
Wilson Orienteering Club



February 1997

The 1997 ROGAINE

March 1-2, 1997

*Event Added for First Time
ROGAINERS
(who already have orienteering
experience)*

—Wilkey Richardson

Have you been intimidated by the length of the ROGAINE? Or have you been unable to find a partner to enter with you? If so, we have added an event at the Arizona ROGAINE just for you! It is a four-hour ROGAINE, which individuals may enter. You should be at least an intermediate level orienteerer (run Orange courses) to participate.

Registration will begin Saturday, March 1, at 8:30 a.m. Maps will be handed out and a briefing geared to beginning ROGAINERS will be given at 9:15, and the mass start will be at 10:00. You do not need to pre-register, but to ensure that all participants get color maps, please call Wilkey Richardson, (520) 529-1105, to reserve a map. The entry fee will be \$10/person.

*Why Anyone Who Can Finish
an Orange Course Should Do
the ROGAINE*

—Peg Davis

At the last board meeting, we were chatting about the ROGAINE and Chris Kraft innocently admitted that she was not planning to participate. When we gave her the big pep talk, she said "I didn't know that about ROGAINES." On the chance that you, dear reader, are considering not running the ROGAINE, I'm passing along the highlights of that pep talk.

- 1) All ROGAINE controls are set at an Orange course (intermediate) skill level. Yeah, they may be far apart, but Roger and Wilkey will not be hiding the controls.
- 2) You can choose your course length. You don't want to skim across the landscape for 24 hours straight with Pat Penn and me? Fine -- go out for 12 or 8 or 4 hours.

See *Do ROGAINE*, page 6.

Starr Pass Results

—*Marley Beard*

The weather cleared just in time for the Starr Pass meet on January 19, bringing out 116 runners on our courses. What a great turnout! Everyone enjoyed the warm winter day gallivanting around in the low desert terrain. **Max Suter** set up five courses to challenge the abilities of all runners at each level and gave course evaluations at the end of the day. Thank you, Max.

Many thanks to all the volunteers at the meet: equipment carriers up the pass: **Mark Parsons, Clark Lohr, Max Suter, Chuck and crew**; Trail Tagging: **Clark Lohr**; Beginners' Clinic: **Peg Davis**; Registration Table: **Marilyn Cleavinger, Ann Haber**; Start/Finish Table: **Max Suter, Mark Parsons, Chris Kraft**; control pick-up and equipment down the pass: **Mark Parsons, John Maier, Jim DeVeny, Max Suter, and Greg Starr**.

White, 2.2 km, 8 controls

1M	Jay Underwood	53:55
1W	Pam Michalowski	58:43
2M	Matt Stamm	73:58
3M	Josh Stamm	74:10
1T	Bear I	78:40
2T	Hurricanes	86:25
3T	Stewart/Jones	110:03
	David Valenzuela	117:25
	Hill Climbers	161:40

Rec: Kim Lurie, Geckos, Benz, Lost in the Desert, Coleric Team, Red Tail Hawks, Melissa Fochesato, T & C

Yellow, 2.9 km, 12 controls

1T	The Cats	97:00
	Raptors	DNF
	Jay Underwood	DNF

Rec: Ted Norris, Rusciolelli, Mark Hanna, FSB—NOT!, Pam Michalowski

Orange, 4.1 km, 10 controls

1M	Larry Lamb	118:27
1T	Cisco Kids	119:10
1W	Ann Haber	122:14
2M	Francisco Luttmann	133:17
2T	Catalina Javelinas	144:08
3M	Clark Lohr	146:26
	Bud Farmer	171:00
3T	Malo	258:00
	Cosmic	DNF
	Forever Love	DNF

Rec: Susan Curtis, Bob Zavala, Gee Gee Larrington, Pat Penn, Radtke, Jesse LaPlante

Green, 5.9 km, 13 controls

1M	John Little	119:05
2M	Jim DeVeny	121:00
3M	Mark Fochesato	126:44
	Keith McLeod	179:00
	Bruce Prior Green	185:50
1T	Ant Bears	191:00
2T	The Stray Cats	253:50
	Wilkey Richardson	DNF
	Beauty and...	DNF

Rec: D & M Brown Team, Art Wells



Red, 7.0 km, 14 controls

1M	Mark Parsons	142:05
1T	Turkish Thumb Compass	199:00

Rec: John Maier

Ribbons, Anyone?

—*Lois Kimminau*

 Ribbons are awarded for 1st, 2nd, and 3rd place in each category of each meet (usually Men, Women, and Team categories on each course). You may run as many courses as time allows, but only one course can be competitive. If you run a course quickly and decide you'd like to try another, you can do that at no extra fee (and are encouraged to—it's great practice). However, even if you have the best time on the second course, you will be listed as recreational. 

If you have won a ribbon, I try to send it with the next month's newsletter. Reasons you may not have received one: (1) you were on a team and I haven't received a listing of individual members; (2) there were fewer than 200 newsletters to be sent bulk mail (200 is the minimum for bulk rates; ribbons cannot be included in bulk mail); or (3) I screwed up! If it is the second reason, the ribbons will be included the following month. For the third reason, please call.

I don't have the team listings for the November meet at Redington Pass. If those of you who are due ribbons will please call me (296-2108), I will send your ribbons as soon as possible.

Also, for those of you who don't save your ribbons: you can save the Club a few cents (and me some work) if you will call and tell me to put you on the "No Ribbons" list.

The ROGAINE Approacheth— Are You Ready?

—John Maier

The ROGAINE (Rugged Outdoor Group Activity Involving Navigation and Endurance) is a special orienteering event which we normally hold only once a year. The main difference between this and a regular orienteering event is that it tests your stamina and endurance. In fact, the only thing that makes a ROGAINE "rugged" is the extra distance you must cover. The terrain itself will be no more rugged than a regular event, and this particular event is reputed to have somewhat benign (or even pleasurable!) terrain.

You may register for anything from 4 hours to 24 hours. You and your partner(s) decide what length is best for you. Since this is an endurance "O" event, you will have to pace yourselves to last the distance. Most people—in all events offered—will travel at a hiking pace rather than the jogging pace favored at your typical "O" event. Most people doing the 24-hour event will likely return to base camp to sleep for a while, though some teams may stay out the whole time, just taking a few rest breaks.

Route Choice Strategy: Since this event is an expanded Score-O, you will decide in what order you take the controls, how many you can expect to get in the time limit, and how frequently you'll return to base camp. The advantage of returning to base camp more frequently is that you can carry less in the field (both clothing and food). The disadvantage is that you almost always must go out of your way to a certain extent.

Before arriving at the event site, your team should have a rough idea of how much distance and elevation gain it can realistically handle. Since maps will be handed out before the start (at least for 8, 12, and 24 hour events), you can use this information to gauge how much ground you can realistically cover. This will help you choose a route to maximize your score. A map wheel is a great aid to check that your proposed plan is realistic. Or you could use a string cut to the distance at map scale which you propose to cover. Don't neglect to calculate the climb involved or your legs will remind you of that oversight. On the course, you can monitor your progress and make alterations as necessary. Your progress when tired may only be one-half your progress when fresh, and your progress at night may only be one-quarter to one-half your daytime progress. The best plan will incorporate decision timelines—points at which you may short-circuit part of your original plan if progress isn't meeting expectations. Most importantly, since the late penalty is severe, be absolutely certain of reaching the finish before your time expires. Much better to return 30 minutes early than 5 minutes late!

What to Carry: I would advise as little as possible. Prioritize your options. For me, water is #1, ERG (electrolyte replacement w/glucose) is #2, and a couple of energy bars are #3. Everything else pales in comparison. Clothing wise, footwear is most important. Lightweight as possible for shoes, durable, well-fitting, and broken in. Two pairs of socks on feet, always, for blister prevention. Gym shorts, mesh shirt complete the package, unless weather is threatening. Many people would cover their legs. The more you put on, the hotter you get. It's your choice. First aid kit contains gauze and adhesive tape. You might want more.

Training: Hiking is most important and, if possible, carry what you plan to carry. Pick some terrain with few trails and circle points on your map to navigate to. Try to do this with your partner(s). Work out the bugs before the event. No major training in the 10 days before the event. Several days before the event, make sure you get all the sleep and rest you require. Light exercise, no heavy duty stuff. Eat lots of carbohydrates. No junk food.

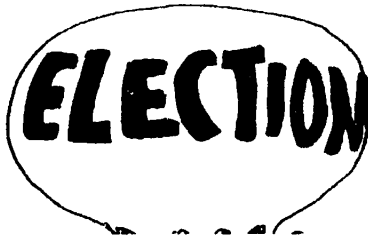
On the Course: Above all, be sure to keep hydrated. Drink regularly, don't wait until thirsty. If you're not peeing regularly, then you're not drinking sufficiently. After a couple of hours, begin snacking—don't wait for hunger. Eat lightly in the field, but have something every 2-3 hours.

These are all just guidelines which I hope you will find helpful. The most important reason to do a ROGAINE is to have a fun time. The most satisfying accomplishment isn't an award. It's finishing the event, enjoying the camaraderie of your fellow ROGAINERS, and later being able to remember with pride that "Yes, I was there; I took part."

Calling All Members— 1997-98 Officers Needed!

We need to replace the President, Vice President, Secretary-Treasurer, and possibly Map Chair. Also, volunteers for the other offices would be appreciated. Call one of the officers (numbers listed elsewhere in this bulletin) to volunteer or for information.

Some positions involve computer abilities, but none except map chair require any great orienteering expertise. Here is a summary of duties for TSN officers.



President. Directs and coordinates club affairs. Presides at board meetings and general meetings. Appoints chairs of special committees. Signatory at bank.

Vice President. For all club orienteering events, coordinates preliminary logistics, obtains permits, finds course setters and meet directors; if necessary, finds other staffing for meets. Presides in president's absence.

Secretary/Treasurer. Picks up mail regularly from post office and distributes it promptly. Transmits membership inquiries and updates to membership chair. Keeps minutes of all business meetings; provides excerpts from minutes and updated club calendar to newsletter. Keeps financial records. Signatory at bank.

Membership Chair. Maintains computerized database for club membership and meet participation records. Provides mailing labels each month to newsletter. Prepares other reports, as needed. (Needs appropriate software/computer.)

Newsletter Editor. Prepares and arranges for printing of monthly newsletter; assembles and mails 10 to 14 days before each regular meet, along with ribbons earned in previous meet. Sets publication guidelines. From meet directors/course setters, obtains necessary information about future meets and results of past competitions. Seeks other items of interest to members. (Logos and graphics currently in WordPerfect 6.0 format on IBM-compatible PC.)

Publicity/Education Chair. Prepares news releases; distributes information to appropriate media outlets. Coordinates educational services. Answers requests for information about the club.

Equipment Chair. Stores, maintains, and replenishes club equipment and supplies; keeps up-to-date inventory. For each meet, provides materials to meet directors four to seven days in advance; assures timely return of materials. Notifies president of equipment needs. (Requires storage area—about 4 ft. x 6 ft. x 8 ft.)

Map Chair. Maintains map database on computer and makes it available to course setters. Identifies new areas for map development. Coordinates mapping activities for new and existing areas; develops and updates club maps. Must be computer literate, but not a "power user." Computer and archiving activities might be shared with a co-chair. Should be willing to train additional or future computer operators.



Needed for ROGAINE!

We need volunteers to man the start/finish tables and to help with the food service at the ROGAINE March 1-2. Volunteers will receive free meals and T-shirts!

The 1997 Colorado Multi-Day Event

—*Mark Parsons*

A mere 14 hours drive from Tucson is America's best multi-day event. The 1997 meet dates are July 5 through July 13, a span of 9 days, shortened from last year's 11 days. There will be at least 8 races and one rest day.

In addition to a 4-day combined time series of races, they will host the U.S. Short Course Championship, the Long Course Championship, the National Relay Championship, and possibly the Night-O Championship.

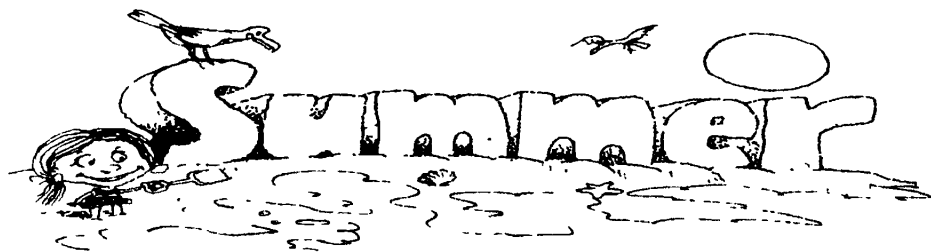
All of the events are held on exceptionally good Class A maps, similar to the map we made for SunFest. The meet director is Mikell Platt, arguably America's best map maker and orienteer. The meet is always high quality, featuring some of our country's most respected course setters.

The location is Lake George, at 7,000 ft. elevation. The Rocky Mountains are awesomely pleasant in July, when Tucson bakes in anticipation of a monsoon. This will be my fifth Colorado multi-day event.

There are many different types of camping available in the area, in addition to a variety of lodging options ranging from \$20 to \$75 per night. There is an excellent cafe close to meet headquarters.

The relay event is always exciting, and, if some of Tucson's best orienteers make the choice for an orienteering vacation this summer, I know we will be contenders for the only club championship in our sport.

For more information, write or call Mikell Platt, 1516 Grand Avenue, Laramie, Wyoming 82070, phone: (307) 721-9711.



Vacation Planning?

—*Peg Davis*

Going to Europe this summer and afraid you'll have too much time on your hands? Brochures detailing meets in France and the Czech Republic have arrived. These are multiple day events set to the highest standards. What a fabulous opportunity! Call Peg at 628-8985 to look them over.

**BAOC Meet at
China Camp Park**

May 3-4, 1997

—*Evan Custer, BAOC*

In order to celebrate the new map of China Camp State Park in San Rafael, the Bay Area Orienteering Club will be holding a two-day event on May 3-4. There will be a standard B meet on Saturday with the usual seven courses and pre-marked maps, and the first annual Pacific Region Relay will be held on Sunday.

For further information, see the BAOC web page at <http://www.baoc.org> or call the BAOC hotline at 408-255-8018 or contact me at evancuster@aol.com or 510-254-5628 (H) or 510-204-1655 (W).

Do ROGAINE, Continued

- 3) You don't even have to stay out for 4 hours. You only get penalized for staying out OVERTIME, not undertime. So if you want to get back to town in time for that cocktail party, leave an 8-hour course after 6 hours or a 4-hour course after 3 hours. The cheerful meet administrators will be around the start the whole 24 hours, happy as clams to take your control card at any time.
- 4) You can see some really great orienteers in action. Peter Gagarin, the only orienteer ever featured on a Wheaties box (it's true), will be back to do another ROGAINE with us. Many of the teams are coming from out-of-state. Some foreign teams have registered. I've seen some truly elite orienteers in action and recommend it for inspiration. I aim a little higher when I see how well this sport can be done.
- 5) There's no February event. If you blow off this meet, you won't get to orienteer for over a month. In orienteering years, that's an eternity. In dog years, you have to multiply by seven. So if you're an orienteering dog....the mind boggles!
- 6) Nobody has died yet while participating in an Arizona ROGAINE. OK, you may be intimidated by that great big map, but stop and think. That's a NEW map, probably more accurate than many we use. There are roads running through the area. Just stick close to them until you build up a little confidence and experience. You'll be with your team and we know when to expect you back, both good safety factors.
- 7) You can stand around afterwards and discuss your course till the cows come home. The 24-hour people won't be back until 11 a.m. Sunday. That gives you plenty of time to chat about that one pesky control. Shar-

ing course post-mortems is one of the best ways to improve your orienteering skills.

- 8) What could be more beautiful than a Saturday outside in southeastern Arizona?

And now that you've decided to go, a few tips:

- 1) Call ahead to reserve a color map. Otherwise, you'll get a boring old black-and-white one. You can also register late. If you don't have your ROGAINE registration form from the December newsletter, call me for one at 628-8985.
- 2) Throw an extra gallon of water in the car before you drive out to the site. We have to drag every drop out there. This would be a big help and you're going to need a lot to stay hydrated.
- 3) Choose your teammates wisely. You must remain in voice contact with them the entire time you are on the course. Pick someone you really can stand to be with for your course length. Sorry, Pat Penn is already taken. If you are confident enough in your skills, you can bring a tough hiker who has not orienteered and introduce them to the sport. It will be like a rolling beginner's clinic. In fact, after this you may decide you'd like to give the before-meet beginner's clinics. Yeehaw!
- 4) Ask questions. Call the organizers or people you know who have run a ROGAINE.



**Join
US..**
..for a
devil
of a good
time!



**Visit us on
the Web!**

—*Bev Parks*

The Tucson Orienteering Club now has its very own home page on the World Wide Web. The club home page provides a central location for checking the meet schedule, viewing results, and getting directions to meet locations. Results will remain available for a year after being posted, so you can track your stats over a year's time.

You will also find the names and telephone numbers of club officers, along with a list of their duties. Links to other great orienteering sites on the Web are listed, too.

To access the TOC home page on the Internet, you need to have Internet access and Web browser software (such as Netscape Navigator or Microsoft Internet Explorer). The address, or URL, for the TOC home page is:

<http://www.bayside.net/users/cbsites/toc/>

If you have any comments or suggestions about what else you'd like to see on our home page, please send e-mail to BevParks@primenet.com or talk to Peg Davis (628-8985).

Club Calendar

NO MEET IN FEBRUARY 1997.

February 24, March Newsletter Deadline

See submittal information below.

March 1-2, North American ROGAINE Championships

Empire Ranch, organized by Tucson Orienteering Club
Course Designers: Wilkey Richardson and Roger Sperline
Director: Wilkey Richardson (529-1105)

The following meet sites are proposed/tentative. Please call Wilkey Richardson, President, at 529-1105, with comments, suggestions, or to volunteer to help as course setter or meet director.

March 16, Lincoln (City) Park

March 24, April Newsletter Deadline

April 1, 1997-98 Officers Assume Duties

April 20, Slavin Gulch, Dragoon Mountains

May 18, Rosemont-North, Santa Rita Mountains

June 15, Bear Wallow, Santa Catalina Mountains

July 20, Palisades Ridge, Santa Catalina Mountains

August 17, Greasewood (City) Park

September 21, Cave Creek, Santa Rita Mountains

October 19, Empire Ranch

November 16, Catalina State Park

December 21, Silverbells

January 18, 1998, Chimney Rock, Redington Pass

February 15, 1998, Cat Mountain, Tucson Mountains

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

Experienced course setters are usually happy (with advance notice of about a month) to work with apprentices who want to learn to set courses. If there is enough interest, separate training for course setting can be organized. Directing a meet consists essentially of setting up and supervising the Registration and Timing areas, with help from other volunteers. Teams of two are encouraged.

Course Reviews

It has been suggested that it would be very useful to beginner and intermediate orienteers to have a discussion of route choices and navigation hints in the newsletter after a meet. Although the actual meet report and results are written up by the meet director, if the course setter or any of the other advanced orienteers who have answered questions about some particular control on a meet would care to write up their suggestions on the best and quickest way to get to it, I would be very happy to print them, along with a copy of the relevant portion of the map.

—Lois Kimminau, Editor

Newsletter Submittals

The deadline for newsletter items is shown in the monthly calendar. Please try to meet the deadline, or call the editor if there is a problem. All members are invited and encouraged to send informational or opinion articles on any orienteering topic.

Phone: 296-2108

FAX: 290-8071

E-mail: loiskim@aol.com

US mail: 9055 Calle Bogota

Tucson, Arizona 85715

—Lois Kimminau, Editor

1996-97 TUCSON ORIENTEERING CLUB OFFICERS

President	Wilkey Richardson	529-1105
Vice President	POSITION OPEN	
Secretary/Treasurer	Helen Deluga	795-6005
Membership	Chris Kraft	885-1735
Mapping	Pat Peni	326-2339
Equipment	Mary English	881-4786
Publicity/Education	Peg Davis	628-8985
Newsletter Editor	Lois Kimminau	296-2108

**Tucson Orienteering Club
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.

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

Address Correction Requested

Think
ROGAINE
March 1-2, 1997

