



January 2003

Silver Bell Site in January

—Wilkey Richardson

On January 19, for the first meet of 2003, we plan to be in the Silver Bell Mountains, one of the Club's (and my) favorite sites. Lots of great terrain and scenery. I will be setting Orange, Green, and Red courses; Mary English and Lois Kimminau will be setting the White and Yellow courses.

Because this meet is on BLM land, we have to charge a surcharge of \$3, in addition to the usual meet entry fee. This is due to a BLM policy that bases the permit fee on the number of participants in an event.

While there is no Club sponsored camping at the meet, camping is available at the site. No facilities, of course.

The Meet Director will be Greg Guerrero. Please call him at 256-2858 to volunteer to help at the meet. Or offer at the meet to help in whatever capacity is needed. It's easy to help out for an hour or so and still run your course. All help is greatly appreciated.

Directions: *From Tucson*, take the Avra Valley exit from I-10 North. Proceed west 21 miles on Avra Valley Road into the Silver Bell Mountains. After passing some of the tailings piles on your right, the paved road turns northwest toward the Mine buildings. You will see a sign saying "Red Rock via Silver Bell Road—25 miles." Turn left on this nice dirt road (not like the Redington Road!). Follow the dirt road 7-7.5 miles as it curves west, then north, to the saddle between the Silver Bell and West Silver Bell mountain ranges, to the meet headquarters. There will be orienteering signs posted at the turn-off.

From Phoenix, take the Red Rock exit from I-10, then follow Sasco Road west. This road turns to dirt after five miles. It is an additional 13 miles from this point to the meet site.

Fees: \$5/individual, \$8/team, for members of any recognized orienteering club. \$10/individual, \$15/team for nonmembers, **plus \$3 BLM surcharge**. 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.

8:45 a.m. Beginners' clinic starts.

9:00 a.m. Courses open.

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

12-1 p.m. Route choice reviews
1:00 p.m. Courses close. Begin control retrieval — good orienteering practice, lots of help always needed. Volunteer before 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.

Improving Your Orienteering Skills

—From *SCONET Website*

[The question was asked by Andrew Roth, a member of Los Angeles Orienteering Club, "What do you do to practice your map and compass/navigation skills between meets?" A few suggestions from Ken Pontifex and Olive Kearney were listed in the August newsletter. Here are a few more ideas, these from Mike Minium and Rich Dekany.]

1. Volunteer to pick up controls after an event. Walk and take your time navigating precisely. Use "thumbing" (moving the tip or your thumb or corner of your compass to track precisely where you are at any given time).

2. Assist in course setting for events. Recognizing where you are without having the control to confirm your accuracy forces you to pay more careful attention to detail and check parallel features to be sure you are correct.

3. Volunteer to help the club update an older map (or just take an older map and try to make corrections). Map making helps my technical skills as much or more than just about any other activity, because you are learning to think like a mapper (How would I show this object? Is it important enough to show?). Take the existing map, and try to determine where it has changed... look for re-routed trails, changes in vegetation density, etc. Mapping new construction where there's been excavation and changes to the contours is particularly challenging and helpful. Later, move up to making a map of a school grounds or small park from scratch.

4. Read everything you can. There are several good books with general beginner and intermediate info, coaching manuals, and "Armchair" orienteering activity books. Check the O'Gear link on the USOF web site for a list of vendors who have books and videos, etc.

5. Spend time training on maps when you can. Even when you can't be on a map, try to visualize how the land around you would be mapped while walking, driving, etc.

6. Try map memory activities. Even with a street map of an unfamiliar neighborhood, try to memorize the turns, then don't refer back to it until you either reach your destination or need to relocate. On an orienteering map, try memorizing one or two easy control locations and then visiting them by memory. Then try harder locations, or doing 2, 3 or more consecutive controls at once by memory. *Mike Minium*

My advice....is to simply find a measured distance (local track works well) and go around simply counting paces. Try it walking and jogging and, if you're one of "those" people, running near top speed. A pace is measured each time your same foot hits the ground (to keep the numbers in your head smaller). My rule of thumb (I'm 6'2") is 50 paces per 100 meters on roads or wide trails. Going uphill, it might be 60-70 per 100m, while downhill I can open up to less than 40. Rough ground tends to add 10-20 paces per 100m for me.

Later in a course, you may find yourself taking more paces to cover the same ground. I tend to use 50 most of the time, and make mental adjustments such as.....well, I'm at 50, but this has been steep, so I'll go a little further. In my mind, the great utility of pace counting is that it keeps you from misjudging distances by factors of 2, or falling for sandbag controls on other courses ("Sure that control I see is much farther than I think #8 should be, but would the course setter really put two similar controls 50m apart?"). *Rich Dekany*

January Board Meeting

There will be a Board and Member meeting on January 15 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 6:30 p.m., with the meeting to follow at 7. Adjourn promptly at 9, if not earlier. All members are welcome to attend and are eligible to vote.

Board Changes

Our permit chair, Mike Thompson, is resigning after several years of service to the Club. Thank you so much, Mike, for a job well done. Of course, this also means that we will need a new permit chair. If you are interested in this position, please call Jeff Brucker at 886-2528. He will be glad to tell you what the job entails, or put you in touch with Mike if you have questions about the amount of time involved, etc.

Our schedule coordinator, Yen Chamberlain, has also resigned, and many thanks to you too, Yen. Jim Stamm has agreed to take over this position. Thank you for stepping forward, Jim.

Cat Mountain in December

—Pat Penn and Margrit McIntosh

Cool temperatures, no rain, little wind, and close proximity to Tucson attracted 'O' maniacs to the Starr Pass area on December 15. People started lining up more than an hour before the published course opening time. Hastily getting reasonably organized, we started early (thanks, **Mary English** for the usual extremely well organized equipment!). Many newcomers joined us for this event, and **Jeff Brucker** led a large beginners' clinic. The experience was made even more enjoyable by the interesting, thoughtful, and problem-free courses set by **Ludwig Hill**. This was Ludwig's first five course event—way to go, Ludwig! **Max Suter** vetted the course and **Mary English and Gary Bacal** helped hang bags.

Three experienced Oers, **Peg Davis, Mark Parsons, and Nancy** (sorry, no last name), came near 1 p.m. just to collect controls. They were joined by **Jim O'Donnell and Margrit McIntosh. Ruth Wenberg, Sue Wenberg, David Barfield, Helen Deluga, and Ludwig** helped with registration and timing. Others cheerfully helped haul equipment up and down the hill, without being asked (apologies to any volunteers not mentioned).

Those contemplating and/or fearing meet directing take note. Numerous claims made in the newly revised, friendly meet directors manual are correct. Directing a meet is not hard or particularly stressful. For example, as it was stated to be unnecessary in the manual, no phone calls were made to solicit volunteers for this event. Three people contacted us in advance. Many people volunteered on the spot at the meet with no cajoling, begging, pleading, or threats to self or others. All tasks were thus easily covered. One of the meet directors even had time to run the Green course (another claim), and the other likely could have if she had wanted to.

Two separate people at the meet also volunteered to take over the web site (so that things like start and ending times will be up to date!). As you can see, the volunteering spirit is alive and well in the O club. And, more cheery faces are always needed and welcomed. Please consider the joy of giving in those New Years resolutions!

White

1W	Rachael Drozdoff	59:09
	Jay Catlow	Rec
	Ian McEwen	Rec
	Ed & Betty Hughes	Rec
	Robertshaw	Rec
	Team Roberts	Rec
	The New Three	Rec
	K & R	Rec
	City Girls	Rec

Yellow

1T	Team Tubac	67:35
1W	Melissa Trout	102:39
2T	KKCC	108:24
	Jay Catlow	Rec
	Eric Wight	Rec
	Robertshaw	Rec
	Ed & Betty Hughes	Rec
	Team Roberts	Rec

Orange

1T	Free Rangers	111:07
1M	Team Bob	112:18
2M	Jason Bowman	114:39
2T	Gila Mobsters	170:22
1W	Annemie Baker	178:44
2W	Lois Kimminau	185:05
	Mary English	Rec
	Emily Gubler	Rec
	Cathy Waterman	Rec
	Ian McEwan	Rec

	Herb Cooper	Rec
	David Barfield	Rec
	R & R	Rec
	Bailey Team	Rec

Green

1M	Dan Cobbledick	77:58
2M	Michael Kuecken	82:18
3M	John Little	82:49
1T	Dudes	117:50
1W	Pat Penn	120:43
2W	Cristina Luis	122:47
	Jeff Fisher	122:57
2T	Beauty and ...	125:12
	Michael Gurevitch	126:25
	Jim Stamm	133:10
	Andrew McCarthy	142:03
3T	Double Lutz	153:45
	Don Baker	156:25
	O'Chase	DNF
	Amy Milsom	DNF
	Drew Milsom	DNF
	Jim O'Donnell	Rec
	Rachel Gelbin	Rec

Red

1M	Jeff Brucker	90:35
2M	Don Fallis	101:32
3M	William Florence	150:45
	Jeff Berringer	Rec

Jeff Berringer in Accident

Our Club treasurer, Jeff Berringer, was involved in a massive head-on collision on Wednesday, December 18. The injuries include fractures of the left upper arm, knee cap, and ankle. All are surgically repaired. His right wrist is also fractured.

He is at the Healthsouth Rehabilitation Institute of Tucson (RIT), and expects to be there until about January 8, having physical and occupational therapy. RIT is at 2650 N. Wyatt Drive (northwest corner of the TMC campus), and their phone number is 325-1300. Jeff is in Room 260, bed 2. Visiting hours are 8- 8.

Jeff says he is able to write checks and still plans to carry on as treasurer, but he doesn't expect to be able to do any orienteering before summer. Have a quick (and painless as possible) recovery, Jeff.

GPHXO First Water Meet

—Peg Davis

Six Tucsonans went north for the Phoenix club's First Water Score-O, and we all had a great time. Greater Phoenix Orienteering (GPHXO) seems to have a nice smooth registration/start system.

The worst part of the meet was the map. A 1:12000 scale doesn't fit with the standard orienteering practices or either of the scales on a compass. The map has been through a few too many photocopy generations and the lines are getting misshaped and "crayon"-like.

The best part of the meet was the area. What awesome orienteering terrain! With fascinating large and small features and 20-foot contours which allowed them to show up on the map, it made for a fascinating course. Even the vegetation was not unfriendly!

There were a few "extra" controls sprinkled around the course; it's a great idea. I've learned the hard way (like very hard—at an A meet) to check the control code before I punch the box on my card. Saturday's setting allowed one to learn to cope with that mistake without destroying one's run.

It is great that GPHXO gets so many groups out on the course, but they neglected one point of O etiquette—don't stand in a clump at a control. There are two problems with this:

- (1) It makes finding a control too easy. I made a huge mistake on the course which completely disoriented me. I solved this problem by going to a control I found by seeing and hearing the crowd. That ain't orienteering.
- (2) It makes it impossible to spike a control.

Moving even 20 feet from the control while charting the course to the next control is enough.

Several of the GPHXO maps are on the southeast side of Phoenix. That makes an easy drive for Tucsonans. TOC returns the favor with the January 19 meet on the northwest side of Tucson. Say hi to your GPHXO pals, including Arizona men's elite champ Peter Zurcher, there.

Want to carpool to future GPHXO meets? Call Peg at 628-8985 for the plan.

[Note: Our members did well, with Ludwig Hill placing 2nd in the Men's category, and Cristina Luis and Helen Deluga placing 1st and 2nd in the Women's category.]

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.

Greater Phoenix Orienteering Club Schedule

January 11, Bomboy Mine (near Superior)

February 8, Saguaro Lake (Joint JROTC/GPHXO meet)

March 8, Site undetermined

April 12, Night-O at Coon Bluff

Further information on their website at <http://www.geocities.com/phxo>. Call Peg Davis at 628-8985 for possible carpool from Tucson.

San Diego Desert O-Fest

The San Diego Orienteering Club is holding the 2003 Annual Anza-Borrego Desert O-Fest on Martin Luther King Weekend, January 18, 19, and 20. Meet Director and Course Setter is Bill Gookin (BillGookin@aol.com or (858) 578-9456).

There will be at least five events, including a two-day event with all seven courses, Night-O, Score-O, and Maze-O. Primitive camping or motels in Borrego Springs.

For more information, check out the web site: http://www.geocities.com/o_sd/doc/sd_sched.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

US mail: 9055 Calle Bogota

Tucson, Arizona 85715.

Lois Kimminau, Editor

Arizona State Championships

Cave Creek, November 16 & 17, 2002

—Peg Davis

And the champions are:

Women's Elite Champ	Fleur Keough
Women's Veteran Champ	Pat Penn
Men's Elite Champ	Peter Zurcher
Men's Veteran Champ	Jeff Brucker
Men's Junior Champ	Josh Stamm

Peg Davis directed the first day of the champs. Everything went well: passenger cars could get across the wash, the weather was neither too hot or too cold, and **Mark Everett's** courses were immaculate. Mark is declared the best setter to meet direct for—skilled, organized, and hard working. **Rachel Gelbin** is thanked for being the perfect volunteer—she called the meet director and asked what she could do to help. Thanks also to the pursued volunteers: **Ludwig Hill and Fleur Keough** for the Beginners' clinic, **Jim O'Donnell, Adrian Keough, Mark Everett** for Timing, **Phil and Ruth Kirby** for Registration. Please forgive any omissions.

While the champs were fun, the potluck on Saturday was fabulous. The food was excellent, varied, and plentiful. The fire was toasty and the conversation stimulating. The next morning we gathered around the embers for breakfast and found that most of us had had really bizarre, but truly entertaining, dreams. The state champion was **Keith McLeod** recounting the waitresses with disappearing clothes.

Emily Lane directed the second day of the champs. It was a beautiful day out in Gardner Canyon. Red and Green had some problems with a dubiously placed #7 control (Rumour has it that a certain Meet Director who shall remain anonymous tied it to the tail of a jack rabbit so it was hopping all over the place until it finally got snagged in a tree). Apart from this, people generally enjoyed the opportunity to get up close and personal with some catclaw acacia.

Lots of thanks to **Chris North** who set the Sunday courses (despite being only 2 months out from ACL knee surgery). Also lots of thanks to (big breath) **John Little, Jim Stamm, Rachel Gelbin, Andre Lehovitch, Chris North (again), Michael Kuecken, and Rachel Labes** who helped in Registration, Timing, and scoring. **Peg Davis** taught the Beginners' clinic. Also lots of thanks to the control setters and retrievers: **Jeff Brucker, Mark Everett, Ludwig Hill, Andreas Haldi, Linda and Carl Moore, Pat Penn, Mark Parsons and Nancy Potenza**. Not to mention **Phil Kirby** for the use of his four-wheel drive.

		<u>Saturday</u>	<u>Sunday</u>	<u>Total</u>			<u>Saturday</u>	<u>Sunday</u>	<u>Total</u>
White					Orange				
W	Shawn Rotes				Rec				
T	Drachman				Rec				
Yellow									
M	Josh Stamm	55:31	32:51	88:22					
T	Team OPT	71:28							
T	Wild Earth	73:13							
W	Shawn Rotes				Rec				
T	Drachman				Rec				
T	White Dog				Rec				
W	Rachel Lobes				Rec				
T	Desert Nomads				Rec				
T	KK Kimminau				Rec				
W	Rachel Gelbin					78:32	DSQ		
W	Pat Penn					98:23	73:50	172:13	
W	Annemarie Baker					134:59			
M	Jim O'Donnell					193:32	70:09	263:41	
	Mudhens					DNF			
T	J&B					Rec			
M	Phil Kirby					Rec			
M	Dave Sieverling					Rec	Rec		
T	Wild Earth					Rec			
M	Michael Kuecken						54:38		
W	Nancy Potenza						74:42		
M	Andre Lehovich						102:07		
M	Ralph Prince						126:00		
T	MALO						169:36		
M	Coyote						Rec		
T	Oasis Wanderers						Rec		

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		Saturday	Sunday	Total
Green				
M	Jeff Brucker	64:49	78:58	143:47
W	Fleur Keough	87:00	78:49	165:49
M	John Little	93:43	94:49	188:32
W	Linda Moore	111:02	123:22	234:24
M	Carl Moore	125:31	109:42	235:13
W	Cristina Luis	135:23	112:22	247:45
M	Don Baker	132:08	128:22	260:30
W	Peg Davis	151:52	127:25	279:17
W	Helen Deluga	171:01	146:13	317:14
T	Beauty &.....	169:27	170:10	339:37
W	Margrit McIntosh	DNF	197:14	
M	Robert Miner	DNF		
T	Casa	DNF	191:26	
M	Jim Stamm	DNF		
W	CCTT		152:11	
M	Mark Parsons		76:20	
M	Jeff Berringer		142:02	
M	Hawkes		175:29	
Red				
M	Andreas Haldi	77:03	80:35	157:38
M	Peter Zurcher	81:39	103:04	184:43
M	Adrian Keough	96:38	112:55	209:33
M	Ludwig Hill	119:45	138:01	257:46
M	Jeff Brodsky	124:43	135:05	259:48
M	Don Fallis	130:10	159:56	290:06
M	Bill Florence	166:03	203:12	369:15
M	Max Suter	93:49	DNF	
	Alex Hall	DNF		
	Mark Everett		71:06	

Keep February 16 open for a fun meet at Slavin Gulch. Mark Parsons is course setter, and he likes to plan something special or surprising. So come and see!



**Start'em out young.
AJ & Jessie Kimminau at Cave Creek.**

March Rogaine Plans

—*Matt Chamberlain*

This is a notice to see if there is anyone who wants to take part or have a say in organizing the Rogaine coming up in March.

We (Peg Davis, Yen, and I) have everything under control for now but I want to give anyone the chance of being part of or being aware of what we are up to (and how we are spending your money). And, of course, extra help is always welcome!

It may seem a funny thing to ask, but remember this is not quite a regular monthly meet. It is TOC'S only chance to practice before we host the 2004 World Rogaining Champs!!

Some of the details that are all but finalized are:

Dates: March 15 and 16

Events: 24 and 12 hour

Times: 12 noon to 12 noon

Cost: \$45 per person, either event

Registration: Online only

The last Rogaine was \$35 per entry. The increased cost is for online payment and for map printing. The registration will be online only, and this could be in place by the first of the year. A link will be placed on the event web page which is being constructed. You can get a glimpse of what you will be in for at: <http://www.lpl.arizona.edu/~mc/rincon/index.html>. You can e-mail me at mc@lpl.arizona.edu if you have questions or comments.

CLUB CALENDAR

January 15, Board Meeting

See page 2 for details.

January 19, Silver Bell

Course Setter: Wilkey Richardson (529-1105)

Course Vetter: Vacant

Meet Director: Greg Guerrero (256-2858)

January 27, Newsletter Deadline

See page 4 for details.

February 16, Slavin Gulch

Course Setter: Mark Parsons (520-432-3013)

Course Vetter: Vacant

Meet Director: Cristina Luis (275-7561)

March 15-16, 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

August 16-17, Lake Mary

Arizona State Championships

September 21, Greasewood City Park National Orienteering Day

Course Setter: Ludwig Hill (299-9041)

Course Vetter: Vacant

Meet Director: Vacant

October 19, Course Setter's Choice

November 16, Highway 83

Course Setter: Chris North (322-9758)

Course Vetter: Vacant

Meet Director: Vacant

December 21, Cat Mountain

Course Setter: Ludwig Hill (299-9041)

Course Vetter: Vacant

Meet Director: Vacant

Are you as sick of reading requests for volunteers as I am of writing them? Let's get rid of all those "Vacant" notations!! No more begging!

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.

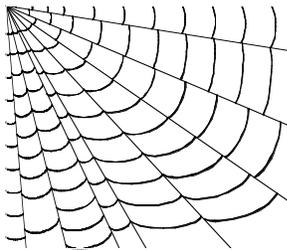
Please call Yen Chamberlain at 318-3630 if you can help with any of these meets.

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
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Tucson Orienteering Club
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Tucson, AZ 85732

Address Service Requested



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.