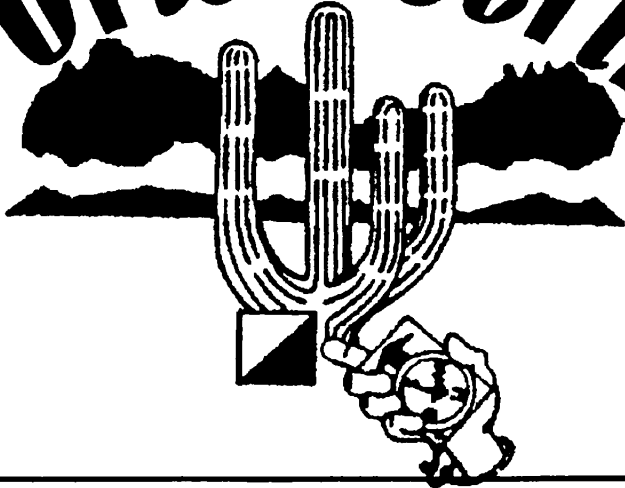


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# Las Vegas Orienteering Club



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January 2001

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## Chimney Rock Score-O

—Carl and Linda Moore

Peg Davis asked Linda and me, outsiders from the Las Vegas area, to design and direct a four-hour Score-O on the Chimney Rock map on January 21. In Score-O competition, you visit as many controls as possible, in no particular order, within a set time limit. You can compete as an individual or as a small-group member.

I am planning to set a 30-control course, suitable for all skill and fitness levels. There will be ten controls worth 20 points, ten worth 30 points and ten worth 40 points. A competitor who visits all controls will earn 900 points. A majority of the controls will be within a kilometer of the start, so that newcomers and slowpokes (like me!) can build an impressive score without covering too much ground. More ambitious competitors will have to visit all corners of the map to get a perfect score.

The meet will start promptly at 9 a.m. and will finish promptly at 1 p.m. There are severe penalties for finishing late—you will lose 10 points for every minute you are late. You may start later than 9 o'clock, but no matter what, you must finish by 1. If you get tired or bored, you can always come in early. Some people may just want to go out for an hour or two. Be sure to carry a watch with you.

To receive a map marked with controls, you must preregister by calling (520) 628-8985 before Saturday, January 20, at 12 noon. If you do not preregister, you will have to copy control locations on your map yourself, starting at 8:30 a.m. Sunday at the meet site. Maps will be distributed to the preregistered at 8:30 a.m., to plan the optimum route before the start. Be sure to allow enough driving time to reach the meet site early. The Redington Pass Road is quite rough.

Volunteers are always needed at Registration and Timing, and after the meet to help retrieve the controls. You may call Peg Davis at 628-8985, or just let us know you are willing to help when you arrive at the meet site.

**Directions:** From Wilmot and Speedway, Wilmot northbound becomes Tanque Verde Road. Take Tanque Verde Road east. Six miles east of Houghton Road, it will become Redington Road, dirt-surfaced, winding, rough, and narrow in spots. The meet will be on your left, about 7.3 miles from the end of the pavement. Look for O signs.

**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:**

8:30 a.m. Registration opens. Beginners' clinic starts.

9:00 a.m. Courses open.

11:00 a.m. Last time to start a course.

12 noon-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 and ask for instructions.

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## What is Orienteering?

Orienteering is a fun and challenging outdoor activity in which participants navigate their way on foot through the "great outdoors," using only a map and a compass. (There are other versions of orienteering, such as on bicycles, skis, horseback, or in canoes, at night, relay teams, etc., but the idea is basically the same.)

Each participant is given a specially prepared topographic map marked with a series of checkpoints to be visited. At each of these checkpoints, the organizer places an orange and white "control." The object of the sport is to use the map with the compass to locate the control features and navigate back to the starting point. Using your imagination and your navigational skills, you try to select the best route to each control.

Once at the control marker, you punch a score card which verifies that you have found the control feature.

At each event, there are several courses offered, rated in length and difficulty. You can choose the course that suits your ability and inclination, and you can make it a stroll, a hike, or a race, as you prefer. It is a family sport where each member of the family may choose his/her course, or the entire family may go as a team. Beginner courses are typically along trails or other easy-to-follow routes. Intermediate courses are partially on trails and partially cross-country. Expert courses are on difficult-to-follow cross-country routes.

### Preparation, Clothing, and Equipment

A beginning orienteer should be fit enough to walk at a leisurely pace for about one mile, in about an hour, over easy terrain. Expert orienteers are trained endurance athletes, walking or running for many hours over rugged terrain.

Wear comfortable clothing appropriate to the season, long pants, a hat, and walking shoes or hiking boots. Events are timed, so a watch is recommended. Bring plenty of water, and a snack if desired.

The only specialized equipment you will need are a compass and a whistle. If you forget these items, compasses may be rented or a whistle purchased for \$1 each.

### Safety

If navigating in the outdoors sounds a little scary, then an orienteering event is the place to be. The beginner courses are in carefully selected areas, safely contained within recognizable boundaries, so it is almost impossible to get truly lost. In addition, each participant's start and finish time is monitored so that anyone who is overdue will be safely rounded up by skilled orienteers.

### Newcomers

We highly recommend that you attend the *free* Beginners' Clinic, which is offered at every meet, if you haven't orienteered before. It is usually held 15 or 20 minutes before the courses open. Try to arrive at or before the time that Registration opens in order to attend.

### Fees

Fees for Tucson Orienteering Club events are as follows (other clubs' fees may vary): \$8 per individual or \$10 per team, for nonmembers, with a \$5 discount for members of Tucson Orienteering Club, Southern Arizona Hiking Club, Southern Arizona Search and Rescue, Phoenix Orienteering Club, or United States Orienteering Federation; \$1 for color maps when used (no charge for black-and-white maps); \$1 to rent a compass; \$1 to purchase a whistle. Annual membership fees are \$10 for an individual and \$15 for a household.

*Tucson Orienteering Club*

*P. O. Box 13012*

*Tucson, AZ 85732*

*Phone: 628-8985*

### Next Month's Meet

**will be held on February 18, 2001, at Catalina State Park.**

The Course Setter will be Jim Stamm (575-0830), and the Meet Director Liz Brace (883-5360). Registration will open at 9 a.m. Catalina State Park is on Oracle Road, six miles north of Ina Road.

For further information, call 628-8985.

## Cat Mountain in December

The last meet of the year was held at Cat Mountain on December 17, 2000. Hanging the controls at 7:30 a.m., it was pretty cold, but once the sun came up, it was bright and clear—a nice day for orienteering.

The traditional five courses were set by **Jeff Brucker**. **Mary English** and **Lois Kimminau** helped on the White and Yellow courses with vetting and hanging controls. The courses were interesting and as varied as possible in a familiar area.

Meet Director was **Mike Wilke**, with much-appreciated volunteer help from **Gail Milkey**, **Keith McLeod**, **Pete** and **Judy Cowgill**, **Ludwig Hill**, **Ron Peloquin**, and **Gary Hinman** at Registration and Timing; and **David Barfield**, **Jim DeVeny**, **Mark Parsons**, **John Maier**, **Ed Stiles**, and **Chris Johnson** helping with Control Retrieval.

### White

1T	Mikelby	1:31:16
REC	Fighting Irish	
REC	McElroy	

### Yellow

REC	Steve Delaney
REC	Yen Chamberlain
REC	Farby
REC	Mountain & City Folk
REC	Lewis & Clark
REC	Wolves

### Orange

1M	Joaquin Fox	1:25:30
2M	Chris Johnson	1:41:12
3M	Keith McLeod	1:45:15
1T	A&L	1:53:30
1W	Jeanne Keller	1:56:10
2W	Carol Starr	1:56:48
4M	Mike Thompson	2:01:52
5M	Coyote	2:17:40
DNF	Lois Kimminau	
REC	Ed Stiles	
REC	Banana Slugs	
REC	Sue Wenberg	
REC	Perdue	
REC	Steve Delaney	

### Green

1M	Ludwig Hill	1:15:17
2M	John Little	1:19:25
3M	Jim DeVeny	1:20:31
1W	Pat Penn	1:34:32
1T	Beauty and ...	1:35:55
2W	Helen Deluga	1:36:42
4M	Jeff Brodsky	1:37:48
2T	Free Rangers	1:41:57
5M	Jim Stamm	*1:45:28
6M	Pete Shifflett	1:47:37
3T	Age Before Beauty	2:14:02
3W	Margrit McIntosh	3:26:00
DNF	Gary Thomas	
REC	Victoria Campbell	
REC	Kevin Gross	
REC	Tomcat	
REC	J&G	

\*Forgot to punch one of the controls, but was verified at the control.

### Red

1M	Dan Cobbletick	1:08:46
2M	Jonathan Campbell	1:09:50
3M	Max Suter	1:14:30
1T	Tombstone	1:30:16
4M	Matt Chamberlain	1:31:04
4M	Wolfsong	1:31:04
1W	Peg Davis	2:09:40
6M	Jeff Beringer	2:41:55
DNF	Mike Wilke	
DNF	Terry Jasper	
REC	Paul Hoyt	

### To tape or not to tape?

#### That is the question.

—John Little, TSN

When I started reading books by Serious Orienteers about advanced O techniques, under "Preparation" I found the mysterious question, "Laces tied and taped?" I eventually discovered that this referred to shoelaces.

After thinking, "How fussy!," I decided taping my laces wasn't appropriate here in the desert, since we often remove our shoes in mid-meet to extract spines and the like.

But in December at Cat Mountain the wisdom of this advice was revealed in the most forceful way. As I was running along, the loop of my shoelace caught on the spine of a fishhook barrel, leading to an immediate face plant and smashed ribs.

Maybe some kind of tape that can be taken on and off a few times would help? Or maybe I could just watch where I'm going! In any case, it reminds me of a sign I saw once in Yosemite, a catch-all warning that could apply to our sport: "Unknown hazards usually exist!"

## January Business Meeting

The next business meeting will be held Wednesday, January 24, 2001, at 6:30 p.m. at Casa Peg Davis (2241 East Parkway Terrace; call 628-8985 for directions). Topics covered will include:

- Further discussion and planning on map creation and improvement.
- Completing the meet schedule for 2001.
- Election of officers for fiscal year April 1, 2001-March 31, 2002.
- Additional topics from the floor.

All members are urged to attend and are eligible to vote. If you cannot attend but would like to air your views, please call Peg (628-8985) before the meeting.

## November at Silver Bells

—*Alexandre Savine*

The November 19, 2000, event started for me with some confusion: the last turn to the event site was not marked and I had to wander up and down the road. And it was the weather to blame! As was discovered later, the course-setter brigade was frozen in a tent, and it took some sunshine to melt the ice and let them out.

Anyway, with the help of Chronometrists (time keepers) the Registration and Start was set in time. Eleven teams and 33 individuals took off for five traditional courses and one designed specially for mountain bikes. Except for one mislabeled control on the Yellow course, Kevin Gross did a very accurate job. There were complaints about #9 and #11 on Red being visible from afar, even before the feature is located. As a Red runner, I agree about #9 but cannot say so about #11. The last one was set in a pretty vegetated wash, and its visibility depends strongly on the approach.

There was only one control on Red (none on Green) that could demand some compass work (#10). But the mine-eaten mountain provided a decent bearing, and a junction of two major waterways at 2/3 of a leg was another helpful feature. I would suggest to have more such controls on future Red/Green courses.

There is another lesson to learn. It took a lot of sweat for **Peter Shifflett, Peg Davis, Ludwig Hill, John Maier, Chris Johnson, Mark Parsons, Liz, and Me Your Servant** to pick up 44 controls! I have a strong impression that there was room for more control sharing between courses.

Special thanks to:

- **David Barfield "Coyote"** for taking over the Registration table and allowing me to run the course.

- **Peg Davis** for schooling the beginners.

- **Mary English** for having all equipment in perfect order. Her contribution makes setting up the event site as easy as opening a can.

I have to apologise to volunteers who ran the Timing table (Chronometrists). They departed just after I finished a course, and I did not write down their names. Their help was very much appreciated anyway.

White			Green		
Rec	R. Woodhouse	67:00	1T	Free Rangers	130:30
1T	Carol Buuck	77:00	1M	Ludwig Hill	143:15
1W	Anne Han	86:00	1W	Pat Penn	159:55
			2M	Gary Thomas	165:45
			3M	Pete Shifflett	191:40
Yellow			Rec	Mark Peters	
1M	Mark Peters	58:00	DNF	Jim Stamm	
1T	Seven Swans	79:00	DNF	Mike Dale	
2M	Jim Minium	83:00	DNF	Wilkey Richardson	
3M	Coyote	95:00	DNF	Margrit McIntosh	
Rec	Sacha Swenson	131:40	DNF	Joe and his Dad	
DNF	Jim Orey				
DNF	Lobster Magnet				
Orange			Red		
Rec	Banana Slugs	127:30	1M	Mark Everett	78:15
1W	CB	134:00	2M	Max Suter	100:15
1M	Mark Harkness	135:40	3M	Jeff Brucker	108:00
Rec	Chris Johnson	145:35	4M	Alexandre Savine	119:15
1T	Team SI	147:00	5M	Mike Minium	132:15
2T	Riga	149:30	6M	Jeff Brodsky	134:40
3T	Alaska Connection	200:00	7M	Tim England	161:40
2W	Judy Cowgill	206:00	1W	Peg Davis	169:20
Rec	Gregg Townsend		8M	Jeff Berringer	191:13
DNF	Andre Lehovitch		DNF	John Maier	
DNF	A & L		Bicycle-0		
			DNF	Michael Thompson	
			Rec	Learning Curve	

# HAPPY NEW YEAR!

### 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 loiskm@aol.com  
US mail 9055 Calle Bogota,  
Tucson, Arizona 85715  
*Lois Kimminau, Editor*

## Orienteering Workshop for Beginners

—*John Maier*

Interest in this offering has been growing by leaps and bounds. We currently have 17 people expressing interest. We have set a tentative date of January 13 (Saturday morning) 9-12 at Lincoln Park for the first session. It will be confirmed as soon as six interested people verify that this date is good for them. This may already have occurred as you read this, but not as of several weeks before when it was written.

The minimum class will always be six. If we have too many, I will seek additional instructors. This strong interest expresses a definite need for such an offering.

The Club also has a definite need: it needs volunteers. As explained in the November newsletter, we're going to fashion a win-win situation where the Club gives you what you want and you give the Club what it wants. The cost to participants will be to repay the Club in volunteer hours equivalent to the hours of instruction received. Your satisfaction is guaranteed. If you do not improve, you owe nothing. If you are a regular Club volunteer, this workshop is free. Fair enough?

I expect these workshops will be offered on a monthly basis at first, preferably no more than a week before our regular monthly event so you can reinforce your new skills acquisition with application at the events. You must put in the time if you hope to improve. There is no substitute for experience in the field. At first the workshops will cater to beginners, but if there is demand we will have future sessions which target intermediates. If you cannot make a session, you will not be hopelessly lost in coming to the next one. We will always make room for new orienteers in these sessions. But you should make attendance a priority if you really want to improve.

**FIRST SESSION:** Orienteering is finding your way in unfamiliar terrain. Your tools are the map and compass. The map is by far the most important, but we will use both from the beginning. You can find a control with only a map. You cannot do the same with only a compass. Using both together is superior to either alone. To orienteer effectively, you must learn to judge distance as well as direction. Although this is possible with the map alone, it is much easier with the addition of a compass. A watch can also be a useful accessory in gauging distance. The key in all of orienteering is not to lose contact with your location on the map, to know where you are on the map at all times. That's all you have to do. How you do that is what these sessions are all about. For the first session, bring a watch and compass, if you have them or can borrow them. If you don't have a compass, let us know beforehand; don't buy anything before the first class. Bring a pen or pencil to mark your map.

If you haven't yet signed up but want to, contact me at 520-586-7300 or [wolffsongg@juno.com](mailto:wolffsongg@juno.com). Kristina will follow up in confirming the workshop.

## Road Trippin'

—*Peg Davis*

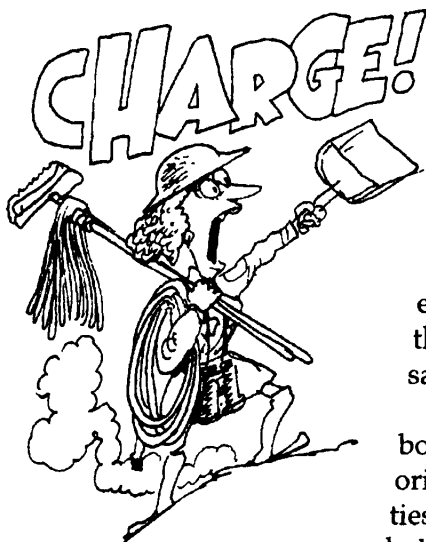
The San Diego Orienteering Club held a two-day meet on their new color map near Palm Springs on December 9 & 10. A seven-hour drive seemed a small price to pay for two, count 'em, two days of competition, so Jeff Berringer and I sped across the desert and joined our friends from California.

Bill Gookin and Mike Reason (who have each come to Tucson meets) set classic point-to-point courses. The map consists of a central flat area cut by drainages and surrounded by pretty steep hills that slam straight down into the desert floor. Controls were frequently hidden in subtle features right at the joining. While the Californians complained about the hostile vegetation and ankle-spraining rocky ground, I thought it was pretty easy to not get injured when compared to some Arizona sites.

The first day, many of us on the Green course wandered off the map looking for a control up in the hills. Happily, the second day I had one of my best runs ever—actually running over most of the course, reading my map on the move, pace counting, and marking off features as I passed them to stay in close contact with the map. My reward was doing well compared to some other Green runners I've often competed against.

Added bonuses were getting to spend time with our regional USOF representative, Clare Durand, and going

**Continued on page 6**



## New Broom to Sweep TOC Clean

Have you ever participated in the Tucson Orienteering Club when I wasn't there at the top of the board of directors listing at the end of the newsletter? Hmm, that was the answer I was afraid of. I began filling in for the vacant presidency in 1997 and officially became president in 1998. Now it's 2001 and time for me to go.

The president's official duties are to preside at board meetings and set up an event schedule with course setters and meet directors. But don't feel limited by that. There are enough special projects and possible new directions for the club to satisfy the most curious and energetic.

What's great about being president? The best thing is the board. While the board is enthusiastic and full of new ideas, they are also expert. Not just devoted orienteers, they've learned enough about their offices to know their responsibilities and how to work together synergistically. They're also creative. When I tried holding a board meeting by e-mail last month, they came up with more ideas than I could shake a stick at.

What else is great about being president? You really get to know the club. All the names that appear month after month in the results become familiar faces. And if you're as lucky as I've been, some of them become good friends.

Please think about becoming president. If you don't feel up to being president, how about offering to take over another office? Several on the board have served more than their fair share and would be glad to train you to take over an office. If being an officer seems daunting, think of another way to benefit your club. If you've come to three meets and haven't volunteered in some way, you're overdue. Call next month's meet director and see what you can do to help.

John Little once described "the black hole of orienteering" as the point where people are so hooked on the sport, one would have to expend effort to keep them away from meets. I'm way past that point, so expect to see me around. I've got my eye on some little projects that would help the club, but don't fall neatly into any office's responsibility. That will be after I direct the North American Rogaine Championships in May. And if we're awarded the bid for the World Rogaine Championships in 2004 which I would direct. . . . .

I want to thank all of you for letting me be president. It's made me grow and given me a greater appreciation of the club and the fab people in it. I'm looking forward to the breath of fresh air a new president will bring and the progress that person will bring the club.

*—Peg Davis, soon to be Past President*

### Road Trippin', Continued from page 5

to a nearby hot springs resort. Twelve of us took over a hot pool and talked orienteering for hours.

How did Jeff deal with his first "away" meet? He did well enough on the Red courses and enjoyed the events enough to consider going to other out-of-town meets.

Here are some other meets coming up in 2001 in California:

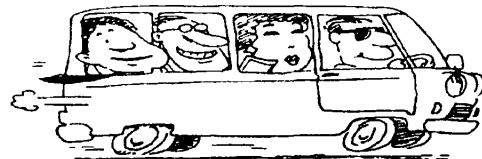
June 9 & 10, B meet, Los Angeles Orienteering Club

June 16 & 17, A meet, Bay Area Orienteering Club

October 27 & 28, A meet, Bay Area Orienteering Club

December 8 & 9, A meet (awaiting sanctioning), Los Angeles Orienteering Club

A three-day meet will be held in Wyoming over Memorial Day weekend, and the Pacific Northwest will see a week of meets around the Washington and Canada border at the end of June. Let's go!



**LET'S GO!**

## CLUB CALENDAR

### January 21, Chimney Rock at Redington Pass Short Rogaine

Co-Course Setters: Carl and Linda Moore

Course Vetter: Vacant

Meet Directors: Carl and Linda Moore

### January 24, Board Meeting

See page 3 for information and directions.

### January 29, Newsletter Deadline

Submittal information on page 4.

### February 18, Catalina State Park

Course Setter: Jim Stamm (575-0830)

Course Vetter: Vacant

Meet Director: Liz Brace (883-5360)

### March 18, Down Route 83

Course Setter: Wilkey Richardson (529-1105)

Course Vetter: Vacant

Meet Director: Jim DeVeney (323-0936)

### April 15, Slavin Gulch

Course Setter: Mark Parsons

Course Vetter: Vacant

Meet Director: Mark Parsons

### May 5 & 6, North American Championship Rogaine on the Mogollon Rim

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

Course Vetter: Vacant

Meet Director: Peg Davis (628-8985)

### May 20, National Orienteering Day at Greasewood Park

Course Setter: NEEDED!

Course Vetter: Vacant

Meet Director: Vacant

### June 9 & 10, Map field checking at Lake Mary

### June 17, On Mt. Lemmon

Course Setter: Jeff Brucker (886-2528)

Course Vetter: Vacant

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

### July 15, (Tentative) State Champs at Lake Mary

Course Setter: Vacant

Course Vetter: Vacant

Meet Director: Vacant

### September 16 & 17, Potato Patch, Mogollon Rim

Course Setter: Vacant

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

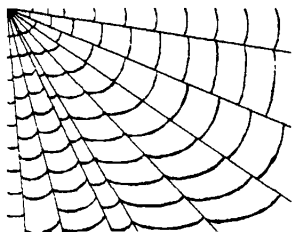
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Tucson Orienteering Club  
P. O. Box 13012  
Tucson, AZ 85732

Address Service Requested

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# FOUR HOURS OF FUN ON JANUARY 21.



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