



November 2002

Arizona State Championships Two-Day Meet at Cave Creek

—Chris North & Mark Everett

The 2002 Arizona State Orienteering Championships and Pacific ranking event will be a 2-day meet November 16 and 17, using the Cave Creek map on the east side of the Santa Ritas. The Cave Creek terrain is mostly hilly with ridges and deep reentrant systems. Flatter ground persists in a few areas. The vegetation ranges between open and forested with small oak and juniper trees. Most areas are grassy with scattered trees and bushes. Parts of the map are slow going due to brush and tall grass, or to loose rocky hillsides. In some areas, thorny plants are found, particularly catclaw bushes.

During course setting, we found many "stick-tight" grass seeds in this area. If you have certain clothes that will repel these seeds, this would be a good place to wear them!

Pre-registration is available for this meet and is highly advisable and encouraged... please pre-register!!! This will ensure that you receive a pre-marked map. Otherwise, you will have to copy your course from a master map while your time is running! See below for registration instructions.

There will be courses available each day for all ages and abilities (Red, Green, Orange, Yellow, and White courses). State championship results will be based on the combined time for two days on the appropriate course:

Junior Women and Men (under 18) — Yellow
Elite Women (18-50) — Green
Elite Men (18-50) — Red
Veteran Women (over 50) — Orange
Veteran Men (over 50) — Green

Our meet directors will be Emily Lane and Peg Davis. Please call Peg at 628-8985 if you can help out by volunteering at the meet. It is possible to run a course and volunteer (perhaps for an hour) either before or afterwards. Your help would be appreciated!

There is no organized camping permit arranged, but the U.S. Forest Service lands in this area abound with potential "primitive" camping sites for those who wish bring their own water.

We anticipate a lot of orienteers will be camping in the vicinity of the meet site. Tucson O Club will host

a potluck dinner at this site on Saturday evening at 5:30 p.m. for all who wish to join us! Bring a dish to share, something to drink, and your own eating utensils, etc.

Pre-registration: By pre-registering for this meet you will be assured of getting a pre-marked map (having the course drawn on it). This will also help the meet crew make sure there are enough maps available. Please contact Peg Davis at 520-628-8985 or: pegdavis@u.arizona.edu before Nov. 12. You should provide Peg the following information for each person you are signing up:

1. Name; 2. Sex and age; 3. Participation on Saturday, Sunday, or both days; 4. Course; and 5. State

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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): \$5/individual or \$8/team for members, or \$10/individual, \$15/team for nonmembers. The member price is available to members of Tucson Orienteering Club or any orienteering club affiliated with the United States Orienteering Federation or the International Orienteering Federation. Compasses are available to rent for \$1; whistles may be purchased for \$1. 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

**Web site: [http://go.to/
tucsonorienteering](http://go.to/tucsonorienteering)**

E-mail Discussion Group

Tucson Orienteering Club has its own discussion group. It is maintained as Tucson "O" Club by Topica, and is an e-mail based service. You must be subscribed before you can read or send messages.

To subscribe, send a blank message to: TucsonOrienteering-subscribe@topica.com. To send a message, simply address it to: TucsonOrienteering@topica.com. It will then go to all the list subscribers. To unsubscribe, see the Unsubscribe link at the bottom of any message.

For more information about this list, visit: <http://www.topica.com/lists/TucsonOrienteering>. Any problems, questions, or concerns can be sent to Jim Stamm, the E-Group Moderator, at JimStamm@ComCast.net.

A Beautiful Day at Empire Ranch

—Robert Miner

October 20 was a beautiful, cool, sunny day at Empire Ranch, and those who chose to spend the morning orienteering were happy with their decisions. A few clouds blew over, and the wind cooled considerably for a short time, but just enough to tease us with the distant prospect of rain, before returning to bright sunshine.

The new area used for this meet, called Maternity Wells, is very open and fairly flat. For those of us who don't like a lot of elevation change, it was perfect. The courses set by **Roger Sperline and Sue Roberts** were interesting and challenging.

We had a few new attendees/prospective members, thanks to the great publicity article in the preceding week's Arizona Daily Star. (Thank you, **Peg Davis**.) Total turnout was a little disappointing though, given the weather, good roads, and the close proximity to Tucson. There were 37 entries, including 50 people. (Does the BLM surcharge discourage people?)

Thanks to our course setters and to all of those who volunteered to help at the meet: **Peg Davis** (Beginners' Clinic); **Helen Deluga and Lois Kimminau** (Registration); **Ludwig Hill and Jeff Brucker** (Timing); **Ludwig Hill, Mark Everett, Max Suter, and John** (from Phoenix) (Control Retrieval).

White Course

1T	MudHens	40:37
2T	Tubac	40:49
1W	Nancy Potenza	40:53
3T	Bailey Walts	94:31
4T	Ayres	103:02
Rec	Paula Fan, Robertshaw	

Yellow Course

1T	Bowman	50:25
DSQ	Nancy Potenza	42:58
Rec	Tubac, MudHens, Robertshaw	
	UFAF	

Orange Course

1M	Jim O'Donnell	73:25
1T	Double Lutz	77:42
2T	Cactus Patch Kids	95:54
2M	Larry Guerrero	131:51
3T	David McElroy	148:15
3M	Phil Kirby	154:25
1W	Lois Kimminau	165:19
DNF	Debra Drenfeld, Jason Bowman, Robert Miner, Mudhens	

Green Course

1M	John Little	63:52
2M	Mikail Gurevitch	90:01
3M	Jeff Berringer	92:00
4M	Jim DeVeny	126:50
1W	Helen Deluga	146:50
2W	DDCC	155:09
Rec	Don & Moni	

Red Course

1M	Mark Everett	41:29
2M	Max Suter	66:39
3M	Mark Parsons	78:17
4M	Jeff Brucker	79:47
5M	Ludwig Hill	82:29
6M	Ron Bartz	87:50
7M	Jeff Brodsky	88:19
8M	Andrew McCarthy	94:17
1T	Lost Place	118:05
1W	Peg Davis	129:31
2W	Christina Luis	138:25

Swedish Orienteering Friends in Tucson

A few years ago, Leif Lundquist became a snowbird, spending summers in his native Sweden and winters in Tucson. One of his happy surprises was to find TOC and to learn about orienteering in the Sonora desert. He told his friends in Sweden about the fun of running here among the cacti, shin daggers, and cat claw. He must have done a good job, because soon he was asked to arrange a visit to Tucson for his Swedish orienteering club. He approached the TOC board and received an enthusiastic and friendly response. Peg Davis took on the task of coordinating at this end.

The weekend of February 14-16, 2003, a small group of Vikings will visit TOC, learn about the desert, and participate in the regular TOC February meet. We know the visitors are really looking forward to this, and they hope to meet many new friends at TOC.

Peg and Leif have come up with a program for the visit as follows:

Friday February 14: BBQ hosted by AOK

Saturday February 15 : TOC guided desert hike

Sunday February 16: Monthly TOC meet

Sunday February 16: Potluck dinner hosted by TOC

We hope that TOC members will join us for the BBQ and the potluck dinner. **Please RSVP to Peg**, so that we get an idea of the numbers for both events.

Auravägens Orienterings Klubb (the acronym AOK is very apt) is a small neighborhood club from the northern suburbs of Stockholm. The club meets 16 times a year, spring and fall. It was founded 50 years ago and is very much family-oriented.

Swedish orienteering started in the beginning of the 20th century. It is very popular and there are hundreds of clubs and events of all sizes, many with thousands of participants. It is taught in school during gym classes, and AOK grew from the activities in a local school 50 years ago. The founders are now in their 80s and 90s, but new generations keep the traditions going.

For questions, RSVPs, and offers to help you may contact Leif or Peg by e-mail:

Leif Lundquist (leif.lundquist@worldnet.att.net) or

Peg Davis (pegdavis@u.arizona.edu)

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of residence, if you wish to compete for the Arizona State championships. Meet fees will be collected at the meet site.

Directions: From Tucson, take I-10 to Exit 281 (State Route 83). Drive south approximately 18 miles on SR 83 to the signed junction with Gardner Canyon Road (FS92). Turn west (right) here. Follow FS 92 and the O signs to the meet site approximately 6.5 miles from Route 83.

Note: During course-setting in mid-October, the Cave Creek crossing was passable going slowly in a passenger car. Many camping vans also made it across. However, it is possible this section of road will change or will cause problems for some vehicles. If you wish to avoid the crossing, you may park at the Arizona Trail parking lot a short ways before the creek. Then walk about 1 km along the road to the start area.

Fees: \$5/individual/day, \$8/team/day, for members of any recognized orienteering club. \$10/individual/day, \$15/team/day for nonmembers. 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 (Both Saturday and Sunday):

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

9:00 a.m. Courses open. This is the earliest available start time.

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

12 noon-1 p.m. Route choice reviews

12:30 p.m. Courses close. You must report to the finish by this time, even if you have not completed your course.

Saturday:

5:30 p.m. Potluck dinner at the meet site. Bring a dish to share and enough plates, utensils, etc. for yourself.

Sunday:

12:30 p.m. Beginning of control retrieval. This is good orienteering practice and help is always needed. Volunteer when registering.

12:30 p.m. (Approx.) State championship awards.

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 8:15 and 8:30 a.m. on either day of the meet.

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.

Other Questions: For questions regarding the meet, call Peg at 628-8985.

November Board Meeting

There will be a Board and Member meeting on November 13 at the home of Peg Davis, 2241 East Parkway Terrace. (Call Peg at 628-8985 for directions, if needed.) There will be a potluck at 6:15 p.m., with the meeting to follow at 7. If you can't make the meeting, but would like to express an opinion on a club matter, call Jeff Brucker at 886-2528. All members are welcome to attend and are eligible to vote.

Girl Scout Event

—Peg Davis

On Saturday, September 22, 15 Girl Scouts and 7 leaders came to our special meet designed to get them through several of the requirements of the orienteering special interest badge. I designed five courses ranging from very easy to slightly intermediate for them.

However, the most important part of the event was the set of clinics. Ludwig Hill taught compass basics and Pat Penn, a Girl Scout herself during her formative years, taught map basics. Jim Stamm ran registration and timing. Since I had laryngitis, I just sat there and smiled a lot.

While no one had time to run more than one course, we sent home the general use map of Greasewood with each leader so they could use the park on their own. The participants were quite enthusiastic about the meet and recommended we hold another.

I suggest we try to make this a once-a-year event. I would also like to see TOC offer something like this for the Boy Scouts. If anyone knows how to capture their interest, please let me know.



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

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US mail: 9055 Calle Bogota

Tucson, Arizona 85715.

Lois Kimminau, Editor

HVO'S HIGHLAND CHASE 2002

—*Wolfsong*

This year marked the first time in many years that I've taken advantage of the opportunity to do some orienteering in the East while working for a few months in NJ. One event which caught my eye was the Highland Chase hosted by the Hudson Valley Orienteers at Harriman State Park in New York's Hudson Valley on October 12-13. Competitors had the option of a long event (8 hours Saturday, 6 hours Sunday, 26 km each day), or a short event (6 hours Saturday, 5 hours Sunday, 16 km each day). It was a score-O format, similar to a Rogaine except all controls were of equal value and you could participate as individuals. The only question mark for me was: would I be up to the distance, could I make time for some conditioning to prepare myself? I hadn't orienteered in nearly six months before arriving in the East and hadn't been hiking much either. I went to a few DVOA local events in PA in the weeks leading up to the Highland Chase. That convinced me to go for the short event and cross my fingers that I could last the distance.

Day One arrived with a steady downpour on the drive up. It was supposed to clear around noon, so I figured I'd put up with the bad weather for a few hours, then enjoy the rest of the day. The more I thought about it in the week leading up to this event, the more I thought, in my infinite wisdom, that I should go for the long event. I was worried about finishing way early and wasting the rest of the day instead of orienteering. So I opted to go for the long event. But that decision was moot, since it turned out we would be allowed to change between the courses en route to suit the circumstances. Both long and short participants received identical maps with 30 controls. Not an orienteering map but a USGS quality map at 1:24,000. Fine and good.

We had 30 minutes to plan before the start. At 9:15 we were off. In the rain. I had trouble immediately, being on the correct trail yet having the direction not corresponding well with the mapped direction, the junctions that didn't fit well. I got my first control but was worried that I'd found it in haphazard fashion, technique having failed, intuition (and a few other orienteers going the same way) having saved me. My second point also had a junction en route mismatched from what the map showed. Disconcerting for sure. I stumbled on. Although my fourth point looked easy, and was close to a trail, I never found it. The directions of the reentrants seemed wrong. And so it went. In the rain.

Some I plumb missed, confused as to why. On others my direction went astray when cutting between mapped points. Usually I am quite accurate with map and compass although I did have a problem the week before with one or two controls.

Noon came and noon went. The weatherman was wrong. No hint of a letup on this rainy day. As long as I kept in motion I stayed warm, wet but warm. But as soon as I stopped to assess my navigational problems, the cold crept in. The scene was a bit surreal. Nearly every reentrant was a stream, as were many trails. You should have seen the streams that were now rivers. Or the controls that said bend in stream but didn't mention the footing there being 6-12 inches under water (because when it was hung 24 hours earlier it probably wasn't). Waterfalls and cascades were commonplace.

Finally the distance and the vegetation began to take a toll. I'd done so much additional distance and climb that my legs became a consideration. As to vegetation, I'll take AZ cactus any day over the green briar patches in these parts. I had to back off so many times because I couldn't see well enough to avoid the bane of the East. At 4-1/2 hours into the event, I decided to opt for the 6-hour short event. I needed 5 more controls to get the 18 needed to qualify for recognition on the short course. It seemed doable but it was still touch and go. No miscues. Since this would truncate my exposure to this ceaseless rain, I ran with abandon through the wettest areas, wanting only to pick off the remaining controls as efficiently as possible. But it took longer to achieve this new goal and the prohibited miscue did finally occur. I decided to go for one last control and race in under the 6 hour limit.

Got the control but couldn't get back to the finish area. Tried 4-5 times to cross over to the finish area from the nearby trail I was on but in each case I hit a wall of the dreaded briars. Threw in the towel at this point. Stopped running, hiked a long detour around via trails, making me over the 6-hour limit by 15 minutes. Back in the 8-hour category. Oh well.

There were lots of smiling faces at the finish area under the tarps. I considered myself lucky not to have spent the whole day at the finish area in this miserable weather. It couldn't go down as a good day to be a meet director, no sir. Just waiting in the rain for the 6-hour and 8-hour people to return (hopefully no searches). And there were treats for all. The brownies and hot cider really hit the spot.

After about an hour I decided to drive back to NJ where I stay to get a hot shower and dry out my clothing, shoes especially. Then I'd be ready to return for Day Two. But some people camped out. Not only this Saturday night of rain but also the preceding Friday night, equally rainy. I almost felt guilty not joining them since I had preregistered to camp. But I didn't let it bother me too much.

Something else did bother me big time when I stopped for gas on the way home. It was all I could do to get the my truck stopped and get out of the seat as both legs were hobbled simultaneously with severe cramps. The attendant there just kept saying: "Take your time, walk around, take your time." Ten minutes later I was able to walk straight and continue on my way.

Day Two was another disappointment weatherwise as the sun failed to show, though the rain had diminished to a

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drizzle. I was surprised to find that I was allowed to compete in the short course despite being 15 minutes overtime the day before. My main apprehension was whether or not cramps would return.

We had a new map in a different part of Harriman State Park. It appeared to be an easier course. One needed to get 18 controls in 5 hours on the short course.

Ten minutes after my start I reached my first control and had a rude awakening to realize that I'd left my scorecard in the truck. Nothing to do but go back. I decided to take a different route back, shorter actually, but off trail. About halfway back I checked to see if my map was still oriented and was astounded to see that north was south! How could this be? Trust the compass, right? I reversed myself. A few minutes later, I checked again and was off by 90 some degrees. What?

Corrected again, I went on in the drizzle. Momentarily I checked again. Way off! This was starting to get to me. So I walked 10 paces, looked again, and was again misdirected. No way. I turned around in place and watched the needle do funny things. Funny is the wrong word. Irritating would be more accurate. The needle was sticking inconsistently and I could not make it point in any one direction repeatedly. Worse, I had made so many changes in direction, I had no clue as to whether I was now headed east or west, north or south. I felt truly lost with no option for following the safety bearing. I thought about this for a minute, not sure which direction to head. But I knew I must move to keep warm in this weather.

It hadn't taken long to get good and soaked from the dripping vegetation. I started one way but changed direction. I tried to go up to a high point but couldn't find a high point with any view.

Finally I decided to try to walk in one direction until I saw a drainage, then follow that until it hit a road or trail for that was sure to happen sooner or later. Eventually I saw a moving car and headed for the road.

I flagged down a car to ask directions since I wasn't sure which road this was. Finally I made it back an hour after my start time. Got my scorecard and a replacement compass after explaining to the meet director my early arrival back at the finish area. The rest of the event went well. It didn't even rain continuously though the sun never showed.

Trails were still often inundated and the vegetation was soaking from the word go but the briars were few and the cramps did not return. I could now understand why my run on Day One had so many directional problems. The needle must have just been beginning to stick. Perhaps that can even explain a couple problems the week before, who knows. This incident brought to mind an article by Larry Berman asking why so few orienteers carry a second compass as a backup. Great idea, especially on a sunless day.

This was the first time this event has ever been held. Most participants did very well. Surprising to me was the small turnout. Fewer than 30 people registered and many of those cancelled, due to the weather, I expect. The strong majority signed up for the long course, but in the end most ran the short course, probably also due to the weather. The leaders of each course had phenomenal times. I was close to last but got a very nice commemorative award for braving two days in the rain. I'm looking forward to it next year, but not the rain and not the bad compass. Bet this event grows over time.

Orienteering Course Guide

—**Sue Roberts**

How do the various courses differ? Usually five courses, labeled White, Yellow, Orange, Green, and Red are offered at club meets. These courses are of four different difficulty levels. Newcomers often breeze through the first, and even second, courses they do, then go out on the Orange course, and sometimes find themselves in unexpected difficulty. This is normal. Here's a guide to what the course labels mean. (These are guidelines, sometimes the areas we use don't have many linear features.)

White: The first course for most people. White courses should be set along *handrails*, or linear features like roads, trails, washes, power lines. Controls should be varied (not all on trail intersections, for instance), and should be visible from the handrail. A fairly dense trail network (for instance at Lincoln Park) is a good place to set White courses. The White course was difficult to set at Maternity Well last month because of the scarcity of good handrails. The White course should be 2-2.5 km long.

Yellow: Yellow courses should offer choices between navigating along the handrails or choosing other (usually better) routes. The controls can be off the handrails, but still need to be on distinct features. Most Yellow courses are doable for adult beginners. The Yellow course should be 3-3.5 km long.

Orange: Navigation on Orange courses is mostly off-handrails. Features may be less distinct than on White and Yellow courses. Route choice becomes important. If you're trying to locate an obscure feature, the best approach may be find an *attack point*, a more obvious feature close to the control, and navigate to the control from that point. It also becomes important to be able to judge distances (knowing how long it takes you to go 200 m or how many steps you take every 100 m). The course setter should site the Orange controls so that *catching features* will prevent the orienteer from overshooting the control too badly. A catching feature is something, usually a trail, large wash, etc., that the orienteer will run into if he/she overshoots the control. It will stop them from continuing on far past the control and getting too lost. Orange courses should be 4-5 km long and can be through physically difficult terrain.

Green/Red: These are more advanced courses. Controls may be in more confusing areas, attack points can be indistinct, distances between controls will be longer. The course setter may design legs with opportunities for confusing similar features, or to try to entrap the non-thinking orienteer (one who follows a beeline every time) into climbing over a mountain rather than going around it. Red, at 7+ km is longer than Green (4-6 km), but not necessarily more difficult.

CLUB CALENDAR

November 16-17, Route 83, State Championships, B Courses

Course Setter Day 1: Chris North (322-9758)
Meet Director Day 1: Peg Davis (628-8985)
Course Setter Day 2: Mark Everett (318-1217)
Meet Director Day 2: Emily Lane (322-9758)
Course Veters: Jeff Brucker, Mark Everett,
Matt Chamberlain

November 25, Newsletter Deadline

See page 4 for details.

December 15, Cat Mountain

Course Setter: Ludwig Hill (299-9041)
Course Vetter: Max Suter (797-8850)
Meet Director: Pat Penn (326-2339)

2003

January 19, Silverbell

Course Setter: Wilkey Richardson (529-1105)
Course Vetter: Vacant
Meet Director: Vacant

February 16, Slavin Gulch

Course Setter: Mark Parsons (520-432-3013)
Course Vetter: Vacant
Meet Director: Vacant

March 16, Little Rincons—12-Hour Rogaine

Course Setter: Matt Chamberlain (318-3630)
Course Vetter: Vacant
Meet Director: Yen Chamberlain (318-3630)

April 20, Course Setter's Choice

May 18, Greasewood City Park

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

June 15, Course Setter's Choice

July 20, Course Setter's Choice

Out of Town Action

—Peg Davis

Ludwig Hill, Jeff Brodsky, and Peg Davis drove over to the Mt. Laguna Pacific Ranking Event held by the **San Diego O Club** on October 5 & 6. Ludwig and Jeff scored some ranking days on the Red course, while Peg picked up one Green ranking day and one credit day (one day's Green course had to be disqualified because of map/control disagreement).

The weather was beautiful, the camping charming, and the orienteering challenging.

Max Suter won his class (M50) on the Green course at the Quicksilver O'Quest, the latest "A" meet from the **Bay Area O Club**. Congratulations, Max!

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 Yen Chamberlain at 318-3630 if you can help with any of these meets.

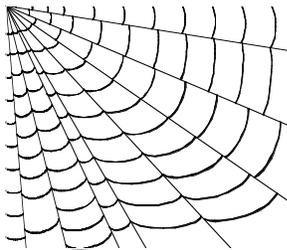
2002-2003 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

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Tucson Orienteering Club
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Tucson, AZ 85732

Address Service Requested

It's Turkey Time!
Work it off
at the State Champs!
November 16 and 17



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.