



December 2006

Kentucky Camp Score-O December 17, 2006

—Paul and Pam Hoyt

This month's course will be in the scenic grassy, oak-juniper studded eastern foothills of the Santa Rita Mountains. Expect high dry grass with plenty of seeds. Throw away socks are recommended. The event will be a Score-O, with about 30 controls of varying point value spread over the Kentucky Camp map area.

There will be a mass start at 10 a.m., with maps handed out at 9:45 to allow for route planning to maximize the number of points collected. You may compete for one, two, or three hours. There is no need to declare before the start (e.g., if you are out for 1 hour and 15 minutes, you will be counted as doing the 2-hour event). The meet director will allow 1 and 2 hour runners to start after 10:00, if needed.

There will be a 5-point penalty for every minute late after 1 p.m. Courses will close at 1 p.m.

Remember, volunteer help is always needed and appreciated. Let the meet director know before the meet if you would like to help retrieve controls.

Directions: From Tucson take I-10 east to AZ 83 (exit 281), south for about 23 miles to Gardner Canyon Road. Then right for about .8 miles and another right on Forest Road 163, following the orange-and-white orienteering signs about 4 miles to the event start. Please carpool by meeting on the dirt area northwest of I-10 and Houghton Road at 8:30 a.m. Call Peg Davis at 628-8985 for details.

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 is required to carry some type of safety whistle on all courses at all meets.

Schedule:

9:00 a.m. Registration opens.
9:45 a.m. Maps are handed out.
10:00 a.m. Mass start.
1:00 p.m. Course closes, begin control retrieval. Volunteer before 1 p.m. with the meet director (good orienteering practice).
1:00 p.m. Route choice reviews.

Check-In: To ensure 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 9:00 a.m. and 9:15 a.m.

Route Choice Reviews: After 1:00 p.m., an advanced orienteer will be available near the Start/Finish area to discuss route choices with returning participants.

GPHXO December Meet

Get in a little extra orienteering in December by joining the Greater Phoenix Orienteering Club on Sunday, December 10, 2006. The meet will be at Coon Bluff. Contact Peg for carpool info (pegdavis@u.arizona.edu or 628-8985). Event details at: www.phoenixorienteering.org

“The Enquiring Orienteer Wants to Know”

Q. Why are there so few carpooling opportunities to local orienteering events?

A. An organization which loves Mother Earth as much as we do should make more of an effort, shouldn't we? At the Catalina event, five of us piled in Jim Stamm's hippie van for the last few miles to the start point, saving \$24 in individual car entry fees.

While cost control is the big benefit when orienteering in Catalina State Park, saving gas is the main reason to carpool to any of the Route 83 sites. The intersection of Houghton Road and I-10 has a convenient parking area and is handy to most people coming from Tucson.

Carpooling can also increase meet turnout. One of my favorite orienteers owns a car that just can't handle some of the dirt roads leading to event sites and has to skip those meets. Let this travesty never reoccur! SUV drivers: fill those empty seats!

Peg will try to add carpool info to meet announcements. If it is lacking, or if you have any questions, get in touch the usual way: 628-8985 or pegdavis@u.arizona.edu.

Q. How can I orienteer for free AND contribute to the club?

A. Follow the sterling example of both David Barfield and Chris Capurro at the last meet. After spending hours working the start and timing, they went out and retrieved their choice of controls—orienteering with no entry fee.

Since someone was waiting at the start with the rest of the equipment, the safety factor was the same as during the meet. If only all the guys could be like them.....(sigh!)

If one can't arrive at the meet site before the close of registration to compete, arriving about 15 minutes before course closing to claim a control retrieval reservation will have one both serving and saving. (Or if you know ahead of time that you will be late, call the meet director and volunteer for control retrieval.)

New Committee Chair

Brad Poe has joined the TOC Board of Directors as Publicity, Outreach, and Education Chair. One of the first fruits of his various labors was the lead article in the Accent section of the *Arizona Daily Star* on Sunday, November 19th. It emphasized the interplay between Adventure Racing and orienteering with plenty of pictures of mud and smiles.

Brad (brad.poe@worldnet.att.net) is the one to talk to if you'd like to lead corporate team building exercises using orienteering, speak to groups about orienteering, or man the publicity display at local outdoors event in our ongoing campaign to draw newcomers.

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.

New Members

The following orienteers have joined Tucson Orienteering Club since September 2006: **Michael and Christina Collins, Tim Davison, Bill and Jackson Dennis, Mike and Lynne Dustan, Dan Felitsky, Joey and Elizabeth Gray, Karen Heinowski, Jeremy Kingsbury, Kris Klewin, Jeanine Lussier, Peter Neubauer, Christina Rappaport, Tobin Carter, and Jan Urban.**

Welcome to all of you!



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

Catalina State Park

—Chris Capurro

November 19, 2006, was a great day for the meet at Catalina State Park. Orienteers were greeted with a brisk and clear morning that bloomed into a warm afternoon. Despite the competition with the run up to the Thanksgiving Day holiday, over 35 people came out to enjoy the beautiful, near-town Park and the five interesting courses, set by friend-of-the-club **John Pascal of Farmington, New Mexico**.

Once again, our Club owes a debt of gratitude to an out-of-towner for making a meet possible. John set five thoughtful courses (White-2.8 k, Yellow-3.0 k, Orange-4.4 k, Green-5.2 k, and Red-7.0 k) that had something for everyone. From beginner to advanced, every skill level was accommodated and challenged. Thank you for the great work, John!

For adventure racers, the Tucson Motala was incorporated into this meet. The Yellow, Orange, and Red courses provided the three stages of this navigation and endurance contest. Two racers, Alex Savine and Ron Birks, entered this event. Ron Birks completed the three stages with an overall time of 179 minutes and 44 seconds. Unfortunately, due to some uncertainty in the interpretation of race rules, Alex Savine was not allowed to start the final stage, when, in fact, he should have been allowed to continue. Sorry, Alex!

As always, a meet would be impossible without the contribution of the volunteers. In addition to John Pascal, a big thanks goes to: **Dave Barfield, Jeff Brucker, Ludwig Hill, Gee Gee Larrington, and Jim Stamm** for their assistance at the registration and timing tables; and to **Peg Davis** for volunteering to teach the beginners' clinic. Furthermore, accolades go to **Dave Barfield, Jeff Brucker, Ludwig Hill, Gary Himman and Karen, Max Suter, and Chris Capurro** for completing control-retrieval duty.

As a final note from the meet director, I wish to express my appreciation to **Peg Davis, Jeff Brucker and Jim Stamm** for their support before the meet. Our Club has a great core of volunteers that are happy to assist. Being a meet director is not a lonely job. These people make the experience painless, even for a first timer such as myself. I encourage everyone to pick a club duty, to jump in, and to help share the load.

White

Rec Reluctant Trio

Yellow

DNF King Kong

DNF Pathway Deviants

Rec Never Too Late

Orange

1F Kay Mathiesen 01:41:10

1T Team McElroy 02:17:30

Rec Lois Kimminau

Rec Gee Gee Larrington

Rec Gold Tigers

Green

1F Pat Penn 02:18:08

1M Mihail Gurevich 02:27:00

1T Beauty and ... 02:41:03

DNF Jim Stamm

Red

1M Ludwig Hill 01:33:27

2M Max Suter 01:38:30

3M Jeff Brucker 01:40:52

1T Team Tubac 01:51:09

4M Don Fallis 02:07:00

5M Jeff Brodsky 02:25:44

6M Paul Hoyt 02:34:27

1F Peg Davis 02:54:45

2F Pam Hoyt 03:03:06

Late Wolfsong 02:18:18

Adventure

	Yellow	Orange	Red	Total
Ron Birks	00:40:50	00:49:37	01:29:17	02:59:44
Alexandre Savine	00:55:17	01:04:28	DNF	

Note from the Course Setter:

I enjoyed coming down and designing the courses and exploring the park in the process. The weather was great, and I hope all enjoyed the meet. I thank Ludwig and Peg and Chris for their assistance. I will send some notes on map corrections to David in the near future. Thanks.

—John Pascal

Geocaching

What's that, you say? Well, it is a hobby you can do any time and most places in the world, as it becomes increasingly popular, with an estimated 750,000 "geocachers" worldwide. You can do it alone, or you can do it with others. The one piece of equipment required is a GPS receiver. You also need computer access, but since most people already have this, you probably wouldn't consider it "geocaching equipment."

The website www.geocaching.com is operated by Groundspeak, a company co-founded and run by Jeremy Irish. Irish loved to read stories of hidden treasures as a child, and he grew up to be a leading figure in the modern-day equivalent of the treasure hunt.

There are more than 100,000 active caches hidden in 210 countries! The vast majority are in the United States, but even small, remote, and war-torn countries have a few.

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Training Tips

—*Steve Gregg (from Bay Area Orienteering Bulletin, Mar.-Apr. 2006)*

One of the difficulties inherent in reaching advanced orienteering status is that there is not one single, universally agreed-upon “method” of orienteering, which all elite-level orienteers follow. Instead, you must make up your mind about which of the several competing “methods” works best for you. This fact was brought home to me this summer, when I listened to a talk by Ted de St. Croix of Canada, one of North America’s best-ever orienteers. Ted’s “method” contained some surprising elements to me, some of which I will touch on below.

With the previous paragraph as introduction, here are several of the things that all advanced orienteers will eventually need to make up their minds about, one way or the other:

(1) Baseplate compass vs. thumb compass. Almost all advanced orienteers have gone to the thumb compass these days. I like the thumb compass too, not only for its own sake, but also because now that my short-range vision is going bad, I’m using the Joe Scarborough magnification system above the compass with great success. But even in our club, a few long-time orienteers still use a baseplate compass, and will give you arguments in favor of its use.

(2) Folding the map. Many people, including myself, always fold the map so that the fold lines run north-south or east-west. Not only is that a “natural” fold for most people, but it also helps you keep track at a glance of which way is north. Ted, however, folds his map in an entirely different way. At the start of each leg, he makes exactly one fold, parallel to the line of travel, and (assuming you are holding the map with your left hand) about two inches to the left of the line between the controls. This way you can easily “thumb” your current location on the map, all the way from the start to the finish of the leg. I’ve tried this and find it unnatural, but it’s probably just a matter of practicing it enough until it becomes second nature.

(3) Pace counting. This has been discussed at length in a previous training tip. Ted doesn’t do it at all, as he believes that it’s an unnecessary distraction from your map navigation. Enough said—make up your own mind about this.

(4) “Looking ahead.” I have heard many advanced orienteers tell me that when you are on an “easy” part of a leg (running on a trail, say), you should be looking ahead on the map towards future controls, to see if there are any major route choice problems coming up and to try to solve them ahead of time. However, Ted says he never “looks ahead.” Again, he feels you should never do anything to distract you from your primary task of “finding the next control,” and that looking ahead on the map can only cause you to lose concentration on the leg in progress and perhaps lead to an error. I agree! Orienteering is never “easy” for me, even when running trails, and I need to concentrate fully on the task at hand to avoid foolish errors.

A final interesting thing about Ted’s “method” is that once he sees his control bag, he always walks the last ten meters or so to the bag itself. This allows him to plan his route to the next control, and to fold his map properly, as described above. He can then leave the control at speed and with confidence. This is completely opposite from what most of us do, which is to be so happy we have found our bag that we quickly rush to it, but then often hesitate there as we decide what to do next.

I encourage you to think about some of these ideas at your next orienteering event.

Geocaching (Continued from page 3)

The process? Log on to the above website and read their “Getting Started.” Then type in your zip code. A list of caches in your area will be shown. They are graded from “easy” to “difficult,” both by navigation and by terrain. The cache description includes the latitude and longitude coordinates to input to your GPS. (Some GPS receivers are capable of downloading directly from the internet, while with others you will have to manually input the coordinates.) Then get out there and give it a try.

Oh, yeah, one of the fun parts is a trinket exchange. Take some small items (not McDonald’s Happy Meal souvenirs!) to leave as your marker, and take one of the items that are already in the cache for your souvenir. It’s fun to keep a journal of the caches you have found too. Children love the treasure hunt, and many of the caches are easy enough to do as a family activity, even with small children.

And guess what!!! You’ll have an opportunity to learn more about “caching” in January at Cat Mountain! A geocaching/orienteering meet is being planned. If you have a GPS, bring it, and give it a try. We hope to have a lot of geocachers there to help the orienteers with any questions they may have---and we also hope to have lots of orienteers there to help the geocachers learn about orienteering. Maybe we’ll get lots of new members that way.

CLUB CALENDAR

2006	Location	Course Setter	Meet Director
Dec. 12	Business Meeting	Peg Davis Home. 7 p.m. Call Peg for directions (628-8985)	
Dec. 17	Kentucky Camp West	Paul & Pam Hoyt	Paul & Pam Hoyt
Dec. 26	Newsletter deadline for January issue. See submittal information on page 2.		Lois Kimminau (296-2108)
2007			
Jan. 21	Cat Mountain	Ludwig Hill	<i>Easy in-town meet for a new meet director!!</i>
Feb. 18	Kentucky Camp/Greaterville	Leif Lundquist	Barb Bryant
Mar. 18	Chimney Rock	Jeff Brucker	<p style="text-align: center;"><i>Lots of spaces here for your name! Pick your site to set courses or to meet direct and call Jim Stamm. Meet sites can possibly be changed, if you want to set a particular type meet at a particular place. Talk to Jim.</i></p>
Apr. 15	Possible Urban-O		
May 19-20	Mogollon Rim -- Potato Patch	"U-Set-It"	
Jun. 16 (Sat.)	Lincoln Park Night-O/Annual Meeting		
Jul. 15	Greasewood Early-O		
Aug. 19	Palisades or Bear Wallow		
Sep. 16	Lake Mary	Martin Bostram	
Oct. 21	Box Canyon		
Nov. 18	Catalina State Park		
Dec. 16	Arthur Pack Regional Park	Ludwig Hill	

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.

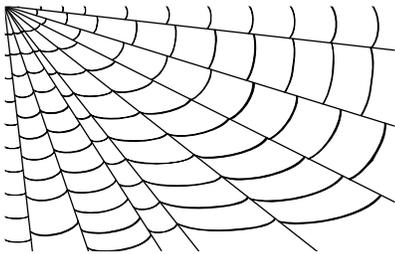
2006-2007 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

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Tucson, AZ 85732

**Give yourself an early gift!
Go orienteering at Kentucky Camp.
December 17, 2006**

Address Service Requested



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://www.geocities.com/o_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.