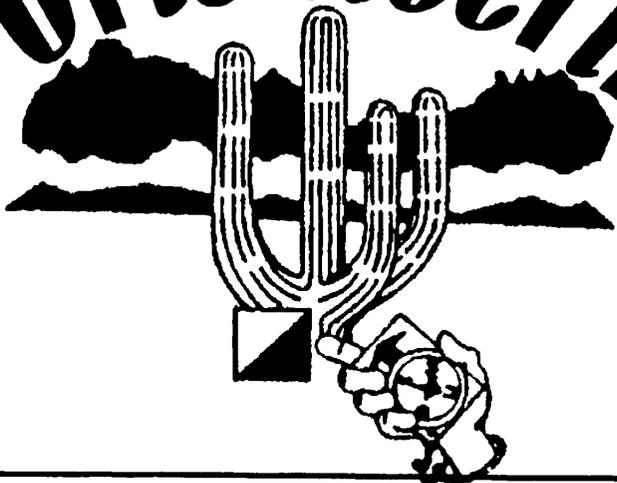


Tucson Orienteering Club



July 1999

15th Annual Arizona State Champs July 17-18, 1999

This year's State Champs will return to Lake Mary, in the forests near Flagstaff at 7,000 feet elevation. Good place to be at this time of year, and delightful terrain! Come up on Friday and enjoy two nights of camping out (free, primitive camping). Beat the heat of Tucson, Phoenix, or Timbuktu.

This event is open to all comers: novices, first-timers, and recreationalists are all encouraged to participate. We'll be using color maps at 1:15,000 scale, 20-foot contour interval. A full complement of courses will be offered for each day: White, Yellow, Orange, Green, and Red. That's 10 courses over two days.

Control setting and retrieval is a huge job at a five-course-per-day, two-day meet. Dave Kreider (our hero from northern Arizona) will be hanging the Red and Green courses designed by John Maier (our hero from southern Arizona). This means that the remaining bags will be hung Friday night and Saturday morning for the Orange, Yellow, and White courses. If you will be getting to the site during the day on Friday or like to rise early on Saturday, let us offer you the chance to warm up your skills before competing on your championship course.

Can you guess what happens Saturday afternoon? Yes! All five Saturday courses will be retrieved while Sunday's White, Yellow, and Orange bags are hung.

If you would rather not drive back home in the mid-afternoon heat, there are other options. May I suggest helping retrieve controls? Please take an hour in the afternoon both days to help retrieve controls. This is a chance to collect on the same course you just ran to evaluate your performance, or experience the joy of blasting through collecting controls on a course easier than you usually run. While we know you'd rather sit around the camp chatting with Peg, since she'll be out collecting controls, you may as well snag some, too. You could work on improving your orienteering skills by asking to collect controls that are one level above the course level you normally do.

Okay, for those of you who are not just coming for a stroll in the woods, you probably would like to know what categories we are offering. Following the categories of two years ago, they are as follows:

Category

M & F 12 years & under
M & F 14 years & under
M & F 16 years & under
F Veteran
F Open
M Veteran
M Open
Super F

Course

White
Yellow
Orange
Orange
Green
Green
Red
Red

Notes: M = Male, F = Female, Open = Any age, Veteran = 45 years of age before the new millennium, Super = "can-do" type.

Apology: to F Veterans who, technically speaking, should be offered a Brown course. They could petition the event director to run on Green in a separate category from F Open.

Continued on page 2

Continued from page 1

Camping: Classic northern Arizona camping: pines, elk, possible afternoon rain, and no water on site. Please bring all the water you'll need for the weekend.

Directions: From Phoenix and Tucson, take Black Canyon Freeway (I-17) north to Lake Mary Road, Exit 339. Turn right (south) on Lake Mary Road. Travel about 5.7 miles to Forest Road 132. This is about 100 meters past the large Coconino National Forest Boundary sign. Turn right on FR 132, travel about 3.4 miles to Elk Meadows Road (look for brown sign). Elk Meadows Road is FR132D. Travel on FR132D for 0.3 miles to FR6114, on right. Turn right on FR6114 and follow "O" signs to campsite.

Fees: \$8/individual, \$10/team, plus \$1 per map for color maps, when used. \$5 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:**Saturday, July 17:**

9:00 a.m. Registration opens. Beginners' clinic starts.
9:30 a.m. Courses open.
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 1 p.m. with the meet director.

Sunday, July 18:

8:00 a.m. Registration opens. Beginners' clinic starts.
8:30 a.m. Courses open.
11:00 a.m. Last time to start a course.
11 a.m.-1 p.m. Route choice reviews
1:00 p.m. Courses close. Begin control retrieval—good orienteering practice, lots of help always needed. Volunteer before 1 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 attend the beginners' clinic, arrive at least 15 minutes before registration opens.

Route-Choice Reviews: The last hour before courses close, the course setter or an advanced orienteer will discuss route choices with returning participants, probably near Start/Finish area.

If you can help in any way at this event, please contact Peg Davis at 628-8985 and she will schedule your table time so it does not conflict with your running a course.

No pre-registration is necessary for this laid-back event. Just show up and register as usual. Same fees as usual. However, please note that for Sunday all times are one hour earlier. All participants should arrive in time to facilitate reaching the Starting Table well before the last starting time, as course setter John Maier may very likely use remote starts on either or both days.

History lesson: How many people remember our first State Champs event? Our club was in its second year as a USOF-chartered club. The date was October 1985 and the site was Saguaro East. That site was always very popular, despite a poor 40-foot contour interval for the map. The beauty of that desert site was a big draw. Unfortunately Park Service eventually decided our large group use of the site was incompatible with its intended use.

We've had a State Champs event every year since the inaugural one, sometimes hosted by the Phoenix club, sometimes by us, and sometimes jointly. The site for our current event has been used for a number of previous champs, but the map has been considerably upgraded along the way.

**June Business/Planning Meeting**

The meeting was held on June 2, 1999, at the home of Peg Davis. Present were: Peg Davis, Lois Kimminau, Roger Sperline, Wilkey Richardson, Mary English, Jeff Brodsky, and GeeGee Tarrington.

Motions were passed concerning the following items: split cost of purchase of map bags with the Phoenix O-Club; proxy votes; handling of newsletters from other O-clubs; advertising the Arizona State Champs Meet and the Arizona Rogaine; set fees and postmark date for late fees for the Rogaine, authorized purchase of printer and reimbursement for O-Cad program from the Map Account.

The next business meeting will be held on Wednesday, August 4, 1999, at 6:30 at the home of Roger Sperline and Sue Roberts. It will be a potluck and swim party also, so bring some really yummy food to share and a bathing suit. Come, splash, socialize, eat—and maybe even participate in some O biz. Call Roger or Sue at 577-8519 for directions or other information. All members are invited, welcome, and eligible to vote.

Frying in Greasewood Park

—Peg Davis



The Early-O at Greasewood on June 20, 1999, featured a slew of new people. Tucson Fun and Adventures gave orienteering a try and seemed to get both fun and an adventure. After taking the Beginners' Clinic, they all went straight to the compass clinic, then out on the intermediate compass course!

Wilkey Richardson, faithful course setter, came up with a new way to use a familiar park. Using his OCAD know-how, he removed pretty much every identifying feature from the map, forcing participants to rely on nothing but their compass skills to reach the control circle. Orienteering was still "the thinking sport," but route choices were impossible, while accuracy and pace counting became everything. Even

though Wilkey set a perfectly good White course, I couldn't coax anyone to go out on it after completing the compass course. Could the intense heat and blinding sunlight have played a factor?

And now it's gratitude time. I'd like to thank Wilkey for not only setting some fun courses, but teaching the compass clinic and holding down the fort throughout the meet. **Lois Kimminau** ran Timing. **Mary English and Gary Bacal** practiced the art of economical orienteering: instead of paying to run a course, they showed up and retrieved controls at the end. So clever and helpful! And who was that woman at the meet from before courses opened until after they closed? It was my own dear cousin **Patricia** who, during a visit to me, ran Registration until courses closed, then went out and retrieved controls. What a woman!

I would also like to thank all the people who made this meet so enjoyable for me. I had a lot of fun hanging out under the ramada talking to people before and after their courses. Orienteering is a great sport, and orienteers are the most all-around enjoyable group of people I know: smart, fit, and just plain interesting! See you next month.

Compass Course

1M	Don Fallis	38:34
2M	Jeff Brodsky	39:05
1T	Savine Family	39:59
2T	Runners R Us	54:20
3M	Mihail Gurevich	60:11
1W	Sue Roberts	63:52
3T	Tom & Kat	76:54
4T	Rattus	77:20
2W	Lois Kimminau	86:50
3W	Kay Mathiesen	87:50
	Pat Madea	DNF
	Roger Sperline	DNF
	Welter & Hunt	Rec
	Sedik & Clayton	Rec
	Mary Hoeger	Rec
	Ghani & Nelson	Rec
	Dugan & Twomey	Rec
	Banana Slugs	Rec
	Hervert & Murtaugh	Rec
	Patrice Barkley	Rec

White Course

1T	Runners R Us	27:59
1W	Beverly Parks	43:09

Orienteering Tip

This month's orienteering tip: at multi-day meets, many controls are hung for the many courses. With so many controls available, it becomes especially important to check the control code before punching. A mispunch will result in a DSQ (disqualified) and remove you from competition. If you punch the wrong control, realize your mistake, and find the correct control, punch the correct control in an empty area on your card and explain the complication to the timer as you hand in your card on returning from your course. Often, this will be accepted and you will still be in competition.

It's So

Sad.....

If no one volunteers to direct the August meet at Lincoln Park, it will have to be canceled! We have a course setter for this meet, but no meet director. We really *hate* canceling meets! *Can you help?*



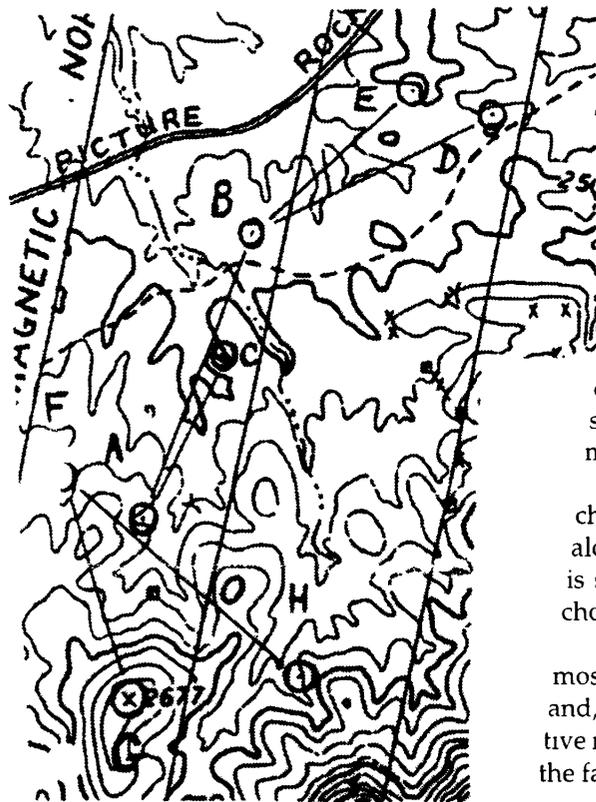
All members should volunteer whenever possible to lighten the load on the Board and keep this Club going. This is a very easy meet to direct, nearby at a city park, always plenty of volunteers to help at the tables. Please call Peg Davis at 628-8985 if you'd like to "fill your square" with the least effort possible.

Long Distance and Course Setting

—John Little (reprinted from the June 1987 newsletter)

May's newsletter reprinted some USOF guidelines for designing orienteering courses. One important principle that was missing from this outline was that of "lost distance." Taking this notion into account can make a big difference in the quality of an intermediate or advanced course; it is less important for basic courses.

The idea is that the experienced orienteer should have to read the map and relate it to the terrain during the entire leg. Any part of a leg in which one doesn't need to do this, but can just run along and look for a well-defined feature such as a road or a wash, is called "lost distance," and isn't really orienteering but running. Certainly, we should challenge the orienteer's running skills, but in a course four to seven km in length, this is pretty much automatic!



Here are some examples from the Tucson Mountain map (20 ft. contours, 1:12,000). In the leg from A to B, there is no real need to read the map over most of the leg; one simply runs across country to the trail, then along the trail to the wash junction, which is used as an attack point. Consider how different this leg is if it is run from B to A; one must pay close attention to the terrain almost the whole way. Incidentally, this example illustrates why we have a rule that the course must be run in order (rather than backwards as some have done in the past). The challenge or lack of it is totally different if it is done in reverse (and it is not always easier running backwards—for example, there may be no attack points). An alternative would be to have the leg go from A to C, because one would have to use the map the whole way. Putting the control before the linear catching feature (the trail in this case) usually solves the problem; the orienteer can still use the catching feature, but now must pay a penalty by having to backtrack and come back to the control.

Similarly, the leg from B to D is almost entirely lost distance; if it is changed so as to go to E instead, one must pay attention instead of blasting along to the trail without much regard to the terrain. The trail (or the road) is still an option, but it probably isn't the fastest way, depending on how choked with vegetation the little gullies are. B to E offers three route choices.

In general, a trail or some similar, easy way should not be the fastest and most direct choice to the control. Again, there is no real orienteering involved, and, since there is no real choice in such a case, nobody would pick an alternative route. It is fine to have an easy trail run be a real option, but it shouldn't be the fastest way, except perhaps for a few legs in an intermediate course.

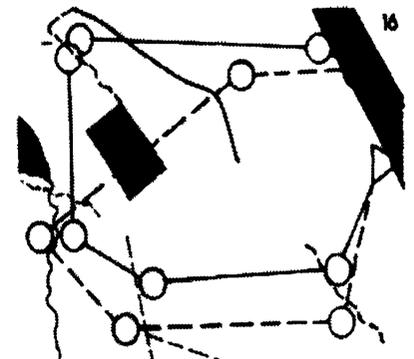
Another example that is especially relevant to our open desert terrain is the leg from F to G; since the goal is in plain sight during the entire leg, there is no navigational challenge, only those of avoiding the spines and struggling up the hill. Going from F to H would be far superior; F to H has the additional benefit of providing a lot of route choice, a subject touched on in the USOF guidelines.

You can extend this principle by using the points marked on the map and asking yourself how certain legs could be improved. H to D is not a good leg; you know you will run into the trail sooner or later. How could you improve it? Can you find another point near D that would avoid the lost distance? What about the suitability of C to D, F to D, F to B? How could you improve them?

Another example (labeled 16) is taken from a booklet "Course Planning," published by the British Orienteering Federation. The text states: "Two approximately similar courses—and yet so totally different in fact. One is of a high standard. The other is entirely worthless."

The distinctive aspect of our sport is the thought process required to do the navigation effectively. Good runners have an advantage whether or not the navigation is hard; too much lost distance makes a balanced course into a runner's course. Avoiding it is one of the things that make planning courses, of itself, a big challenge.

Here's the sales pitch: you can greatly improve your orienteering by planning courses. Those of us in the Club who have designed and set courses are happy to train others to do the same. The payoff for anyone getting involved is a crash course in the skills that improve one's navigation and speed at making the right route choices.



CLUB CALENDAR

July 17-18, Lake Mary, near Flagstaff

Course Setter John Maier (520-586-7300)
 Course Vetter Dave Kreider (520-638-0307)
 Meet Directors Phoenix O Club and
 Peg Davis (628-8985)

July 26, Newsletter Deadline

See submittal information on back

August 4, Business/Planning Meeting

Home of Roger Sperline and Sue Roberts
 see meeting
 announcement on page 2

August 15, Lincoln City Park Early-O

Course Setter Emily Lane (881-5891)
 Course Vetter VACANT
 Meet Director HELP!!!!

September 19, Slavin Gulch, Dragoon Mountains

Course Setter VACANT
 Course Vetter VACANT
 Meet Director VACANT

October 17, Greasewood City Park, Beginner Meet

Course Setter VACANT
 Course Vetter VACANT
 Meet Director Pat Madea (571-8227)

October 23-24, Arizona ROGAINE, Santa Rita Mountains (See flyer in this issue.)

Course Setters Dan Coombs (322-9758) and
 Jeff Brucker (886-2528)
 Course Vetter VACANT
 Meet Director VACANT

November 6-7, Airport Site at Empire Ranch

Course Setter VACANT
 Course Vetter VACANT
 Meet Director VACANT

February 6, 2000, Arizona Goat, Site to Be Determined

Course Setter John Maier (520-586-7300)
 Course Vetter VACANT
 Meet Director VACANT

May 14, 2000, Arizona ROGAINE

Course Setter John Maier (520-586-7300)
 Course Vetter VACANT
 Meet Director VACANT

HELP!

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.

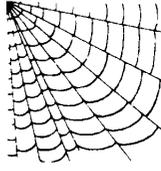
Please call Peg Davis at 628-8985 if you can help with any of these meets.

1999-2000 TUCSON ORIENTEERING CLUB OFFICERS

President	Peg Davis	pegdavis@u.arizona.edu	628-8985
Secretary/Treasurer	GeeGee Larrington	larring@azstarnet.com	297-8797
Membership	Jeff Brodsky	jabrodsky@worldnet.att.net	886-6304
Mapping	Wilkey Richardson		529-1105
Equipment	Mary English		881-4786
Permits	John Maier		(520) 586-7300
Publicity/Education	Carol Brucker	csmythe@juno.com	886-2528
Newsletter Editor	Lois Kimminau	loiskim@aol.com	296-2108

Tucson Orienteering Club
P O Box 13012
Tucson, AZ 85732

Address Service Requested



Check out
our website
at

<http://www.cloudbow.com/sites/toc/>



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

Tucson Orienteering Club Membership Application

Check one: New Member Renewal Date on label _____

Check one: Individual (\$10) Household (\$15)

Name: _____ Telephone _____

Address: _____ E-mail _____

Can you help staff a club meet? Yes, _____ me

Members receive a monthly newsletter, have voting privileges and access to Club library, and receive a \$5 discount per meet. Make checks payable to Tucson Orienteering Club and send to P O Box 13012, Tucson, AZ 85732

1999 Arizona ROGAINE, October 23-24, 1999

—Dan Coombs and Jeff Brucker

Tucson Orienteering Club invites you to take part in the 1999 Arizona ROGAINE the eighth in a continuing series which will be held in the foothills of the spectacular Santa Rita Mountains at Rosemont, about 45 miles from downtown Tucson. The event will take place over the weekend of October 23-24, a full-moon weekend.

Those of you who came to the 1997 Arizona ROGAINE already know that the Santa Rita foothills offer a scenic and challenging site for a ROGAINE. The Rosemont site is a little more rugged in its topography than Empire Ranch and has greater tree/shrub cover. It contains many beautiful valleys with many cottonwood trees. One of these valleys will be used for the start/finish point and camp site.

General Information: Typical weather conditions for Tucson in late October are a high of 78° F and a low of 50° F with measurable rain on only two or three days of the month.

Three course lengths will be offered, including a classic 24-hour ROGAINE, with 10-hour and 6 hour options.

Since transporting fuel is a problem, Coleman fuel will be provided for those of you who will be using a stove on the site before or after the event. For planning purposes, please let us know if you will need fuel.

For those arriving early or staying after the event, some housing is available in Tucson. Because the meet site is so close to the airport, we will be able to provide some transportation to and from the event site for those of you flying in who would like to skip renting a car. Contact the meet director early if you need housing or transportation.

Event Description: Teams of two or more will have 6, 10 or 24 hours to navigate to as many control sites as possible in attempting to maximize their scores. There will be 50-60 control sites of intermediate difficulty and varying point value distributed over ~180 square kilometers (70 square miles) of terrain. At each site, a standard orange and white orienteering flag will mark the location, along with a reflective night control. Teams will punch their scorecards at each control visited and log in the time and their next intended control on the intention sheet. Teams must return to the base camp within the time allotted for their course or have penalty points subtracted from their scores. Ties will be broken by order of finish. Teams should be capable either of orienteering at Orange course level or have extensive hill-walking experience and be familiar with USGS maps and precise navigation.

Competitors may choose from six categories: Men, Women, or Mixed, in either Open or Masters divisions. Anyone may enter the Open division. For the Master's division, teams must have an average age of 45 or above as of 12/31/99.

Additionally, there will be a recreational category for those who are not competitively inclined and who do not want their scores to be listed in the results. Teams may switch between competitive and recreational categories on the day while remaining in the same course duration category. Competitive teams may not switch course duration without switching to the recreational category. Recreational teams may change their course length provided they remain a recreational team. Teams may not change partners after the start.

The 10-hour course will begin at 8 a.m., and the 6- and 24-hour courses will begin at 10 a.m. on Saturday, October 23. Maps will be available for planning purposes from 6 a.m. Competitors should arrive 15 minutes before start time for a final briefing.

At the conclusion of the 24-hour event, awards will be presented to the top three finishers in all categories having five or more entries. Awards for categories having fewer entries will go to the top 50 percent of finishers.

(Continued on reverse)

(Detach here)

REGISTRATION FORM

Check One	<input type="checkbox"/> I am part of a team	<input type="checkbox"/> I require a team partner		
Choose a Course	<input type="checkbox"/> 6 Hour	<input type="checkbox"/> 12 Hour	<input type="checkbox"/> 24 Hour	
Choose a Category	<input type="checkbox"/> Men's Open	<input type="checkbox"/> Women's Open	<input type="checkbox"/> Mixed Open	<input type="checkbox"/> Recreational
	<input type="checkbox"/> Men's Masters	<input type="checkbox"/> Women's Masters	<input type="checkbox"/> Mixed Masters	
Name _____	Teammate Name(s) _____			
Address _____	_____			
Telephone _____	Club Affiliation _____			

Entry fee is \$30 per person if postmarked by September 25, 1999. After September 25, add \$15 late fee per person. Entry fee includes color maps, camping, and food. Make checks payable in U.S. dollars to "Tucson Orienteering Club."

**Mail completed registration form (one form per entrant) with entry fee to:
Tucson Orienteering Club, P. O. Box 13012, Tucson, AZ 85732**

Map: Each team member will receive a set of color maps at 1:24000 (very late entries will get black and white) from a composite of USGS maps with the addition of magnetic north lines. Information on field checking, map corrections, etc., will be available at the event. Competitors will also receive a smaller scale black-and-white map of the entire competition area to aid with route planning.

Registration and Fees: Participation is open only to teams of two or more. All courses have a pre-registration fee of \$30 per person due by September 25, 1999, postmark deadline. After September 25, there is a \$15 per person late fee. This fee includes multiple color maps, camping, land use fee, and food during the event. We will continue to accept registrations for as long as we can, but very late entrants cannot be guaranteed a color map. If you are mailing your entry after October 10, please e-mail or call us to let us know you will be coming.

If you want to participate but cannot find a partner, please let us know so we can try to help match you up with someone.

Safety: Teammates must remain together (within shouting distance) at all times. Teams must log in on the intention sheets at each control, indicating the time and the next anticipated control. All teams must report to the event officials before leaving the event site to preclude unnecessary searches. Each participant must carry a whistle and a water bottle. We strongly advise you to carry plenty of water, a basic first aid kit, compass, food, sun protection, and cold/wet weather gear.

Weather: The normal weather conditions are dry and sunny with highs in the 70s to 90s and lows in the 40s to 50s. But come prepared for extremes...

Accommodations: Primitive camping will be available at base camp Friday and Saturday nights.

There is no running water available. Nearest motels are in Tucson, about 45 minutes from the base camp. Groceries and more expensive accommodations are available in Sonoita, 20 minutes from base camp. Contact us for possible free accommodations before and after the event in Tucson.

Food and Drink: As part of your registration fee, snacks will be available from noon on Saturday, and hot food from 5 p.m. Saturday until the event completion. Water, Gookinaid, and hot drinks will be available for consumption at base camp. Please bring whatever fluids and snacks you plan to carry on the course. Water is generally scarce in this region. Any water you find should certainly be purified due to probable cattle activity upstream. Limited water depots will be set out and information provided with your maps.

Directions: From Tucson, drive East on I-10 (easy to find from the airport) to exit 281 (State Highway 83). Head South toward Sonoita about 13 miles and follow the orange and white O-signs onto dirt roads. The base camp will be accessible to normal clearance passenger cars under normal conditions.

Schedule:

Friday, October 22

3:00 p.m. Road signs in place, camping open.

Saturday, October 23

6:00 a.m. Maps available.

7:45 a.m. 10-hour course briefing.

8:00 a.m. 10-hour course start.

9:45 a.m. 6- and 24-hour course briefings.

10:00 a.m. 6- and 24-hour course starts.

4:00 p.m. 6-hour course finish deadline.

6:00 p.m. 10-hour course finish deadline.

Sunday, October 24

10:00 a.m. 24-hour course finish deadline.

ASAP after 10:00 a.m.—Awards ceremony.

12:00 noon Control retrieval—volunteers encouraged.

Further information: Will be posted as available at the ROGAINE page:

<http://grad.math.arizona.edu/~dcoombs/rog>

or check the Tucson Orienteering Club web page at:

<http://www.cloudbow.com/sites/toc/>

In case of emergency, please contact:

Name: _____

Telephone: _____

Address: _____

Waiver of Responsibility (All participants must read and sign)

I, the undersigned, know that orienteering, as an outdoor action sport, carries significant risk of personal injury. I know there are natural and man-made hazards, environmental conditions, and risks which, in combination with my actions, can cause me serious or even fatal injury. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions, and hazards. I also agree that I, and not the organizers and officials of this event, nor any orienteering organization, nor the landowners or managers, nor any sponsors, am responsible for my safety while I participate in this event.

Name (please print): _____

Signature: _____

Date: _____

Parent or Guardian must sign if entrant is under 18.

Self, Parent, or Guardian? _____