

TUCSON ORIENTEERING CLUB

NEWSLETTER

OCTOBER 1986

OCT. MEET : Come and orienteer among the junipers at ROSEMONT CANYON in the foothills of the Santa Ritas. This month's meet has been advanced 2 weeks to SUNDAY OCTOBER 12 to avoid deer hunting season's opening weekend. Basic, Intermediate, and Advanced courses will be offered. Course designs by John Little will test your skills. Beginner and refresher clinics will be offered throughout the morning to familiarize newcomers with meet procedures, answer questions on map and compass use and offer tips on effective orienteering. Water will be available at the start/finish area and at designated controls. Please bring additional beverages as you wish or a picnic lunch for after the meet. Wear comfortable hiking boots or sturdy running shoes and don't forget your compass (may be rented for \$1.00). Entrants may start any time between 9:30 a.m. and 12:30 p.m. The course will close and controls be collected at 2:00 p.m. Please allow yourself enough time by arriving early. Entrants may register as individuals or as families and teams. Entry fees are as follows:

Individuals	\$3.00
Family or Team	\$5.00

(Tucson Orienteering Club Members pay \$1.00 less. Club Membership is \$5.00/yr. and entitles you to a discount of \$1.00 on every regular meet. In addition you can be sure of not missing any club newsletters and you will be supporting the growth of orienteering and the clout of our club.)

LOCATION : Follow I-10 East approx. 20 miles to Exit 281. Then head south on Hwy. 83 for about 12 miles until you see the sign for Rosemont Canyon heading off to the right (West). This is a dirt road suitable for passenger cars although low clearance vehicles may wish to park at the hwy. Follow this dirt road approx. 2 miles and look for the red and white control markers that indicate the registration/start area. For further information about this meet call Keith McLeod or Dennis Orrico 571-1155 or John Maier at 790-5655. Meets held rain or shine.

POT LUCK &
NIGHT - 0:

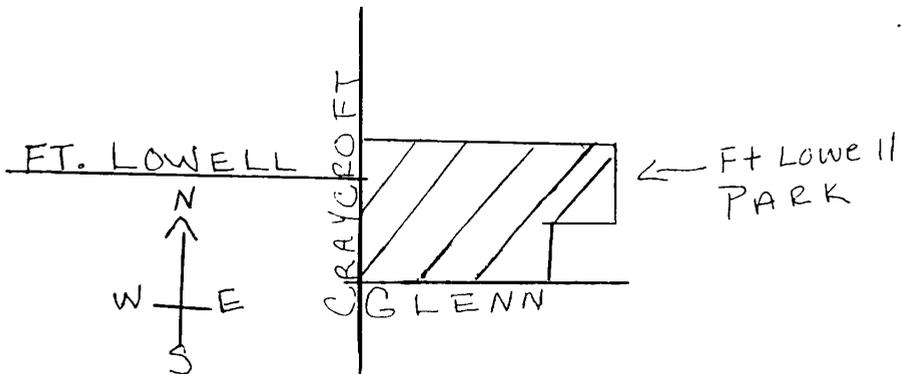
Come try your hand at Night - 0, enjoy dinner with fellow orienteers, and partake in a short training session. This event will occur on Wednesday evening, October 15 at Ft. Lowell Park. This park is located at the jct. of Ft Lowell and Craycroft roads. Use the main entrance on Craycroft Rd. between Glenn and Ft. Lowell. Park on the right (South) side of the parking lot. We have reserved Ramada #1 which is located directly behind the hedge on the south edge of this parking lot. Please note that this is a different ramada than the one used last month. This picnic shelter has lights. Our format for this Night 0 will be point-to-point and there will be two courses to choose from. Do not forget your flashlight or headlamp and bring your compass (may be rented). Wear sneakers or other comfortable footgear. For those of you who missed last month's Night - 0, this map has no contour lines but there are plenty of trees. In addition to our reservation, we have a beer permit for those wishing to indulge in an after-the-meet thirst quencher. However, please note that all glass containers are prohibited and that other alcoholic beverages are not allowed. So if you can make it to this mid-week event you're sure not to be disappointed. For further information call John Maier (meet director) at 790-5655. Reduced fees are: \$1.00/individual, \$2.00/family or team. Pot Luck & Night - 0 held rain, clouds, or moonlight.

5:45 - 6:30 Pot Luck - bring a dish to share and your own beverage

6:30 - 7:00 Training session - Pace counting and estimating distance.

7:00 - 7:30 Starting times

8:30 Courses close, controls removed



SOME NOTES

You may notice that our schedule is fluctuating a bit, in fact our next "O" meet has been moved up 2 weeks to Oct. 12. There is a reason for this. It was brought to our attention that deer hunting opens Oct. 24, two days before our meet was scheduled. We just didn't feel confident in our ability to correctly map all of those red-jacketed, barrel-toting eager-to-bag-a-deer type recreationalists that are going to be out there waiting for their big moment on this opening weekend of deer season. We didn't want to add a new factor to the orienteering equation: which trees should not be run by; nor did we want to add a new item of gear to your orienteering wardrobe: ankle bells. So we settled on changing the date to bring you piece of mind and to allow your concentration to be fully focused on our hunt of a different sort called bag that bag (orange and white bags). Since two people with a heavy commitment in this meet will be out of town on the 19th, the date was advanced 2 weeks to Oct. 12. The remainder of the schedule through January remains unchanged although sites are tentative. It is as follows:

- Nov. 16 - Old Federal Prison Site -
The Arizona Champs
- Dec. 14 - Saguaro East
- Jan. 18 - Tucson Mountains.

We will also have another Night - "O" this month. Location will be the same but the format will be different - point-to-point this time. Please note that this is also a pot-luck affair and that a short training session will also be offered.

LAST MONTH'S EVENTS

Sept. 18 Pot Luck and Night-O: We had a small but lively crowd of 20 for this season ice breaker event at Ft. Lowell Park. The turnout may have been hampered by the short notice given and the somewhat vague directions to the meet site starting point. Those who did make it for the pot luck can attest to the tasty dishes served up. The Score-O event began after darkness had settled although much of the terrain was lit to various degrees due to the floodlights on the playing fields. Outlying areas were bathed in moonlight. Entrants had 45 minutes in which to locate as many of the 21 controls as possible. Late returnees were docked one point for every 3 minutes (or fraction thereof) overtime. To avoid ties for the exception participants who punched all controls, a bonus point was added for every 3 minutes of early return. John Little, The Helmicks, and The Lims showed that the course was not involved enough to test them to the limit as they earned bonus points. In general everyone did very well. Keith McLeod helped with registration and manned the start/finish table. The new map and course design was done by John Maier. This month's pot luck & night - O event is scheduled for October 15.

NIGHT - O RESULTS - SEPT. 18, 1986

<u>TEAMS</u>		<u>MEN</u>	
1. Helmick	26	1. John Little	27
2. Lim	22	2. Robert Wade	20
3. Cook	19	3. John Hostetter	19
4. Welsh	16	4. Dale Bruder	18
5. Orrico	15	5. Bob Kelley	15

WOMEN

1. Toni Allison 20
2. Cheryl Houser 13

Sept. 21 Bear Wallow Meet: People were eager for this regular meet (the first since May) as evidenced by the high turnout. Despite having no outside advertising (normally newspaper, radio stations, & T.V. stations receive new releases, and flyers are distributed to many stores) 81 people came up to participate at 8000+ feet elevation. We had a beautiful day and challenging courses. As you can see from the results which follow, most people preferred the team category and the basic course was most popular. The step up from basic to intermediate was a big one in terms of difficulty; many of it's controls were in common with the advanced course. To those who felt the intermediate course was too difficult we apologize; the high number of DNF's prove your point. Congratulations to all you hot dogs that hung in there to complete your respective courses. Some people were really hot. The pace setters in each category left little doubt of their supremacy in outdistancing their nearest competitors by comfortable margins. Good job. Our next regular meet will be on Oct. 12 at Rosemont Canyon. This will be several thousand feet lower than Bear Wallow in the beautiful juniper zone. So there should be fewer people wheezing from the altitude.

BEAR WALLOW RESULTS - SEPT. 21, 1986

ADVANCED 4.9 kilometers

<u>MEN</u>		<u>TEAMS</u>	
1. John Little	75:35	1. Browing	94:35
2. Harlow Paul	104:42	2. Hamilton/Bernardini	122:26
3. Ken Castle	119:30	3. Clark	247:50
4. Robert Wade	157:25	4. DeVries	DNF
5. Ed Rawl	DNF		

WOMEN

- Terri Walsh DNF

INTERMEDIATE 3.3 kilometers

<u>MEN</u>		<u>TEAMS</u>	
•1. Brad Fairall	81:15	•1. Helmick	141:17
•2. Kelly Cook	107:40	•2. Stephenson	184:20
•3. Dennis Orrico	113:10	••3. Krieski/Kelley	247:00
•4. Richard Van Horne	176:45	• Molloy	DNF
• Max Muramoto	DNF	• Walton	DNF
• Chris Notgrass	DNF	• Kessler/Garner	DNF
		Allen/Erger	DNF

BASIC 1.7 kilometers

<u>MEN</u>		<u>TEAMS</u>	
•1. Dale Bruder	85:08	•1. Rovengno	35:13
•2. Ralph Prince	90:25	•2. Welsh	55:30
•3. Hoover Lee	97:05	•3. Wendee	59:30
		•4. Buckley	70:10
		•5. Monnier	73:36
		•6. Bernardini/ • Letbetter/Hamilton	74:40
		•7. Montgomery	84:06
		•8. Rothfeld	84:30
		•9. Deatherage/Baker	90:00
		•10. Drahovzal/Krieski	99:30
		•11. Wiegand	115:50

<u>WOMEN</u>	
1. • Pat Vetter	65:18
• Rete Simons	DNF

SOME CHANGES AND NEW DIRECTIONS

If you have reviewed the Bear Wallow results, you will have noticed that the times are given in minutes and seconds instead of hours, minutes, and seconds. This puts us in step with the rest of the orienteering world as most results are reported in this manner.

Another change you should have noticed on the Bear Wallow map is that the distance scale was in meters. This too is for uniformity. Our country is progressing step by slow step towards using metric measures but the orienteering world has always been a leader in this regard. As our present supply of maps runs out, they will be replaced with ones having metric bar scales. This will aid you if you should travel to compete in other areas of the country as most will have metric scales and virtually all 5-color maps will be in metric. Therefore, you should know your pace count for 100 meters.

If you already know it for 100 feet, you need only multiply by 3.27 to arrive at your 100 meter pace count. If you do not know your pace count, it would be helpful to find out what it is. Mark off 100 meters (327 feet) and pace it out. Remember a pace is a double step. In other words if you start off on your right foot, each time your right foot strikes the ground it's another pace. You should know your walking pace count and your jogging pace count. The jogging pace count should be at the normal rate you travel going from control to control when moving quickly. Of course there are many factors which alter your pace count in orienteering: hills, rough terrain, brush, detours, etc. Why not come out to the training session Wednesday evening, Oct. 15, to find out how to use this valuable aid without having to remember a different count for every occasion? This half hour session will cover pace counting and estimating distance. This tool is most valuable in places where visibility is limited such as forested terrain or in Night-O.

One of the nice aspects of orienteering is that it attracts people for such varied walks of life. You will also notice that people come for different reasons. Some come for exercise, some to enjoy the environment, some for the heat of competition, some for relaxation. Most everyone comes for the mental challenge of finding orange and white (or red and white) controls hung in the woods or desert. However, our present method of recording results seems to be biased towards competitiveness. Times are calculated and scorecards are checked. Everyone appears in the results column with a time that rank position or a DNF which indicates the person/team did not successfully finish the course. We don't mean to be biased towards competitiveness; it's just that we've done nothing to change it. What is the point of ranking someone next to last because (s)he spent 3 hours on the course when in fact maybe (s)he came to walk and enjoy the outdoors for 3 hours, didn't care about time or rank, perhaps even resented it, yet didn't want to make an issue of it. So let us be a little more broadminded and make a change for the better. Beginning with our next meet please indicate "C" for competitive entry or "R" for recreational entry. When you fill out your registration form. Everyone will still receive a start time. The competitive category will have times calculated, scorecards checked, and be eligible for ribbons. The recreational entry will not have time calculated, scorecards will be verified only if requested, and there will be no ribbons. This will save meet officials time and results will be available sooner. It is very important that each entrant, whether competitive or recreational, return to the start/finish table to let the official know you are off the course. It has happened in the past that an entrant left the course without checking back. After 1 ½ hour search, the official drove to a phone and called the home only to discover that person had been at home for over 4 hours!

There are many types of orienteering which reflects some of the diverse interests of orienteers everywhere. There is foot-O, Ski-O, Bike-O, Canoe-O, and Night-O. Certainly there are many yet to be developed. This year our activities will begin to diversify. You will see more Night-O events than ever before.

Next spring we will be considering possibilities for backpack-0 and will also be looking at new less accessible sites (necessitating a good hike in to the start) and 2-day meets. Anyone have any other ideas to share?

SUMMIT HUT SALE

Summit Hut will be holding it's bi-annual sale Oct. 11-12 at the Speedway store. They have invited our club to operate a booth during this sale. Since our meet will be on the 12th, we have accepted their invitation for Sat., Oct. 11. We could use some volunteers to help prepare the booth as well as staff it. So if you could spare a couple hours, why not turn out to look over the sale items and then give some time for your sport. Please call John Maier at 790-5655. This will be an excellent opportunity for us to publicize our sport to the hiking, backpacking, camping enthusiasts who will be sure not to miss this sale. We will operate the booth from 9:00 a.m. to 6:00 p.m., Sat., Oct., 11.

Newsletter courtesy of John Maier



ADDRESS CORRECTION REQUESTED

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Orienteering North America is the only magazine providing coverage of all aspects of Orienteering for both the US and Canada. Published 10 times a year, it includes previews and reviews of meets, highlighted with many photos. Sections of the competition maps give readers a sense of the type of terrain involved. Occasionally, a full-color map is included. Beside meet articles, there will be articles on training, technique, diet, medical problems, etc.

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