



March 2009

State Champs at Slavin Gulch March 14 & 15, 2009

—Mark Parsons

This year we will have two days of orienteering amid the major boulder formations and oak thickets of the Dragoon Mountains foothills at 4400 feet elevation. The orienteering is fast, with fewer cactus, less climb, and better footing than other areas around Tucson.

Saturday's courses will be staged on the south part of the map, an area we have not used for a decade. This year's field checking has been to correct that area. I will offer a Brown course of about 3800 m with very expert controls. This course is for the older skilled orienteer, 65+ years for men, 55+ years for women. We will also offer White, Yellow, Orange, Green, and Red courses both days.

There will be a Saturday afternoon mountain bike Score-O. There is very good traditional and sport climbing within walking distance of our camp. We will have a slack line put up.

Saturday at sunset we will have a big barbecue and campfire, featuring all you can consume steaks, chicken, salmon, salads, tortillas, and beans for \$15/head, \$5 if you are a child under 4 feet tall, and \$10 for kids 12 and younger. All are welcome to join us at the campfire. There will not be tables, so bring chairs.

Camping is allowed and encouraged. There are lots of nice sites in the area, many near the location of the Sunday event's headquarters. No facilities, but also no fees, and the area is really beautiful. (Besides you won't have to drive far on a full stomach after the big feed described above.)

If not interested in camping, this meet is 30 minutes northeast of Tombstone, where motel rooms should be in abundance that weekend (no other big events).

We'll be an hour from the nearest grocery store in Benson, Sierra Vista, or Bisbee. Remember to bring all the water you'll need for the weekend.

Registration: Please preregister to me directly by noon on Wednesday, March 11, via e-mail at orienteeringmark@yahoo.com indicating courses, days, camping, and eating. Indicate salmon or meat or vegan, please. Please register soon as we may need to get a Port-a-John. Feel free to call me at 520-432-2817 or write me at P.O. Box 297, Bisbee, AZ 85603. Notifying me ahead of time speeds the on-site registration process and helps in printing the right number of maps. On arrival, please check in at the registration desk and pay the appropriate fees.

Fees: \$10 per day for members and other O club members; \$15 per day for nonmembers. Compass rental \$1; Safety whistles to keep \$1. Every person, regardless of course, will be required to carry some type of safety whistle.

Volunteers: I need help for Saturday control retrieval and Sunday timing, registration, and control retrieval. Call me or e-mail.

Groups: Please e-mail me with numbers. A beginners' clinic will be available each day, 15 minutes before courses open.

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 three hours, be sure to start before 10 a.m. Anyone who does not return to the start by 1:30 p.m. Saturday or 1 p.m. Sunday, 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: Take I-10 east from Tucson to exit 303 "Benson, Bisbee, Tombstone" and Route 80. (Note: There's a U.S. Border Patrol checkpoint for northbound traffic at the intersection of Highways 80 and 82, milepost 312.) Go south to MP 315, Middle March Road. This is one mile from

March 14-15, 2009

Slavin Gulch--Arizona
State Championships
Course Setter: Mark Parsons
Meet Director: Needed

March 22, 2009

Ironwood Training Event
Course Setter: Ludwig Hill
Meet Director: Ludwig Hill

March 28, 2009

Newsletter deadline. See
submittal information on
page 2.

April 19, 2009

Box Canyon
Course Setter: Ludwig Hill
Meet Director: Needed

May 16-17, 2009

Mogollon Rim ROGAINE
Course Setter: John Maier
Meet Director: Needed

June 20, 2009 (Saturday)

Lincoln Park Night-O and
Annual General Meeting

*Have you noticed how many
meets "Needed" is directing?
Wouldn't you like to see your name
there instead?*

YOU are needed!

Meets are usually held the third
Sunday of each month. Pick the month
that you would prefer and volunteer to
set some courses or direct a meet.

Experienced course setters and
meet directors are happy to mentor you
if you are nervous about volunteering
for the first time. Just call Jim Stamm
at 575-0830 to volunteer.

Volunteer!

Please?

Please?

Please?

Please?

Please?

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Officers and Board 2008-2009

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E-Group Moderator	Jim Stamm jimstamm@comcast.net 75-0830

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

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Tombstone. Turn left, or NE, towards the Driagoon Mountains. Go 10 miles (6 or 7 cattle guards) to the National Forest Boundary. Turn left, or north, on the obvious major road, Road 687 (the sign is gone). This road is quite rough, but doable in a road car if you are careful. For Saturday's event, take the 1st right in approximately ½ mile, past the windmill and tanks to the end of the road. For Sunday's event and to the camping area, continue north 1½ miles on Road 687, cross the cattle guard and immediately turn right and continue to the big circle in the oak trees at the end of the road. Allow 2 hours from central Tucson.

Parking: Park on or near the roads. Be aware of dry grasses.

Schedule, Saturday:

8:45 a.m. Beginners' clinic.

9:00 a.m. Registration begins.

9:30 a.m. Courses open.

11:30 a.m. Last time to start a course.

1:30 p.m. All courses close; control retrieval begins; all participants must return to start/finish.

Afternoon: mountain bike score-O event; climbing, etc.

5:30 p.m. Dinner.

Sunday: (notice changes from Saturday)

8:30 a.m. Beginners' clinic; registration begins.

9:00 a.m. Courses open.

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

1:00 p.m. Courses close; control retrieval begins; all participants must return to start/finish.

Check-In: To insure that all are safe, every runner, whether finished with the course or not, must check in at the Finish before leaving the meet site.

Other questions: Please contact the course setter: Mark Parsons at (520) 432-2817 or orienteeringmark@yahoo.com.

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.

Proposed Calendar 7/1/09-6/30/10

July 19, 2009, Bear Wallow

August 16, 2009, Palisades

**September 20, 2009, Potato Patch
U-Set-It**

October 18, 2009, Italian Trap

**November 15, 2009, Catalina State
Park**

December 20, 2009, Cat Mountain

**January 10, 17, or 24, 2010, Iron-
wood Park**
(date depends on Anza-Borrego
meet)

February 21, 2010, Empire Ranch
(mini-Rogaine with Jeff Berringer)

March 21, 2010, Down Route 83

April 18, 2010, Slavin Gulch

May 16, 2010, Chimney Rock

June 20, 2010, White Mountains

Pick one (or more!) or these dates, and let an officer know you'd like to set courses, vet courses, or direct the meet. **You'll be a hero!!**

GPHXO SCHEDULE

The Greater Phoenix Orienteering Club schedule includes a Score-O at First Water on March 8.

For more information about the Phoenix Club and their events, see their website at:

<http://www.gphxo.org>

Training Event at Ironwood Sunday, March 22 —Ludwig Hill

We will have a second opportunity in March to do some fun-filled orienteering near Tucson. A training event at Ironwood Picnic Area (different Start/Finish area from February's meet) will be held on Sunday, March 22, 2009, the weekend following Slavin Gulch. Similar to our Arthur Pack training event last November, this event will provide thrilling orienteering with the quality and excitement of a full-service meet with control markers, timed races, published rankings, and a detailed color map.

Three fun, but challenging, short classic courses will be offered: Short Yellow (2.7 km), Short Orange (3.5 km), and Short Green (4.3 km). The terrain, though physically suited for breakneck running and well detailed on the map, can be navigationally challenging if you allow your attention to wander while moving too fast. It will be up to you to find that sweet balance between speed and accuracy! The map will be 1:5000 scale (1 cm = 50 m) with 2.5 m contour intervals.

This training event will use the following format:

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. You may still choose to go on a course with another person; however each person's time will be posted as an individual.

I won't set any signs out, so carefully read the directions below on how to get to the meet site.

To sign-in, go to the self-help station, read the waiver, fill out the form, pay your fee, and pick up your punch card and clue sheet. You will only have a twenty-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 twenty-minute window, so be pumped and ready to go!

You will pick up your pre-printed course maps at the last station of the start line.

Courses will close two-and-a-half hours after the first start.

Pre-registration: All participants must pre-register with the meet director at ludwighill@yahoo.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, March 18, 2009. 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: From the frontage road along I-10 (Exit 257 is closed due to construction) drive west on Speedway Blvd. After approximately 5 miles, Speedway Blvd. becomes Gates Pass Rd. Continue another 5 miles through Gates Pass until reaching the T-intersection with Kinney Rd. Turn left on Kinney Rd. and drive south 1.5 miles until reaching the entrance gate to the Ironwood Picnic Area on the right. Turn right at the entrance gate and drive 0.2 miles to the self-help area. The trip time from I-10 and Speedway Blvd. to the event site is about 30 minutes.

Fees: \$3 per person. 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 at the event site or on the courses, so please bring your own.

Schedule:

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

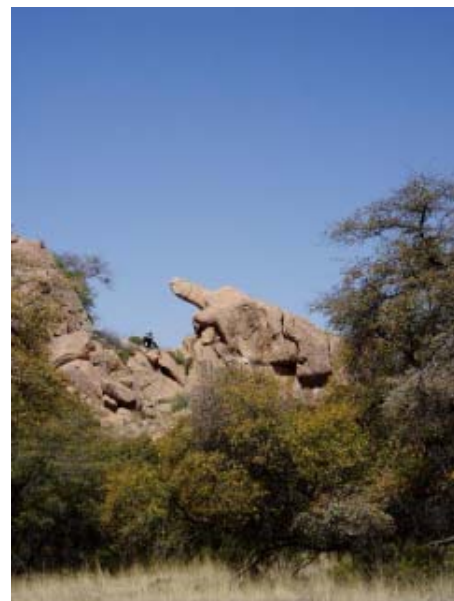
9:20 a.m. Mass briefing.

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

12:00 p.m. 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.

*Gorgeous Slavin Gulch Scenery
Don't Miss It!*



Ironwood Park

February 14-15, 2009

—Cristina Luis

February's meet was a total blast, and those of you who missed it really missed out! Leif Lundquist set a whole weekend's worth of really terrific courses at Ironwood, one of our newest locations. We had over 50 people come out for some fine winter orienteering, including members of at least four different clubs. Out-of-towner (adopted TSNer) Barb Bryant made the trip out from Boston again to help host the event. Yay Barb!

On Saturday Leif designed a set of "classic" style courses, and about 40 people came out for what turned out to be a very nice February day. The terrain at Ironwood is almost totally flat, which makes relocating very difficult! Lots of very good orienteers made some costly mistakes. It was a good opportunity to see if you've been slacking off on keeping good map contact.

On Sunday morning almost 50 people came out for a special treat - 'butterfly loops', where each competitor on the advanced courses had two loops starting from the same point, with a randomly assigned order. So, those who ran Green 1 and Green 2 actually ran all of the same legs, just in a different order. The style of the course this morning was closer to a 'middle distance', with lots of shorter legs and changes in direction. The weather wasn't quite as nice as predicted, with clouds and wind making it chilly for those volunteering earlier in the day.

On Sunday afternoon, after a short rest for everybody involved, we had a Sprint Series Sprint race. About 20 people participated in this US team fundraiser, and they all earned points towards the Sprint Series (see <http://www.sprintseries.org> for more information, including standings).

One of the great things about this weekend, from both a volunteer point of a view and as a competitor, was the use of electronic punching. TSN used e-punching at the A meet last year, but this weekend was the first time that we used it at a local event, and did all setup and timing "in house." With e-punching, each runner gets an electronic finger stick instead of a punch card and 'punches' at each control by putting the stick into a small electronic box. At the finish, the runner can instantly download the results of his run and get a printout of his splits. Results are instantaneously updated, no control-card checking or subtracting times needed! It greatly reduces the workload for the meet workers, but the advantages for post-race analysis can't be exaggerated. With online tools such as WinSplits it's possible to compare how you did with everyone else on the course, figure out how many minutes of mistakes you made, and which legs you ran well. Splits combined with RouteGadget make for the ultimate analysis tool—draw your route and watch your course in 'real time', head-to-head with other runners. You can try all of these things out by checking the results link at <http://www.tucsonorienteeringclub.org>. The club would like to give a huge shout-out to **Valerie Mayer of QOC** for allowing us to use her equipment at a greatly reduced rate, and for all of the technical assistance.

A big thanks to everyone who helped out over the weekend: **Leif Lundquist** for course setting and getting smart with e-punching; **Jaxon Rickel** for helping Leif with the courses, learning e-punch, setting controls, manning the computer, and running really fast; **Barb Bryant** for splitting meet directing duties, running a few beginners clinics and picking up controls; **Sara Luis, Melissa Trout, Luis Luis, Jodi Rickel, Peg Davis, Alex Savine, and Ludwig Hill** for helping with registration, start/finish or just general helpful things; and **Mike Minium, Ludwig Hill, Dan Felitsky, Mark Everett, Anders Plymoth, John Little, Mark Parsons, Trish Krantz, and Max Suter** for control retrieval! There were so many people willing to help that everything went quite smoothly. Thanks!

Saturday, February 14

White Course

1M	Jonathan Rickel	18:17
2M	Jarret Rickel	48:49

Yellow Course

1T	Team2 Dude	27:00
1M	Douglas Neill	1:00:19
1F	Lois Kimminau	1:19:32
Rec	Gail Brodsky	1:14:14

Orange Course

1M	Art Cantrell	1:04:15
1T	Team Dude	1:06:40
1F	Claudia Rickel	1:28:01
2T	Team Rob	1:41:46
3T	The Labradors	2:15:00
2F	Sara Bellini Luis	2:54:09
Rec	Jaxon Rickel	38:08
Rec	David Barfield	
Rec	GeeGee Larrington	
mp	Kay Mathiesen	
mp	Anne Mullis	
mp	MikeThompson	

Green Course

1M	John Little	1:03:21
1F	Trish Krantz	1:17:59
2F	Melissa Trout	2:36:22

Red Course

1M	Mark Everett	54:22
1M	Ludwig Hill	54:22
3M	Ron Birks	1:05:19

4M	Don Fallis	1:08:04
5M	Anders Plymoth	1:08:16
6M	Max Suter	1:08:52
7M	Dan Felitsky	1:12:35
8M	Joe Maffel	1:14:49
9M	Alex Savine	1:38:26
10M	Mike Minium	1:40:56
Rec	Barb Bryant	1:07:37
Rec	Cristina Luis	1:21:31
mp	Lee Rooney	

Sunday, February 15

White Course

1M	Jonathan Rickel	33:42
2M	Jarret Rickel	36:19

Yellow Course

1T	Weston Sucks 2	40:25
1F	Anne Mullis	1:05:15
2T	Steelers Three	1:14:53
3T	Pathway Deviants	1:27:44
4T	Sara Bellini Luis	1:29:32
5T	The Frozen Eskimos	1:36:44
6T	Green Chili Stew	1:40:30
mp	GeeGee Larrington	

Orange Course

1M	Joe Maffai	39:27
1T	Weston Sucks	54:15
1F	Claudia Rickel	1:57:29
Rec	Anne Mullis	1:18:33
Rec	GeeGee Larrington	1:43:18
2T	Robocop	2:15:15

mp	John Rickel	
mp	Michael Gurevitch	

Green Course 1

1M	Mark Parsons	1:00:20
1F	Trish Krantz	1:16:40
2F	Peg Davis	1:33:54
1T	Team America	1:44:37
mp	Judy and Pete Cowgill	

Green Course 2

1M	John Little	58:03
1F	Yvonne Poe	1:30:37
mp	Jim Stamm	
mp	Pat Penn	

Red Course 1

1M	Mark Everett	41:42
2M	Anders Plymoth	47:51
3M	Max Suter	58:15
4M	Don Fallis	1:12:03
5M	Mike Minium	1:13:12
6M	Alex Savine	1:14:29
7M	Jeff Brodsky	1:36:17

Red Course 2

1M	Ludwig Hill	46:03
1F	Cristina Luis	56:33
2M	Joe Maffai	1:19:53
Rec	Barb Bryant	1:17:50
mp	Dan Felitsky	

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Arthur Pack Sprint and Chase

January 25, 2009

—Mark Parsons

Forty-seven orienteers enjoyed the perfect January day in Oro Valley this year on a pair of courses in a meet like we have never held before. Several people new to our club were in attendance.

The first race was a 2K Sprint that served as a Prologue to the main 5.5K course. Your time on the Prologue determined when you took off on the Chase. All controls were placed to be not too difficult for the novice. The experts seriously showed off their running and orienteering skills and the results showed no surprises. Typically people who do well in the sport and beginners who quickly become experts are people who orienteer regularly and routinely round up the controls after the meet.

Thanks to all who helped, from **Keith McLeod and Fran** who put me up at their house, to Helen Deluga who stepped in to help direct. **Bill Dennis, Ludwig Hill, and Jeff Brucker** did most of the timing. **Peg Davis** held a beginners' clinic for a very large group. Control retrieval was done by **Ludwig Hill, Mark Everette, Nancy Potenza, Leif Lundquist, Gustavo Rivera, and Reed Talbot**.

		Prologue	Chase	Total
1M	Mark Everette	10:52	34:46	45:38
2M	Michael Burton	13:22	41:26	54:48
3M	Ludwig Hill	14:15	45:51	60:06
1W	Cristina Luis	15:05	52:35	67:40
4M	Jeff Brucker	19:30	65:06	84:36
5M	Leif Lundquist	18:33	66:09	84:42
6M	Don Fallis	21:45	76:57	98:42
7M	Sasha Savine	19:45	83:42	103:27
8M	Lee Rooney	33:00	87:20	120:20
2W	Peg Davis	27:25	99:21	126:46
9M	Jim Stamm	37:30	111:29	148:59
1T	CB Jetts	37:50	125:45	163:35

Other results are:

	Prologue
Megan & Kate	22:52
Team Lost	34:00
Melissa Trout	34:00
Chris Capurro	35:40
Dynamite Monkeys	100:00
Helen Deluga	Recreational
GeeGee Larrington	Recreational

These participants did the White course prior to the Prologue. Mia Rose Parsons, 5, did just the White course.

The results for the following participants had to be disqualified because controls were taken out of order. All maps were drawn with connecting lines between controls. Some Prologue maps were missing control numbers. I apologize for that one. The problem was the course flips on the Chase and some controls (numbered) were taken out of sequence. Again, my apologies to those affected by this.

	Prologue	Chase	Total
Team Dude	17:30	74:20	91:50
Peterson & Hansen	23:55	MSP	
Gustavo Rivera	30:51	77:34	108:25
Reed Talbot	32:51	75:34	108:25

Thanks again to everybody who helped.

Continued from page 4

Sunday, February 15, Sprints

Women:

1	Cristina Luis	18:53
2	Barb Bryant	30:38
3	Trish Krantz	31:54
4	Claudia Rickel	33:55
5	Peg Davis	51:29

Men:

1	Mark Everett	14:49
2	Jaxon Rickel	16:08
3	Ludwig Hill	18:48
4	Max Suter	19:14
5	Dan Felitsky	20:59
6	Mike Minium	22:47
7	Mark Parsons	22:59
8	Alex Savine	25:14
9	Jeff Brodsky	26:58
10	John Little	28:45
11	Joe Maffai	30:25
12	John Rickel	55:00
mp	Weston and Lee	



Practice rappelling at Slavin Gulch March 14-15.

Rogaine Championships

May 16-17, 2009

The North American Rogaine Championships are coming up in May, presented by your very own Tucson Orienteering Club, with John Maier setting his outstanding courses on the Mogollon Rim.

Help is needed at the Rogaine site for the usual meet director-related jobs of Registration, Start, and Timing. In addition, help will be needed to set up the Hash House, work during the hours food is served, and break down the Hash House at the end of the weekend. Those willing to volunteer are offered the opportunity to go out on the courses for four hours for free.

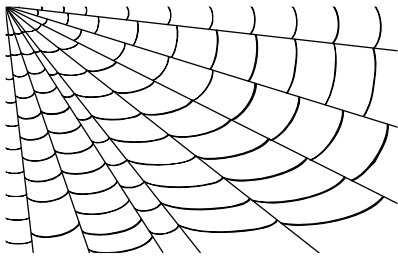
If you would like to spend a weekend in a very beautiful area and do a little orienteering for free in exchange for a few hours work, please call Peg Davis at (520) 628-8985, or e-mail her at pegdavis at u dot arizona dot edu.

For more information on the Rogaine, check out our website, www.tucsonorienteeringclub.com.

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

Address Service Requested

**Bring family or friends and
make it a special weekend.
Slavin Gulch, March 14-15.**



Check out the Tucson Orienteering Club web site!

Type **<http://www.tucsonorienteeringclub.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.