

August 2003

Arizona State Championships and Pacific Ranking B-Meet at Lake Mary

—Jeff Brucker

On the weekend of August 16-17, you are invited to leave the desert heat behind and do your O-thing in the cool ponderosa pine forest at 7000 feet at Lake Mary, about 20 minutes from Flagstaff. This two-day B-meet has been designated as the 2003 Arizona State Orienteering Championships and is also a Pacific Region ranking event. The Lake Mary terrain is typical Mogollon Rim country, mostly forested ridges and broad flat meadows, with some steep slopes in between, probably 50 percent runnable. The vegetation is mostly open forest, with some underbrush in places, but not many thorny plants. The meadows have high grasses, so long pants are recommended.

The map was updated last year during a mapping clinic. Other than the large meadows in every broad valley, there are not a lot of vegetation boundaries, so vegetation is not mapped. The scale will be 1/7500 for beginner courses and 1/15,000 for all other courses. All seven USOF standard courses will be available, ranging from beginner (White) to elite advanced (Blue).

Jeff Berringer will be the meet director, he and would appreciate some volunteers, so please show up early if you can help, or call him at (520) 512-4685 (e-mail treasurer@tucsonorienteering.org). I (Jeff Brucker) will be setting the courses, so please call me at (520) 886-2528 if you have questions regarding the courses or area (e-mail president@tucsonorienteering.org).

Pre-Marked Map: We request that all competitors (not recreational entrants) call or e-mail the Meet Director, Jeff Berringer, at (520) 512-4685 or jaberringer@earthlink.net (or treasurer@tucsonorienteering.org), in order to reserve a map. Otherwise you may need to copy from a master map.

Arizona Championship Categories: Combined times for both days will determine the Arizona State Championship for each category. You may register for a more difficult age category.

Junior Women (under 18)	Orange
Junior Men (under 18)	Orange
Elite Women (18-34)	Red
Elite Men (18-34)	Blue

Veteran Women (35+)	Green
Veteran Men (35+)	Red
Super Veteran Women (50+)	Brown
Super Veteran Men (50+)	Green

Pacific Ranking Categories: Each day qualifies as a Pacific Region Ranking event.

Fees: (Per day) \$5/individual, \$8/team, for members of any recognized orienteering club. \$10/indi-

vidual, \$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.*

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Directions to Site: (From Phoenix) take I-17 northbound; just before I-40 junction at Flagstaff, take exit 339, Lake Mary Road. Go south and then southeast about 5 miles to FR132. Take a right at FR132 and go south and southwest about 2 miles to FR132D. Turn left at FR132D and go south and southeast about 2 miles to site. Look for orange O-signs along 132 and 132D.

Drive Time to Site: It is about 3-1/2 hours on the interstate from downtown Tucson to the Lake Mary exit at Flagstaff, and another 1/2 hour to the site on good roads.

Parking: Plenty of space, but try to carpool anyway.

Camping: Plenty of primitive camping space at the site. Also campgrounds and motels in Flagstaff, 30 minutes away. I recommend Friday night camping so you can acclimatize to the elevation and get an early Saturday start.

Schedule:

Saturday (Note: Saturday schedule will begin later than normal so that early risers can actually drive from Tucson or Phoenix and make it in time.)

9:30 a.m. Registration opens. Beginners' clinic starts.

10:00 a.m. Courses open. This is the earliest available start time.

12:00 p.m. Last available time to start a course.

2:00 p.m. Courses close, everyone must check in at the finish area whether you have finished the course or not, otherwise we will let the air out of your tires. If you like to take your time, be sure to register and start early so you can finish before the deadline. (Note: Seriously, this is a safety issue. *Always* check in before leaving the area.)

2:00 p.m. Beginning of control retrieval. This is good orienteering practice and help is always needed. Volunteer when registering.

6:30 p.m. Potluck dinner and possible campfire at the meet site. Bring a dish to share and enough plates, utensils, etc. for yourself.

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.

1:00 p.m. Courses close, everyone must return to the finish area whether you have finished the course or not. (See note above.)

1:00 p.m. Beginning of control retrieval. This is good orienteering practice and help is always needed. Volunteer when registering.

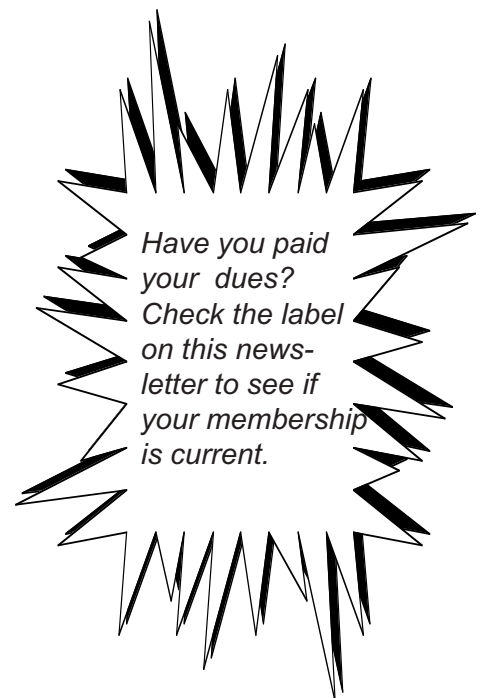
~1:30 p.m. State championship awards.

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 before 9:30 on Saturday or 8:30 on Sunday.

Route-Choice Reviews: During the last half-hour of competition, the course setter or an advanced orienteer will discuss route choices with returning participants, probably near Start/finish area.

**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.

Lincoln Park Early-O

—Ralph Prince

The July 20 meet was held at Lincoln Park in southeast Tucson. It was a clear and hot morning. Registration opened at 7 a.m. and the course closed at 10 a.m. Don Fallis had the best time, completing the long course in 44 minutes, 56 seconds. Several orienteers remarked, with admiration, how he ran by them. Joe Raterman, who finished with the second best time of 45 minutes, 28 seconds, completed his map before his timed start. Not wanting to rewrite his map again, he agreed to take a five minute penalty which was deducted from his start time.

Cristina Luis and Melissa Trout were responsible for the well laid-out courses. **Emily Lane and Chris North** hung the control bags. Comments by returning orienteers concerning the "Western Mass. Rules" course were generally favorable. There were 23 entries, including 8 teams. Kudos and thanks to all!

The first half-hour was rather hectic because the meet director manned both the Registration and Start Tables, until **Peg Davis** arrived and took over the Registration Table. After completing the course with the third best time, **Ludwig Hill** took over the Timing Table. Control retrievers were **Peg Davis** (1-7), **Dan Quigley & Karen Stamp** (8-14), **Lois Kimminau** (15-20, except #16), **Jim O'Donnell** (16, because he missed it while running his course), and **Becky & Nadine, alias "Mudhens"** (all the White course controls). Many thanks to all the volunteers!

There was no water on the course, but the park is quite small and there are water fountains at ramada No.5 and in the northwest area of the map, which were noted as "H2O." Fortunately we had plenty of shade under and around the ramada, and the occasional breeze, with its evaporative cooling effect, felt great during and after the meet.

	Time	Con trols
White		
Eastman Express	00:50:00	
Buckeyes	00:53:00	
Team Deeny	00:46:37	
Short Course (7 or more)		
City Girls	01:52:50	10
Walter Banks	OVT	10
Medium Course (14 or more)		
Team Half-fast	00:58:56	14
Elliott George	01:11:59	18
Jim O'Donnell	01:21:30	19
Kay Mathieson	01:27:17	14
Lois Kimminau	01:34:37	17
Long Course (all 20)		
Don Fallis	00:44:56	20
Joe Raterman	00:45:28	20
Ludwig Hill	00:45:37	20
Peter Johnson	00:56:37	20
Jason Bowman	00:58:48	20
Team Tubac	01:00:28	20
Michael Kueken	01:06:53	20
Jeff Brodsky	01:07:03	20
Jeffrey Fisher	01:11:28	20
Peg Davis	01:12:26	20
Tacu Tachihara	01:16:57	20
Mudhens	01:17:22	20
Team Greg & Pat	01:44:45	20

The Joy of Postmortems

—Peg Davis

When most of the runners were back from the course at Lincoln Park and hanging out under the ramada, we pulled out the highlighter pen and marked our routes on our maps. Since it had been a Score-O, not just our route choices, but our control order choice varied. There was quite a bit of difference in our lines: some went clockwise, some counter. Some people's lines were orderly and rather short, some wandered alarmingly.

Doing a postmortem after your orienteering course is a classic learning strategy. One woman who beats me almost every time draws her line after every single course, giving her a chance to see how she could have made better route choices or avoided mistakes. It can also be a lovely social event where you can get to see just how others make decisions and learn from their good and bad choices.

There's a highlighter pen in the meet director backpack. Find it, draw your line, and find someone to tell all about it. And you know I'll tell you all about mine!

(Out of five or six of us looking at routes, Peg was the only one who chose a counter-clockwise course. Does this mean anything? Hmm.....)



San Diego Results

Jeff Brucker placed first on Green course both days at Mt. Laguna B meet July 19 & 20—looks like the big dog in Pacific Ranking Series!

The Big Muddy Ranch Rogaine

—Brad and Yvonne Poe

Oregon...June...70 degree weather...rogaine...sign us up, we're there! The thought of escaping southern Arizona for a cool weekend in Oregon to participate in the first Big Muddy Ranch Rogaine, hosted by the Columbia River Orienteering Club, was a no-brainer. Having honed our limited navigational skills in the 12-hour portion of the Little Rincons Rogaine in March, we decided to sign up for our first 24-hour event. Off to Oregon!

"98 degrees" the bank sign in Portland flashed incessantly. So much for the "cool" weather. The next three days would all top out above 90 degrees. Warmest four-day stretch since 1996 the papers would say. Hmm...maybe we could use this to our advantage!? Together with fellow TOC member Peg Davis, who was paired with a Canadian lady, we hoped our experience with the heat would be of assistance.

The Big Muddy Ranch is located approximately 100 miles east of Portland and 50 miles south of the Columbia River. Originally inhabited by Native Americans, the area was later homesteaded and eventually consolidated into the Big Muddy Ranch. At one point the ranch was owned by the Baghwan Shree Rajneesh and his followers. Rajneeshee ownership was a central theme for the event with several rogainers dressing the part of the guru's followers and a likeness of the Baghwan himself appearing on the event T-shirt. The ranch is now owned by Young Life, a Christian youth ministry, who graciously allowed use of their ranch for the event. Kudos to rogaine guru Mal Harding for obtaining access to this truly spectacular location.

To our navigationally-challenged eyes, it appeared as though the course was divided into two relatively distinct sections. The western section had more rolling hills while the eastern portion featured a more dramatic topography including steep cliffs and hilltops, canyons, and a big blue lake. Us desert dwellers appreciated the green foliage, although the cheatweed was going to seed which necessitated gaiters and duct tape. Course setter Les Stark told us that the grass had a two-week window when it would be green, after which it would turn a more familiar desert brown. Fortunately for us, the grass was still green. Shorts, hats, and lots of sunscreen were in fashion for most of the rogainers due to the warm temperatures.

Parking, registration, and the small tent city revolved around a huge hangar-type building which also served as the hash house. The hash house was centrally located on this rogaine course, and teams scattered in all directions at the 11 a.m. start, following a two-hour period in which strategies were devised in the shade of the hangar.

We opted for a course through the rolling hills leaving the rough stuff for another day. We found the first controls without incident, only to spend an inordinate amount of time on our third control. So much for any overconfidence. We got ourselves back on track and spent the afternoon having a lot of fun and enjoying the beautiful countryside. As evening approached, we found ourselves at our second water stop. Several people were there, in various stages of exhaustion due to the high temperatures. Hooray for Arizona-like heat!—we felt great—refilled our water bottles and off again we went. As darkness fell, we hit the hash house and partook of yummy chili and pasta salad, while coming up with another route, as we had completed our original plan far sooner than anticipated.

We decided a nap was in order before setting off again. Much to Brad's chagrin, I fell asleep within minutes while he listened to a symphony of crickets and snoring. The alarm went off and we discovered something—the moon had set! It was completely dark, so I took this to mean another hour of napping was in order. At dawn we set off again, this time into the eastern portion of the ranch, encountering many of the aforementioned canyons and hilltops. We did not make it down to the lake, instead bailing out on a dirt road to get back to the hash house before the cutoff.

Despite encountering more snakes in one weekend than all year back home, we had a great time experiencing the ranch, its resident elk herd, and our fellow rogainers. We definitely plan to attend the second Big Muddy next year, which is to be held on a different section of the ranch. Oh yeah, and we had better plan for a setting moon too!

[See page 5 for more on the Big Muddy Rogaine—this received via the internet.]

More on Big Muddy.....

Hi folks--Yes, it was perhaps America's BEST DOCUMENTED ROGAINE EVENT yet! The Big Muddy Ranch Rogaine was held near Antelope, Oregon, on June 7-8, and we've assembled photographs and stories from several of the competing teams on our club Web site and in a condensed event newsletter, too.

Writes one early reader:

To: Publicity Director

Re: CROC NEWSLETTER

Here, finally is a newsletter (from all outdoor clubs) worth reading. More compelling than INTO THIN AIR and THE CLIMB. The best part for me was the photo of the foot wounds and the the guy flexing his hand from holding a map. Good Saturday morning read.

[name withheld to protect the innocent...This was an actual, unsolicited response, and they weren't even a CROC club member... honestly!]

If you didn't make it to the Big Muddy, but would like to experience a bit of the heat, dirt, sweat, grub, and good times we had, please go to:

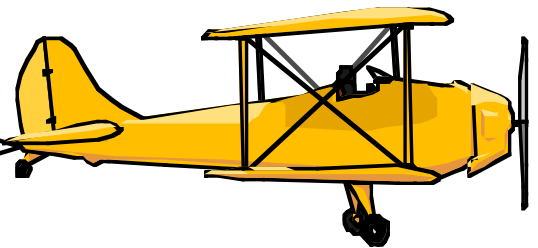
<http://www.croc.org/events/rogaine/bigmuddy.php>

The newsletter is available for download via a link on this page. (Note: it's about 500 KB pdf document—it'll take a few seconds to download...!)

We hope to see YOU at the next CROC Rogaine...(though we're not exactly sure when that'll be just yet - stay tuned!)

John Bartholomew, CROC/Portland, OR

Introducing our new neighbor



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

New Mexico Orienteering (NMO)

Dick and Judy Opsahl have started an orienteering club in Los Alamos, New Mexico. They used a USOF map grant to produce a lovely, high quality map using a professional mapper. Here are more opportunities to orienteer in the southwest.

Saturday, August 23, Rendija West map, starts between 10 a.m. and 1 p.m. White through Orange courses, including both a regular length Orange and a long Orange (the latter for Rogainers, adventure runners, and ultra-runners)

[Anyone wanting info on the Aug 23 meet (or anything else during August) should contact mouser@mouser.org.]

Saturday, September 20, Rendija West map, starts between 10 a.m. and 1 p.m., White through Green courses, including both regular and long Orange.

Saturday, October 18, a standard meet on Rendija East map, with White through Green courses, usual start times.

Saturday, November 15, a mini rogaine, with participants going out for 1, 2, or 3 hours. The start/finish for that TBD.

For further details, contact the Opsahls at: Opsahl@losalamos.com

Answers to "What Am I?"

- A. Spur
- B. Depression
- C. Knoll

CLUB CALENDAR

Date	Location	Setter(s)	Vetter(s)	Meet Director(s)
Aug. 9-10	<i>Mormon Mountain Annual Camp-out</i>	<i>GPHXO</i>		**
Aug. 16-Sat.	Lake Mary–Day 1 AZ State Champs	Jeff Brucker (886-6304)	Dave Kreider (928-638-0307)	Jeff Berringer (512-4685)
Aug. 17-Sun.	Lake Mary–Day 2 AZ State Champs	Jeff Brucker (886-6304)	Dave Kreider (928-638-0307)	Jeff Berringer (512-4685)
Aug. 25	Newsletter deadline. All articles for September newsletter due by 6 p.m.			
<i>Sep. 13</i>	<i>Thumb Butte (Prescott NF)</i>	<i>GPHXO</i>		**
Sep. 21	Greasewood City Park Nat'l Orienteering Day	Ludwig Hill (299-9041)		Peg Davis (628-8985)
<i>Oct. 16 & 18</i>	<i>Fall Land Navigation Class</i>	<i>GPHXO</i>		**
Oct. 19	Catalina State Park	Josh Stamm (575-0830)		Mike & Val Thompson (743-9687)
<i>Nov. 1</i>	<i>Lake Pleasant (Jt. JROTC)</i>	<i>GPHXO</i>		**
Nov. 16	Highway 83	Chris North (322-9758)		
<i>Dec. 13</i>	<i>Bomboy Mine (Jt. JROTC)</i>	<i>GPHXO</i>		**
Dec. 21	Cat Mountain	Ludwig Hill (299-9041)		
2004				
Jan. 18				
Feb. 15	Chimney Rock	Leif Lundquist		

**For information on Greater Phoenix Orienteering Club events, check their website at <http://www.geocities.com/phxo>, or e-mail them at gphxoc@yahoo.com. Our members are encouraged to support our sister 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 Jim Stamm at 318-3630 if you can help with any of these meets.

What's Ten Years?

Ask a 10-year-old boy how long 10 years is, and he will tell you it is a very, very long time—his whole life! Ask his parents and they will wonder how he grew from cuddly baby to adventurous pre-pubescent in such a short time. Ask someone given 10 more years to live if that is long enough. Or ask an orienteering club equipment chair if 10 years seems very long.

Yes, our equipment person, Mary English, has been doing this job for 10 years, and a little more. She actually started in January 1993!

Mary took on a job no one else really wanted to do, and she has brought it to a fine art. She inventoried and organized. She repaired and replaced. She invented where she saw a need, or described what she wanted and got someone else to invent it. She begged, borrowed, and.....well, no, I don't think she actually stole anything.

She requested old back packs, and several people donated them. She has used them to organize the meet director's equipment so that it will be easy to transport everything to a meet. Every item has a place, most of them in zip pockets that are neatly labeled with a tag to make them easy to find.

In addition, although it is not part of her job, she has been of invaluable help answering questions posed by new meet directors, through her knowledge of what is needed and the easiest way to do it.

A 10-gun salute to Mary, and uncountable thank-yous.



What Am I? Answers on page 4

A.

B.

C.

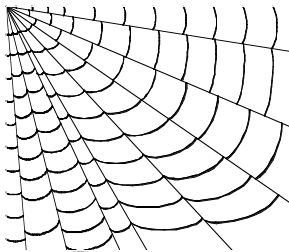
2003-2004 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

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

Address Service Requested

Cool off at Lake Mary on August 16-17. Camping and potluck!



Check out the Tucson Orienteering Club web site!
Type <http://www.tucsonorienteering.org>
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: _____

City, State, Zip: _____

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.