



September 2006

Arizona State Champs and B Meet at Lower Lake Mary September 23-24, 2006

—Ludwig Hill

This year's Arizona State Championships (a Pacific Region B meet) will be held in the high country of the Colorado Plateau, in Coconino National Forest just southeast of Flagstaff, on the weekend of September 23-24. At an elevation of 7000 feet, the temperatures, terrain, and vegetation are quite different from our usual Sonoran Desert fare -- Ponderosa Pine forested hills and broad flat grassy meadows and cooler temperatures. Both the forests and the meadows are typically easy running with excellent visibility in the open areas.

The map for this meet was developed as a joint project by the Greater Phoenix Orienteering Club and the Tucson Orienteering Club in the early 1990's, using a 25k-scale USGS topographical map as the base map. Since then, this map has been updated to account for some changes due to human activity. A few natural features, such as boulder and rock faces, have been field checked and added. Very generalized vegetation boundaries for open land, open land with scattered trees, and forest, have been added from 1997 USGS ortho-rectified aerial photos of the area, with some field checking. All maps for this event will feature a 10,000:1 scale and 6.1 m contour interval.

The classic White, Yellow, Orange, Green, and Red courses will be offered both days for all ages and experience levels. Meet results for the State Champs will be based on the combined time for both days within each category for the two classic events. Categories for the women's State Champs will be O18-, G35+, G50+ and R18+. For men's Champs categories will be O18-, G50+, R18+, and R35+. These classic courses will also qualify for Pacific Region rankings. There is no need to pre-register. Registration will be held at the event site at the beginning of each event.

For those of you who want to experience the uniquely exhilarating sensation of tracking through the woods in the pitch-dark of night, we will also be hosting two point-to-point, moonless Night-O courses: one for advanced orienteers and the other for intermediate orienteers and experienced, adventurous beginners. Maps will be collected after use on the Night-O and will be made available for pickup when registration closes on Sunday.

New orienteers are invited to attend one of our free beginners' orientation clinics. A free field clinic will be offered for people moving up to or looking for improvement at an Orange level. For times, see the schedule below.

Richard Dewey will be directing this event. Volunteers are always needed for exciting events like this. For instance, we'll need help carrying equipment back to Tucson after the meet. So if you want to get in on the ground floor with your choice of volunteer activity, please email Richard at richard.dewey@medtronic.com or call him at 480-236-5706 (Phoenix) or Peg Davis at 520-628-8985 (Tucson).

Pacific Region Ranking Series: Special note for Yellow and Orange course competitors who are seeking Pacific Region

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ranking series credits for Day 2: Yellow class competitors may choose either to (1) enter the Intermediate Night-O and not be eligible to receive credit for the Day 2 Yellow course, or (2) not enter the Intermediate Night-O, yet be eligible to receive credit for the Day 2 Yellow course. Orange class competitors may choose either to (1) enter the Advanced Night-O and not be eligible to receive credit for the Day 2 Orange course, or (2) not enter the Advanced Night-O, yet be eligible to receive credit for the Day 2 Orange course.

Adventure Racers: The "Tucson Motala" is a three-stage navigation race which will provide a diversified orienteering challenge to racers at all skill levels. The ~2k on-trail warm-up stage can be easily navigated. It will be followed up by a navigationally interesting ~4k on/off trail stage. The third stage is longer (~5k) and more navigationally challenging. There will be no biking or water stages.

This different style of race will allow you to improve your navigational skills as a team or individual while competing with the peers you normally see only at the big races, at a modest cost. For those of you who are new to adventure racing, the ascending navigational challenges on the successive stages will allow you to gain valuable training and experience in a competitive environment, without having to commit to the travel and expense of a high-profile race.

On Day 1, the start windows will be 10:00 a.m. to 10:30 a.m. only, and on Day 2, 9:00 a.m. to 9:30 a.m. only. An optional beginners' clinic will be available both days to familiarize you with orienteering terms and practices. For clinic times, see the schedule below. Fees for members of the Phoenix and Tucson Orienteering Clubs are \$10/person + \$5/each additional team member for each event. Nonmember fees are \$15/individual + \$10/each additional team member for each event.

Richard Dewey is the Meet Director. Volunteers always appreciated!

Schedule:**Day 1 Classic Courses (Saturday):**

6:15 a.m. Sunrise

9:30 a.m. Registration opens. Beginners' clinic starts.

10:00 a.m. Day 1 Courses open.

12:00 a.m. Last available time to start a course.

2:00 p.m. Courses close. You must return to Start/Finish by this time, even if you have not completed your course.

2:15 p.m. 1-hour clinic in the field for people moving up to or looking for improvement at an Orange level.

Day 1 Night Courses (Saturday):

6:22 p.m. Sunset.

6:30 p.m. Registration opens.

6:53 p.m. Moonset

7:00 p.m. Night Courses open.

8:30 p.m. Last available time to start a course.

10:00 p.m. Courses close. You must re-

turn to Start/Finish by this time, even if you have not completed your course.

Day 2 Classic Courses (Sunday):

6:16 a.m. Sunrise.

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

9:00 a.m. Day 2 Courses open.

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

1:00 p.m. Courses close. You must return to Start/Finish by this time, even if you have not completed your course.

1:00 p.m. Begin control retrieval -- good orienteering practice, lots of help always needed. Volunteer before 1:00 p.m. with the meet director, Richard Dewey.

Fees: \$5/individual/event, \$8/team/event for members of any recognized orienteering club. \$10/individual/event, \$15/team/event for nonmembers. For adventure racer fees, see special section above. Compasses rent

for \$1. Safety whistles sell for \$1. Every person, all courses, all meets is required to carry some type of safety whistle.

Newcomers: Go directly to Registration. Ask for instructions and introductory information. To attend the beginners' clinic, arrive 15 minutes before registration opens.

Check-In: To insure that all are safe, everyone, whether finished with the course or not, must check in formally at Start/Finish at each event before leaving the meet site.

Route Choice Reviews: An advanced orienteer will be available to discuss route choices with returning participants near the Start/Finish area during the last hour before courses close.

Lodging and Camping: There is plenty of primitive camping space at the event site. Campgrounds and hotels near Flagstaff are about 30 minutes drive away.

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.

Orienteering at Thumb Butte September 16-17

GPHXO Event

Come join us for a weekend of camping and Orienteering in the cool pines near Prescott. Temperatures will be mild, with a typical day being clear with highs in the upper 70s and lows in the upper 40s. Primitive campsites are available in the general area of the Start site.

There will be classic courses on Saturday (White, Yellow, Green, Red, and possibly Orange), and we will have a Night-O Saturday night (Yellow/Orange and Green courses). The map is in process of being updated to show more terrain features—hopefully, this will enhance the orienteering. The terrain is mostly open Ponderosa pine forest, with occasional regions of thick brush or logging debris.

After the daytime events, gather around the campsite and exchange stories about our adventures, or just relax and enjoy the afternoon. There are primitive campsites (no water, power, or rest rooms) for camping along FR 373 and FR 51. There are no fees for the campsites; camping must be in designated sites.

On Sunday, we'll try something new—bike orienteering. The idea is the same as in "Foot-O," except that you ride a mountain bike on trails (no cross country travel is allowed) between controls. This will be a Score-O with a mass start, and a 2-hour time limit. The navigation is easier than Foot-O (all controls are located within sight of a trail or road), but the challenge is in route choice and navigating at speed. The riding will vary from wide jeep trails to narrow single track. There will be some options for controls that don't require great physical stamina or expert riding skill—take care that your route choice matches your skill level. As in the Foot-O, no GPS receivers or distance measuring equipment (i.e. bike computers) are allowed.

As always, volunteers are appreciated. We will need some help on retrieving controls on Saturday afternoon so that we will have enough for the Bike-O. Also, if you plan on staying Saturday night, but are not interested in the Bike-O, we could use some help retrieving Foot-O controls on Sunday morning.

The meet director for this event is Forest Brown.

Directions: From Phoenix, take Interstate 17 and State Highway 69 to Prescott. Stay in the left lane as you approach the intersection with Highway 89. The road turns into Gurley Street and goes by Courthouse Square and Whiskey Row (Mile 0). Follow straight through on this road (which turns into Thumb Butte road). At 3.5 miles, you will pass through Thumb Butte Park and the road will turn to dirt. At mile 5.0, take a left onto Forest Road 373. Follow this road for 1.8 miles; it will cross a small creek (usually flowing) and climb up a hill. After the terrain levels, look for the orienteering sign and take a left onto FR 51. This road is rough (high ground clearance preferred), but can be driven with care in a passenger car. The registration area will be between FR373 and camp site 100, about 350 meters in on FR 51. Parking is along the side of FR 51 in the camp sites (please keep the road clear and leave space for other vehicles to park). Allow 2-¼ hours travel time from downtown Phoenix.

Fees: (member/nonmember)

Individual: Single event \$4/\$6, each additional event \$2/\$3

Family/team: Single event \$6/\$8, each additional event \$2/\$3

Schedule:

Saturday

9:30 a.m. Registration opens

10:00 a.m. Beginners' clinic starts

10:00 a.m. Course opens

12:00 noon Latest time to start course

2:00 p.m. Courses close; partial control retrieval

7:00 p.m. Night-O course opens

9:00 p.m. Night-O course closes

Sunday

8:30 a.m. Registration opens / Foot-O control retrieval

9:00 a.m. Mass start for Bike-O

11:00 a.m. Course closes / control retrieval

What to bring:

Water bottle(s) (some water is available on the Foot-O courses). Whistle (required – some available for sale for \$1). Compass (some available to rent for \$1). Light for the Night-O.

Run For It!



Whither 2007?

—Peg Davis

The schedule for the next year's events is being developed. I'll be asking you for your ideas. Please think about what kind of orienteering you'd like to do, where you'd like to do it, and what you're willing to do about it.

(A good time to make your wishes known would be at the September board meeting.)

Department of Good Works

One of my priorities as USOF's Land Access Coordinator is to encourage environmental service. National Public Lands Day, September 30, is a perfect opportunity to perform such service.

For your club to participate you need only do the following:

- 1) Search www.npld.com/involved for a service project already organized at one of your club's orienteering venues.
- 2) Contact Club President Peg Davis <pegdavis@u.arizona.edu>, then the organizer of the project and let them know your club is interested in participating.
- 3) Recruit someone from your club to sign up participants and organize lunch and transportation. Much less work than directing an O' event!
- 4) Add the project to your club's calendar.

Environmental service builds good will with land managers. It also makes for a fun social time.

If your club decides to participate, please let me know so that I can tabulate participating clubs.

**Terry Farrah, USOF Land Access
Coordinator, 206-367-0839**

Lincoln Park Results

Following are the results from the May 20 meet at Lincoln Park. I apologize for the long delay. They weren't available at "press time."

Sprint Course (15 controls, 3k)

1M	Mark Everett	19:30	15 controls
2M	Ludwig Hill	28:51	15 controls
1W	Peg Davis	36:04	15 controls
1T	Killer Guinea Pigs	42:16	15 controls
2T	Mudhens	55:19	15 controls
3T	Caleb & Jeff	63:06	15 controls

White Course (10 controls, 2k)

1T	N & J Hawbaker	59:59	10 controls
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Night-O (25 controls, 3k)

1M	Ludwig Hill	44:56	23 controls
1W	Pat Penn	52:19	18 controls
2W	Peg Davis	36:20	10 controls

RMOC 1000 Day Event

—Peg Davis

From Laramie, Wyoming, to Buena Vista, Colorado, the 1000 Day event of orienteering featured twelve days of some form or another of orienteering between August 9th and 20th. This year, both the junior and senior national orienteering teams attended the entire meet. Newly back from a round of World Ranking events in Europe, the teams not only brought an elite level of competition, but just plain inspiration. Seeing these bright, healthy, incredibly hard-working athletes was a thrill and motivation for the over 300 competitors at this event.

Mark Everett was the Tucson golden boy once again. The first two A meet days were the Western State Champs and Mark was the top elite man. He also was first man on the untitled third A meet day. The midweek Night-O was also the US Championship where once again, Mark Everett was the #1 elite man and Max Suter sewed up 3rd in M55. For the Crystal Relay event, Tucson put together a club relay team of Jeff Brucker, Peg Davis, Mark Parsons and Ludwig Hill which finished 19th of 34 teams.

The last two A meet days of the 1000 Day were the US Champs ending with Mark Parsons ranked 3rd in M60, Terry Jasper 3rd in M35 and Max Suter 3rd in M55.

USOF Board: The Annual General Meeting of the US Orienteering Federation Board of Directors was held in Buena Vista on August 17th. Issues included competitive categories added for men and women in the 75-79, 80-84, 85-89 and 90-94 year age brackets. While most of the rest was the usual business medium, I enjoyed seeing the bigwigs of US orienteering in action. We once again agreed the major O problem in our country was that too few people are familiar with the word orienteering. Happily, some interesting approaches were suggested. For example, USOF has a "What is orienteering?" display to loan clubs. I suggest Tucson borrow this in late October. Can you think of a public event where we could set this up? Let's show that baby all over town. This is something one person could do for an afternoon—and could help grow our club.

Important Dates!

Sept. 13: Club meeting
Sept. 16-17" Thumb Butte
Sept. 23-24: Lake Mary

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

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Tucson, Arizona 85747.

Lois Kimminau, Editor

Greasewood Park Results, July 16

—Brad and Yvonne Poe

Beautiful green scenery, cool forest breezes and majestic pines greeted twenty-two orienteers on Sunday July 16th.....WAIT... JUST A MINUTE....OOPS ...JUMPED THE GUN A BIT

Desert scenery, hot, muggy, sweltering....you get the idea...The July Lake Mary meet was cancelled due to fire closure and relocated to Greasewood Park.

On short notice, **Ludwig Hill** graciously set White, Yellow, Orange and Green courses for the orienteers. The early morning beginners' clinic was taught by **Peg Davis**, and everyone found their way around their respective courses and back to meet headquarters, once again keeping Search & Rescue at bay. Thanks to **Jim Stamm** for helping set up the map copying area before the meet started. (There was a brief discussion of starting a Jim Stamm Legal Defense Fund, for his involvement in the Empire Cienega meet, but the motion was quietly put to rest...sorry, Jim)

And then there were the hot & tired volunteers who helped with control retrieval after the meet was over. With temperatures approaching REALLY HOT status, **Mike King, Ludwig Hill, Jeff Brucker** and newcomer **Charlie Emerson** all helped with retrieving controls. Seriously, everyone's efforts were and always are greatly appreciated

Once again, smiles were abundant and everyone had a grand (if not sweaty) time.

White

1T	Cheetahs	51:00
2T	Sidewinders	58:20

Yellow

1M	Chuck Emerson	62:45
2M	Michael Thompson	91:50
1T	Raising Cain	131:30
2T	Team George	132:15

Orange

1T	Kimminaus	153:19
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Green

1M	Jeff Brucker	62:02
2M	Jeff Brodsky	67:20
3M	Peter Johnson	74:35
1F	Peg Davis	78:48
2F	Nadine Gruhn	97:29
Rec	Mike King (Missed Punch)	
Rec	Jim Stamm (Ran course somewhat different than intended)	
Rec	Beckie Copeland	



Happy to find the control--Erin Kimminau at Greasewood Park

2006-2007 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

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

Address Service Requested



It's Championship time!
September 23-24 at
nice cool Lake Mary!

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>

2006	Location	Course Setter	Meet Director
July 15-16	Greasewood Early-O	Ludwig Hill	HELP!!
July 24	Newsletter deadline. See submission information box on page 2.		
Aug. 20	Greasewood Early-O	HELP!!	HELP!!
Sep. 13	Club business meeting, 6:30 p.m. All members are invited to attend.		Peg Davis (628-8985)
Sep. 16-17	Thumb Butte (near Prescott)	GPHXO	Volunteers needed.
Sep. 23-24	Lake Mary State Championships	Ludwig Hill	Richard Dewey
Oct. 14-15	Box Canyon (Night-O, Sprint, Classic)	Max Suter	Mark Parsons
Nov. 19 Dec. 17	Catalina State Park Kentucky Camp West	<i>Coursesetters:</i> Look at all these great sites to pick from! Pick your date and site and call Jim Stamm (575-0830) to make it official. <i>Meet Directors:</i> 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!	
2007			
Jan. 21	Place your idea here!	<i>You</i>	<i>Your friend</i>
Feb. 18	Kentucky Camp/Greaterville	Leif Lundquist	Barb Bryant