



September 2002

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## Palisades Ridge in September

—Mark Everett

Come cool off and celebrate the end of summer (well, almost) at Palisades on September 15. Leave the desert and cactus behind and do your 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. The monsoon may still be doing its thing (we hope), so be prepared for rain too.

There will be courses for Beginner, Intermediate, and Advanced orienteers, something for everyone. Though the ravines are steep, there is not a lot of brush or scratchy nasties, and members always seem to enjoy orienteering in this area.

Rachel Gelbin (326-7504) will be meet director, and would appreciate some volunteers, so please give her a call and/or show up early if you can help.

**Camping:** We have a permit for camping at the Showers Point group camping site #1 for Saturday night. Come join us and bring the family. This is a beautiful area with clean toilets and water available. Check in after 1 p.m. Saturday; check out by noon Sunday.

**Directions:** Take Catalina Highway up about 20 miles to Organization Ridge road. (It is just before the Palisades Ranger station). Look for orange O-sign. Turn left and follow Organization Ridge road about .4 miles. The Showers Point campground is on the right. You may need to park on the main road. Follow the orange O-signs to the campground. Remember that there is a fee to go up the Mt. Lemmon highway, and in addition, parking is limited, so carpooling is encouraged.

**Fees:** \$5/individual, \$8/team, for members of any recognized orienteering club. \$10/individual, \$15/team for nonmembers. Compasses rent for \$1. Safety whistles sell for \$1. *Every per-*

*son, all courses, all meets, is required to carry some type of safety whistle.*

**Schedule:**

8:30 a.m. Registration opens.  
8:45 a.m. 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  
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 8:30 and 8:45 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.



## 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>*

## 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](mailto:TucsonOrienteering-subscribe@topica.com). To send a message, simply address it to: [TucsonOrienteering@topica.com](mailto: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@Mac.com](mailto:JimStamm@Mac.com).

## Lincoln Park Early-O

—Ralph Prince

August 18 was a hot and humid Sunday morning, resulting in a very light turnout. Only fourteen people ran/walked the courses laid out by **Jeff Brucker** with assistance from **Don Fallis**. Your Meet Director was grateful for the light turnout, because this was the first time I attempted to fill the job. I was even more grateful for the help and advice received from experienced orienteers who did come out that morning. You know who you are.

**Don Fallis** came a full hour early and offered to be the Timer after he and a friend checked those controls that Jeff and he had set, which could be more easily seen by other park visitors, to make sure they were still where they should be. Don timed the entire event.

**Peg Davis** was a bit chagrined that we assumed and expected her to run the Beginners' Clinic without first obtaining her assent. We did have two people new to orienteering, who needed the instruction, so she did give it. Peg must have done a good job, because both newcomers completed their courses. Peg also volunteered to retrieve controls after the O-meet.

The O-meet courses opened at 7:30 a.m. and closed at 10 a.m. The two new orienteers (Glenda Arffa and Kari Redfield) enjoyed the event enough to become paid up members. We can expect to see them at future O-meets. Thanks are also offered to **Mark Everett, Ludwig Hill, and Kari Redfield** who along with **Peg Davis** retrieved all the controls.

The Green course had 15 controls, was 4.5 km long, with an altitude range of 45 meters. The Orange course had 12 controls, was 4.0 km long, with an altitude range of 40 meters. The White course had 15 controls. I neglected to get the length and altitude numbers. Nobody ran the Yellow course and there was no Red course. Results follow.

### Green

1M	Mark Everett	33:09
2M	Ludwig Hill	48:02
3M	Jeff Fisher	52:07
1W	Peg Davis	55:33
4M	Paul Carlin	55:48
2W	Sue Roberts	102:13
1T	TEAM McEroy	126:26

### Orange

1T	Team "G"	90:27
1W	Lois Kimminau	96:29
1M	Walter Picket	126:26

### White

1W	Glenda Arffa	48:17
2W	Kari Redfield	51:32

## Let's Take a Road Trip!

—Peg Davis

The San Diego O Club will be holding a two-day "B" meet on October 5 & 6 at Mt. Laguna in the mountains east of San Diego. This will also be a chance to accumulate two days of Pacific ranking credit. Peg Davis (628-8985) will be coordinating a carpool for the seven-hour drive, leaving late Friday afternoon. Camping will be on site. All colors of courses will be offered.

This is a great opportunity to experience another club's events and meet more of the wonderful people who orienteer around the U.S.



## For those of you who support scouting....

TOC will be holding a Girl Scout meet at Greasewood Park on Saturday, September 28. This meet is only open to preregistered Girl Scouts to help them earn the Orienteering Badge. While registration and timing will be very simple, volunteers are also needed for teaching 30-minute clinics on compass skills and basic orienteering before the girls go out on White or Yellow courses. The entire meet will last about three hours. Please call Peg Davis at 628-8985 to reserve your slot and help orienteering grow.

## And Our Local Champion....

We can all be proud to claim Mark Everett (who also happens to be our course setter this month) as an outstanding member of our club. Mark won the Possum Trot "A" meet in Kansas recently, and was also named the #2 man on the U.S. Orienteering team. Way to go, Mark!

# Memories of the 2002 World Rogaining Championship

—*Jeff Berringer and Sue Wenberg*

Sue Wenberg and Jeff Berringer traveled to the Czech Republic to participate in the 2002 World Rogaining Championships and do a little bike touring. Here are some of the most striking memories from WRC 2002:

- Being greeted by the twenty national flags flying overhead— one from each country represented at the event.
- The line of orienteers packed into the tiny local grocery store purchasing last-minute food, essentially buying out the store.
- The Russian section of camp in the northeast corner of the field—many large tents housing perhaps twenty teams.
- Stopping by the campsite with the different-looking flag, and discovering the Estonian team spoke English.
- Finding control 75, on top of the ruins of the 13th-century Schlemberger castle, in the middle of the night.
- Looking west near control 99, knowing our view was “out of bounds” because we were looking at Germany, not Czech. The land doesn’t seem to know, however; the terrain didn’t look any different.
- The two Russians we met en route to control 41. They were thrilled to take a picture of themselves with the Americans.
- The number of junior teams competing in the event. Some of the young people there have great confidence in their navigating skills.
- The elderly Czech rogainer sharing the story of his treasure. The language barrier didn’t keep us from getting his message—he found a beautiful large mushroom only 1 meter off the road and stopped to collect it before continuing on the course.
- Arriving at the eerie control 102, a double row of barb wire surrounding a former “iron curtain” watchtower. In Rogaining terms, it was “fence, southwest corner of.”
- Figuring out why many of the open fields had observation towers on the west side—remnants of a past government.
- Sitting around the post-event campfire sharing stories and music. The most fun was listening to “Knockin’ on Heaven’s Door” sung in Czech. Jeff could sing the “Knock, Knock, Knockin’” part.
- Camping next to a Czech family—the husband on a serious competitive team, his wife and two children holding down the camp, all enjoying the weekend.
- The post-race commentary by the two top teams and the course setter, aided by the 4' tall map. What a learning experience on the way top-notch Rogainers analyze the map and plan!
- Talking with other Rogainers from around the world, and seeing that we’re all very much alike.
- Heading west through the Czech countryside, realizing others trekked through the area 15 years ago, but with a very different purpose.

The event was well organized and competitive, yet also catered to the family and the social orienteer. We expected and enjoyed the orienteering opportunity, and were additionally pleased with the social dimension of the event.

## *Want to Play Orienteering Games Online?*

Kevin Haywood of GAOC has an orienteering games page with a list of online games and a summary of the good points and a few shortcomings for each. The address is:

<http://www.geocities.com/haywoodkb/o-game.html>

### **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](mailto:loiskim@aol.com)

US mail: 9055 Calle Bogota

Tucson, Arizona 85715.

*Lois Kimminau, Editor*

**CLUB CALENDAR****2003****September 15, Palisades on Mt. Lemmon**

Course Setter: Mark Everett (318-1217)

Course Vetter: Vacant

Meet Director: Rachel Gelbin (326-7504)

**September 23, Newsletter Deadline**

See page 4 for details.

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

Course Setter: Roger Sperline (577-8519)

Course Vetter: Vacant

Meet Director: **NEEDED****November 16-17, Route 83, State Championships, B Course**

Course Setter(s): Chris North (322-9758); Mark Everett (318-1217)

Course Vetter(s): Mark Everett, Matt Chamberlain

Meet Director Day 1: **NEEDED**

Meet Director Day 2: Emily Lane (322-9758)

**December 15, Cat Mountain**

Course Setter: Ludwig Hill (299-9041)

Course Vetter: Vacant

Meet Director: **NEEDED****January 19, Silverbell (to be confirmed)**

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, Course Setter's Choice****June 15, Course Setter's Choice****July 20, Course Setter's Choice**

**All those "Needed" and "Vacant" spots are opportunities for you to help your Club.**

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**

President	Jeff Brucker	jeffbrucker@cox.net	886-2528
Secretary/Treasurer	Jeff Berringer	jaberringer@earthlink.net	512-4685
Membership	Jeff Brodsky	jabrodsky@worldnet.att.net	886-6304
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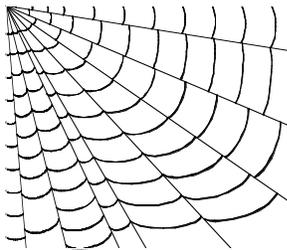
Tucson Orienteering Club  
P. O. Box 13012  
Tucson, AZ 85732

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# Up in the Pines at Palisades September 15



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.