



December 2005

Catalina State Park, December 18

—Dale Cole

Weeds! Just thinking about them can make our legs curl, but as usual this area has lots, maybe more than usual? Take heart, I've avoided them as much as possible, only the Yellow and Orange people need be just a little concerned.

Also, take note: The park has undergone some improvements/changes (mostly not very close to the courses), but be sure to look for these, marked at registration and/or your map.

Important: I've finally seen the light and set courses more closely aligned with USOF guidelines as opposed to those Short, Medium, and Long courses from TSN olden times. Gone, as much as possible, are the leg-buster, lost distance "adventures," replaced with more navigation-based, regular (even on the short side!) White, Yellow, Orange, Green, and Red courses. (White, Yellow and Orange will be on a 10,000 scale map.) Even so, keep in mind that the terrain is a little rocky out there for Orange and above.

Finally, we've reserved the Large Group Area (big) for this one, complete with very nice facilities. Think about spending the night (don't think long about it!)—I'm even going to seriously consider it, barring extremely nasty weather. Plan on at least sparing a couple of hours this holiday season to enjoy the desert (This cool weather will not last!), and the fun that only orienteering can offer.

Directing this meet will be Pat Penn and Margrit McIntosh. Please call them to volunteer, or volunteer to help at the tables the day of the meet. Volunteers are always enthusiastically accepted.

Directions: The entrance to Catalina State Park is located on Oracle Road (Arizona 77), six miles north of the intersection of Oracle Road with Ina Road. If you come on I-10, take Exit 248 and drive east on Ina for five miles to its intersection with Oracle, then turn north for five miles. Visitors from Phoenix, take the Pinal Parkway to Oracle Junction, from where it is approximately 10 miles southbound on Arizona 77 to the park entrance. Follow the signs to the large Group Area. (O signs will also point the direction.) There is a \$6 per-car fee for entrance to the park, so car-pool if possible. (For overnight camping, the charge is \$12 per car.)

Fees: \$5/individual, \$8/team for members of any recognized orienteering club. \$10/individual, \$15/team for non-members. 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:

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.

12-1:00 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 p.m. with the meet director.

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 12 and 1 p.m., an advanced orienteer will be available near the Start/Finish area to discuss route choices with returning participants.

Y'all come!



Letter from the President

To the orienteer with whom I spent so much time on the course Sunday—

While I enjoy your company, I really don't think we should have spent so much time together at all those controls for one simple reason: you should be beating me. You're far faster and far fitter, so why were we leapfrogging from control to control? Well, I'm going to tell you. Course post mortems and giving advice are old traditions in orienteering, so I'm going to give you the benefit of my years of experience. And remember, do as I say, not as I do.

1. Spend money. There's not much you can buy which will make you a better orienteer, but do what you can, so suck it up and pull out the credit card. You need a thumb compass. After you punched each control, you would then stand there frozen while you set up your baseplate compass for your next leg. With a thumb compass, there's nothing to set. You'll just reposition your map and run off. Go to <http://www.us.orienteering.org/> and click on "gear" to order. When you get it, I'll be happy to show you how to use it. Spending \$50 could improve your orienteering 3%; that's a bargain.
- 1a. Spend a little more money on clothes. There was no need to be slowed by suffering from the attack of the dried grass at Kentucky Camp; just wear gaiters. I still haven't found the perfect O shoe, so I have no advice on that issue.
2. Don't stand at the control. I reached some controls more quickly because I had your meditating body to aim for. If you'd punched and cleared out, you might have been able to ditch me. Part of the reason for your pause has been solved in point 1. Lose the rest of the meditation moment at the control point by deciding what you'll do after punching before you reach the control. Once you spot the control, there's no need to think about that one, so use the time spent staggering up to punch to think about where the next control is, turning your map and deciding what route you'll take. When you punch, you'll be ready to fly off.
3. Orienteer alone. Most of the time, any other orienteer you see while competing will influence you badly. Simply spotting someone else can rattle some people. Paying attention to them usually results in complete loss of focus. If that person is an expert you know well and who you are positive is on your course, it might be worthwhile to note their progress. Since this is seldom the case, assume they aim to do you ill. All too often, they are using you to lead them to a control while you think you are using them. Result: two lost people. I myself made a point of tricking you by pretending I had not seen the control or changing my angle a little to obscure my route. We can be friends again after finishing the course.
4. Know your strengths and play to them. If you're not a laser at following a compass bearing, you'll save time by following a longer route with some handrails. If you're like a rabbit, going out of the way to take a road could be the most economical decision. If you're like a tank, cut that straight line across the terrain.
5. Don't stop orienteering until you've punched the last control and can see the finish. At that point, it's OK to run braindead. I notice that you punched the next-to-last control and ran off madly...right up the wrong reentrant. At that point on a course, I'm telling myself "keep pushing, soon you can lie down in the parking lot and pant," but you, my fast friend, need to keep point #2 in mind.

I hope to be eating your dust soon.

xxoo, Peg

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.

Reminder--Anza-Borrego in January

Register for the January 14-16 Anza-Borrego meet before December 15 to beat the late fees. Details and registration forms at <http://home.earthlink.net/~smitty/anzaAmeet/> This may be the best orienteering in the Southwest in all of 2006.

Orienteer up to five times in three days, accumulate your first two days of national ranking in 2006, meet some fabulous athletes, groove on spectacular landscape. Holy cow! Who could resist? Remember: these courses are no harder than the same color you run here at home. You'll finally have enough competition to see how you stack up!

Silverbell Correction

There was an error in the final results for the October Silverbell meet. Windy Marks was shown as DNF. He should have been shown as 4M on the Red course with a time of 2:03:06. Sorry, Windy.

Kentucky Camp Meet

—*Beckie Copeland, Nadine Gruhn, Jeff Brucker*

Cool, crisp, slightly breezy weather greeted more than 40 people for the State Champs B-Meet at Kentucky Camp on the weekend of Nov 19-20. **Mark Everett** set some awesome courses for the event. Mark's long courses on Saturday were technically challenging and physically demanding. Mark showed us very little sympathy on Sunday with classic length courses which were every bit as interesting and still plenty long. Both days saw a lot of righteous variety in leg distances and control placement. Thanks, Mark, for a great weekend!

New member **Patrick Brown** was waiting under dawn's crisp blue sky at the start area when **Jeff Brucker** arrived Saturday morning, having camped the night before. Patrick was a great help setting up, and also camped next to Jeff Saturday night near the Day 2 start area, where they both accepted a welcome offer from a nearby group of campers to share their warm fire and conversation. By the way, Patrick is a natural born orienteer with good map reading skills who is already doing advanced courses on his first orienteering meet. We hope he can encourage some of his young friends to try orienteering.

The new equipment boxes are great for volunteering meet directors. Everything is so organized and easy to pack! On Sunday afternoon, with the help of energetic control retrievers, we were on our way home before 2:30 p.m.

The championship awards, created by **Ludwig Hill**, were laminated sections of the Kentucky camp map on a neck rope. Said one award winner, it is "very nice and more memorable than a ribbon." Our new state open men's champ is **Marten Bostrum**. Marten, an elite orienteer from Finland and currently a student at NAU in Flagstaff, blew through the Blue course in less time than most of our advanced orienteers can cover the Red. We would really like to see him go head-to-head with **Mark Everett**. Our own **Peg Davis** is the open women's champ, with a very good time on Red. Peg's experience plus her secret training methods were successful in keeping her up-and-coming competition, Pam Hoyt, at bay.

Speaking of competition, just how close could the men's Red Course be? How about less than SIX minutes separating the top three competitors for veteran men? **John Maier** edged out Max Suter by 3:23 and Ludwig Hill by 5:43.

Arizona has a new junior women champ, **Matleena Ojapalo**, who is also an NAU student visiting from Flagstaff. Super-veteran women's champ is **Judy Cowgill**. Super-veteran men's champ is **Jeff Brucker**.

Special thanks to everyone who volunteered to make this a great event!

Course Setter: **Mark Everett**

Clinics: **Peg Davis**

Meet Directors: **Jeff Brucker** (Saturday), **Beckie & Nadine** (Sunday)

Setup & Teardown: **GeeGee Larrington, Patrick Brown**

Registration: **Judy Cowgill, GeeGee Larrington, Beckie Copeland**

Timing: **Pete Cowgill, Mark Everett, Ludwig Hill, Jeff Brodsky, Nadine Gruhn**

Control Retrieval: **Ludwig Hill, Paul & Pam Hoyt, Laura Wasylenki, Dave Barfield, Mark Everett, Jeff Brucker, Alexis Mills, Peg Davis, Max Suter, and Wolfsong.**

	<i>Sat. 11/19</i>	<i>Sun. 11/20</i>	<i>2-day Total</i>		<i>Sat. 11/19</i>	<i>Sun. 11/20</i>	<i>2-day Total</i>
Blue				M	Mark Parsons	1:34:00	
1M Marten Bostrum	1:14:09	0:58:45	2:12:54	M	Mikhail Gurevich		1:34:16
M Cecil McPherson	DNF	2:23:49		W	Pat Penn		2:03:55
T Jerelain	DNF			M	Michael Rule	DNF	
Red				M	John McCarthy	DNF	
1M John Maier	1:29:40	0:57:57	2:27:37	T	Coyote	DNF	
2M Max Suter	1:32:44	0:58:16	2:31:00	M	Ray Chance		DNF
3M Ludwig Hill	1:31:55	1:01:25	2:33:20	T	Desert Nomads		REC
4M Jeff Brodsky	2:11:14	1:17:41	3:28:55	Orange			
1W Peg Davis	2:07:50	1:44:08	3:51:58	1W	Laura Wasylenki	1:32:54	1:21:11 2:54:05
5M Paul Hoyt	2:38:23	1:52:54	4:31:17	1M	Pete Cowgill	1:50:55	1:36:15 3:27:10
2W Pam Hoyt	2:45:17	1:54:17	4:39:34	2W Judy Cowgill		1:50:55	1:36:15 3:27:10
M Steve Churchill	2:20:57	DNF		M	Patrick Brown	1:00:52	
M Don Fallis		1:31:13		T	CASA	1:48:18	
T Team Tubac		1:38:42		W	Alexis Mills		1:22:14
M Patrick Brown		2:40:07		W	Lois Kimminau	DNF	
Green				W	GeeGee Larrington	REC	
1M Jeff Brucker	1:27:21	1:09:02	2:36:23	W	Kay Mathieson		DNF
1W Terry Churchill	3:07:38	2:45:40	5:53:18				

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		Sat. 11/19	Sun. 11/20	2-day Total
Yellow				
1W	Matleena Ojapalo	0:33:18	0:30:15	1:03:33
T	Rick & Annabelle		DNF	
T	Lost in Space		REC	
White				
W	Nancy Parsons	1:29:39		
T	Lost In Space		1:08:25	
T	Pathway Deviants		1:40:26	
T	Team Neill		1:18:41	

Business Meeting in January

The next club business meeting will be on Wednesday, January 25 at 7 p.m. Please email pegdavis@u.arizona.edu in 2006 for the location. All members are welcome. See the power elite in action! Become one!

Brady Wash Rogaine in January (Preliminary Information)

—Peg Davis

An 8-hour rogaine will be held on Sunday January 29, 2006, at Brady Wash. This meet will be set by guest course setters Scott and Shirley Donald. Event terrain is fairly flat, with sparse but hostile vegetation. Many subtle reentrants cross the map. Compass and pace counting will serve you well.

Each person must register for this event as an individual. There is no team registration. However, you can choose to travel with anyone you wish while doing the course, but your times will be listed individually, not as a team.

Each participant will be given a control number. Look for this number on the control cards posted at the start of the event. Take this control card (which will also be marked with your name, but the number will be very easy to see) as you head out on the course.

Rogaine rules appropriate for the meet will be included.

Gookinaid Hydralyte will be available before the event to prevent you from bonking.

Primitive camping available Saturday night in designated area. Primitive...no water, facilities, or amenities. Camping also allowed at meet site Sunday night after meet, especially if you want to retrieve controls on Monday.

Course or time can be determined while on the course. If you are late, you are in the next category. At one hundred nineteen minutes, you'll be in the 2-hour category. At one hundred twenty-one minutes, you'll be in the 4-hour category. Only 8-hour entries lose 50 points per minute by returning late. We want you back by 4 p.m.!

Fees: registering before January 20 (post-marked) nonmember: \$20; member: \$10. (A membership only costs \$10. Benefits include receiving the newsletter and a discount at all TOC events for one year. Seize this golden opportunity!) After January 20, race day registration is the only option, and it is \$30, member or not. Print out the registration form from the TOC website and mail it with your check to the TOC P.O. box.

Schedule, Sunday, January 29:

7:30 a.m. Map distribution for route planning.
8:00 a.m. Start. Retrieve your control card from the line as you leave.
10:00 a.m. Two hour finish.
12 noon Four hour finish.
2:00 p.m. Six hour finish.
4:00 p.m. Eight hour finish. **50 point per minute penalty for late returns.**

4:15 p.m. Anyone not finished is disqualified. Search initiated.

There is a special start time for TOC members who volunteer to help with the 8 a.m. start duties. You will get your maps at 8:30 a.m. and start at 9 a.m., but may only run the 2, 4, or 6 hour event. These special starters will be thanked enthusiastically by the meet directors.

Course setter has not yet confirmed map scale, point range for controls, or kilometers for winner's optimal route.

Directions to the hash house/start point will be included in the January postcard/newsletter. Brady Wash is about 20 miles northwest of the junction of Routes 77 & 79 at Oracle Junction.

Full information will be on the website by December 15th at <http://www.tucsonorienteering.org>

Also, check the TOC website for late breaking details one week before the meet.

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

CLUB CALENDAR

2005	Location	Course Setter	Meet Director
Dec. 18	Catalina State Park	Dale Cole	Margrit McIntosh/Pat Penn
2006			
Jan. 8	Box Canyon Mapping Project	Ludwig Hill	See information below.
Jan. 14-16	A-Meet at Anza-Borrego	SDOC/LAOC, see http://home.earthlink.net/~smitty/anzaAmeet/	
Jan. 23	Newsletter deadline. See submission information box on page 4.		Lois Kimminau (296-2108)
Jan. 29	Brady Wash, 8 hour Rogaine	Scott & Shirley Donald	
Feb. 19	Greaterville	Leif Lundquist	Barb Bryant
Mar. 18-19	Kentucky Camp	Scott Drumm (CROC)	The Mudhens
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	<i>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!</i>	
Oct. 15	Slavin Gulch		
Nov. 19	Catalina State Park		
Dec. 17	Kentucky Camp West		

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.

Highway 83 Mapping Project

—Ludwig Hill

Mark your calendars for Sunday, January 8th, 2006. This will be our first group field checking day on the Box Canyon map. All previously club certified field checkers are invited. A mandatory refresher/update on the field checking standards will be provided at the site before we begin mapping and is estimated to last one or two hours. As a reminder, plan to spend an additional four to six hours to field check your assigned map parcel. Also remember to bring a base-plate compass, lunch, and something to protect you if the weather changes or you are still out when it starts to cool near sunset. Carpoolers will meet at the NW corner of the I-10/Houghton interchange at 7 am. Please RSVP to Ludwig Hill if you plan to join us.

If you want to view the progress of the mapping work at Box Canyon see <http://home.earthlink.net/~ludwighill/highway83/id11.html>.

2005-2006 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

President	Peg Davis	pegdavis@u.arizona.edu	628-8985
Vice President	Jeff Berringer	jaberringer@earthlink.net	512-4685
Secretary/Treasurer	Jeff Berringer	jaberringer@earthlink.net	512-4685
Membership	Jeff Brodsky	jabrodsky@cox.net	275-9351
Schedule Coordinator	Jim Stamm	jimstamm@comcast.net	575-0830
Map Librarian	David Barfield	david77barfield@hotmail.com	790-5858
Equipment	Mike Thompson	oclubmike@cox.net	743-9687
Permits	Jim Stamm	jimstamm@comcast.net	575-0830
Webmaster	Margrit McIntosh	memcinto@email.arizona.edu	
Publicity			
Outreach & Education	Peg Davis	pegdavis@u.arizona.edu	628-8985
Newsletter Editor	Lois Kimminau	loiskim@aol.com	296-2108
E-Group Moderator	Jim Stamm	jimstamm@comcast.net	575-0830