



November 2008

Orienteering at Catalina State Park Sunday, November 16, 2008

—*Peg Davis*

This month we return to one of our most popular sites. The park is easy to reach, right on the edge of town and requires no driving on dirt roads. The weather should be beautiful, though in the past, we've had freezing rain or 100 degree temperatures. We are hoping for many beginners and newcomers at this event.

The map is new, courtesy of Ludwig Hill, and is different in appearance from the old one. It has more detail in regard to topography and some physical features. Vegetation mapping has not totally been completed.

For the first time at this venue, we will be using a map with a 5m contour interval, instead of the 20 ft. and 40 ft. intervals shown on the old map. Because this new map is under redevelopment, you will see a mixture of terrain features that have been field-checked and many that haven't. You will also see some slight differences in map symbols used. The course setter has done his best to make sure there won't be any courses that are significantly affected by the unverified parts of the map and the map legend will include the new symbols. Map comments should be directed to Ludwig Hill after the meet.

Course setting: The November semi-tradition is for **John Pascal** of Farmington, New Mexico, to set courses at Catalina. He's coming to visit again. **Jeff Brucker** is vetting the courses. A veteran of many Arizona Rogaines, this will be John's third set of courses for our club. If you like them, seek him out and thank him. If you have complaints, email them to Peg the next day.

The courses will be traditional White, Yellow, Orange, Green, and Red. Catalina tends to be challenging due to vegetation, topography, and rocky ground. Vegetation is often full of stickers and lots of seeds which stick in your socks. If you have gaiters, this is the month to use them. Otherwise, bring your "throwaway" socks. Courses will be a little shorter this year, hoping to make it easier on runners and give them shorter times. We hope for comfortable weather and good fun.

Volunteers: Meet directors **Margrit McIntosh** and **Pat Penn** welcome volunteers. Email contact@tucsonorienteering.org or dial 326-2339 for a pleasant hour of table work before or after your course. This is an excellent method to get to know those people you only run past on the course.

Adventure Racers: The "Tucson Motala" is a three-stage navigation race which will provide a diversified orienteering challenge to racers to test their trekking and orienteering skills. The first stage (~4k on/off trail) will require some off trail navigation and will whet your appetite for what is to come. The second stage will be a navigationally challenging ~4k off trail stage. The third stage is longest at ~6-7k and will test your physical fortitude and mental wits. These are our Yellow, Orange, and Red courses. Your team must begin the last leg by 11 a.m. to continue. All teams must return to the finish area by 1 p.m., course completed or not. There will be no biking or water stages.

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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.

The Motala start window will be **9:00 a.m. to 9:30 a.m. only**. Motala fees for members of the Phoenix and Tucson Orienteering Clubs are \$10/person + \$5/each additional team member for each event. Nonmember motala fees are \$15/individual + \$10/each additional team member for each event.

Speed Registration: Are you already a club member? Are you running your course alone? Go to the special table for speed registration. Fill out one line on the mass form, put your exact change in the repository, grab your map, control card and clue sheet and go straight to timing. You save time for yourself and a club volunteer. (Sorry, no teams on speed registration.)

Groups: If you are bringing a group, please contact the meet directors ([contact at tucsonorienteering.org](http://tucsonorienteering.org)) before the meet to guarantee enough maps for all participants.

Intermediate skills clinic: Find your way to a few controls with Peg for one hour. We'll talk about compass use, pace counting, route choice, and how much we love orienteering. Your questions will be answered! No running, only brisk walking. Sign up for the clinic at the registration table.

Course time limits: Staying out on a course more than three hours is considered overtime. Results over 180 minutes will be reported as "OVT" in the meet writeup. If you might be on your course for 3 hours, be sure to start before 10 a.m. Anyone who does not return to the start by 1 p.m., no matter what start time, will be disqualified. Search parties are required for any late finishers. Please do not cause this stressful and unpleasant event by staying out past closing on a course.

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, then travel approximately 10 miles southbound on Arizona 77 to the park entrance. Follow the orange and white O signs to the end of the paved road to reach the event start and parking. There is a \$6 per-car fee for entrance to the park, so car-pool if possible.

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.

Schedule:

8:30 a.m. Registration opens. Beginners' clinic starts. Do not show up late for clinic.

9:00 a.m. Courses open.

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

1:00 p.m. Courses close. Everyone must return to the start area.

1:05 p.m. Control retrieval begins. Please volunteer at registration.

1:05 p.m. Intermediate skills clinic begins.

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.

Chimney Rock Goat

October 19, 2008

—Jeff Brucker

Thanks to **Jeff Berringer** for setting a wonderful and challenging course. The controls were all set at the proper intermediate (Orange) level of navigational difficulty, all were dead-on accurate, and all had interesting route choice problems to solve.

The choices for the skipped control were very interesting. All three long-goat finishers chose a different control to skip. Three of the short-goat finishers chose to go to all nine controls and didn't skip any. I'm not sure if that was because they didn't want to miss a bonus orienteering opportunity, or because they didn't get the instructions. The remaining four short-goat finishers chose three different controls to skip.

The choices for the forked control did not produce as much variety, as everyone chose the left control, except one person.

Apparently there was a mix-up on the website and the meet info did not get posted until a few days before the meet, so we had a low turnout. Also, there was an adventure race the previous day in the same area which may have hurt attendance at our meet. The near-record 93 degrees probably didn't help either. Too bad, because it was really fun. Thank goodness Mr. Berringer had plenty of water on the course.

Rick Medina, who organized the previous day's adventure race, retrieved all the northern controls after the meet. **Mark Everett, Ludwig Hill, Mark Parsons, and I** retrieved the southern controls.

Long Goat

	<i>Time</i>	<i>Skipped</i>	<i>#13</i>
Mark Everett	1:36:23	#6	Left
Ludwig Hill	2:19:02	#5	Left
Jeff Brucker	2:47:16	#10	Left
Peg Davis	REC		

Short Goat

	<i>Time</i>	<i>Skipped</i>	<i>#8</i>
Mark Parsons	1:15:40	#9	Left
John Little	1:31:17	#5	Right
Michael Gurevitch	2:15:40	#3	Left
Claudia Rickel	2:28:27	ALL	Left
Jodi Rickel	2:28:27	ALL	Left
Helen Deluga	2:43:15	ALL	Left
Alexis Mills	3:00:40	#9	Left
Clark Lohr	REC		

8th World Rogaining Championships

The Eighth World Rogaining Championship meet was held near Tartu, Estonia, August 13-14, 2008. TOC member and treasurer, Jeff Berringer, with teammate Sue Wenberg, attended this meet.

WRC 8 was exceptionally well-organized, especially considering there were 800 participants. The Estonians really did a great job, and we took some pictures to share. The Europeans are really coming around on Rogaining, with Latvian and Russian teams well-represented, both in numbers and in the final standings. The men's overall went to a Russian team.

There was a variety of different land on the course, including wet forest, marshy forest, marsh, bogs, impassible marsh, lakes, plus some open land and forest. You gotta love the Estonians, and their variety of ways to distinguish between the wet ground areas.

The WRC 9 location has not yet been decided, but according to the president, it will almost certainly be in Europe. The following bids were submitted:

Perm, Russia (received after the deadline)

Czech Republic

Ukraine

St. Petersburg, Russia (similar terrain to Estonia)

[Jeff brought back an extra copy of the map for us to peruse. It will be at the Catalina meet.]

Board Meeting

The next Tucson Orienteering Club board meeting will be on Tuesday, December 2, at the house of Peg Davis. The meeting begins at 7 p.m. Any interested orienteer is invited to attend. Your fresh and creative input is solicited. Contact Peg at <pegdavis at u.arizona.edu> for directions.

Training Event at Arthur Pack Regional Park

Sunday, November 23, 2008

—*Ludwig Hill*

On the weekend following our Catalina State Park meet, you will have yet another chance in November to do some fun-filled orienteering. We will hold a training event at Arthur Pack Regional Park on Sunday, November 23, 2008. The great thing about this training event is that it will provide thrilling orienteering with the quality and excitement of a full-service meet with real control markers, timed races, published rankings, and all on a highly detailed color map. You will, no doubt, be able to experience all the essential elements that make a well-run orienteering meet a total blast.

Three courses will be offered: Short Yellow (2.7 km), Short Orange (3.5 km), and Short Green (4.0 km). The terrain is fast running with little climb. The color map will be 1:5000 scale (1 cm = 50 m) with 4-ft. contour intervals.

The course setter will take on the additional role and responsibilities of meet director. In order to help lighten the combined logistical and administrative load, I will run this event under the training event meet format outlined below.

- All participants must pre-register (see below for details). I will use this registration information to pre-build the combined waiver/sign-in/timing log and to reserve maps.
- All registrations will be individual—no teams. Persons may still choose to go on a course together; however, each person's time will be posted as an individual.
- I won't have any signs set out, so carefully read the directions below on how to get to the meet site.
- Sign-in will be self-help, with participants helping themselves to their punch cards and feature descriptions and filling out forms, as well as paying their entry fees. You will only have a 20-minute window to sign in, so plan on arriving early.
- During sign-in, I will give a mass briefing for all participants.
- The start process will be intensely compressed. Up to three participants at a time (one person for each course) will start at 2-minute intervals. Please help things flow smoothly by being at the start gate ready to take your place as soon as the first starts begin. All starts will occur within a tiny 20-minute window, so be pumped and ready to go!
- You will pick up your pre-printed course maps at the start line.
- Courses will close two-and-one-half (2½) hours after the first start.

Pre-registration: All participants must pre-register with the meet director at ludwighill at yahoo period com or 299-9041.

Please state your name and course, and if you want to be posted in the results as REC, state that also. I will reserve a course map for each pre-registered person. The pre-registration deadline is Wednesday, November 19, 2008. If you find that, for some unforeseen reason, you cannot make this meet after pre-registering, please let the meet director know before the meet, in order to avoid being posted as DNS in the published results.

Nonmembers/Guests: If you are not a member of TOC or another USOF recognized orienteering club, then you may go out on a course provided you are accompanied by a member.

Directions: At I-10 Exit 250, go east on Orange Grove Road and, after crossing under the railroad tracks, turn left on Thornydale Road. After driving north three miles, turn left at the Overton Road traffic light (there's a Walgreen Drugstore at the NE corner). Then drive west about 0.2 miles, or just before the road bends to the right, and turn right into parking. Trip time from I-10 and Orange Grove to the event site is about 15 minutes.

Fees: \$2 per map. Please bring exact change.

Equipment: This will be a self-help event—bring your own compass, whistle, map case, and safety pins. There will not be any water on the courses, so bring your own, if desired.

Schedule:

9:00 a.m.-9:20 a.m. Sign in.

9:20 a.m. Mass briefing.

9:30 a.m.-9:50 a.m. Starts.

12:00 noon. Courses close. Begin control retrieval.

Safety: Every person is required to carry some type of safety whistle. Everyone, whether finished with the course or not, must check in formally at Start/Finish before leaving the meet site.

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: loiskim1@cox.net

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

Lois Kimminau, Editor

CLUB CALENDAR

2008

	Location	Course Setter	Meet Director
Nov. 16	Catalina State Park	John Pascal/J. Brucker, Vetter	Pat Penn/Margrit McIntosh
Nov. 23	Arthur Pack Regional Park—training meet	Ludwig Hill	
Nov. 24	Newsletter deadline. Send info. to Lois		
	Kimminau at loiskim1 at cox dot net	Phone: 296-2108	
Dec. 2	TOC Board Meeting, 7 p.m. Contact Peg		
	Davis at pegdavis at u.arizona.edu for directions.		
Dec. 21	Silverbell	HELP!	Rick Medina

2009—Tentative

Jan. 18	Arthur Pack	Mark Parsons	
Feb. 15	Ironwood	Leif Lundquist	
Mar. 15	Slavin Gulch	Mark Parsons	
Apr. 19	?	?	?
May 9-10	Mogollon Rim Rogaine	John Maier	

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 (575-0830).

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.

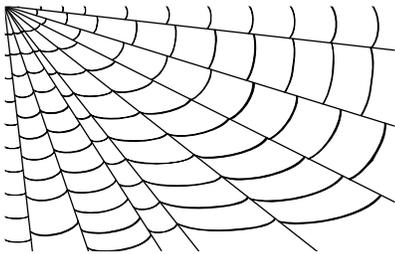
2008-2009 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

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Tucson Orienteering Club
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Address Service Requested

More to be thankful for-- Two Meets in November!



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

For the Rolling Rankings of the United States Orienteering Federation (USOF), go to <http://www.usof-rankings.org/>, or for the US Orienteering Sprint Series, <http://www.sprintseries.org>.

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.