



October 2004

Arizona State Championship Meet

The 2004 Arizona State Championship Meet will be held the weekend of October 30-31, 2004, at Bomboy Mine. This meet is being organized by our sister club, the Great Phoenix Orienteering Club. Full meet information is not yet available at press time, but please check the GPHXO website at <http://www.phoenixorienteering.org> for information.

Directions to the Bomboy Mine Site: Take the Superstition Freeway east through Apache Junction, towards Globe. About .4 miles past milepost 222 and immediately after crossing the Queen Creek bridge, turn left onto Hewitt Station Rd (Forest Road 357). If you reach the Boyce Thompson Arboretum you have gone a half mile too far! Cross the cattle guard and continue straight ahead. After about 1.5 miles on FR357, you will cross a wash with two 15 foot high drainage pipes under the railroad tracks on the right. Turn right on to FR 252, which is .2 mile after the wash. Our site is about $\frac{3}{4}$ mile down the road, at a road junction. Look for an orange and white orienteering bag or orange cone at the last turnoff and at our site.

Support our sister club, for putting on the meet, but show them some competition and bring home the awards!

Running With the Champions

—*Leif Lundquist from Engelsberg, Sweden.*

The World Orienteering Championship (www.woc2004.com) was held in Sweden on September 11-19. Runners from all over the world gathered in the forest lands about 100 miles west of Stockholm. I went with a group of friends to see the long distance competition, where the best men and women orienteers in the world would run a tough 17 and 11 kilometers, respectively, in wooded terrain with a lot of wet areas.

It is a beautiful early fall day. Not a cloud in sight, crisp, clear and, by Nordic standards, warm, much like a sunny winter day in the Rincon Mountains. But there the similarity ends; after all, we are at 60° North, about the same as Southern Alaska. The meet is held on sloping fields between a little white church and a lake. Chutes guide the runners past the audience between the woods and the start and finish lines.

A huge TV screen and cameras at key controls allow us to follow the race minute by minute. In the women's race Swiss Simone Niggli-Luder, who won the sprint competition the day before, is in the lead for a long time, but suddenly she has lost two minutes—it turns out she dropped a lens and had to replace it. One by one the world's best women orienteers finish. It is a fight to the bitter end and the very last one, Swedish Karolina Højsgaard, finally wins the gold medal with a time of 82:25.4 minutes.

In the men's race Russian Valentin Novikov holds the lead for a long time, but behind him, two Norwegians and a Swede are gradually gaining on him. Veteran Bjørnar Valstad from Norway crosses the finish line clocking 105:25.3 minutes. He has beaten Novikov by over two minutes, but he still has to wait for the other two. The audience cheers Swedish Mattias Karlsson as he enters the chute, but he finishes in second place, 31 seconds behind Valstad.

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A Cool Morning at Greasewood Park

—*Ralph Prince*

The Tucson Orienteering Club's meet at Greasewood City Park on September 19, 2004, was held during more pleasant than expected weather conditions. At first light, it looked as though there would be rain. However, the weather slowly improved to become a much cooler than expected, partly sunny morning.

The Meet Director profusely thanks **Ludwig Hill** for setting up the Registration and Timing tables, as well as the mapping area, and otherwise preparing for the O-meet. He also ran the Registration table, gave Beginner Orienteering classes to all who asked, advised the Meet Director concerning varied details, in addition to setting White, Yellow, Orange, and Green or, more properly, Contour Courses. The Meet Director heard no complaints about any of Ludwig's courses. In fact, Roy Parker, with the best time over the Contour course said, "I would not have believed such a challenging course could have been set within the confines and topography of Greasewood Park, until I ran it."

Simply put, the meet would not have been possible without **Ludwig**. Thanks also to the **Sahuarita ROTC and Jim Stamm** for recovering the controls after the meet closed at 1 p.m.

White

1T	Shane & Josh	25:35
2T	Team Alex	34:00
1W	Dana Smith	40:30
1M	Andrew Johnson	41:40
2W	Ketsy Smith	50:45
2M	Eric	59:10

Yellow

1T	Shane & Josh	84:10
2T	Mike & Rachel High	85:15

Orange

1W	Alexis Mills	127:58
1M	Michael Rule	130:00
2W	Lois Kimminau	177:20
DNF	ROTC Team #1	
DNF	ROTC Team #2	
DNF	ROTC Team #3	
DNF	ROTC Team #4	

Contour

1M	Roy Parker	57:30
2M	Peter Johnson	58:10
3M	Jim Stamm	73:44
1W	Peg Davis	86:00

DNF Walt Smith

DNF Michael Thompson

* Jim O'Donnell

*Mr. O'Donnell finished the course, but began without getting a starting time.

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The races are over, the winners cheered by the audience, and it's time for a change into running clothes. About 1400 spectators then shed their drab everyday cocoons and emerge as butterfly-hued orienteers. It's a brilliant idea to have public races after the championship is over. We are all going to try out the same terrain, albeit not the same distances. I am running 5 km and doing pretty well—I think. The only thing is that I am almost being mowed down by hordes of young men and women streaking by. Age may have its advantages, but running fast is not one of them.

With so many people in the woods, it is easy to find the controls. There are always five or six runners converging on the same control. "Punching" is out, we each carry an electronic tag. Put it on the docking plate and off you go again. The last control passed, I run up the sloping meadow through the chute to cross the finishing line.

When the race is over, we head for the showers that are outdoors behind temporary screens. The men's department is pretty crowded and the place reminds me of a Hieronymus Bosch painting with naked bodies of all shapes and ages. The difference is that the orienteers are not descending into hell, just lining up for the heated lake water after a heavenly day running with the champions.

Board Meeting

The next board meeting will be held on Wednesday, October 13, at the home of Peg Davis (2241 E. Parkway Terrace). Please call Peg at 628-8985 for directions, if needed. The meeting will begin promptly at 7 p.m. All members are invited and encouraged to attend and are eligible to vote.

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.

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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CLUB CALENDAR

2004	Location	Course Setter	Vetter	Meet Director
Aug 15	Greasewood City Park--Clinic			
Aug. 23	Newsletter deadline. See submission information box on page 2.			
Sep. 19	Greasewood City Park	Ludwig Hill (299-9041)		
Oct. 30-31	Bomboy Mine (State Championships)	GPHXO**		GPHXO**
Nov. 21	Kentucky Camp	Ludwig Hill (299-9041)		
Dec. 11	Saguaro Lake	GPHXO**		GPHXO**
Dec. 19	Cat Mountain			
2005				
Jan. 26	Brady Wash			
Feb. 20	Kentucky Camp	Leif Lundquist		
Mar. 20	Catalina State Park	<p>Coursetters: Look at all these great sites to pick from! Pick your date and site and call Jim Stamm to make it official.</p> <p>Meet Directors: you can get your choice of date and site if you sign up early.</p> <p>We need ALL of you to make this a successful orienteering club. VOLUNTEER NOW!</p>		
Apr. 17	Cave Creek			
May 15	Slavin Gulch			
Jun. 19	Palisades			
Jul. 17	Lake Mary			
Aug. 21	Lincoln Park Early-O			
Sep. 18	Greasewood Park Early-O			
Oct. 16	Silverbell--State Championships			
Nov. 20	Kentucky Camp			
Dec. 18	Cat Mountain			

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 575-0830 if you can help with any of these meets.

2004-2005 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

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