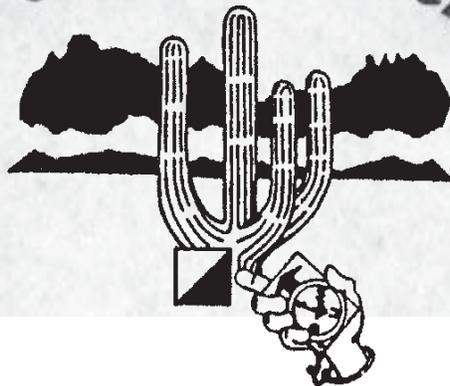


Tucson Orienteering Club



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April 2004

WE ARE STILL IN DIRE NEED OF A SECRETARY/TREASURER!
Please e-mail Jeff Brucker at jeffbrucker@cox.net to volunteer.

Silverbell Mountains in April

—*Jason Bowman*

Come join us within the Ironwood Forest National Monument on April 18, 2004, when the Tucson Orienteering Club holds its meet on the lower slopes of the Silverbell Mountains. The area has lots of great terrain and scenery to enjoy while you run your course(s).

The classic White, Yellow, Orange, Green, and Red courses will be set. Something for everyone!

It can get warm in April, so be prepared with a hat, sunscreen, and lots of water. Notice that the meet times have been moved up by an hour to try to avoid the worst of the heat.

Hooray for Gregg and Pat Townsend who have volunteered to be meet directors. Please call them at 622-4180 if you can help. Remember, you will still be able to run a course before or after you help out.

Directions: From Tucson, take I-10 Westbound (North) to Avra Valley Road (Exit 243). Exit and go west for 10.5 miles to Trico Road and turn right. Go north for 3.6 miles to Silverbell Road and turn left. After about 8.4 miles, the road will turn to dirt. From the pavement's end continue west/northwesterly on Silverbell Road for another 6.3 miles to a "T" intersection with Sasco Road. Continue on Silverbell Road by making a left turn at this junction for 5.4 miles to the turnoff to the meet headquarters. There will be orienteering signs at this turnoff. Do not park near the small cemetery, which is off-limits.

Schedule:

7:30 a.m. Registration opens. Beginners' clinic starts.

8:00 a.m. Courses open.

10:00 a.m. Last time to start a course.

11:00 a.m. to 12 noon. Route choice reviews.

12 noon. Courses close. Begin control retrieval—good orienteering practice, lots of help always needed. Volunteer before 12 noon with the meet director.

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.

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 7:15 a.m. and 7:30 a.m.

Route Choice Reviews: Between 11 a.m. and 12 noon, an advanced orienteer will be available near the Start/Finish area to discuss route choices with returning participants.

World Rogaine Championships Fast Approaching!!

—*Rachel Gelbin*

The World Rogaining Championships are a little over a month away! I have a wonderful collection of volunteers who know how amazing and rewarding it is to work helping those competitors who want to run like maniacs all night long! I do, however, need a few more! If you can't drive up Friday night, you can make a leisurely drive up on Saturday. I need help throughout the night, but especially Sunday morning when all 400 contestants will be arriving back at camp cold, tired and most importantly, hungry!! Sunday is a great opportunity to help serve food, to hear all the excitement, and to do a great service to those of us who will have been there since Thursday or Friday. We will need help cleaning up! If you have friends who love to be helpful in the woods, bring them along. So, consider us for a weekend in the beautiful White Mountains!

If you can't make it up to help at the site, you can still help the club. I need to borrow:

- 2 burner Coleman-type Stoves
- Big coolers (or any coolers)
- Lanterns or any lighting equipment for the meet site
- Long folding tables
- Large pots
- A cooking ring for large pot cooking
- A public address system
- Power sources for computers and PA systems
- 5 gallon propane BBQ tanks
- A large display clock

Finally, I need to find:

1. Someone who will go buy pastries for the Rogaine on Friday, May 7, and drop them at the house of the person I find to bring them to the meet site.
2. Someone who is available on Wednesday afternoon, May 5, to help me procure the Ryder truck and go several places to load the equipment for the meet.
3. Some very special person who can meet the truck when it comes back into town on Monday to help Peg unload all the equipment, so she can return the truck.
4. People who can donate an evening or Sunday afternoon the week before the meet to stuff registration packets, and label t-shirts.

These are simple and really great ways to help the club and I would be ever so grateful for the help. Please contact me if you are interested and able to help (Rachel Gelbin, rgelbin2@earthlink.net, or call me at (520) 326-7504).

President's Message

In the future I would like to see each club member who is relatively new to our sport, and who is excited about orienteering, to try meet directing one of our regular monthly events. This would allow our more experienced members to be available for the more structured meets, such as our state champs and rogaines.

Being a Meet Director is one of the key elements which allow our sport to exist. It is the first step up the orienteering ladder. It is not a difficult or time-consuming job by any means, and it is easy once you have participated in several meets and know the ropes a little.

To encourage participation and to enhance enjoyment of orienteering, I would like to announce that I will be presenting a free orienteering clinic for those who would like to improve their orienteering skills from beginner to intermediate, or from intermediate to advanced. This clinic will be open **ONLY** to those who will make (or have already made) a firm commitment to be a club volunteer (i.e., direct a meet at least once per year, or serve as an officer). It will be **Sunday, April 25, at Greasewood Park**. Participants must arrive **BEFORE** 7:45 a.m. so we can start promptly at 8 and finish by 12.

Please notify me by e-mail (jeffbrucker@cox.net) if you wish to attend, so I can save a spot for you, and also to let me know what commitment you wish to make (i.e., meet director or officer).

Happy O!

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.

Empire Ranch Score-O

—Brad and Amy Poe (Team Tubac)

After several venue changes and a great deal of work by **Jeff Brodsky and Peg Davis**, the Tucson Orienteering Club held their March 21st event at the beautiful Empire Ranch near Sonoita, Arizona.

The event was a Score-O with participants navigating for a total of 31 controls placed throughout the course. Each control was valued at one point and orienteers were categorized by the number of controls they punched, rounded down to the nearest increment of five (i.e., 5, 10, 15, 20, 25, and 30 controls).

The east side of the Score-O course consisted of a more rolling-hill type terrain, while the north and west portions were definitely more topographically challenging (bigger hills...!). The threat of HOT weather brought participants out early (more than 20 participants were on the course prior to the “official” 9 a.m. start time), but the 4500’+ elevation and a nice breeze kept things relatively cool throughout the day.

Many thanks to **Elliott George and Jeff Brodsky** for setting and hanging the course. We didn’t hear of any controls not being where they were supposed to be, therefore a big smiley face for each of you. There were several newcomers at the event and they were expertly tutored by **Peg Davis** at the Beginners’ Clinic. I suppose the sign of a well-taught Beginners’ Clinic is the lack of Search and Rescue and the presence of smiles on the faces of the first-timers after the event. Again, thanks to **Jeff Brodsky** for staffing the timing table for the duration of the event and for tabulating times/scores. **Rachel Johnson** was kind enough to take over the registration desk so that we might try and get ourselves lost on the course too. Anyone drink water on the course...? Thought so. We all need to thank **Gail Brodsky** for setting out the H₂O bottles and cups. Several people helped with control retrieval after the event including **Jim Stamm, Pat Penn, Jim O’Donnell, Ludwig Hill, Max Suter, and Pete and Judy Cowgill**. Thanks to everyone who volunteered!

We now appreciate how valuable volunteers are to the Tucson Orienteering Club and how the club would flounder without volunteer efforts. It was nice to finally put some faces and names together while working the registration area. See ya in April!!

P.S. A camera was lost at the Score-O. If anyone has information, please contact Peg Davis.

Note: Penalties of one control for each minute late have been subtracted to obtain the results shown.

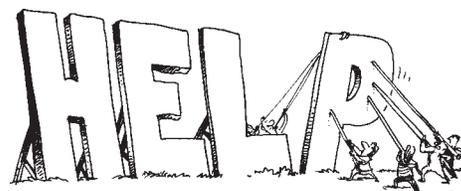
Name	Elapsed Time	Name	Elapsed Time
One Hour:		Paul Hoyt	01:51:40
5-9 Controls		Peg Davis	01:52:00
Team Blue Blazers	00:54:15	Michael Burevitch	01:54:51
10-14 Controls		Caron Jones	01:55:44
Team Sophie’s Venture	00:57:26	Wilkey Richardson	01:57:27
Two Hour:		Pam Hoyt	01:59:04
5-9 Controls		Peter Johnson	02:01:28
Team Mudhens	01:42:08	20-24 Controls	
Alfred Garwood	02:06:12	Ludwig Hill	01:15:02
Jim DeVeny	02:12:50	John Little	01:22:41
10-14 Controls		Jim O’Donnell	01:40:04
Team Mike & Shelby	01:31:05	Jeffrey Fisher	01:52:00
Team Steffeck	01:38:01	Team Weak-on-Recon	01:55:35
Team Beauty and.....	01:50:35	Robert Dunn	01:58:22
Lois Kimminau	01:51:36	25-29 Controls	
Phil Kirby	01:52:27	Mike Wilke	01:50:35
Chris Capurro	01:57:38	Ron Birks	01:54:06
Team Barnett	01:58:10	Jeff Brucker	01:54:39
Team Pat & Gregg	02:02:51	Ernie Duebendorfer	01:55:01
15-19 Controls		Leif Lundquist	02:00:00
Team Double Lutz	01:13:05	30-31 Controls	
Jim Stamm	01:39:35	Mark Everett	01:15:46
Team Cole	01:39:40	Team North/Lane	01:49:37
Team Tubac	01:40:48	Max Suter	01:52:05
Pat Penn	01:47:10	Recreational	
Mike Thompson	01:51:04	Helen Deluga	



Officer Changes

- 1) Vice-President—Jeff Berringer
- 2) Equipment—Mike Thompson
- 3) Permits (and Schedule Coordinator)—Jim Stamm

Thanks to Jeff, Mike, and Jim for stepping up and volunteering. Please notice that we still need a secretary-treasurer. Won’t you be the one to offer to help?



“But I was taught to always stay on the trail ... “

—Terry Farrow, BAOC Bulletin, March-April 2004 (by permission)

Orienteering is a sport that deliberately takes us off trail. For many people, raised to be conscious of causing damage with their footsteps, this is a source of puzzlement. Is it really OK to make a beeline from control to control without regard for where our feet might land?

We orienteers are aware that it is a privilege to go off trail, and a great deal of thought and preparation go into each orienteering event. We always consult with authorities, obtaining necessary permits and working together to address environmental concerns. These authorities are aware of the off-trail nature of our sport. The lands on which we conduct events are a small subset of the many spectacular landscapes around us. Many lands are eliminated from consideration due to their environmental sensitivity or protected status. If certain sections of an otherwise appropriate area are deemed sensitive, courses are arranged such that orienteers avoid these sections.

The admonition, “stay on the trail,” is a simple means of preventing several problems associated with recreational trail use. The most common reasons people wish to leave the trail are to take a shortcut or to approach an attractive natural feature. But repetitive shortcutting creates erosion problems. Attractive features become less attractive when the ground around them is trampled bare. Sensitive features such as wildflower meadows are damaged by too many footsteps. The easiest way to prevent these problems is to advise people to stay on the trail.

Whereas hikers tend to go off trail in the same places repetitively, orienteers do not. An orienteering course consists of a series of checkpoints, or “controls,” placed at unremarkable features such as an ordinary boulder, gully, or hilltop. Orienteers walk or run the course by navigating from control to control. Each orienteer chooses his or her own route such that no single path is trodden by all.

Further, we use a particular area at most twice a year. Entirely new courses are designed for each event, so there is no repetitive wear. A typical Bay Area Orienteering Club event has only 100-300 participants spread out on 7 different courses. Many participants are novices who never leave the trail. All of this adds up to very light and dispersed impact.

The heaviest off-trail disturbance is in the vicinity of the controls themselves. There, an orienteer will notice the footprints or trampled grass of those who passed by earlier. Many of us, concerned about possible damage, have given this further attention. We have noticed that once we remove a control flag and step away, we cannot easily find those footprints and trampled grass. At times we have returned to control sites weeks later. We usually find that no sign of our passage remains. Further, we are unlikely to ever use this same spot again as a control site, so recovery is allowed to proceed to completion. In Europe, formal studies have been conducted to confirm these observations.

We find that our heaviest impact on the land takes place, not on the courses, but at the places where we park, register, start and finish. Here, we take care in the same way that organizers of any event must take care. It is worth noting that the largest environmental impact of all probably comes from the burning of gasoline in driving to and from events.

We who are drawn to orienteering are, for the most part, responsible and environmentally aware. Indeed, there are many ways in which orienteering benefits the environment. Because we traverse areas that are seldom visited even by rangers, we observe and report on things of concern. We often pick up litter left behind by others. Land managers have commented favorably on the way we conduct our events.

Most significantly, orienteering places us in the thick of nature with an intimacy that is rarely experienced from the trail, engendering a deep appreciation of nature that inspires us to protect it further. Orienteering is truly a sport that touches the earth lightly.

The Spring (No. 1) 2000 issue of *Orienteering World* was devoted to environmental topics. One article, “An Environmentally-Sensitive Sport,” reviews and references three scientific reports on the environmental impact of orienteering:

Breckle et al., “Vegetation Impact by Orienteering? A phytosociological long-term study,” *Sci. J. Orienteering* 1989/5, 25-36.

Douglas et al, “An Assessment of the Impact of the November Classic Badge Event 1988 on the New Forest,” *The British Ecological Society*, 1989. (This paper lists many other relevant references.)

Ecosurveys Ltd, “The Effect of the May 1991 Orienteering Event on the Breeding Bird Community of Brandon Park,” *BOF* 1991.

Note: Copies of “An Environmentally-Sensitive Sport” (\$0.50), of the entire issue of *Orienteering World* (\$5), or of the Douglas study (\$2.50) may be obtained from the Bay Area Orienteering Club for the cost of printing and postage. The cost of the full set is \$6.50. Write to Terry Farrah, tfarrah@mindspring.com.

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

CLUB CALENDAR

Date	Location	Setter	Vetter	Meet Director
Apr. 18	Silverbell	Jason Bowman (682-5176)		Pat & Gregg Townsend (622-4180)
Apr. 25	Intermediate/Advanced Orienteering Course. See article for further information.			
Apr. 26	Newsletter deadline. See submission information, page 2.			
May 8-9	6th World Rogaining Championship	John Maier (586-7300)	Jeff Brucker	Peg Davis (628-8985)
June 20	Bear Wallow	Max Suter (797-8850)		Pete and Judy Cowgill (887-1514)
July 18	Lake Mary	Jeff Brucker (886-2528)		Jeff Berringer (512-4685)
Aug. 15	Lincoln Park Night-O/Early-O			
Sep. 19	Greasewood City Park	Ludwig Hill (299-9041)		
Oct. 17	Down Route 83	Jeff Berringer (512-4685)		
Nov. 21	Kentucky Camp	Ludwig Hill (299-9041)		
Dec. 19	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

President	Jeff Brucker	jeffbrucker@cox.net	886-2528
Vice President	Jeff Berringer	jaberringer@earthlink.net	512-4685
Secretary/Treasurer	VACANT		
Membership	Jeff Brodsky	jabrodsky@cox.net	275-9351
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