



January 2002

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## Classic Orienteering at Chimney Rock —Jeff Berringer

Start your new year with classic orienteering at Chimney Rock. Sunday, January 20, will be the first Tucson Orienteering Club meet of 2002. White, Yellow, Orange, Green, and Red courses will be offered.

Chimney Rock has a variety of terrain for orienteering, with rolling hills, mesquite-filled plains, and unique rock formations. The White, Yellow, and Orange courses will use the southern portion of the map to avoid the elevation change required to get to the northern section. All courses will be on the standard 1:10000 color Chimney Rock map.

*[Note: As of the newsletter deadline, we have no meet director. Somebody, pleeeeee, pleeeeee, step forward. We don't want to cancel this meet, but it can't be held without a director.]*

**Directions:** Follow Tanque Verde Road east out of Tucson. Six miles east of Houghton Road, it will become Redington

Road, dirt-surfaced, winding, rough, and narrow in spots. Continue up the dirt road until you see the rustic wooden corral on your right, about seven miles past the end of pavement. The meet will be about 0.2 mile beyond this on the north side of the road. Normal clearance passenger cars will have no problem, but drive slowly.

**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. Courses open. Beginners' clinic starts. 11:00 a.m. Last time to start a course. 12 noon-1 p.m. Route choice reviews 12:30 p.m. Courses close. Begin control retrieval—good orienteering practice, lots of help always needed. Volunteer before 12 noon 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 1 p.m., the course setter or an advanced orienteer will discuss route choices with returning participants, probably near Start/Finish area.

**Need some extra practice?** Peg Davis will take any interested parties out control retrieving after the courses close as a skill building exercise. Let her know before 12:30 if you would like to go.

**It's a rough ride on Redington, but it's worth it!**

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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**  
**e-mail: [loiskim@aol.com](mailto:loiskim@aol.com)**  
**Web site: <http://go.to/tucsonorienteering>**

## Upcoming Phoenix Meets

Join the Phoenix club at meets on January 12, February 23, and March 23. Details can be found at <http://www.geocities.com/phxo>. They would also appreciate help vetting on the weekend before each meet.

The January 12 meet is at a site in the Superstitions just east of Apache Junction--not too far to go from Tucson. Let's support the other Arizona club!

## Orienteer All Summer 2002

Many multi-day events will be happening around the west this summer. Plan now for the vacation of a lifetime. For meet details, check out “events” at [www.us.orienteering.org](http://www.us.orienteering.org).

# CATALINA STATE PARK MEET

## Arizona State Champs

### Day 1 Report

—*Jim De Veny*

Saturday, December 15, the first day of this two-day meet, proved to be a memorable one with some of the most inclement weather we have experienced for an event. At the start, the temperatures were in the 40s with accompanying low dark clouds and a steady light rain. We received a few glimpses of the snow-covered Catalina Mountains through the occasional hole in the clouds. The rain did not relent all day.

**Max Suter** set over 40 controls on five challenging courses that featured remote starting/finishing points. The courses were vetted by **Roger Sperline and Sue Roberts**. **Peg Davis** again conducted a Beginners' Clinic for the uninitiated. (Just how many people has Peg introduced to the sport over the years?) Special thanks go to **Judy and Pete Cowgill** who manned the Registration Table without relief throughout the day. Considering the weather, a surprising 25 entries ran the courses. Pat Penn received the prize for turning in the wettest, most nearly illegible control card. We had runners from Australia and the Los Angeles area—hopefully they won't think that the weather was typical.

Since most runners finished cold, wet, and shivering, control retrieval was not completed until the next day. Thanks go to **Max Suter, Rich Jerrard and Jim De Veny** for manning the timing/finishing tables and fetching back the controls. **Roger Sperline** is to be thanked for vetting the courses. **Mary English** again gathered and organized all the equipment for the meet in superb fashion. Despite the weather, all had a fun time and this meet will not soon be forgotten. This meet counted for the Pacific Region Ranking Series and the Arizona State Championship.

#### DAY 1 RESULTS:

Red			DNF John Little		White	
1M	Mark Everett	72:25	DNF Beauty and .....		1T The Blazers	126:43
2M	Wolfsong	89:25				
3M	Don Fallis	137:01	Orange		DSQ = Disqualified (punched wrong control)	
4M	Adrian Keough	165:13	1W Pat Penn	131:10	DNF = Did not finish course	
5M	Jeff Berringer	184:33	DNF Lois Kimminau			
DNF	Fleur Keough		DNF Hawks Rest			
DSQ	Garrett Ford		DSQ Three Geeks			
			DSQ William Florence			
Green			Rec English-Bacal			
1M	Jeff Brucker	91:15				
2M	Jim Stamm	133:20	Yellow			
1W	Clare Durand	134:17	1M Josh Stamm	87:50		
2W	Peg Davis	151:40	DNF Becka Savage			
3M	Jeff Fisher	152:33	DSQ Joan Sibbitt			
4M	Rich Jerrard	155:19				

### Day Two Report

Sunday, 16 December, was a beautiful day to finish the Arizona State Championships. The light coating of ice that frosted the Registration and Timing tables quickly vaporized once the sun rose over the mountain backdrop. Snow was visible in the higher elevations of the Catalinas throughout the day; the sky was clear blue. The courses this day had orienteers on the west side of the Catalina State Park map.

Thanks to all the volunteers who helped on Sunday: **Sue Wenberg and John Maier** (Timing), **Jim DeVeney** (Registration), **Jeff Brucker, Matt Chamberlain, Peg Davis, Jim DeVeney, William Florence, and Ed Stiles** (Control Retrieval), and last but not least, **Sue Roberts and Roger Sperline** for setting the courses, and **Max Suter** for vetting them.

Red (8.8 km, 170 m climb)

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1M	Mark Everett	77:48
2M	Wolfsong	97:34
3M	Matt Chamberlain	121:43
4M	Don Fallis	124:56
5M	Adrian Keough	130:56
1W	Jessica Beecham	168:31
OVT	Fleur Keough	209:40

## Green (7.0 km, 115 m climb)

1M	Jeff Brucker	95:00
1W	Clare Durand	100:03
2M	Jim Stamm	115:30
2W	Peg Davis	124:14
3M	Ed Stiles	135:10
4M	Rich Jerrard	168:41
5M	Larry Lamb	178:53
DNF	Beauty and ...	
Rec	Pooch Patrol	

## Orange (5.5 km, 75 m climb)

1M	William Florence	107:54
1W	Pat Penn	115:35
2W	Margrit McIntosh	139:40
2M	Gary Thomas	141:53
3M	Robert Minor	151:15
OVT	Lois Kimminau	205:14
DNF	Alexis Mills	
DNF	Coyote	
DNF	Gladiators	
DNF	Gurevich	
DNF	Los Dragones	
Rec	McElroy	
Rec	Mike & Pat	

## Yellow

1W	Sue Wenberg	86:58
1M	Josh Stamm	113:43
Rec	Major	
Rec	Shari Silvey	
Rec	Team White Dog	

## White

DNF No Spanish

**Arizona State Championship**

The Arizona State Championship is open to Phoenix or Tucson orienteering club members who completed their championship courses both days. The championship is determined by the accumulated time of both days of the meet.

The classes and courses are:

- Women's 12 and under (White course)
- Men's 12 and under (White course)
- Women's 14 and under (Yellow course)
- Men's 14 and under (Yellow course)
- Women's 16 and under (Orange course)
- Men's 16 and under (Orange course)
- Women's 18 and under (Orange course)
- Women's Elite (Green course)
- Men's Elite (Red course)
- Women's Veteran (over 50) (Orange course)
- Men's Veteran (over 50) (Green course)

The results of this year's two-day meet are as follows:

		Saturday	Sunday	Combined
	Women's Elite (Green Course)			
	Peg Davis	151:40	124:14	275:54
	Women's Veteran (Orange Course)			
	Pat Penn	131:10	115:35	246:45
	Men's 14 and under (Yellow Course)			
	Josh Stamm	87:50	113:43	201:33
	Men's Elite (Red Course)			
	Mark Everett	72:25	77:48	150:13
	John Maier	89:25	97:34	186:59
	Don Fallis	137:01	124:56	261:57
	Adrian Keough	165:13	130:56	296:09
	Men's Veteran (Green Course)			
	Jeff Brucker	91:15	95:00	186:15
	Jim Stamm	133:20	115:30	248:50
	Rich Jerrard	155:19	168:41	324:00

**Reminder:**

Orienteers are required to visit the controls in the order listed on the control card (except when specifically noted, such as a Score-O). Punching controls out of order is grounds for disqualification. We received a report of an advanced orienteer visiting controls out of order on Sunday's course; unfortunately, they were not identified, so we were unable to disqualify their results.

**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.

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Tucson, Arizona 85715.

*Lois Kimminau, Editor*

## November Silverbell Meet

—*Kevin Gross*

The weather was perfect on Sunday morning at the Silverbell mountains for the November 18 meet. A few early risers bore witness to a nice meteor shower in the hours before sunrise.

We had a total of 31 entries on the time sheet and a total of 56 people on the courses. For the most part, I felt that people enjoyed the courses and had a good time. The Orange course seems to have thrown everyone a curveball, as all the controls were found, but no competitive entry found them all. There was a misplaced control on the Red course (#9), but I'll report the scores since most runners found the misplaced control.

After a team's car managed to lodge itself soundly into a large wash, "Stuck" came back with an impressive first place time on the Yellow course. This was both Stuck's first time orienteering and first time driving on a southern Arizona dirt road. Way to go!

I'd like to thank everyone who helped out with the meet: **Anne Gross** for being the Meet Director (in a pinch you can always count on your wife!); **Emily Lane** for vetting the Red and Green courses the weekend before the event; **Jeff Brucker**, **Mark Parsons**, **Max Suter**, **Keith McLeod**, **Fran Boyd**, **Ludwig Hill** for Control Retrieval, and everybody else who did anything or nothing at all, and **Alex Perlis** for his invaluable resources.

White			Orange			Rec	Hawks Team	
1T	Los Dragones	27:48	DNF	PK & Lo		DNF	Elizabeth Wallace	
2T	Beavers	41:30	DNF	SWDC		DNF	Jim Deveny	
Rec	Fran Boyd		DNF	Gladiators				
Rec	The Majors		DNF	Robert Minor				
			REC	M & M		Red		
			REC	O'Hara		1M	Max Suter	101:55
Yellow						2M	Roy Parker	138:10
1T	Stuck	37:23				3M	Ludwig Hill	145:53
2T	Los Dragones	90:50	Green			4M	Mark Parsons	168:37
3T	Eagles	114:18	1W	Peg Davis	128:45	DNF	Jeff Brucker	
Rec	Dan Sims		1T	Beauty & ...	141:28	DNF	Jeff Fisher	
Rec	Fran Boyd		1M	Ed Stiles	168:24			
Rec	The Majors		2T	Free Rangers	177:34			
Rec	The Yopps		2M	Keith McLeod	182:02			

### November Board Meeting

A meeting was held on November 7 at the home of Sue Roberts and Roger Sperline. Attending were Sue Roberts, Roger Sperline, Jeff Brodsky, Jeff Berringer, and Lois Kimminau.

Topics of discussion:

Newsletter: Motioned and passed to discontinue bulk mailing of newsletter beginning in March.

Catalina State Park: No objection to a proposed new group camp area. It is not in an area that will affect orienteering.

Rogaine: The world championship rogaine is just three years away. If electronic scoring is required, we will have to rent or borrow the equipment. A budget estimate or plan should be prepared by the meet director as soon as possible, for planning purposes.

2002 schedule: A tentative schedule was prepared for the coming year. (It is shown on the "Calendar" page.) Course setters are needed for many of the meets, and if someone is willing to set the courses for a certain month but prefers a different site, his preferences will be accommodated, if possible.

Volunteerism: To encourage volunteers, particularly as meet directors, it was proposed that a mentoring program be instituted. Inexperienced volunteers would be appointed a mentor who could advise them. The assumption is that the Mentor would not have to do much other than be available to answer questions. The volunteer might be less intimidated if he/she had a person to contact when needed.

Mapping: Jeff Brucker reported that David Barfield is taking the action to start work with Ludwig Hill to map out the Route 83 culvert area. Their initiative is appreciated. (Way to go, guys!)

A date has not been set for the next meeting.

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## Tucson Orienteering Club Excels at California Events

—*Peg Davis*

The Palm Desert Meet on December 1 & 2 featured two days of B courses and the USOF Night-O Championships. Perhaps it was the desert setting, with crumbling rock underfoot and hostile vegetation, that allowed TOC members to place so nicely. In the Night-O, Jeff Brucker was first in M50 with Max Suter second. Mark Parsons was second in M55 and Peg Davis was first in F45. In the two-day B meet standings, Max Suter was first in M50, Jeff Brucker second in M50, Mark Parsons second in M55, and Peg Davis second in F21. Seven TOC members competed.

The next weekend featured a two-day A meet on the new Vasquez Rocks map just outside Los Angeles. Seven (but not the same seven) TOC members participated with Mark and Max again winning their categories on Saturday. Sunday featured the USOF Relay Championships. To be champs-eligible, all four members of the team must be both USOF members and primary members of the same club. With different values assigned for sex and age (for example, an F45 woman was worth three points), we fielded an eight-point team with Max Suter running Green, Mark Parsons running Brown, Dave Kreider running Orange, and Peg Davis running a Yellow course. Thanks to Max and Mark's excellent runs, the Tucson team placed third in the eight-point division, winning great big medals. A second partial Tucson team featured Jeff Berringer and Sue Wenberg. Mark Everett ran with his homies from Kansas.

These two weekends were fabulous opportunities to do some excellent orienteering on high quality maps. One can only hope that the host Los Angeles and San Diego clubs will have more two-day events in the coming year. Our enthusiastic thanks go out to the Southern California orienteers for these wonderful events.

## Orienteering for Dummies

### Navigating in Adventure Races

—*Fleur Keough*

In October this year, I had the great fortune to represent the US Army in the EcoChallenge held in New Zealand. The EcoChallenge is a non-stop multi-disciplined race where teams of four members must hike, mountain bike, paddle, mountaineer, and horse ride over 350 miles, navigating day and night. Navigation presents the most critical challenge to adventure racers due to the distances covered, the variety of terrain traversed, the changing disciplines, and the lack of sleep.

Typical checkpoints in the EcoChallenge are spaced approximately 10 to 16 miles apart. This leaves enormous scope for mistakes and critical time lost if steps have to be retraced. Every leg is designed to present a choice—the river valley or the ridge?—the longer route around or up and over?—traversing scree slopes or dropping altitude to the tree line? For navigation over such long distances, it becomes essential to simplify the map. This means checking progress against large terrain features, and minimizing focus on reentrants and minor features. The altimeter is an essential navigation tool. The EcoChallenge involved numerous ascents and descents ranging within a scope of 4000 feet which required three-dimensional navigation. Accurate knowledge of altitude helped with making informed route choices, such as contouring mountains to reach saddles, rather than consuming greater energy to go up and over.

Snow and ice, scree, rainforest, braided rivers, swamp valleys, moraine and thicket were all part of the New Zealand course. This variety of terrain and vegetation meant that navigation often relied on careful route choice to go around difficult terrain rather than relying on following a direct azimuth. The terrain and vegetation had an enormous impact on estimating distance. Pace counting is often impossible: how fast does a class 3 river take you?—how fast does a horse canter?—how fast can you move roped up on a glacier?—how fast can you move down a scree slope? To estimate distance, we would make an assessment of an average rate of travel and multiply that by the time spent moving within that terrain, vegetation, or discipline.

Lack of sleep was probably the greatest challenge to navigation. Throughout the eight days we rested for two hours every 24 hours. Navigating day and night demands a significant degree of mental alertness and sound decision making. Not only does tiredness allow you to see the map how you want to see it, but it also adds in the challenge of distinguishing hallucinations from reality! I was notorious for seeing bridges and buildings, but fortunately for our team's route choice, the primary navigator only ever hallucinated small furry animals, which didn't change our course quite as significantly!

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## The Catalina State Park Experience

—*Wolfsong*

Looking out at the weather on Day 1 of the State Champs was not encouraging. How do you think the course setter must have felt, after all his investment of time and energy, to see the day dawn miserably cold and rainy? I decided to brave the elements along with 30 or so other souls. On good days we can get 100 plus orienteers at this site.

My previous orienteering outing was 10 months ago at—guess where—Catalina State Park. Hadn't even done any jogging in six months. I chose to work on consistency and accuracy, not speed. With the exception of a stupid mental error on my first control (reading the wrong control description) costing me 10 minutes of wasted time, my performance met expectations.

I really liked having the control descriptions and courses preprinted. However, I was less than pleased with the map. Let's talk about that in a minute.

Day 2 was a gorgeous day with the delight of orienteering on some new terrain not previously used. Unfortunately, the turnout was light, more than the day before, but far short of expectations (mine, at least). Where was everyone, Christmas shopping?

I had a solid performance, good accuracy, but suffered in speed due to my lack of conditioning. The important thing was to pace myself so as not to cramp up. On both days this worked well, just starting to feel the onset of cramps without being hobbled by them. It was fun to be orienteering again. Now to work on the conditioning aspect.

Let's talk about the map, specifically the vegetative mapping. This map is dominated by blobs of green. This green is supposed to mean thick vegetation, slow going. The darker the green, the tougher to get through. The darkest green obscures detail beneath it, but this shouldn't matter because dark green is something you should almost never try to go through, so who cares about what is there? Dark green means FIGHT. Think in terms of clawing your way through or going down on hands and knees. Or a dense stand of catchlaw that rips your clothing left and right. That is dark green.

Medium green means slow walk, but you can still walk. Light green means slow run, but you can still run. Technically, there is a distinction between how you show dense vegetation with good visibility and dense vegetation with poor visibility, and this is used on the map we'll be orienteering on next month at Chimney Rock, but let's not talk about that here.

On this map I jogged through numerous blobs of dark green that should have been shown as white (normal going). I had one control right in the center of a dark green area, yet I jogged in to it. There are some areas of the map which may be properly shown as dark green, but there is very, very little of it.

Let me say that this mismapping of the vegetation did not affect my performance. I'm not bitching because I had a bad run. I was pleased with my outing. I am not criticizing any person. Our volunteers are doing the best they can. I simply want to see a better map here because it's a good site. There is no good reason to have all this green on the map when so much of it is blatantly wrong and obscures detail. I vote for eliminating it until it is done reasonably. I'll volunteer to help fix the problem or lead a mapping clinic there that deals just with the vegetation.

The club's mapping finances look good, so I hear, and this would not cost much. Three man-days would work wonders for this map. I heard numerous complaints at the event about this vegetation mapping so it's not just one person's view. But unless someone speaks out loudly, nothing will happen. This is an attempt to speak out loudly for improvement at a worthy site. Let's do it.

### You're Invited!

Greetings, travel slide fans! You are cordially invited to see the slides of my trek in Nepal. I'll start showing at 7:45 p.m. Thursday, January 3, 2002. They only take an hour to show.

Directions: From the corner of Tucson and Broadway, turn south on Tucson Boulevard and drive down to the first street on the right. Turn right on Arroyo Chico and follow the curves to the white house with prayer flags on the cul de sac. The address is 2241 East Parkway Terrace (street name changes in the middle of the block). The phone is 628-8985.

Hope you can make it.

*Peg Davis*

## **New Mentoring Program** —*Mary English and Lois Kimminau*

In an effort to attract more volunteers to fill the positions that are required in order to hold regular meets, it has been suggested that making mentors available would be helpful. Members who might be willing to help out but have refrained due to feeling uncertain of what they need to do and overwhelmed by an unknown number of details might be willing to direct a meet or set a course if they had a person to call who would be willing and able to answer all their questions.

The position of meet director seems to be the one that fills everyone with terror. It is really not that difficult! Lots of details, yes. But none that require a rocket scientist.

The director of an orienteering meet either does, or recruits volunteers to do, the following tasks:

- Bring club equipment to the site (and collect and return it to the equipment chair).
- Run the Registration table, and provide reports to the treasurer and the membership secretary (the reports consist of the forms that are filled out as entrants register).
- Run the Timing table (start/finish), and report the competition results to the newsletter.
- Instruct beginners (following the detailed outline that is provided) and help newcomers select courses (using standard course specifications that are provided, plus any notes from the course setter).
- Make sure all participants return safely.
- Collect controls from the courses (usually with lots of help).

For many of these tasks, there are standard forms and written instructions. For some tasks, volunteers should be recruited in advance; for others, e.g., control retrieval, help can be signed up at the meet. There is a lot to do, but no one task is very hard. Team volunteering, with a spouse or a friend, is encouraged.

Would the availability of a mentor encourage you to volunteer? If you could commit yourself to directing a meet once a year, you could attend all the other meets feeling superior and virtuous!

### —*Peg Davis*

In the first two weekends of December, I ran Red, Green, Yellow, and night courses, and retrieved controls. For me, it was bliss, but lately two esteemed TOC members bemoaned their difficulties out in the field and wondered what they could do to increase their success and fun orienteering.

I have two suggestions. Though we only have the opportunity to orienteer once a month (woe!), perhaps every now and then, take it easy. I ran a Yellow course in the relay championships. The main difference I noticed was that I was really running. On a shorter course with easier control locations and less elevation change, I could move a lot faster. This was a good exercise to hone rapid map-reading skills and become accustomed to keeping a good pace through an entire course.

My second suggestion is to slow down. The second day at Vasquez Rocks, I retrieved a few controls in the furthest corner of the map. I strolled over along one side of the park and back along the other. Even though I had already run two courses, this was the first time I actually looked at the park. Moving slowly allowed me to study and relate features from terrain to map. In picking up the controls, I noticed that I took very easy approaches. With ample time to study, I was able to see that maximizing trail use and contouring was more efficient in this case than brute force scrambling.

Obviously, one can't take both these approaches at once. Picture running an easier course one month, then retrieving controls after the meet, perhaps accompanying a more expert orienteer. Designing and setting the more basic courses is another great practice technique. Call the course setter for a certain month and ask if you could help out by doing the White and Yellow courses. None of these suggestions seem quite right for you? Ask your favorite orienteer at the next meet for some others. There are a lot of great ideas to help you be a better orienteer—and have more fun.

## CLUB CALENDAR

### January 20, Chimney Rock

Course Setter: Jeff Berringer (512-4685)  
 Course Vetter: Vacant  
 Meet Director: Vacant

### January 28, Newsletter Deadline

See page 4 for details.

### February 17, Italian Springs (Redington)

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

### March 17, Rosemont

Course Setter: John Little (327-8973)  
 Course Vetter: Vacant  
 Meet Director: Vacant

### April 21, Buenos Aires National Wildlife Refuge

Course Setter: Jeff Brodsky (886-6304)  
 Course Vetter: Vacant  
 Meet Director: Vacant

### May 5, Greasewood City Park

#### National Orienteering Day

Course Setter: Ludwig Hill (299-9041)  
 Course Vetter: Vacant  
 Meet Director: Vacant

### June 16, Palisades with camping at Showers Point

Course Setter: Jeff Brucker (886-2528)  
 Course Vetter: Vacant  
 Meet Directors: Judy & Pete Cowgill (887-1514)

### July 21, Northern Arizona (the Rim? Lake Mary?)

Course Setter: Vacant  
 Course Vetter: Vacant  
 Meet Director: Vacant

### August 18, Lincoln Park Early-O

Course Setter: Vacant  
 Course Vetter: Vacant  
 Meet Director: Vacant

### September 15, Short Rogaine? Slavin?

Course Setter: Vacant  
 Course Vetter: Vacant  
 Meet Director: Vacant

### October 20, Maternity Well (Empire Ranch)

Course Setter: Roger Sperline (577-8519)  
 Course Vetter: Vacant  
 Meet Director: Vacant

### November 17, Route 83

Course Setter: Sue Roberts (577-8519)  
 Course Vetter: Vacant  
 Meet Director: Vacant

### December 15, Cat Mountain

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 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	VACANT	PLEASE HELP!!	
Secretary/Treasurer	Jeff Berringer	jaberringer@earthlink.net	512-4685
Membership	Jeff Brodsky	jabrodsky@worldnet.att.net	886-6304
Mapping	Jeff Brucker	guidezone@home.com	886-2528
Equipment	Mary English		881-4786
Permits	C. Michael Thompson		743-9687
Publicity/Education	Gary Thomas		480-899-8645
Newsletter Editor	Lois Kimminau	loiskim@aol.com	296-2108

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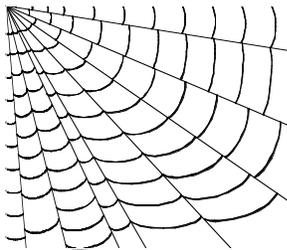
Tucson Orienteering Club  
P. O. Box 13012  
Tucson, AZ 85732

Address Service Requested

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# Chimney Rock

## January 20, 2002



Check out the Tucson Orienteering Club web site!  
Type <http://go.to/tucsonorienteering>  
Also, for links to all the West Coast club sites,  
just type <http://go.to/sconet>  
or for Pacific Region rankings, type  
<http://go.to/pacreg>

### 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.