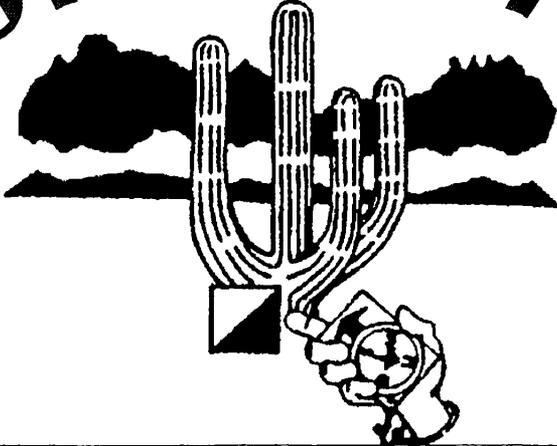

Tucson Orienteering Club



September 1997

Cave Creek

—Pat Penn, Margrit McIntosh, & Dan Coombs

Soothe your senses and test your orienteering skills at the same time at Cave Creek on September 21. With all the rains, the area is exceptionally beautiful now—very green and a little water in the washes. Quite a contrast to last year's drought when the leaves were falling off the bushes as we brushed by.

There will be five courses on Sunday, produced by three course setters: Red and Green by Dan Coombs, Orange by Pat Penn, and White and Yellow by Margrit McIntosh, assisted by Pat Penn.

This is a great place to camp, so we will be there Saturday night in the usual place by the corral. There will be a training event Saturday afternoon, consisting of several controls set out in a brief Long-O design, courtesy of Dan Coombs. There will be a mass start at 4 p.m., directed by Peg Davis. Anyone who wishes to start later will be a self-starter (and timer). So come early and explore the area.

Our map, used for the 1995 ROGAINE, covers a huge area. The map is black and white with 40 foot contours. (Rumor has it that Wilkey is working on an O-Cad version.)

As always, meet director Peg Davis (628-8985) needs volunteers to help at the meet.

Directions: From Tucson, take I-10 to Exit 281 (SR83). Drive south approximately 18 miles on SR83 to the signed junction with Gardner Canyon Road (FS92). Turn west (right) here; follow FS92 and the "O" signs to the meet site. Allow a little over one hour to drive there. The road, which is sometimes very bad near the creek crossing, has been recently repaired and is in excellent condition now. All vehicles should be able to make the crossing easily.

Fees: \$5/individual, \$7/team; \$2 discount for TSN, PHX, USOF, or SAHC members. 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.

12 noon-2 p.m. Route choice reviews

2:00 p.m. Courses close. Begin control retrieval—good orienteering practice, lots of help always needed. Volunteer before 2 p.m. with the meet director.

Check-In: 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: Go directly to Registration. Ask for instructions and introductory information. To allow time to register before attending the beginners' clinic, arrive between 9 and 9:15 a.m.

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

What Really Happened in Colorado

—Margrit McIntosh and Pat Penn

Contrary to the impression given in the previous article on the Colorado 1000-Day event, there were *many* members of the Tucson Orienteering Club at the meet: Dan Coombs, John Maier, Margrit McIntosh, Mark Parsons, Pat Penn, Sue Roberts, Roger Sperline, Christopher Suter, Max Suter, and that Other Person who generously shared HER story in the last newsletter. Tucson club members held up our image as the very respectable competitors in the lovely desert digs. We're friendly, too; Roger was last seen at Florissant pulling a small rental car out of a ditch.

Abundant summer rains meant that the Rocky Mountain wildflowers were in full glory: blue columbines, red paintbrush, yellow buckwheat, and several penstemons were spotted by one competitor as she raced from control to control. The weather was also perfect, cool and fresh, with gentle rain a few afternoons. And, Blue Star Komplex and Rocky Mountain Orienteering Club had added yet more great new maps to the event.

In addition to the four-day event, there were several US Championship courses: Short-O, Long-O, Night-O, and Relays. The Long-O was particularly challenging: for example, the Green course was eight miles in length. Also, the Night-O featured normal-length legs, and normal controls (not reflective). One justification given for this was that reflective controls would give an unfair advantage to the runners who had huge powerful lamps.

Pat Penn found herself amazed at actually finishing the Green course on the Night-O, considering that her brand-new rechargeable flashlight failed on the way to the second control. She ran the rest of the course using a \$2.50 backup flashlight bought at the Florissant mini-mart a few hours before. In spite of this glitch, and the general difficulty of the course, Pat placed 2nd in her class. Although it is true that the Other Person beat Pat two out of FOUR days (not three as previously claimed), on the Night-O this Other Person DNF'd on Brown... as part of a team. (It should be pointed out, however, that there were many, many DNFs in this event. It should also be pointed out that the Other Person competes in an age category 10 years younger than Pat.)

Margrit McIntosh had great fun and improved her skills in the Orange category, as well as finding many fascinating and beautiful insects to inspect at the one electric light in the Night-O finish area.

The most inspiring competitor had to be Ruth Crawford, a woman in her late eighties who competed every day, despite walking with a cane. Word had it that she began orienteering in her 60s, proving that it's never too late to begin!



Selected Results From Colorado 1000-Day

US Short Course Championships: John Maier—4th, Pat Penn—5th, the Other Person—5th, Max Suter—6th, Mark Parsons—7th, Roger Sperline—9th.

US Night Course Championships: John Maier—2nd, Pat Penn—2nd, Max Suter—5th.

US Long Course Championships: John Maier—2nd, Pat Penn—3rd, the Other Person—4th.

Four-Day Combined: Chris Suter—2nd, Max Suter—5th, the Other Person—5th, Mark Parsons—8th.



Pat: Why don't we have more mass starts?

Peg: Most of our meets are on Sunday, and the priests are all busy. Besides, we don't all belong to that religion.

*Stolen from Rocky Mountain
Orienteering Club newsletter
Summer 1997*



Early Rise at Greasewood Park

—*Jill and Francisco Luttmann*

A great end to the summer vacation! The outside temperature was cool (comparatively) and the skies overcast during the meet at Greasewood Park on August 17. There were a total of 35 entries among all three course levels (White, Yellow, and Orange). The courses ran smoothly after one misplaced control in the Orange course was corrected (sorryyyy!). Even so, a lot of positive feedback was received on the course design, which certainly helped this first-time course setter crawl out of the hole.

For the few who stayed for the closing of the meet, a gentle midday rain brought up a special display: a dense cloud of winged termites in their ritual mating fly swarming all over the park. Awesome!

Registration started on time at 6 a.m. with quite a few early bird orienteers. **Peg Davis** taught the Beginners' Clinic to a full group. All who attended did attempt and finish the White course, and some even went on to the Yellow course afterwards. Tells us something about the instructor!

A lot of credit is due, and my thanks as the meet director, to the group of volunteers who got up early to help me run the meet. **Marilyn Cleavinger** got there extra early at the crack of dawn to help deploy controls and helped afterwards with the Timing Table. **GeeGee Larrington** took charge of the Registration Table and directed **Jamie Moore**, **John Baker**, **Wendy Hudson**, and **Eileen Stammer** in keeping a constant flow through the table. Our appreciation goes also to **Rick Hudson**, **Brad Woltman**, and **Carol Starr** who helped Marilyn with the Timing Table. Thanks also to **Mary English**, **Rick Hudson**, **Team Opel**, a tall young man (name fell through the cracks), and **Pat Penn** for their help retrieving controls.

Last but not least, we owe thanks to our kids (**Amber** and **Francisco José**) for their cooperation throughout the preparations for the meet, especially to Amber, who actively helped organize the controls and tied the knots on the new whistle strings.

To all who participated, we hope you enjoyed it and hope to see you again!

White Course

1T	Christie & Eric Frahm	29:05
2T	Lucy Lovers	31:35
1W	Monica Mueller	35:00
1M	Sam Plair	47:20
2W	Kelly Soma	49:00
3W	Brenda Edmontson	51:03
Rec.	Leo Hartke	

Yellow Course

1W	Carol Starr	31:17
1M	Mike King	32:25
2M	Rick Hudson	34:10
3M	Chris Suter	65:32
1T	Nite Lizards	83:34
Rec.	Frahm, GeeGee Larrington, Lucy Lovers, Monica Mueller, Sam Plair, VIP	

Orange Course

1M	Max Suter	*28:47
1W	Peg Davis	34:35
2M	Don Fallis	35:40
1T	Disoriented	41:02
2T	Lost & Abandoned	*42:31
	Which Way Did He Go?	42:31
3M	Wilkey Richardson	44:20
2W	Pat Penn	44:25
3W	Lois Kimminau	*47:22
4M	Chuck Richards	*58:38
5M	Larry Lamb	59:40
3T	Team Opel	62:13
6M	Bud Farmer	*79:33
4W	Margrit McIntosh	79:40
Rec.	Jamie Moore, Mike King	

*Time corrected due to misplaced control, according to time-lost estimate of participant.

Ribbons

Beginning this month, ribbons will not be mailed with the newsletters. When they are enclosed with the newsletter, it must be sent by first-class mail. As a cost-saving measure, all newsletters will be sent bulk rate. Ribbons will be available at each meet for the winners to pick up. **You** are responsible for getting your ribbon.

Ribbons will be placed near the Registration Table in a box or envelope. They will be held for six months after a meet. If they haven't been picked up in that length of time, we will assume that you didn't want it, and it will be recycled.



14TH ANNUAL ARIZONA STATE CHAMPS

October 18 & 19, 1997

Empire Ranch, Arizona

Tucson Orienteering Club is hosting the 1997 Arizona State Champs at Empire Ranch, site of the most recent ROGAINE. Orienteers of all skill levels are invited to attend for one or both days. In addition to the usual award categories, this two-day meet determines our new Arizona Champions and confers bragging rights for one entire year!

Please note: pre-printed course maps will be prepared for advance registrants only. (See registration form, page 5.)

AZ State Champs Awards: To qualify for AZ State Champ status, you must be a resident of Arizona and compete both days in your age class as designated below. If you cannot (i.e., non-resident of Arizona) or do not want to contend for the AZ State Champs, you may run the course of your choice (without regard to the age classes listed below). Teams are not eligible for Champs awards, but are welcome to participate.

AZ State Champs Classes:

<u>Course</u>	<u>Category and Age* Limit</u>
White	Male & Female up to 12 yrs.
Yellow	Male & Female up to 14 yrs.
Orange	Male & Female up to 16 yrs., Female over 50 yrs.
Green	Male over 50 yrs., Female Open (any age)
Red	Male Open (any age)

**Age on day of event.*

Terrain: Empire Ranch is about 4600 ft. in elevation. The terrain includes oak and mesquite, rolling grassland and some interesting gully-ridden areas. Visibility is excellent, and the terrain is runnable with relatively few cacti and rocks.

Map: Created in 1997 from USGS base map. Cartography by Roger Sperline. Color, 1:15,000 scale, 40-foot contours.

Camping: Free camping (only in area designated) from Friday at 3:00 p.m. through Sunday afternoon. Camping area is primitive: portable toilets but no water.

Fees: \$7/person/day and \$9/team/day. Discounts of \$1/person/day for TSN, PHX, USOF, IOF, or SAHC members. Teams will receive two maps; additional maps will be \$1.

Night-O, Saturday, October 18: At this time, it appears that we will also have a recreational, night-orienteeing course, probably about intermediate level with a Score-O format. This course will be set by Jeff Brucker, primarily for training of Search and Rescue people, but all are welcome to join in, free of charge, whether for extra training or just for fun.

For more information, call:

Meet Director, Peg Davis (520) 628-8985
Course Setter, Marilyn Cleavinger (520) 795-2081.

Courses: Five courses will be offered each day, as follows:

<u>Course</u>	<u>Difficulty Level</u>	<u>Approx. Length</u>
White	Basic	< 3 km
Yellow	Advanced basic	3 km
Orange	Intermediate	4 km
Green	Short advanced	5 km
Red	Advanced	6 km

Directions: From Tucson, take I-10 east to Exit 281 (SR 83). Go south on SR 83 for 23 miles. Turn left at the road about 0.2 mile south of Milepost 40. If you pass a sign for Gardner Canyon Road, you are too far south. Follow the orienteeing signs along the dirt road to the camping/registration area.

ADVANCE REGISTRATION FORM

Required only to receive pre-printed maps. Postmark by 10/4/97.

Return form to: Arizona State Champs, Tucson Orienteering Club,
P.O. Box 13012, Tucson, AZ 85732.

Name: _____ Phone Number: _____

Address: _____

Days (circle one): Saturday & Sunday Saturday only Sunday only

Course (circle one): White Yellow Orange Green Red

Individual Team If team, number of maps desired _____.

Fees: Entry fee: \$7/person/day; \$9/team/day \$ _____

Member Discount: subtract \$1/day - _____

Extra Maps: add \$1/map + _____

TOTAL ENCLOSED: \$ _____

TSN MEMBERSHIP APPLICATION

Check one: New Member Renewal Date on 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 access to Club library, and receive a \$2 discount per meet. Make checks payable to Tucson Orienteering Club, and send to P. O. Box 13012, Tucson, AZ 85732.

Don't Contribute to Burn-Out!

We're all bombarded at this time of year with warnings to "Save Our Woods and Parks" by not smoking in the woods and being careful to put out campfires. Did you know there's another kind of burn that could destroy our Club?

This is called "Burn-Out" and it happens to individuals who work very hard at something without sufficient help and appreciation. It is very dangerous, and sometimes fatal. When it happens in an orienteering club, the Burnee has been known to develop a strong allergy to meet directing, course setting, and sometimes even to meets! Following advice of their physicians, they no longer attend any meets or have anything to do with former orienteering friends.

How can this be avoided? Well, the usual two aspirins and a good night's sleep only helps preliminary symptoms, and the improvement is only temporary. A long-term cure involves a team effort by many people, including friends and co-workers, but sometimes the greatest relief can be given by strangers volunteering to learn how to do the work required.

But doesn't the ability to do the work, and thereby avert the fire danger, involve very special skills? Surely the ordinary club member or neophyte orienteerer wouldn't be able take over at any of the "important" tasks needed in the Club, now being performed by the potential Burnee(s).

WRONG! With the exception of course setter, which does require orienteering skills, any interested member has the ability to be a meet director or assistant, or to fill most of the board positions. These do not require great orienteering skills, just common sense and a little time. And there are not only great written step-by-step directions on directing a meet, there are also many experienced directors who would be only too happy to answer any questions you might have.

Have you noticed *ONE NAME* as meet director, month after month after month? This points to a potential Burnee! It's getting very warm around here. Eeeeeekkkkk! Burn-out, Burn-out! Help! Help!

Business/Planning Meeting Report

—Lois Kimminau

A business/planning meeting was held on August 25, at the home of Lois Kimminau, with Peg Davis, Marilyn Cleavinger, Jeff Brucker, Roger Sperline, Sue Roberts, Chris Kraft, Garey Cash, Jill Luttmann, and Lois Kimminau in attendance.

- Jeff Brucker has been asked to set up an orienteering training experience for the Search and Rescue group, of which he is a member. He would like to set a Night-O course at the Arizona State Champs meet in October for them, but Club members would also be welcome to run the course. *Approved.* To encourage the Search and Rescue members to train more in orienteering, it was requested to allow them to attend a regular meet free once each year. *Approved.*
- Ways to encourage more of our members to volunteer to help at the meets or in other club functions were discussed. Tracking all hours volunteered in any capacity and awarding points is a possibility.
- The Club's financial condition is a priority item at present. Ways must be found to cut costs and increase income. Frequency of sending newsletters, newsletter size, and not mailing ribbons were all discussed. For the time being, a full newsletter will be sent bi-monthly, with a one-sheet flyer sent in the interim months. Ribbons must be picked up at the meets.
- Several items about the Arizona State Champs meet were discussed, including the categories to be offered, whether to require pre-registration, and the need for more volunteers.
- It was voted to sign the Save the Santa Ritas petition as a group sponsor. No donation is involved.

The next meeting will be held on September 30 at Peg Davis's home, 2241 E. Parkway Terrace, potluck at 6:30 p.m. (bring a dish), meeting at 7 p.m. Directions: from the corner of Tucson Boulevard and Broadway, go south to Arroyo Chico (just past the parochial school). Turn right (west), and go one long block. Or call for directions (628-8985).



CLUB CALENDAR

September 21, Cave Creek, Santa Rita Mountains
 Course Setters: Pat Penn (326-2339), Margrit
 McIntosh (795-3083), Dan Coombs (881-3136)
 Meet Director: Peg Davis (628-8985)

September 29, Newsletter Deadline
 See submittal information below.

September 30, Business/Planning Meeting
 Peg Davis's home, 2241 E.Parkway Terrace, potluck at
 6:30, meeting at 7 p.m.
 See **Business/Planning Meeting**, page 5, for direc-
 tions.

October 18-19, Empire Ranch
AZ State Champs (two days)
 Course Setter: Marilyn Cleavinger (795-2081)
 Meet Director: Peg Davis (628-8985)

November 16, Chimney Rock, Redington Pass
 Course Setter: Dan Coombs (881-3136)
 Meet Director: Open

December 21, Silverbells (new site, new map)
 Course Setter: Wilkey Richardson (529-1105)
 Meet Director: Open

January 18, 1998, Catalina State Park
 Course Setter: Jim Stamm (575-0830)
 Meet Director: Open

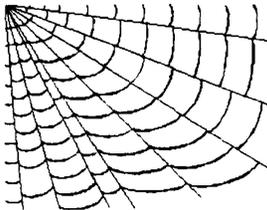
**February 15, 1998, Cat Mountain, Tucson Moun-
 tains**
 Course Setter: Keith McLeod (577-0570)
 Meet Director: Open

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.

Please call Peg Davis at 628-8985 if you can help with any of these meets.



**Check out the Tucson Orienteering
 Club web site!**

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

1997-98 TUCSON ORIENTEERING CLUB OFFICERS

President	VACANT		
Vice President	Peg Davis	pegdavis@ccit arizona edu	628-8985
Secretary/Treasurer (Acting)	GeeGee Larrington	larring@azstarnet com	297-8797
Membership	Chns Kraft	tmax@azstarnet com	885-1735
Mapping	Pat Penn	penn@ccit arizona edu	326-2339
Equipment	Mary English		881-4786
Publicity/Education	Pam Michalowski		882-0965
Newsletter Editor	Lois Kimminau	loiskim@aol com	296-2108

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

September 1997

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  Labor Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20  Camping & Long-O
21 Meet, Cave Creek	22  Autumn begins	23	24	25	26	27
28	29	30 Business/Planning Meeting				

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

Address Service Requested

Join us at Cave Creek
Camping and
Long-O Course
September 20!
September 21, 1997