



August 2009

Palisades Coming This August!

—Mark Everett

I'll be setting White, Yellow, Orange, and Red courses on our Palisades map high in the Santa Catalina Mountains on Sunday, August 16. The Red course will be relatively non-technical, much like an Orange course.

The terrain is in mainly pine/fir/spruce forest with steep hillsides of a spur/gully system. There are trails, roads, and many man-made features in the area which we will utilize.

No one volunteered to meet direct for this scheduled event, so it will be run as a "self-help" event with Ludwig Hill as the "stand-in" meet director.

This self-help event will use the following format, which is similar to that used for recent training events:

- All participants must pre-register (see below for details). Ludwig 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 individually.
- There won't be any road signs, 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 20-minute window to sign in, so plan on arriving early.
- During sign-in, there will be a mass briefing for all participants.
- The start process will be intensely compressed. Multiple participants at a time (one person for each course) will start at two-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 last station of the Start line.
- Courses will close three hours after the first start.

Pre-registration: ALL PARTICIPANTS MUST PRE-REGISTER with the meet director by sending a note to ludwighill at yahoo period com or by calling 299-9041. Please state your name and course, and if you want to be posted in the results as REC, state that also. A course map will be reserved for each pre-registered person. The pre-registration deadline is Wednesday, August 12, 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 Tucson Orienteering Club or another USOF-recognized orienteering club, then you may go out on a course only if you are accompanied by a member.

Directions: Take the Catalina Highway approximately 20 miles from the edge of the Tucson Valley towards Mt. Lemmon. Just prior to reaching the Palisades Visitor Center and ranger station, exit left on the forest road (Organization Ridge Road) and drive another 0.5 miles to parking at the Palisades trailhead. Please park legally off the road and not in any of the reserved areas.

Fees: \$5 per person. Please bring exact change.

Equipment: This will be a self-help event. Bring your own water, compass, whistle, map case, and safety pins.

August 16, 2009

Palisades

Course Setter: Mark Everett
Meet Director: Ludwig Hill

August 23, 2009

San Antonio Park Street-O

Course Setter: Peg Davis
Meet Director: Peg Davis

August 24, 2009

Newsletter deadline. See
submittal information on page
2.

September 19-20, 2009

Potato Patch U-Set-It

Course Setter: You
Meet Director: You

October 18, 2009

Italian Trap

Course Setter: Needed
Meet Director: Needed

November 15, 2009

Catalina State Park

Course Setter: John Pascal
Meet Director: Pat Penn and
Magrit McIntosh

December 20, 2009

Cat Mountain

Course Setter: Needed
Meet Director: Needed.

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

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.

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Officers and Board 2009-2010

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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

Little Bitty Street-O at San Antonio Park August 23, 2009

—Peg Davis

Our next orienteering event is a runner/beginner/everybody-friendly Street-Orienteering event on Sunday, August 23rd. Bring your runner friends and get an early start to the day!

The event will start/finish at San Antonio Park and will use the surrounding neighborhood. This park won the 2008 Judges' Xeriscape Award—Best Neighborhood/Community Landscape Project--City of Tucson Department of Transportation. This site was formerly occupied by Red Ball Moving Company and had been vacant for a number of years. The City acquired the property with the intent of creating a neighborhood park in the mixed-use San Antonio neighborhood. The design was a collaboration between the City's Department of Transportation and Parks and Recreation in conjunction with the neighborhood itself. The various elements within the park: stage area, picnic tables and grill, and children's sandbox were the result of the neighborhood's desire for a gathering place for neighbors and children. The desert style design provides a comfortable feel that is achieved through gently rolling mounds and a dry streambed which captures and harvests rainwater onsite. Large trees were preserved in place and a mix of native and drought-tolerant plants were added for additional shade and interest. The judges were impressed with the excellent plant selection and placement and the overall color and textures.

Because we will be right smack dab in the middle of a neighborhood early on a Sunday morning, please keep voices and other noises low.

Competitors will have a choice of two Scatter Courses (aka Western Mass Rules), where you will go to a certain number of controls (more for the long course, less for the short), in any order you want. Because this is such a small neighborhood, I wanted to make sure you got enough exercise so we're having two separate courses. Pay once, run twice. The map will be an aerial photograph. There will be no controls, just a question to answer at each control location. Fastest time getting the required number of controls wins.

Don't set foot on private property and watch out for cars.

Course setter & Meet director: Peg Davis

Inquiries and volunteers welcome at pegdavis at u dot arizona dot edu

Schedule:

6:45 a.m. Registration opens. Beginner's clinic.

7:00 a.m. First starts.

8:30 a.m. Last starts.

9:30 a.m. All finishers must have returned to the park by this time.

Fees: \$5/individual, \$7/team with a \$2 discount for members of any recognized orienteering club.

Compasses rent for \$1.

Directions: Turn south off Broadway onto Park Avenue (just east of Euclid). Follow Park Avenue to the forced left turn onto 14th Street. San Antonio Park is a few more blocks east on the southwest corner of 14th Street and Santa Rita.

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.

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Schedule:

8:00-8:20 a.m.

Sign in.

8:20 a.m.

Mass briefing.

9:00-9:30 a.m.

Starts.

12:00 noon

Courses close. Begin control retrieval. (Volunteers always appreciated.)

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.

Annual Meeting Report

—Peg Davis, President

The Tucson Orienteering Club held its 2009 General Meeting on June 20 during a picnic at Lincoln Park.

The Board of Directors line-up will continue another year and no great changes to club policies or activities were proposed. In the next year, the fees we pay to the U.S. Orienteering Federation will rise and we will have to decide if changes to our club's fee structure are needed.

I will be serving as president for yet another year. Let me present the promises I made in my campaign speech:

1. This July-to-June club year, I will not be making any last minute efforts to save a regularly scheduled monthly meet which, by the newsletter deadline of three weeks in advance, is missing a meet director or course setter. We do need setters and directors, but they need to decide from a month to a year in advance about volunteering. Last minute scrambling has sometimes filled these slots, but is extra work for the permit manager, president, and newsletter editor—who are also volunteers worthy of consideration. Events will be cancelled when orienteers don't step up. Please put your name in a slot on the schedule today by contacting Jim Stamm (JimStamm@Comcast.net).
2. The Board has sketched out a provisional schedule for the next year to ease the process of getting permits from the Forest Service, BLM and city, but this schedule will be changed to accommodate course setters. Our course setters are our most valued resource.
3. Street-Os are good. These meets can also be easier for the setters and directors, especially first timers. Let's have more, both for third Sundays and supplemental events. My ideal schedule would feature meets out on our classic maps every third Sunday and Street-Os in some Tucson neighborhood every first Sunday.
4. I will mentor any meet director and for any very simple course setting. Hey, I know what I'm good at—and not good at!
5. I will continue to solicit out-of-town course setters. Let's let our friends from out of state enjoy our beautiful maps and fabulous weather. Let me know if you think of someone I should pitch a proposition to.
6. It's OK to recycle courses from years past. This resource can ease the way for first-time or less confident course setters—and most of us are not going to mind rerunning a course eight years later. My dream is to find a re-setter for the 2003 Little Rincon and 1997 Empire Ranch Rogaines. Sounds good? Contact me!

Wishing us all a great year out on a map,

August Board Meeting

Our next club board meeting will be Wednesday, June 26, 7 p.m. at Peg's. All members are invited to attend; your fresh input is our life blood! And board members, your vintage blood is treasured. Call 628-8985 for directions.

Orienteering Opportunities

—Peg Davis

Planning your out-of-state orienteering trips?

° One week of bliss: August 31-September 7 outside Laramie, Wyoming. See

<http://www.geocities.com/rmocer/>

° The Los Angeles club's A meet is December 5 & 6 at Vasquez Rocks. Join the

Tucson carpool! Info at <http://www.losangelesorienteering.org/>

Correction!!

Dennis Wilkinson's name was inadvertently omitted from the listing of the winners at the Rogaine Championships in May. He actually placed first in the Men's Open--8 Hour Category with 980 points. My apologies, Dennis.

APPLICATION FOR MEMBERSHIP IN THE
United States Orienteering Federation

P.O. Box 1444 • Forest Park, GA 30298

New Member
 Renewal
 Address Change

I hereby apply for USOF membership. I understand that I am entitled to a one-year subscription to *Orienteering North America* (ONA), voting rights, and membership in the International Orienteering Federation (IOF). (This form may be photocopied.)

PLEASE PRINT. MAKE CHECKS PAYABLE TO USOF.

Name _____ F M Home phone _____

Address _____ Year born _____

City _____ State _____ Zip _____ E-mail _____

If this is a family membership, please list other family members below:

Name	Year born
_____	_____ <input type="checkbox"/> F <input type="checkbox"/> M
_____	_____ <input type="checkbox"/> F <input type="checkbox"/> M
_____	_____ <input type="checkbox"/> F <input type="checkbox"/> M
_____	_____ <input type="checkbox"/> F <input type="checkbox"/> M
_____	_____ <input type="checkbox"/> F <input type="checkbox"/> M

Member of a USOF chartered club? Club name: _____

\$35, individual
 \$5, junior (18 & under, no vote, no magazine) school# _____
 \$40, family
 \$700, individual, life
 \$15, student (21 and under) school# _____
 \$800, family, life (incl. children under 18)

Mailing surcharge for ONA (excluding APO/FPO)

to Canada# \$10
 Outside US/Canada# \$25

effective 01 Mar 2009

July Street-O

—Cristina Luis

Thanks to everyone who came to the Street-O at Palo Verde Park on July 19! If you missed the event, you can still take a look at the map or even go out and give it a try on your own time by visiting the Club's website (www.tucsonorienteeringclub.org) and downloading a copy of the map.

Meet notes from meet director Art Cantrell:

Runners galore! Tucson's Workout Group was well represented on a hot Sunday morning on the east side of Tucson. In fact, half of the participants who came out for this month's Palo Verde Park meet were new to orienteering. Cristina Luis and Melissa Trout set a fast and flat Street-O with plenty of (mentally) challenging controls. Runners had the choice of a short (8 of 15 controls) or long (12 of 15 controls) course through the neighborhood surrounding the park. Top billing goes to Mark Everett for the long course and Tim Bentley for the short. See below for full meet results.

Thanks to Cristina and Melissa for getting all the runners up and out of bed with their course. Special thanks to Kelly Morales (who endured the 5 a.m. drive from Sahuarita) for manning the timing table all morning. Also thanks to Performance Footwear, who donated PowerBar gel blasts for post-race refueling.

Long Course			Short Course		
1	Mark Everett	33:54	1	Tim Bentley	29:00
2	Ludwig Hill	35:24	2	Tom Williams	51:22
3	Don Fallis	37:49	3	Pat Penn	53:30
4	Jeff Brucker	44:12	4	Margrit McIntosh	59:58
5	Chia-Chi Kuo-Speck	49:28	5	Team Dan Stanley	72:32
6	Steve Outridge	53:26	6	Team The Silver Eagles	110:52
7	Mark Martin	55:11	7	Kay Mathiesen	DNF
8	Dan Unrast	55:19	8	Melissa Trout	REC
9	Team Cuda	78:48			

Creating a Street-O Map

—Cristina Luis

For last month's Street-O at Palo Verde Park, we used a combination aerial photo/orienteering map, or what I call a "hybrid" map. The basis for the map is a detailed photo of the neighborhood, with a few things added to make it ready for orienteering. In this case, I added streets and utility easements/alleyways, as well as a few special features like footbridges, fences, washes, and out-of-bounds areas. Essentially, the mapped elements indicated where you were allowed to run, and the photo gave you all the extra information you needed to find your controls. You can see the map by visiting the website (www.tucsonorienteeringclub.org).

Why make a map like this? For one thing, adding just the streets and alleys to the photo was a lot less time consuming than making an entire O map of the neighborhood. I was able to do most of the drafting without even visiting the area. A map like this is also a lot easier to read than a plain photo, enhancing the experience for the runners. It takes away some of the ambiguity of where it is okay to run, and also doesn't require eagle eyes just to figure out where the streets are. Essentially, there is a really great enjoyment-to-work ratio!

So, how do you make one of these maps of your own neighborhood? It's easy, and a great way to get started with using OCAD and getting into mapping. Plus, you'll have help—just ask! Here are some basic directions to get you started.

What you'll need:

1. A computer with some version of OCAD, the orienteering cartography program. The full version of OCAD 6 is available for free on www.ocad.com.
2. A basic image editing program.
3. A few afternoons to sit down and work.

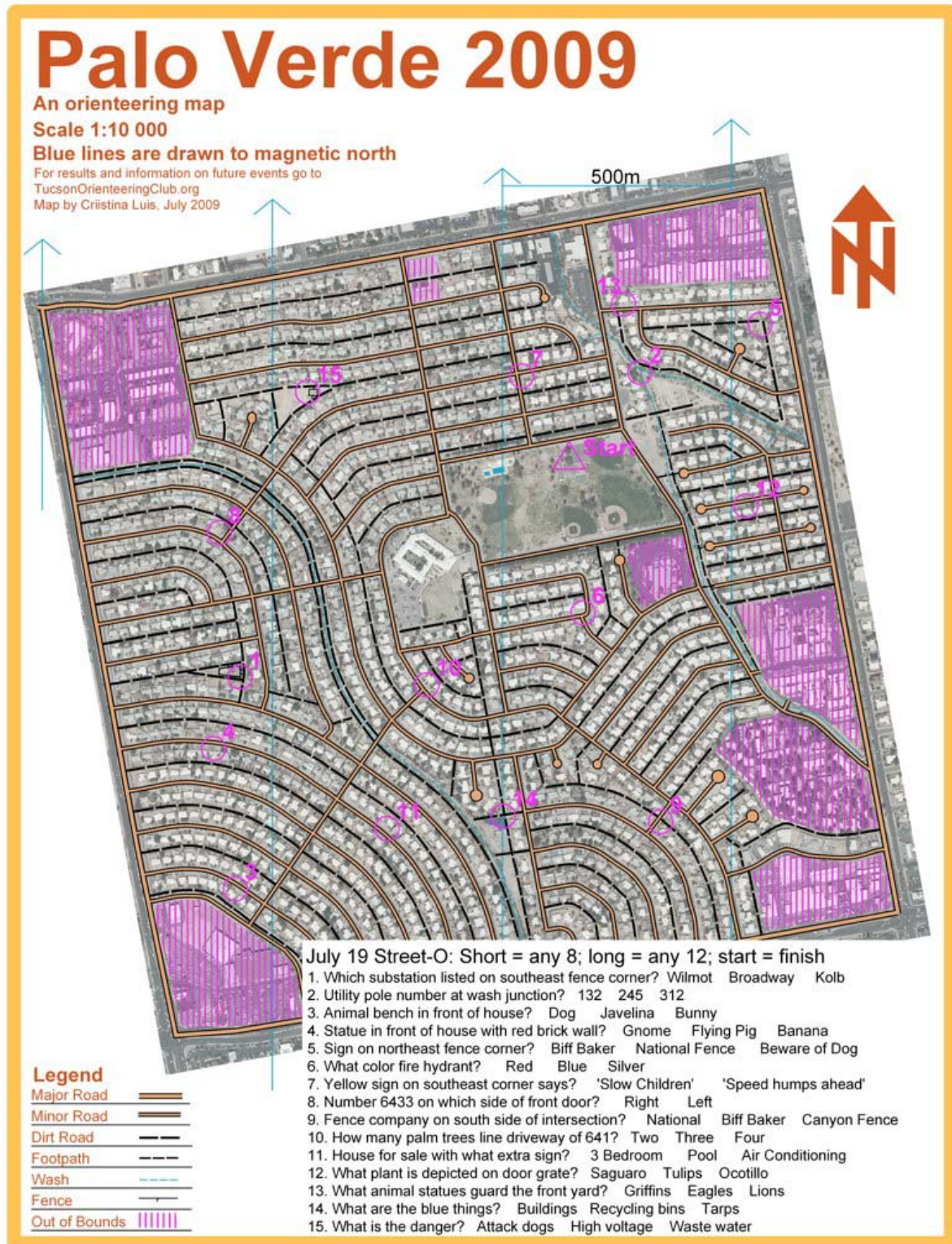
The first step is to get your aerial photo. In Arizona, we're lucky to have the Arizona Regional Image Archive (ARIA: <http://aria.arizona.edu/>), where it is possible to download high resolution imagery for the whole state. What you'll want is to find the DOQQ (Digital Orthophoto Quarter-Quadrangle) that covers your section of town. The Color DOQQs from 2005 work just fine. This will be a really big file (close to 150mb) covering a large area, but it will also be geo-referenced, which means that programs like OCAD will know the scale of the map and the actual, real-world coordinates associated with locations on the imagery. This makes creating the map very easy.

The next step is to use your photo editing program to crop the DOQQ down to something more usable. Save both files; you'll need them next. Open up the DOQQ in OCAD as a template (set your scale to something you'll want to use, like 1:10000), then open up your cropped image as another template and adjust the cropped image to match the DOQQ. Close the DOQQ and forget about it; you now have a small area that is perfectly scaled the way you want it.

Now you're ready to start adding map elements! If you've never used OCAD, then you'll need to take some time reading the help files and just experimenting with the different tools. Once you are comfortable selecting different features and editing them, you will be able to add streets and alleys by drawing them right on top of the image. Some things you won't be able to make out exactly, but it will only take a little bit of field work to figure it out. If you're new to using OCAD, then it will probably take a little bit of practice to draw curves with the bezier tool, but it's worth it! Start with straight lines and rectangles and add the curvy parts as you get better. Don't worry about tiny details like extra-wide streets or parking lots; you're making a very generalized map!

Once you have all of your mapped elements in place, dim the template to about 40%. This makes the mapped elements stand out but still allows you to be able to read the details from the imagery. You can use OCAD to set courses, or you can just print your map as-is and draw on it. And then you're ready to host your own Street-O!

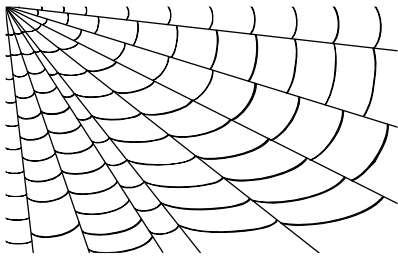
Map Used at July Street-O.



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

Address Service Requested

Two local opportunities in August!
Take advantage of the cool Palisades
and the early Street-O.



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.