



February 2003

To the Dragoons, February 15-16

—Mark Parsons

Come climb the granite boulders amongst the oak forests of the Dragoon Mountains, bike through the scenic Slavin Gulch, and orienteer in one of the most beautiful areas of Arizona. In the oak thicket, amidst the spectacular, huge boulders and rock formations of the Coronado National Forest near Tombstone, we will orienteer on foot and mountain bike.

We will be using a site the club has not used for seven years, the *Isle of You*. There will be two sport routes top-roped on *Trad Rock*, so the climbers among us can have some extra fun Saturday afternoon after or before the Mountain Bike Score-O. Don't forget your climbing shoes. The climbs will be a 5.6 and a 5.8.

There will be a big fire in the evening for cooking and sitting around. The elevation is 4800' and the evenings are cool in February. The days, however, are beautiful. Sunday's orienteering courses will be challenging and fast. Expect some class-4 rock scrambling.

The camping here is excellent. Bring a friend. Make our special guests from Sweden feel welcome.

Our Meet Director will be Cristina Luis. Please call her at 275-7561 to volunteer. Help is greatly appreciated (and needed!).

Directions: (Please allow two hours to drive from Tucson.) On I-10 East, take Exit 303 south (Highway 80). Continue 20 miles to milepost 313 (Middlemarch Road), just before Tombstone, and go left (east). Continue 10 miles (cross 7 cattleguards), to the forest boundary and turn left (north) towards West Stronghold (FR 687). Continue 2 miles to FR 687E; turn right (east). Watch for the "O" signs.

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

Schedule:

Saturday, February 15

1:00 p.m. Maps available for Mountain Bike Meet Score-O. No fee.

1:00 p.m. Rock climbing set up; two top-roped sport routes, 5.6 to 5.8. Bring shoes and harness. No fee.

6:00 p.m. (Approx.) Barbeque at sunset with Swedish visitors. Potluck. Fire provided. Please bring a dish to share and utensils.

Sunday, February 16

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

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.

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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.

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

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.

Welcome AOK! Sweden to Slavin Gulch

—Leif Lundquist & Peg Davis

The weekend of February 14-16, 2003, a group of Swedish orienteers will visit Tucson and get a firsthand experience in desert orienteering. The Swedish Club AOK comes from the northern suburbs of Stockholm and celebrates its 50th anniversary with a trip to Arizona. Eleven visitors, ages 12 to 60+, are coming, and we have organized a program for the Vikings to experience the Sonora desert, as well as Arizona hospitality.

Please join us!

Friday, February 14, 5 p.m.: BBQ at Leif's house in north Tucson, near Sabino Canyon—RSVP to Leif or Margot Lundquist at 577-7801 for directions.

Saturday, February 15: A map tour with the visitors in Catalina State Park, guided by TOC's Wilkey Richardson.

Sunday, February 16—morning: TOC meet at Slavin Gulch. (Call Peg, 628-8985, or Leif for time.)

Sunday, February 16, 6 p.m.: Close the visit with a great potluck party at Peg Davis' house at 2241 East Parkway (south on Tucson from Broadway, right on Arroyo Chico, follow the curves). No need to call before – just bring your pot.

[Are you a Tucsonan who hasn't been to a potluck at Peg's? Then it's time to join us, and for you get to know your Tucson orienteering pals! We want to get to know you, too.]

Orienteering is a national sport in Sweden. Children learn to navigate on maps at an early age; orienteering is a part of the school Phys Ed curriculum. It is done at every level from World Cup to purely recreational. Major competitive meets will attract thousands of runners.

AOK started as a family/school activity on New Year's Eve in 1952. The founders are now in their nineties, but new generations keep the traditions going. It is largely recreational, but some members run competitively for nearby clubs.

January 2003 Board Meeting

The first Tucson Orienteering Club board meeting of 2003 was held January 15. Peg Davis hosted the meeting; twelve members attended.

Three motions were proposed at the board meeting; all passed. The motions were:

1. A motion to move the club website to a commercial host.
2. A motion to have the uniform meet fees, with surcharges (such as BLM fees) factored into the standard fee.
3. A motion to purchase a banner for the Arizona ROGAINE, estimated at \$150.

In addition to the motions and reports from the club officers, the board also discussed the upcoming 2003 ROGAINE and the 2004 ROGAINE World Championships.

Board meetings are generally held the second Wednesday of every other month. The next meeting is tentatively scheduled for March 12. The meeting is open to all members of the Tucson Orienteering Club.

Silver Bell Results, January 19

—Greg Guerrero

What a wonderful experience! Being asked to be the meet director was an experience I thoroughly enjoyed. But it was something I could not have done without the experience and knowledge of the volunteers that came to help me take care of the little details. You never know just how much is involved in putting on a meet until you are the one responsible for everything. But for me there just didn't seem to be any big problems. I never really had to recruit any volunteers, they just appeared! And they supplied me with enough help to make this the most successful meet in 2003 as of this date. (Well, OK, so it was the first....) I would like to thank **Yen Chamberlain** for helping at the Registration table; **Wilkey Richardson** for setting courses and manning the timing table; **Jeff Brucker and Chris North** for running not one, but 2, separate beginners' clinics; **Jim O'Donnell and Ludwig Hill** for help at the timing table and finding control retrievers; **Mary English and Lois Kimminau** for course setting, control retrieval, and for taking home more trash than they came with. And finally, the control retrievers: **Matt Chamberlain, Andre Lehovich, Nancy Portenza, Mark Parsons, David Barfield, and Joe** (I'm sorry I didn't get your last name). I'm sure that I forgot someone, and if I did, please accept my heartfelt thanks and appreciation anyway.

As successful as this meet was, I hope that we can make each and every other meet of 2003 even better than the one before.

White

1T	The Stephens	50:11
Rec	The Cachers	
Rec	Robert O. Johnson	
Rec	Rachael Draozdef	
Rec	Jenie Van Vlack	

Yellow

1T	Thomas Tourville	83:58
2T	Lou Marsillo	105:27
3T	Sailor Scouts	114:03
Rec	Eric Wight	
Rec	C Squared	
Rec	Tony Pagel	
Rec	Tobias Bennett	
Rec	Tucson Mountain Trio	
Rec	Eigen Monkeys	
Rec	Divine Armadillos	

Orange

1T	Space Monkeys	80:25
1W	Nancy Potenza	91:03
1M	Galen Hampton	101:03
2M	Ralph Prince	112:00
3M	Radon	114:54
2T	Team Tubac	124:33
2W	Annemie Baker	150:58
3T	Curtis Cooper	158:18
4T	Mud Hens	174:07
5T	Riley Jackson	200:41
4M	C. Michael Thompson	242:29
Rec	Coyote	
Rec	Troop 109	
DMF	Tony Pagel	
DSQ	City Girls +1	

Green

1M	Dan Cobblepick	49:25
2M	Leif Lundquist	54:26
3M	Joaquin Fox	55:00
4M	Larry Lamb	59:08
1T	Dudes	63:12
5M	Chris North	63:25
2T	Beauty and.....	66:07
6M	Don Baker	80:00
7M	Jim O'Donnell	84:02
8M	Jason Bowman	85:52
1W	Margrit McIntosh	87:20
9M	Michael Gurevich	90:32
3T	Keith McLeod	100:35
2W	Pat Penn	102:59
4T	Free Rangers	105:17
5T	Drew & Amy	148:25
Rec	McElroy	
Rec	Lois Kimminau	
DSQ	Jim Stamm	

Red

1M	Mark Parsons	42:06
2M	Andreas Haldi	65:06
3M	Mark Everett	66:03
4M	Peter Zurcher	81:58
5M	Max Suter	90:20
6M	Matt Chamberlain	91:14
7M	Ludwig Hill	109:28
8M	Jeff Brucker	110:29
9M	William Florence	166:41
DSQ	Michael Kuecken	

Can You Help?

Would you like to mail out the newsletters each month? Sue Roberts and Roger Sperline have been doing this for several years, but would like to take a break. This involves folding and taping them, then attaching a label and a stamp. Since they go first class, no sorting or paperwork required, just dump them in any mailbox. Call me (Lois) at 296-2108 if you are interested.

There are still lots of openings for course setters and meet directors. Take a look at the calendar. There are no meets covered from April through August. Do you want to take that long a break from orienteering? Yes, it's hot in the summer, but it's lovely up on Mt. Lemmon, and there are several nice sites there that we've used before. But we can't have a meet without courses, so our No. 1 need is a course setter.

Then some kind person has to agree to direct the meet. As the last several meet directors have commented, it really isn't that difficult, and there are lots of volunteers to help for an hour or more at the meet. We also have a new Meet Directors Manual which should answer almost all questions. How about it?

SDO's Anza-Borrego Event a Winner

—*Wolfsong*



Three of us traveled to the San Diego club's 3-day event in Anza-Borrego State Park near the Salton Sea held over the Martin Luther King holiday weekend. This desert place was at its best at this time of year.

It was a bonanza of events: 5 events over the 3 days including a 2-day B meet, a night-O, a maze-O, and a scavenger-O. These last three were my favorites; I'd be hard pressed to say which I liked best. Running after dark has always been a thrill to me because you must be in close touch with your map but it was possible to run because the cacti were sparse. The maze-O was exactly that: orienteering in a labyrinth of closely packed canyon passageways, some of which you even had to squeeze through, very confusing but a hilariously good time. The scavenger-O was a score-O turned scavenger hunt for the last 30 minutes during which you received points for those controls you picked up before your rivals nabbed them.

This whole event was masterminded by SDO's Bill Gookin, the same individual who formulated the highly effective electrolyte drink known as Gookinaid. It will soon be sold in stores under the new name of Hydrolite (next year I look forward to another Anza-Borrego event put on by Bill Hydro).

Those of us making the trip were Peg Davis, John Little, and myself. John and I competed on Green and took honors in that capacity. Peg did Red and can now claim to have run a tougher course than the guys. The evenings and the moonlight were made to order for camping out, very mild temperatures. We really enjoyed camping with "O" friends in this pristine desert place. Only thing I'd maybe do different next time is take a solar shower cause we didn't have time to check out the hot springs on the way back.

SDO is planning some other events you may not want to miss out on. The ones I think I remember are Mt. Pinos in June and Vasquez Rocks in December. Watch for more information on these in future newsletters.



Little Rincons Rogaine

—*Matt Chamberlain*

Introduction.

The 2002 Arizona Rogaine will be held on March 15-16 in the Little Rincon Mountains, NW of Benson. This will be a new area for the club, somewhere close to Tucson but rarely explored. It's a rugged area with views over much of southern Arizona and some fun corners to explore.

For those unfamiliar with Rogaining, it is similar to a regular orienteering meet in that it is based on cross-country navigation with a map and compass. In a Rogaine, however, participants enter as teams, events run for a longer period of time (including a significant fraction during the night), and teams are free to decide their route around the course (like a Score-o). There will be 24-hour and 12-hour events at the Little Rincons Rogaine. Another option is a 6-hour recreational event. This is a free event, but requires a commitment to assist in the hash house.

Difficulty

Anyone capable of completing an intermediate orienteering course can go out on a Rogaine course during the day. Navigating at night requires more advanced skills (and no small amount of endurance), but no one says you have to be out on the course in the dark. Do not be daunted by the sound of a 24-hour event; it is much easier on a team to enter the 24-hour event and use the daylight hours on each day than to enter the straight 12-hour event and have to return at midnight in the dark. Teams are completely free to choose their own routes and how they use their time. So, a Rogaine is only as hard as your team wants it to be.

The Course

The course is on US Forest Service land and is a little small for a typical 24-hour event. After several trips to the area, however, I am happy that any team will have to work very hard to clean the whole course. The challenges to covering the whole course include a lot of climbing, rough terrain due to boulders and vegetation, and there are very few trails in the whole course. The position of the hash house will favor 24-hour teams that go out for long periods of time.

The elevation of the course is 4000 to 6000 feet. There are only a few cacti on the course, though lots of scratchy bushes. Full leg protection is a must (this comes from someone who has never worn more than shorts and gaiters on any Rogaine).

This year's Arizona Rogaine is being used as a practice for a number of procedures that will be in place for next year's event, the World Rogaining Championship! The international Rogaining rules will be used and enforced; for example, teams found to have split up on the course will not be considered competitive.

Hash House

The hash house for the Little Rincons Rogaine will be up and running and ready to rejuvenate incoming Rogainers from 6 p.m. on Saturday to 1 p.m. Sunday (1 hour after the end of the 24 hour event). There will be a combination of hot and cold food available.

Registration

Registration for the events is online (including sign up for the free 6-hour recreational event for volunteers). The webpage for registration is

http://www.active.com/event_detail.cfm?event_id=1034160

The cost for either event is \$45. This is also paid online. If there are any genuine problems with access, please contact the meet directors. (E-mail is preferred, but the phone number below may be used if necessary.)

The deadline for registration is February 28, i.e. before the next newsletter.

There will still be a waiver to sign before the event.

Directions to the Hash House will be e-mailed to entrants closer to the event. Important rules, instructions, and advice have been posted on the website. Check the website closer to the event for updates.

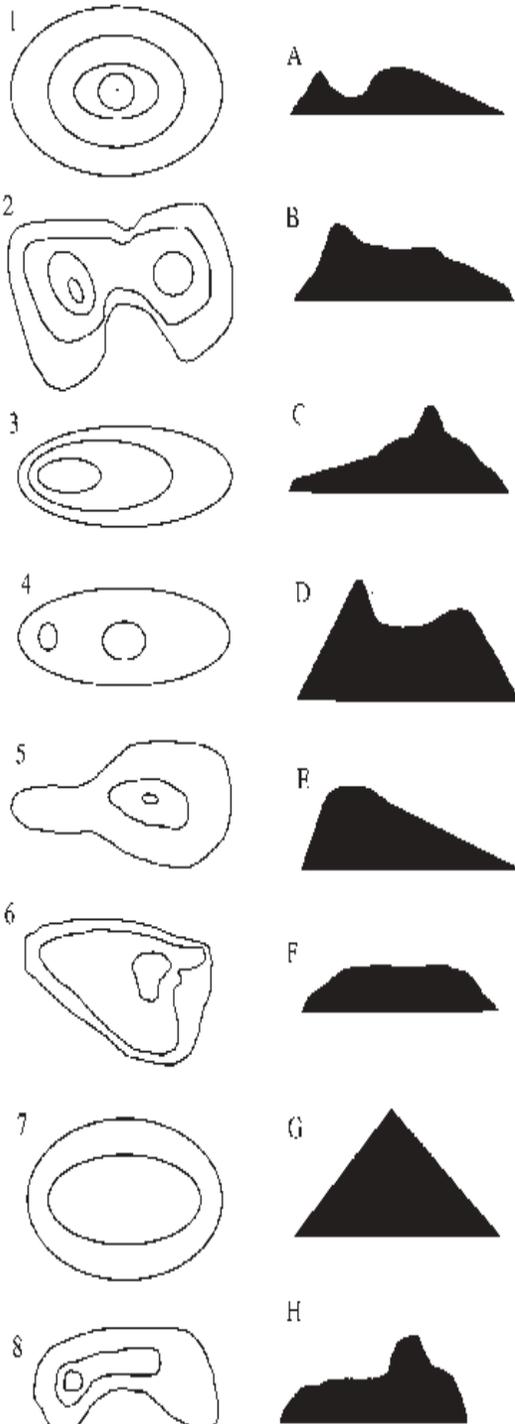
<http://www.lpl.arizona.edu/~mc/rincon/>

Matt Chamberlain mc@lpl.arizona.edu

Yen Chamberlain yenc@dakotacom.net (520-318-3630)

Orienteering Skills

How about a little orienteering practice? Match up the contour drawings in column 1 with a silhouette of the geographic feature in column 2. For more practice at control descriptions, try this interactive web page: <http://www.fortnet.org/ics/>



An e-mail note from our new webmaster, Cristina Luis, says:

A few of us were talking about orienteering computer games the other day and I thought I'd pass on some links.

The coolest game that I've found is Catching Features, by Greg Walker. It isn't finished yet, but you can download a great demo and see the beautiful graphics at:

<http://www.catchingfeatures.com/>

You need a nice computer with a fancy graphics card to run it. It will eventually include online real-time competition. So, ya know, on those rainy Tucson days, we can sit inside and virtually orienteer together.

If you don't have a fancy computer, then check out "Lost in Forest," available from Scarborough Orienteering:

<http://www.orienteer.com/so/pricelist2.htm>

No demo as far as I can tell, but I do have the CD if anyone's interested in checking it out. Graphics are not nearly as nice but it works.

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A couple of "easy tips" from the British Orienteering Federation (copied from the Rocky Mountain Orienteering Club bulletin):

Before you start, study the map and the legend. Do so for as long as you can. Get familiar with the general shape of the area. You don't want to waste time during the competition trying to puzzle out what's up and what's down, what's a fence and what's a wall. Take a few sample measurements to get some idea of distances.

Don't think of the competition as a race. It isn't; it's a time trial: it's you against your own weaknesses. That person you are trying to outrun may be going an idiotic way, or may be fresh from standing still scratching his head for five minutes while you were toiling up the hill. Even if you do outrun him, he may be a better navigator.

CLUB CALENDAR

February 16, Slavin Gulch

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

Meet Director: Cristina Luis (275-7561)

February 24, Newsletter Deadline

See page 2 for details.

March 12, Board Meeting

March 15-16, Little Rincons—12-Hour Rogaine

Course Setter: Matt Chamberlain (318-3630)

Meet Director: Yen Chamberlain (318-3630)

April 20, Brady Wash

Course Setter: Jim Stamm (575-0830)

Meet Director: VACANT

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)

Meet Director: Vacant

October 19, Course Setter's Choice

November 16, Highway 83

Course Setter: Chris North (322-9758)

Meet Director: Vacant

December 21, Cat Mountain

Course Setter: Ludwig Hill (299-9041)

Meet Director: Vacant

ANYONE INTERESTED IN CARPOOLING TO THE GHPXO FEBRUARY MEET ON SATURDAY FEB. 8, PLEASE CALL PEG DAVIS AT 628-8985, OR E-MAIL HER AT PEGDAVIS@U.ARIZONA.EDU. THE MEET IS A SCORE-O AT SAGUARO LAKE, NORTHEAST OF PHOENIX.

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.

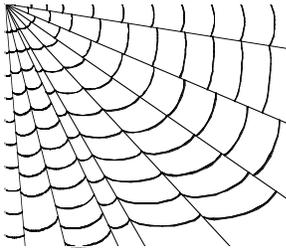
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Address Service Requested

The AOK is A-OK.
Welcome them to
Slavin Gulch on
February 15-16.



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.