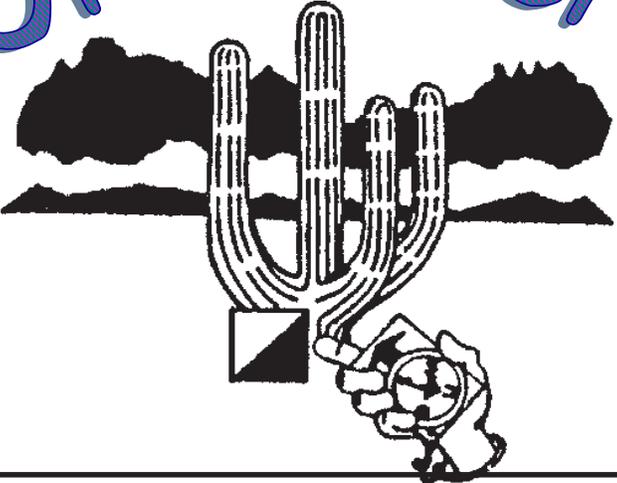

Tucson Orienteering Club



October 2005

Silverbell on October 16

—Jeff Brucker

It's time for a trip to the southwest of town. Come join us near the Ironwood Forest National Monument, on the lower slopes of the Silverbell Mountains. October is a good month to have a meet at this area, with lots of great terrain and scenery to enjoy. However, it can still be quite hot in October, so be prepared with a hat, sunscreen, and lots of water.

The courses will be the standard White, Yellow, Orange, Green, and Red.

I will be directing this meet as well as setting the courses, so all and any help will be appreciated. I particularly need a few members to show up early to greet and direct newcomers, as it is possible (likely!) that I will be hanging the last few controls that morning. Please call me at 886-2528 if you can help.

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/northwest 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:

8:30 a.m. Registration opens. Beginners' clinic starts.

9:00 a.m. Courses open.

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

12 noon to 1:00 p.m. Route choice reviews.

1:00 p.m. Courses close. Begin control retrieval—good orienteering practice, lots of help always needed.

Volunteer before 1:00 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 8:15 a.m. and 8:30 a.m.

Route Choice Reviews: Between noon and 1 p.m., an advanced orienteer will be available near the Start/Finish area to discuss route choices with returning participants.



AR to O & O to AR

—Rick Eastman

Adventure Racing (AR) is the spawn of orienteering. While many draw comparisons to AR through examples of triathlon, it's actually more closely related to orienteering. While AR involves multiple modes of transportation like a triathlon, in most cases, it requires the use of a map and compass, which is one of the biggest obstacles that crossover athletes have to overcome in order to participate. It also makes AR an activity that requires superb strategy in route choice, as well as the ability to "think on the run." The combination of intellectual and athletic strengths makes it a sport that is an equalizer in many ways, and one in which the average age is far higher than in most purely athletic endeavors.

Very few people are experts in all of the disciplines required of adventure racing, with most being good at a couple. Activities in adventure racing most often include navigating/orienteering, trekking/hiking, both on and off road biking, paddling, and occasionally rappelling. For those reasons, some of the best adventure racers were first orienteers. As an example, Ron Birks of the Phoenix Orienteering Club and his team won the master division of the Desert Rage Adventure Racing series in 2004.

In AR, solo participants to teams of 4 are given a map and a list of coordinates that must be plotted on the maps. Each coordinate corresponds with a marker, most frequently an O marker,

Continued on page 2

GREASEWOOD PARK MEET RESULTS

National Orienteering Day

—Pete & Judy Cowgill

Fifty-eight orienteers participated in the September 18 meet at Greasewood Park on Tucson's far west side. More than half were Girl Scouts and their leaders who learned a lot on how to navigate cross-country with a map and a compass.

Course setter Ludwig Hill prepared standard White, Yellow and Orange courses, plus a "new wrinkle," a Mirror Course for advanced orienteers.

Peg Davis, Jeff Brodsky, and Pat Penn gave the beginner clinics for the Scouts and their leaders. They did a great job because the Scouts started off on the White course and there were no DNFs; all the teams found all the controls. So we will expect many of these young ladies to join us in future meets.

The two-member Roadrunner team raced around the 10-control White course and punched all the correct controls in just 24 minutes. In second place was the Great Eight #2 team with a time of 30 minutes, followed by the Zebras in 34:30. A total of 11 teams and individuals completed the White course.

The competitors on the Yellow Course didn't do as well; three of the four teams entered did not find all 13 controls. So the winner was Team Davangie with a time of 102 minutes.

There were five entries for the Orange course; one team and one individual did not get all 15 controls. Turning in the best time was John McCarthy with 106 minutes and 20 seconds. He was followed by McPherson in 109 minutes and the Shike team in 122 minutes.

Only three veteran TOC orienteers tried Ludwig's Mirror Course. In this new way of charting a course, all controls, contours, manmade objects, and other features were printed backwards on the color maps. If you aligned the map north-south, both north and south were true, but all other points on the map were backwards.

Peter Johnson raced around the 16-control course (backwards?) and got them all in 68 minutes. Jeff Brodsky took 94 minutes to punch all controls. Peg Davis started late and did not finish.

Control retrievers were **Peg Davis, Jeff Brodsky, Ludwig Hill, Judy Cowgill, and Pete Cowgill.**

All Girl Scouts and leaders signed the registration forms, but these names were not transferred to the punch cards so we cannot identify who was on what team.

White Course

1T	Roadrunners	24:00
2T	Great 8 No. 2	30:00
3T	Zebra	34:00
4T	Great 8	42:30
1W	Sue Muszynski	51:40
5T	Wittke	53:00
6T	M/M	60:00
7T	Karen Robbins	77:39
8T	McPherson	99:00
9T	Ms Guided	99:30
10T	Turnbull	117:00

Yellow Course

1T	Davangie	102:05
DNF	Bidwell	
DNF	Neill	
DNF	Calis2	
DNF	Calis1	

Orange Course

1M	John McCarthy	106:20
2M	McPherson	109:00
1T	Shike	122:00
DNF	Calis1	
DNF	Bill Kirby	

Mirror Course

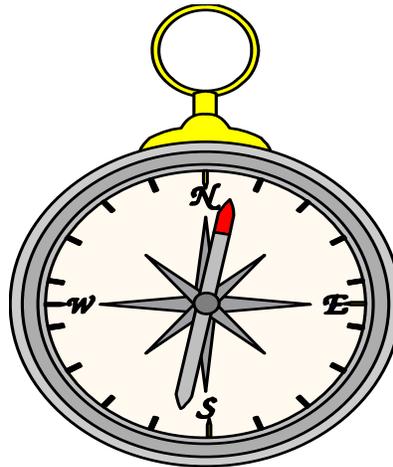
1M	Peter Johnson	68:15
2M	Jeff Brodsky	94:40
DNF	Peg Davis	

Correction to August Results

I will have to change my score to DNF for the August Sprint-O. I forgot to punch the last control which was at the finish area, duh!

Anyway, that means Jason Bowman rightfully owns 2nd place.

Jeff Brucker



Continued from page 1 (AR)

which teams must seek out in order, and utilizing the required mode of transportation. For instance, Checkpoints 1-4 must be reached by canoeing, 5-7 on foot, 8-11 by bike to the finish. Because of this, the very best adventure racers can be found attending O-meets to sharpen their map reading and navigation. As an example, Mike Kloser and Michael Tobin of team Nike attended and won the World Rogaining Championships last year in northeastern AZ. Many local teams regularly train in the orienteering courses set up at Papago Park and North Mountain Park in Phoenix.

If you'd like to learn more about adventure racing, check out our website at www.SierraAdventureSports.com or subscribe to the Yahoo newsgroup ARB@yahoo.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: (520) 296-2108

Fax: (520) 290-8071

E-mail: loiskim@aol.com

US mail: 10633 E. Mary Stephey Place
Tucson, Arizona 85747.

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.

GPHXO September Meet



My condolences to those of you who missed the excellent September meet of the Greater Phoenix Orienteering Club. Using their Thumb Butte map near Prescott, they offered a 4-hour rogaine and a Night-O on Saturday the 24th. Add in some control retrieval on Sunday and *voila!* A good weekend of orienteering.

While there were some dreadful areas on the map of bad footing and burns, the rest of the map was quite lovely, with all controls hung clearly and accurately. The weather was perfect.

The top finisher was the stellar Max Suter who snagged all but a few low point controls in his rush back to the finish.

What's that? A four-hour rogaine and you didn't know about it? Unfortunately, their newsletter had two different meet descriptions and it was a bit unclear what was really going on.

These out-of-town meets give us a chance to orienteer without the responsibilities so many of us take on at meets such as directing, retrieving, timing, registering, so let's get out of town and whoop it up some more!

Phoenix will have meets on November 12 and December 10 on "our" side of town. Contact me about carpooling up there. It's only a two-hour drive to these sites. Details at <http://www.phoenixorienteering.org/index.html>

But that's just the warm-up.

The big event is the three-day "A" meet at Anza-Borrego Park on January 14-16, northwest of El Centro. While we've enjoyed this meet over MLK weekend for the last few years, in 2006 the Los Angeles and San Diego clubs will co-host a meet set to national standards. This is our chance to play with the elite of American orienteering. But don't be intimidated! Courses will be no harder than at our local meets. Drive out yourself or carpool with your fellow TOC types. Last year, eleven of us went. Details at <http://home.earthlink.net/~smitty/anzaAmeet/>

In fact, the Tucson board of directors felt that this "A" meet was so important that there will be no meet in Tucson that weekend. This is our chance to play and really get a feel for orienteering on a national level, and I invite you all to take advantage of it. Our pals in Southern California will be working very hard, so I'll be volunteering a little time at the meet to help out and I hope you'll consider doing it, too. Frequent AZ rogaier Allan Pincus will be meet directing; drop him a line.

Your travellin' president,
Peg Davis

CLUB CALENDAR

2005	Location	Course Setter	Meet Director
Oct. 16	Silverbell	Jeff Brucker	Jeff Brucker (886-2528)
Oct. 24	Newsletter deadline. See submission information box on page 2.		Lois Kimminau (296-2108)
Nov. 20	Kentucky Camp	Mark Everett	Beckie Copeland/Nadine Gruhn
Dec. 18	Catalina State Park	Dale Cole	Margrit McIntosh/Pat Penn
2006			
Jan. 14-16	A-Meet at Anza-Borrego	SDOC/LAOC, see http://home.earthlink.net/~smitty/anzaAmeet/	
Feb. 19	Greaterville	Leif Lundquist	
Mar. 19	Cat Mountain	Beckie Copeland	Nadine Gruhn
Apr. 16	Empire Ranch (Rogaine?)		
May 20	Lincoln Park Night-O (Club meeting/picnic??)		Patricia Townsend
June 16-18	Mogollon Rim or White Mt. Event	John Maier	
July 16	Greasewood Early-O		
Aug. 19-20	Lake Mary--State Championships	Ludwig Hill	
Sep. 17	Palisades Ridge	Coursesetters: Look at all these great sites to pick from! Pick your date and site and call Jim Stamm (575-0830) to make it official. Meet Directors: You can get your choice of date and site if you sign up early. Call now. We need ALL of you to make this a successful orienteering club, and a successful orienteering season. VOLUNTEER NOW!	
Oct. 15	Slavin Gulch		
Nov. 19	Catalina State Park		
Dec. 17	Kentucky Camp West		

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

Silverbell!

October 18, 2005

Address Service Requested

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.

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.