

June 2000

Palisades Ridge in the Catalinas

—Jeff Brucker

On Sunday, June 18, we will leave the desert behind and do our thing in the cool pine forest at 8000 feet. Remember, on the mountain it can get chilly in the shade even when it is 100 degrees in Tucson, so I recommend bringing a jacket to leave in the car.

We will have five courses, ranging from beginner to advanced. The black-and-white map will be updated from last year, especially for the intermediate and advanced courses. I have included some boulders and small reentrants, so there will be more attack point features available. There are also several corrections regarding trails and buildings.

Pete and Judy Cowgill (887-1514) will be meet directors and would appreciate some volunteers, so please call beforehand if you can help.

Also, I need a vetter, so if you will not be able to attend the meet but would like to do some orienteering the week before the meet, contact me (jeffbrucker@prodigy.net or call 886-2528).

Camping: We have reserved group site #1 in the Shower's Point campground for the June meet. Twenty-five people can camp there on Saturday night. Be one of them, listening to the cool wind in the tall pines!

Directions: Take Catalina Highway up about 20 miles to Organization Ridge Road. (It is just before the Palisades Ranger station.) Turn left and curve right, following the main Organization Ridge Road. Continue about .4 miles. The Showers Point campground is on the right. You may need to park on the main road. Follow the O-signs into the campground.

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:

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 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 attend the beginners' clinic, arrive between 8:45 and 9 a.m.

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

**Be cool!
Join us
June 18.**

April Chimney Rock Double-Header

Saturday, The First Day

—Pat Madea

Saturday, April 15, the first day of the two-day meet at Chimney Rock, turned out to be a great day for running courses. Since the meet started in the afternoon on Saturday and the week leading up to it had been hot, folks were naturally concerned that it would be too hot and probably didn't make plans to attend. However, those who made the trek to Chimney Rock were pleasantly surprised by temperatures in the low 80s, clear skies, and little wind. As it turns out, the challenge at this meet wasn't the weather, it was the challenging courses Bill Bryant set.

There were five courses and nine entrants on Saturday, five teams and four individuals. Of the nine entrants, five were DNFs (did not finish). That's a high percentage of the total and an indication of the challenges the courses presented. Two teams went out on the White course and their members were new to orienteering. They finished and reported that they had a lot of fun and would return to future meets. These two teams of newcomers battled to the finish within two minutes of each other!

The only other finishers were the two individual entrants on the Red, the most difficult, course. These were experienced orienteers who finished the course, but not without difficulty. In contrast, no entrants, all experienced orienteers, finished the Yellow, Orange, or Green courses. It's too bad that there weren't more participants to test Bill's courses. More participants would have given a better picture of just how challenging Bill's courses were. It would have also been fun to compare Bill's course challenges with those presented by Mark Everett, the course setter for Sunday's meet.

No meet can happen without the support and efforts of many folks, all volunteers, and this meet was no exception. So, a hearty thanks goes out to **Bill Bryant** for setting the course, its challenges notwithstanding. A big thanks goes to **Keith McLeod** for conducting the Beginners' Clinic. The fact that the members of the two teams that finished the White course had attended Keith's clinic is a testament to his teaching skills. Great job, Keith!

Debi Morrison and Chuck O'Hara, a first-timer on the registration table, did a flawless job of running the registration table. Thanks, Debi and Chuck! A big thanks to **Bev Parks**, our own TOC webmistress, who came up from Sierra Vista to help set up the meet site

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Sunday, The Second Day

—Jeff Berringer

April 16 was a great day for orienteering! The second day of the O-meet at Chimney Rock saw 22 orienteering teams, including a number of first-time orienteers. John Maier took charge of the Beginners' Clinic and got them headed in the right direction.

Early in the meet, a US Forest Service officer stopped by to inspect our permit—the second check in two days. Guess the permit really is as important as the director's guidebook says it is. The officer also said she expected the winds to pick up later. Fortunately, they waited until the meet ended and made their appearance during the retrieval of the controls.

Many thanks go to all those that made the meet possible—in addition to **John Maier's** help with the Beginners' Clinic, **Mark Everett** set all five courses, and **Emily Lane** hung more than 60 controls. **Jackie Ciccolo, Emily Lane, and Mark Parsons** ran Registration and Timing. With controls for both Saturday's and Sunday's meets out, retrieval required many volunteers. **Jackie Ciccolo, Peg Davis, Mike Huckaby, Keith McLeod, Chuck O'Hara, Mark Parsons, Pat Penn, Jerry Sims,** and **Cathy Waterman** all provided much-needed help bringing in the controls and water stop equipment.

Red Course (6.7 km, 14 controls)

1M	John Maier	110:54
2M	Mark Parsons	127:04
DNF	Beauty and Mike Huckaby	

Green Course (4.7 km, 10 controls)

1M	Keith McLeod	187:00
REC	Cathy Waterman	
DNF	Left Turn @ Albuquerque, Patricia Penn	

Orange Course (3.7 km, 8 controls)

1F	Peg Davis	89:35
1M	Coyote	160:00
2F	Lois Kimminau	184 00

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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

Rave Reviews On The Mogollon!

—Rachel Gelbin

Pure adrenaline rush. On May 13, that had to be what kept the twenty-four-hour Rogainers going (along with Clif bars). It's also what kept the meet director going! With the exception of a part of the map being eliminated at the last minute because of fire danger, and one couple from California getting lost for a number of hours on the way to the Rogaine, it went off without a hitch. We also got rave reviews. The reports coming in were that the course was fantastic, control placement exact, the food was hot, varied, and great, and the service was impeccable.

John Maier once again outdid himself. He set a great course and for the first time ever, despite a truck that was finicky in starting at elevations, had all the controls out on the course before the course even began. This was a real treat for decreasing the rate of heart attacks of the meet director.

The weather was beautiful although a bit cold at night (28-32 degrees!). The mountains were rugged and beautiful and the lake was only a five-minute walk from the camp. We had competitors from as far away as Montreal, New York, and St. Louis. Tucson is fast becoming known for its fantastic courses and great organization. There were many comments regarding the organization of the meet, the kitchen (including a menu for ease of selection), and the timely start of the meet (that means on time!).

Other than some dazed and confused runners at 2 a.m. and one runner who suffered from hypothermia, injuries were non-existent and the overall description of the course was "splendid."

There were several key players pulling this off. I would like to extend a sincere thanks to **Laura Jacobs, Mark Parsons, and Dick and Eleanor Lane**. All of these people stayed up to feed and help those dazed and confused runners on the courses. Special thanks goes to **PK, Lois Kimminau's husband**, for being my jack-of-all-trades, my official Chili Man, and the babysitter for the campsite so Laura and I could have a break and go swimming. Also for giving me peace of mind by leaving six bottles of Coleman fuel out in case I needed it. I hope he knows how much he is appreciated.

Additional thanks go to the Tucson Orienteering Club members who transported all the needed equipment up to the site. These include: **Jerry Sims, Dan Coombs, Jeff Brodsky, Scott Devlin, Paul Hoyt, Pete Cowgill, Cathleen Manton, Tom Spinosa, and Jeff Brucker**.

Finally, we had the brave control retrievers who went out after their courses and helped us collect 45 controls. These people are: **Jeff Berringer, Paul Hoyt, Pete and Judy Cowgill, Mark Parsons, John Beard, Sharon Crawford, Jerry Sims, Syd Reader, Dick and Eleanor Lane, Emily Lane, Chris North**, and of course, **John Maier**. He reported that he collected fewer controls than at last year's meet and definitely considered that a success. Special thanks to **Ron Grayson** for double-checking John's scoring after doing the 24 hour!

Laura and I wanted to extend our thanks to those dear souls from way up north (and St. Louis) who knew enough to bring clothes to stay warm. They loaned some of them to us and saved our icy behinds! Also thanks to **Jackie** who loaned us her tent so we could sleep between shifts.

The awards we presented were stemmed glasses etched with Arizona Rogaine, a cactus and the year 2000. They were very well received. The Rogaine t-shirts as well as club t-shirts sold like hotcakes. People are already looking forward to the North American Rogaine Championships next May, and I plan to be there to help. I didn't get much sleep, but it was great fun!

Note: Several lost-and-found items from the Rogaine are at Peg's; call 628-8985 to claim.

Next year's Rogaine director is interested in your comments about what you would like to see done the same or NOT done the same at the 2001 Rogaine, foods you'd recommend serving, or organizational strategies. Please call Peg at 628-8985 with your comments and suggestions.

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and then operate the timing table with flair. Thanks also to **Jeff Brodsky** for coming early, helping with the usual odds and ends of setting up a meet site, and driving Emily Lane around so she could hang the last few controls and set out water. The biggest thanks of all, though, has to go to **Emily Lane** who, with a little help from one or two of her friends, was responsible for hanging over 60 controls for both meets!!!! Way to go, Emily! Your work is much appreciated!

Lastly, I want to include a thank you to **Mary English**, who is in charge of the O equipment and who is seldom mentioned for her contribution every month. She is the one the meet director gets the equipment from every month and to whom it is returned after the meet. Then, she has to account for all the equipment, check it all out, replace missing or broken equipment, organize it into the appropriate backpacks, and ensure it's all tagged and ready to go out to the next meet. You do a great job, Mary, and make the meet director's job much easier. Thanks!

White Course

1T	Gators	51:13
2T	Joe and His Dad	53:14

Yellow Course

	Team O'Hara	DNF
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Orange Course

	MALO	DNF
	Banana Slugs	DNF

Green Course

	Peg Davis	DNF
	Jeff Berringer	DNF

Red Course

1M	Ron Hudson	93:17
2M	Jeff Brodsky	210:03

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REC Rachel Gelbin,
Larrington, Let's
Get Lost

Yellow Course (3.0 km, 11 controls)

1T	A&L	87:00
2T	Tom Kat	89:27
1M	Jerry Sims	97:10
3T	Raucous Regehrs	135:00
REC	Jackie Ciccolo, Chuck O'Hara	

White Course (2.2 km, 9 controls)

1T	Cochise	99:16
REC	Over Torque	

Business Meeting

Next business meeting Wednesday, July 12 at Casa Peg Davis (2241 E. Parkway Terrace; call Peg at 628-8985 for directions). Meeting starts at 6:30 and ends by 8 p.m. All club members and board members are cordially invited to attend. Main topics of discussion: improving old maps, creating new maps, and apportioning dollars to do so. If you would like to suggest specific work on a specific map, your ideas would be most appreciated.

**Perfection vs. Meet Directing**

—Peg Davis

This year, the club seems to have a shortage of meet directors. I've been recruiting people to give meet directing a try in an effort to boost the ranks of directors. One frequent response has been "I'm afraid I wouldn't do it perfectly, so I'd rather not try."

Meet directing is not easy. That's why we have a meet director's handbook. If that doesn't clear up all problems, it will help you to know what to ask about. And there are plenty of people to ask. Pick your favorite former meet director and ask away. Lots of help is available.

No one expects you to be perfect. But you are needed. After June's meet, featuring the directing debut of Pete and Judy Cowgill, meet directors are needed for every month of 2000. Remember that a lack of a meet director means a cancelled meet. **No meet director, no meet.**

Give imperfection a try. Next time you're asked (in an imperfect way) say you'll meet direct in an imperfect way. Or better yet, volunteer to meet direct. Now, that would be perfect.

Comments From the Course Setter

—John Maier

May 13, Morning of the Event:

4:45 a.m.: Head out to Promontory Butte to hang four of the remaining six bags for the event. Am surprised to find locked gate blocking road. This is bad: going to take longer to hang these bags by bike and foot. This is good: don't have to worry about other forest users tampering with these remote vista point controls.

7:45 a.m.: Returning from Promontory Butte, I notice fresh bear tracks crossing the road where none had been 2-1/2 hours earlier. Ain't that great! Circle tracks and add large arrows so orienteers can share in the excitement of discovery.

8:00 a.m.: Read notice on closed gate which I'd parked at earlier. NO ENTRY, FIRE HAZARD. Fine print says entry by special permit only. Closure took effect two days ago. Don't we have a permit? Recreational permit, yes; special permit, no. Hmmm. Possible problem here. Probably easy to get permission, given enough time, but on short notice...?

8:45 a.m.: Laura Jacobs, Rachel's able kitchen wrangler, and I climb the lookout tower trying to get through to Forest Service on the cell phone. She makes contact but loses it. The lookout helps us by radioing out while we enjoy a grand view. Finally Forest Service comes back with the startling bottom line: "You'll have to just take your event and do it somewhere else." I don't think they get it. They have no idea of what is involved. They don't understand that non-smoking orienteers, hiking on foot, are not a fire hazard.

9:15 a.m.: Announce to competitors that Promontory Butte is closed for our event, eliminating four out of 49 controls.

9:25 a.m. Tell Meet Director Rachel Gelbin that I'm heading out to hang the last two controls. This brings raised eyebrows in response, but she's really too busy to question it as I dash off with two bags, saying I'll be back for the briefing.

9:50 a.m.: Race through the woods after hanging the last control and arrive back at base in time for a leisurely briefing (leisurely because my oxygen-starved brain is having trouble remembering all the witty comments I'd hoped to include, so it's much shorter and perhaps lacking in punch from what it should have been).

10:00 a.m.: Mass start on schedule. Eighty-nine competitors head for the woods.

10:10 a.m.: Reach the southern end of Bear Canyon Lake, camera in hand, after changing film, to get some shots of competitors leaving #40. This would've made an excellent cover shot for O/NA, but I'm much too late and can only manage 3-4 shots, having missed the peak of action completely. Maybe next time.

10:25 a.m.: Forest Service arrives at base in response to our call from the lookout tower. We are informed by this official that if we have a group of 30 or so he will escort us out to Promontory Butte. We thank him for this courtesy but explain that orienteering isn't done that way. We also learn that we must be escorted out there to retrieve our controls and make an appointment to do just that at 1:00 p.m. the following day. He tells us that Promontory Butte is the Rim's worst tinder box, just waiting for an accident to set it ablaze.

In spite of our losing Promontory Butte, no team aced the course (to my surprise) though the top men's team got all but one, and the top mixed team got all but three. To ace it would have required 46-1/2 miles and 6,250 feet of elevation gain without any significant errors. Promontory Butte would've added about seven miles and 600 feet of gain to that.

All but one of the top-scoring teams chose to do the larger eastern loop first, and they were split as to which direction, clockwise or counter-clockwise, was best. There was lots of variety in how to go about getting #78. I had placed this specifically to confuse course strategy. #80, #60, and #64 were placed with the same intent, and also had many variations on how they were tackled.

Lacking Promontory Butte, the western loop was simplified, and most teams tackled it in the same counter-clockwise fashion with most being caught short on time and being forced to abbreviate the loop.

I thought the eastern part of the course was more pleasant to orienteer on in general, though its flatness dictated attention be paid to more subtle features and compass and distance estimation skills were more important here. Although this was my favorite part of the course, I also had favorite sites in the western part and on Promontory Butte. Mark Parsons said it was an honor and a privilege to collect the controls on Promontory

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Butte, but it was a lot of distance. He saw the bear tracks and enjoyed the vistas, but had to walk almost 10 miles as the Forest Service escort kind of petered out at the gate, so Mark had to hoof it from there, all the way out and all the way back.

The large avian species, which I forgot to warn people about, near #75 had to have been a wild turkey. When I first encountered it, hanging bags, it flushed from a ground nest that was one foot in diameter with a clutch of nine big eggs, beige with brown speckles. I only got a brief glimpse of the bird before the foliage swallowed it up. Someone told me turkeys don't fly. This one did. Course it was on the steepest hillside of the whole map. Probably would've ended up flying just falling off the nest!

Leaving the Rim, I had to first run over to Forest Lakes for gas (not enough in the tank to reach Payson). Cute little signs said:

They saw an elk... Oh, what a thrill... Until they smashed it... On their grill.

Two hundred meters beyond the last sign was a green van with a grill that had been smashed dead center. What a prop! Oops, maybe not. One hundred meters beyond that was an elk, lying down on the shoulder, smashed dead center. Looked very realistic to me. Had to wonder whether the driver had gotten a chuckle out of the signs, or was he/she coming from the opposite direction?

Don't forget, we'll be up on the Rim again for our September event. At 7000-8000 feet, it's a great getaway place from the desert heat.

24-Hour Category*Women's (Open and Masters)*

1	Clare Durand/Sue Johnson	(CA)	1030
2	Lois Kimminau/Mary English	(AZ)	300

Men's Open

1	Ron Hudson/Mike Springer	(CA)	2580
2	Peter Zurcher/Ralf Willecke	(AZ/CA)	2210
3	Scott Devlin/Garrett Ford	(AZ)	2180
4	Jason Mittman/John Beard	(TX)	1670
5	Mark Prior/Mike Prindiville	(CA)	1470
6	Syd Reader/Trevor Pering/ Doug Stein	(CA/OR/CA)	1410
7	Rob Hingtgen/Bill Bryant	(CA/MA)	1350
8	Allan Pincus/Mike Reason	(CA)	1310
9	Brent Alspach/Matt Amster	(CA/FL)	1200
10	Paul Rudman/Renne Gardner	(CA)	1120
11	DesRosiers/Trubiano/Waldrop/ Goscinski	(QUE/QUE/ MO/MO)	860
	Dan Coombs/Joaquan Fox	(AZ)	DSQ

Men's Masters

1	Bob Anglin/Kalon Kelly	(CA)	1740
2	Mike Huckaby/Jeff Brucker	(AZ)	1610
3	John Pascal/Chris Locke	(NM/CA)	1220
4	Dennis Nicholson/Mark Garner	(CA)	890
5	Yitzhak Gilon/Chaim Gur-Arieh	(CA)	520

Mixed Open

1	Emily Lane/Chris North	(AZ)	2480
2	Annabel Fernandez-Valledor/ Lluis Cumellas	(CA)	2150
3	Ann and Charles Leonard	(NY)	2100
4	Marcy & Kip Fiebig	(TX)	1430
5	Jeff Brodsky/Peg Davis	(AZ)	1030

Mixed Masters

1	Carson Black/Beatrice Zurcher	(CO)	2180
2	Sharon Crawford/Ron Grayson	(CO/CA)	1860

12-Hour Category*Men's Open*

1	Mike Cordier/Justin Siglow	(AZ)	770
2	Dan Zelinski/Don Fallis	(MO/AZ)	720
3	Mike Ozeranic/Jeff Berringer	(AZ)	300

Men's Masters

1	Mike Shifman/Robert Conn	(KS)	940
2	Paul Hoyt/Ray Chance	(AZ)	610
3	Dave Petty/Knut Olson	(WA)	410

Mixed (Masters & Open)

1	Audrey & Michael Schneiderman	(PA)	700
2	Scott & Shirley Donald/ Yoko Kimura	(BC)	590
3	Wyatt & Angelica Riley	(CA)	550

6-Hour Category*Men's (Masters & Open)*

1	Mark Parsons/Richard Rivera	(AZ)	610
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Mixed (Masters & Open)

1	Pete & Judy Cowgill	(AZ)	550
2	Harold & Penny DeMoss	(CA)	530
3	Kat Manton/Tom Spinosa	(AZ)	180
4	Chuck O'Hara/Jacqui Ciccola/ Bill Bryant	(AZ)	160
5	Jerry Sims/Barbara Turton	(AZ)	90
	(5:35:54)		
6	Dick & Eleanor Lane	(NZ)	90
	(6:10:05)		

National Orienteering Day a Success

—Rachel Gelbin

Saturday, May 6, was National Orienteering Day. We held a special Saturday event, which was attended predominantly by brand-new orienteers. I guess that means the meet was a success!

Peg Davis set five courses all in the range of White, Yellow, and Orange, so that people could go out on more than one course in their category. People really enjoyed themselves, most going out on two courses with one team going out on three! We started the meet early and ended early to avoid the heat.

Peg Davis also conducted a Beginners' Clinic, with Keith McLeod and Vicky Hervert helping with registration and timing tables. I also had help with control retrieval by Vicky and Keith, Jeff Berringer, Mike Thompson, and Garey Cash. Cathleen Manton and Tom Spinosa showed up to help, but thankfully, we had lots of help and they got to go home early.

We got good feedback from the runners. Several competitors decided to join the club, and we will look forward to seeing them at future meets.

Here are the results (asterisks indicate multiple courses run):

White		Orange 1	
Team		Men	
*Seek Bryant	37.20	*Jeff Berringer	36.45
*Superstar	22.08	Jeff Fisher	113.13
Recreational		Team	
*Jim Orey	19	Jerry Sims and Barbara Turton	62.39
The Rangers	50.13	Slobbering Dogs	40.51
*Mike and Rachel Quigley	23.29	Recreational	
		The Wanderers	93.23
		6 clan (great time, lost their card)	
Yellow		Orange 2	
Men		Men	
*Dickie Fernandez	25.15	Mark Everett	19.06
Recreational		Mike Wilke	27.14
Greg Townsend	45.27	Mike Thompson	37.11
*Jim and Monica	76.22	Lawrence Taoman	37.59
		Sayed Ghani	2:20

Incredible!



Yes, It's incredible. The board of directors has had two openings since the beginning of this fiscal year (April 1) and no one has yet volunteered to fill them!!

Secretary/treasurer--record business meeting motions and handle club finances

Permit manager--obtain meet permits from various agencies

Neither position requires advanced orienteering skills. Board meetings occur less than once a month. Previous office holders will teach new office holders the tasks involved.

Please volunteer to help your club.

Rogaine Strategy

—Keith McLeod

(An interview with Ron Hudson, continued from April 2000 Newsletter)

Do you draw your route on the map?

I study the map hard for a reasonable route. That involves a lot of trial and error in the head. I may draw lines first in areas where there is only one obvious route. Can use a mylar overlay but drawing in erasable red or standard pencil directly on the map is easier. I may put dashed lines for optional routes.

What impact do the number of controls, point total, ease of map navigation have on your choices?

The bottom line is the time to get to the controls, which is a function of distance, elevation gain, and difficulty of terrain. Rate needs to be estimated--km per hour for the course and terrain. I may put accumulated km on the route line, to estimate time to visit particular controls. 3-4 km/hour (1.8-2.5 mph) is typical.

Discuss weather: rain especially, hot, cold, windy...

I guess weather has not been much of a factor for me at the rogaines I have attended. I can remember some warm times--temperatures 90-100 F, but nearly always I was able to get water when I needed it. Bring more water capacity if water will be short in the heat. Non-potable water will cool by pouring it on my body. I guess I'm used to heat and have no problems keeping my water and electrolytes balanced.

Maybe only once have I been rained on at a rogain, and it wasn't much. Wet plants and swampy areas can make things wet and cold too. As long as I have energy food, some polypro for insulation underneath, windproof shell pants and parka, and I can keep walking, the temperature can be freezing and not make me cold. I make sure I know the weather forecast. Wet feet will be cold, so try to avoid getting them wet.

How do you work with your partner on the route choice? Independent at first, then come together to compare routes?

I have done it both ways. Maybe it is the most productive to discuss quickly first general route approach, then think hard individually on best route, then get back together to compare and discuss details. If the route is pretty obvious we may do it all together. Or one may draw details and other compute distances, and even altitude gain expected.

Disagreements? How handled?

Try to bring out all the facts, merits, past experience. If we still disagree, can have one do his way that leg and the other lead another leg.

What problems, or potential problems on route with a partner?

Need to communicate immediately if something seems wrong about the route or location.

Since you will be out 24 hours, do you plan to return to the main camp for food, rest?

Usually, unless it costs too much in time due to the layout of the course. Try to minimize rest. But I try to be minimally ready in case it takes much longer to come back in than we plan (often the case), or we end up not coming in until the finish.

Discuss being out all night. Do you go all the time, sleep any? What must you consider? Watch out for? Feel good about? What adjustments do you make?

I plan on all night if we feel competitive. I have also made bad mistakes, usually at night, felt not very competitive then, and then came in for long rest out of lack of motivation or feeling that we are out of the running anyway. The first few rogaines I did, I seemed not capable of going without any sleep. The more events I did, the less sleep I needed. Maybe I am just getting old. Making sure I get a normal night's sleep a few nights before helps, of course. The exercise and constant movement of a rogain sure is stimulating. I can't think of another activity that stimulates me to stay up the way the constant moving and thinking of a rogain does.

I do get a "sleep attack" sometimes. Mental and physical coordination shuts down, forcing a nap. This happens only at night. But 20-30 minutes' sleep snaps me out of it and I am good to go again. If it is cold, there is no danger of sleeping too long; the cold wakes me up. The bad times at night are when the terrain is difficult; it is made a lot worse in the dark.

(To be continued in future issues, as space permits.)

CLUB CALENDAR

June 18, Palisades on Mt. Lemmon

Course Setter: Jeff Brucker (886-2528)

Course Vetter: Vacant

Meet Director: Pete and Judy Cowgill (887-1514)

June 26, Newsletter Deadline

Submittal information on page 2.

July 16 (and maybe 15), Bear Wallow on Mt. Lemmon

Course Setter: Ron Hudson

Course Vetter: Vacant

Meet Director: Vacant

August 20, Lincoln City Park

Course Setter: Vacant

Course Vetter: Vacant

Meet Director: Vacant

September 16-17, Mogollon Rim Special Event

Course Setter: John Maier (520-586-7300)

Course Vetter: Vacant

Meet Director: Vacant

October 14-15, State Champs, Down Route 83

Course Setter: Vacant

Course Vetter: Vacant

Meet Director: Vacant

November 19 (& maybe 18), Silver Bell Mountains

Course Setter: Dan Coombs (322-9758)

Course Vetter: Vacant

Meet Director: Vacant

December 17, Cat Mountain

Course Setter: Jeff Brucker (886-2528)

Course Vetter: Vacant

Meet Director: Vacant

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.

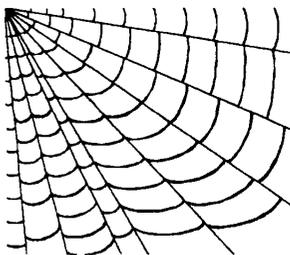
1999-2000 TUCSON ORIENTEERING CLUB OFFICERS

President	Peg Davis	pegdavis@u.arizona.edu	628-8985
Secretary/Treasurer	VACANT		
Membership	Jeff Brodsky	jabrodsky@worldnet.att.net	886-6304
Mapping	Wilkey Richardson		529-1105
Equipment	Mary English		881-4786
Permits	VACANT		
Publicity/Education	Carol Brucker	carolbrucker@prodigy.net	886-2528
Newsletter Editor	Lois Kimminau	loiskim@aol.com	296-2108

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

Address Service Requested

CHILL OUT ON THE MOUNTAIN JUNE 18!



Check out the Tucson Orienteering Club web site!
<http://www.fortunecity.com/greenfield/bypass/733/>
Also, for links to all the West Coast club sites,
just type <http://go.to/sconet>

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, call 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.