems in the future. Please read next month's article on Course Setter/Vetter Procedures, especially if you are a course setter or vetter.

As regards this last event, the vetting should have eliminated any problems as all discrepancies were caught, but somehow something was lost in the translation. Following the Course Setter/Vetter Procedures should eliminate the possibility of this occurring again.

YELLOW COURSE: Evidently our course setters have found it too burdensome to set the yellow course recommended by the club last February. It *will* be offered at the State Champs event in September. (I have volunteered as backup course setter if it proves too much for the designated setter.) However, I challenge any course setter between now and then to beat me to the punch in offering our club's FIRST Yellow Course.

REPORTING RESULTS: People forget. How long ago was it that a club directive was issued to report results in minutes and seconds (all hours are to be converted to minutes per USOF guidelines)? In the first half of '94 nearly all results were correctly reported; in the last half of '94 only 50 percent were, and so far this year, we've dropped to 33 percent.

Well, at our recent event, I discovered one reason why this regression may be occurring. Despite the timer's instruction sheet which tells the proper way, we are still using old timesheets set up for calculating times in hours/minutes/seconds. If it's easier, calculate that first, then convert. If you tape a piece of paper onto the timesheet, extending the right margin, it'll take less than five minutes to do. It's neither hard nor time-consuming to get it done right.

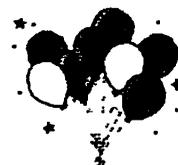
VETTING TAPE: Some people are forgetting the club directive to leave the ribbons at the control sites until the bags come down. There is a reason for this! Controls sometimes get stolen or fall down (if not tied properly). The flagging lets the orienteer know the bag is supposed to be there. The flagging should be marked to identify it as a control point. This is easily done while hanging the bag by writing the control code on the ribbon. (The ribbons should be removed by the control retrievers after the event is over.)

CLUB PICNIC: Don't forget. Friday evening, June 9, from 6 to 10 p.m., at Lincoln Park: Potluck Picnic and Vampire-O.

WELCOME

to new members Barbara Wright and the Stamm Family; also to newcomers Glenn Miller, Don Shepley, and Mark Van.

Nice to see you back: Paul Friedland, Terry Shumaker, Carol, Greg, and Brian Starr, Roberta Garner, and Sharon Hartung.



INTERNATIONAL ORIENTEERING FEDERATION (IOF) SYMBOLS ORIENTEERING SHORTHAND (REPRINT)

What are IOF symbols? These symbols are standard forms of notation which have been adopted on a worldwide basis to provide orienteers with detailed information concerning control features and control locations. When using IOF symbols as "clues" to where control markers are located, it is not necessary to copy a lengthy English language description. As an example, instead of copying a clue for control #2 with control code AB as "Foot of cliff which is 9m high," the orienteer can annotate the same information with the following symbols:

2	AB		⌈⌈⌈		9.0	L	
---	----	--	-----	--	-----	---	--

This is obviously a quicker way of describing control features and locations than writing the English language clues!

The format for using IOF symbols consists of eight columns, each containing specific kinds of information relevant to the control feature and actual location of the control marker. This is illustrated by the following example:

A	B	C	D	E	F	G	H
7	GO	+	▲		2	◊	☕

Column A lists the control number (control 7).

Column B gives the control code (code GO).

Column C is which of a number of similar features (middle).

Column D describes the control feature (boulder).

Column E gives details of appearance.

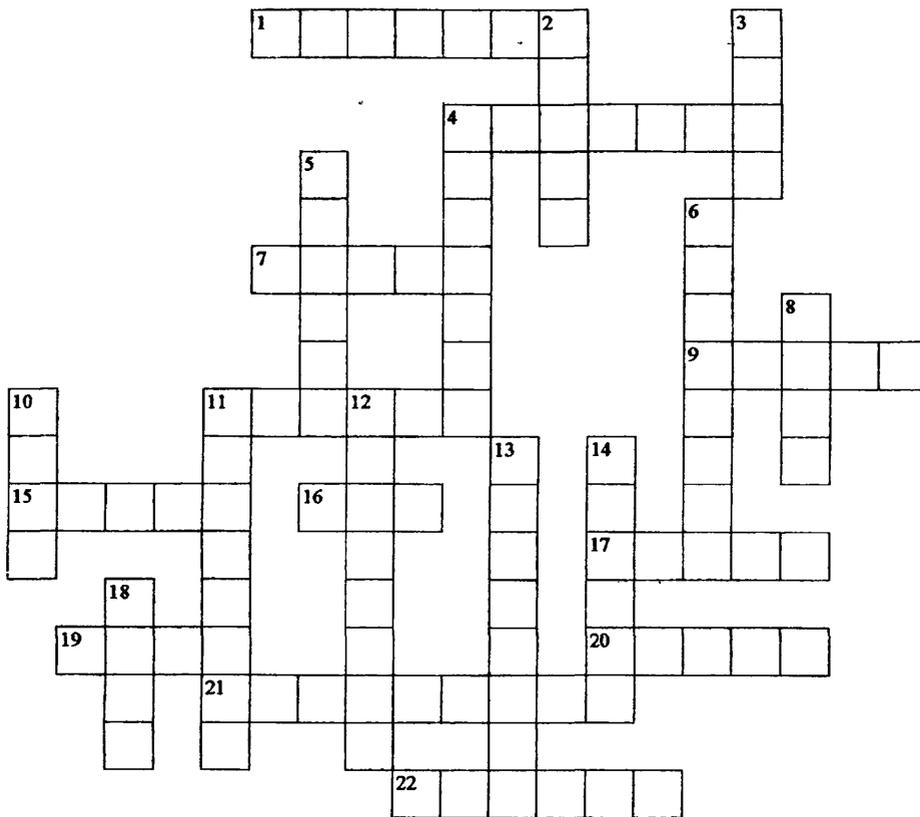
Column F gives the dimensions of the feature (2m high).

Column G gives the location of the control marker (north side).

Column H is for supplemental information (water control).

The English language for the above example would be: "Control 7, control code GO, is on the north side of the middle boulder which is 2m high. Water is available at this control."

On the following page is a crossword puzzle with the symbols on a standard orienteering punchcard used as clues. It should be easy for most experienced orienteers, but may make you think a little. Answers next month!



ACROSS:		19	Col. B	6	
1		20		8	
4		21		10	
7		22		11	
9		DOWN:		12	
11	Col. A	2		13	
15		3		14	
16		4		18	
17		5			

TUCSON ORIENTEERING CLUB						
JUNE 1995						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9 Potluck Social & Vampire-o	10
11	12	13	14	15	16	17 Sun*Fest Planning Meeting
18 Meet Details on Page 1.	19 Business/ Planning Meeting	20	21	22	23	24
25	26 Deadline for July newsletter	27	28	29	30	

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 the newsletter.

- | | | | |
|---------|---|------------|--|
| June 9 | Club Potluck Picnic and Vampire-O, 6-10 p.m., Lincoln Park, Ramada #7.
Course: John Maier
Director: Marilyn Cleavinger
Hospitality: Mike Huckaby and Roger Sperline
See article, page 3 | June 19 | Business/Planning Meeting, 7 p.m.
All TSN Club members invited. See May meeting report, page 10 this issue. |
| June 17 | Sun*Fest Planning Meeting, 5 p.m., at Carr Canyon meet site. | June 26 | July newsletter deadline: mail to 9055 Calle Bogota, 85715; or FAX: 290-8071 eves., or 327-4504 days. |
| June 18 | Carr Canyon, Huachuca Mountains
Meet Courses: Mark Parsons (Bisbee, 432-2507)
Director: Ann Haber (293-0262)
See details, page 1. | July 16 | Bear Wallow, Catalina Mtns.
Meet Courses: Jeff Brucker (886-2528)
Director: Clark Lohr (298-8290) |
| | | July 24 | August newsletter deadline. |
| | | Aug. 19-20 | Palisades Ridge, Catalina Mtns.
Showers Point campsite reserved. |
| | | Meet | Courses: Keith McLeod (577-0570)
Director: Tim Ward (327-3637) |

Sep. 16- 1995 Arizona State Championships
 17 Rosemont Junction-South, Santa Rita
 Meet Mtns., organized by TSN Club.
 Event will count for national rankings.
 Courses: Dan Cobbledick (326-7504)
 and Jeff Brucker (plus maybe a Blue
 course by John Maier)
 Director: ??
 Dinner: Mark Parsons

Oct. 15 Site undecided.
 Meet Courses: ??
 Director: ??

Nov. 19 Cat Mountain, Tucson Mtns.
 Meet Courses: ??
 Director: ??

Dec. 17 Catalina State Park
 Meet Courses: ??
 Director: ??

Feb. 17- Arizona Sun*Rest (A-Level Meet)
 18, 1996 & Western States Championships
 Redington Pass
 Director: John Maier
 (Benson, 586-7300)
 Registrar: Marilyn Cleavinger
 (795-2081)
 Accommodations, Saturday dinner, T-
 shirts: Rachel Gelbin, (326-7504) Many
 volunteers are still needed for this event:
 Look for sign-up poster at next club
 meet.

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.

*****NEWS FLASH*****

United States Orienteering Federation (USOF) 1994 Rankings



Seven Tucson Orienteering Club members received USOF ranking last year. USOF members competing in at least four USOF-sanctioned events are eligible for ranking. Except for John Maier, who competed in 18 events, everyone else met the competition requirement by attending the Colorado Five-Day last June.

This is an "A" meet (which means you use detailed five-color maps) that attracts orienteers of every level from all over the world. It's great fun, good experience, and will happen again this year with events held between June 25-July 2 around Lake George, Colorado. It's a great chance to experience an "A" meet before February 1996, when Tucson hosts its first USOF-sanctioned meet. For more information, contact Marilyn Cleavinger at 795-2081.

1994 USOF RANKINGS:

Marilyn Cleavinger	14th F40A	John Maier	42nd M21A
Dan Cobbledick	13th M45A	Mark Parsons	24th M45A
Dave Kreider	17th M40A	Pat Penn	9th F45A
John Maier	4th M45A	Roger Sperline	1st M45B

PHOENIX ORIENTEERING CLUB SCHEDULE

July 2	3rd Annual Sweat-O, Saguaro Lake	Info:	Judy Donaldson, 837 W. Fairmount
Aug. 6	Lower Lake Mary Meet		Avenue, Phoenix 85013-3334; phone
Sep. 9	5th Annual Lake to Lake Hike		602-956-7522.

MAY BUSINESS/PLANNING MEETING

Eight members met May 22, 1995, at Mike Huckaby's; John Maier presided; minutes taken by Mary English.

- Heard progress (lots of it) report from Rachel Gelbin on Sun*Fest arrangements. Authorized her to complete rental reservation for campsite/meet headquarters; to get estimates from prospective caterer for Saturday dinner; and to pursue idea for event T-shirt design.
- Voted to have John Maier arrange for field-checker to work on new Redington Pass map for Sun*Fest. Also voted to seek an interest-free loan from U.S. Orienteering Federation's map fund to help with cash outlay for field-checking and printing the map.
- Analyzed several aspects of club's current routine for setting and vetting courses; for recording finish times; and for labeling control flags—all aiming to clarify procedures, and to match national standards more consistently.
- Worked out final details for Vampire-O, June 9 at Lincoln Park. (See details in this issue.)
- Talked briefly about Course Setter's Guidebook, being prepared now by Marilyn Cleavinger.
- Resigned ourselves to Brown Mountain, in Tucson Mountains, being infeasible as a site any time soon, due to access/parking difficulties (It was tentatively scheduled for January this year, then April, then October.) Resolved to tackle meet-site schedule at June meeting.
- Decided to have Roger Sperline (who is doing the work of club map chair, because that officer position is VACANT) buy new aerial photos to improve Rosemont Junction map for Arizona State Championships, September 16-17.

☆☆☆☆☆ Regaled ourselves with the delightful video Clark Lohr made during 1995 Arizona ROGAINE March 18 at Parker Canyon Lake. A truly stellar cast! Everybody should see this. Thanks a million, Clark.

- **NEXT MEETING:** Monday, June 19, 7-9 p.m. (about), potluck supper at 6:30, at Mike Huckaby's (Again? Yes.), 3002 E. 20th Street, just west of Country Club Road.
AGENDA: meet-site schedule for last quarter of 1995 and maybe first quarter of 1996; schedule for 1996 club officer elections; ways to improve how club introduces newcomers to the sport; volunteer recruitment for club meets; Sun*Fest committee reports; progress of Mike's garden.

All TSN Club members are cordially invited and eligible to vote. If you can't attend the next meeting, contact any officer to send along your ideas, suggestions, and questions.

TRAINING TIP: USING MEETS AS TRAINING

-by Dennis Wildfogel
(from BAOC Bulletin)

As the newly appointed training director (Ed. Note: of the Bay Area Orienteering Club, Half Moon Bay, CA), I hope to follow in the fine tradition started by Tom Strat by providing a training tip in each issue of the Bulletin. Let's start off by considering the fact that the vast majority of us never train for orienteering at all. How, then is one supposed to improve? Answer: if the only time you ever do anything connected with orienteering is at O meets, then the only way to get better is to learn to use O meets as training.

Before you get to an event (say, while you're driving there), think about one or two skills that you want to work on that day. Perhaps you'll choose pace counting, or thumbing, or running through controls. (We'll discuss these and other skills in future issues.) Review your objectives for the day before you get to the starting line so they'll be firmly planted in your mind. And when the event is over (perhaps on the drive home), review the extent to which you did or did not utilize the skills which you planned to work on, and evaluate under which circumstances those skills proved most useful. This review is very important; it's where most of the learning actually takes place.

Will concentrating on one or two particular skills diminish your performance in that event? Perhaps, but that's the point I'm making here. If you want to improve, and you have no opportunity to practice orienteering except at meets, then you have to "sacrifice" some meets. That is, in those meets that you use for training, you have to put the competition angle out of your mind and concentrate instead on developing specific skills that will make you better in the long run.

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 Dehuga	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
Newaletter Editor	Lois Kimminau	296-2108 FAX eves: 290-8071 FAX days: 327-4504

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DOUBLE
June 9 & June 18
FEATURE

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.