

TUCSON ORIENTEERING CLUB

NEWSLETTER

NOVEMBER 1986

THE ARIZONA CHAMPS

Sunday, Nov. 16 at Catalina State Park

Get ready for the big one! The November meet will be the 2nd annual State Championships. Please note that the location has been changed to Catalina State Park. Big plans are already underway for a doubleheader event: State Championships in the morning and a Relay-0 in the afternoon.

There will be three courses to choose from in the championship event: basic, intermediate, and advanced. Course designs will be by Keith McLeod. Beginner and refresher clinics will be offered to familiarize newcomers or rusty oldtimers with meet procedures, to answer questions on map and compass use, and to offer tips for effective orienteering. Wear comfortable hiking boots or sturdy running shoes. Long pants will protect your legs from brush, and gaiters will keep the weed seeds out of your socks. Compasses: bring your own or rent one for \$1.00. Start times have been advanced to allow time for the second half of this doubleheader event. Please be early in order to allow yourself enough time to complete your course. No starts after 11:00 a.m.; controls will be removed promptly at 12:30 p.m. We suggest you bring refreshments and a picnic lunch for the interim period before the second half of this doubleheader event.

The afternoon will be the scene of the first Relay-0 ever by our club. It's an exciting event; even spectators get caught up in the excitement. Here's how it goes: Relay teams are composed of 3 people, each of whom runs one of 3 legs. There is a mass start but you cannot be certain which orienteer is running which leg. Some teams will be running leg one first, some leg 2, and others leg 3. As each team's first runner returns he tags the second, then off goes the second. When the second returns he tags the third, and off he goes. You can't be sure of the final outcome until the third teammate returns because some teams will be doing their longest leg first whereas others will be doing it second or third. The first team to have its last runner return wins (assuming the 3 scorecards are all valid). Disqualifications are more common in relays as competitors get caught up in the frenzy of excitement and forget to check the control code before punching. Two orienteers may have the same 2 or 3 controls in a row but then diverge for the next one. You can never be absolutely certain who's doing what course. Check the code first! Don't miss this special event. You may wish to bring your camera to capture some of the excitement. You may form your own team or we will find teammates for you. Courses will be designed by John Maier.

Make special note that the start times are not our normal ones. You must be on the course before 11:00 a.m. in order to compete in the championship categories. This change is necessary in order to allow enough time to reset the controls for the relay.

9:00-11:00 a.m.	Start times - State Championships
9:15 & 10:00 a.m.	Beginner Clinics
12:30 p.m.	Courses close, controls removed
12:45 p.m.	State Championship awards ceremony
1:30 p.m.	Relay begins (mass start)
4:00 p.m.	Relay courses close, controls removed

For the championship event entrants may register as individuals or as families and teams. Catalina State Park charges \$2.00 per car at the gate so be prepared to pay that. Please note that you are allowed to enter with up to 8 people in your car for the same \$2.00; so we strongly recommend carpooling with others from town. There will be no additional charge for the relay event this time as we'd like everyone to experience the excitement of Relay-0. Your entry fee covers both halves of this doubleheader event. Your entry may be either "competitive" or "recreational" (non-competitive, untimed). Entry fees are as follows:

Individual	\$3.00
Family or Team	\$5.00

(Tucson Orienteering Club Members pay \$1.00 less)

Club membership is \$5.00 per year and entitles you to a discount of \$1.00 on every regular meet. In addition you can be sure of not missing any newsletters, and you will be supporting the growth of orienteering and the clout of our club.

Directions to Catalina State Park:

From Tucson follow Oracle Road (U.S. 89) north to milepost 81. This is 5 miles past Magee Road. The entrance to the park is clearly marked. The park charges \$2.00 per car for up to 8 people per carload. It is suggested you carpool from town with friends. Once inside the park watch for red and white control markers directing you to the registration/start area.

For further information about this meet, call Keith McLeod or Dennis Orrico at 571-1155 or John Maier at 790-5655. Meet held rain or shine, earthquake or flood. See you there!

CLUB MEETING: Wednesday, Nov. 19 at 7:00 PM

We will be having a club meeting at the "no name" bldg. (formerly the Great Western Bank Bldg.) at 5151 E. Broadway, Ste. 805. Park in the main lot accessible from Rosemont Ave. and enter through the main doors on the west side. Take the elevator up to the 8th floor and voila! Suite 805 will be staring you in the face as you get out. This is your chance to have a voice in the affairs of your club. Not only that, but you get a great view of the city lights from up on the 8th floor.

NIGHT-0: Tuesday evening, Nov. 25 at Jesse Owens City Park

To reach Jesse Owens City Park take Broadway to Sarnoff Dr. (between Pantano and Camino Seco). Follow Sarnoff south ¼ mile to the park. Continue to the second entrance (before Timrod St.). Drive back and look for people at the picnic tables on the left. We are omitting the pot luck this time as the weather should be turning cooler. This month the training session will be on "precision compass" but participants will also be quized in the use of pace count for estimating distance.

For this night-0 we'll be using special markers with reflective tape. they will only be about the size of your fist so a flashlight will be essential to pick them out easily. This is the last night-0 we are planning before the Christmas holidays but you can look forward to more next year. The entry fee for this event is \$1.00 per individual or \$2.00 per family or team.

6:30 - 7:00 PM	Training session
7:00 - 7:30 PM	Start times
8:30 PM	Controls removed

SCHEDULE OF REGULAR MEETS

December 14	Saguaro East
January 18	Tucson Mountains
February 15	TBA

LAST MONTH'S EVENTS

October 12 ROSEMONT CANYON MEET: Inclement weather (clouds and sporadic showers) dissuaded many regulars as we had a light turnout of 55. Too bad; cloudy weather is ideal orienteering weather. The sun dominated in the afternoon: a beautiful end to a beautiful day. John Little's courses were well designed as usual. Participants were challenged and DNF's were rare. Bill Hamilton had the fastest time on the advanced course, outdistancing John Maier by several minutes. Kelly Cook had the best intermediate time by a comfortable margin of 7 minutes. On the basic course the Veggeberg/Little/Glizksma team set the pace. Once again the team categories were most popular with over two-thirds of the participants choosing to run in company. Thanks to the following volunteers who helped John Little with this meet: Scott & Suzette Helmick, Rete Simons, Bernice Little, and John Maier.

ROSEMONT CANYON RESULTS

Advanced Course: 6.2 km, 490 ft. elev. gain, 11 c.

Men		Women	
1. B. Hamilton	78:55	T. Allison	DNF
2. J. Maier	81:28		
3. M. Browning	119:23	Recreational	
4. R. Wade	123:15	Clark Family	
5. M. Muramoto	173:32		
E. Rawl	DNF		

Intermediate Course: 3.6 km, 300 ft. elev. gain, 8 c.

Men		Teams	
1. K. Cook	75:10	1. R.&J. Bernardini	91:15
2. S.Vierck	88:08	2. Veggeberg/B. Little/Glizksma	123:01
3. D. Bruder	112:40	3. Walton Family	150:00
		4. Hostetter/Fang/Cheddar	161:21
Women		5. B. Kelley/S. Krieski	192:23
1. T. Welsh	134:34	6. S.&L. Stephenson	243:00
		7. R. Drahovzal/M.&T. Krieski	252:57
Recreational		Shiple/Orrico	DNF
- C. Houser			
- J. Remers			

Basic Course: 1.8 km, 130 ft. elev. gain, 6 c.

Men		Teams	
1. H. Lee	113:00	1. Veggeberg/ B. Little/Glizksma	35:50
		2. D.&B. Biglow	39:40
Women		3. Holben/Reff	59:06
1. M. Cleavinger	61:15	4. Baker/Deatherage/Hart	64:50
		5. D.&P. Buckley	64:55
		6. Kondrat Family	72:50

October 15 FT. LOWELL PARK NIGHT-0: Nearly 25 people turned out for this pot luck and night-0 affair. A training session followed the pot luck. Participants determined their walking and jogging pace counts for 100 meters and learned how to use them. At November's night-0 participants will be quizzed in the use of pace count and be introduced to a new topic: precision compass. The night-0 was enthusiastically received as entrants vied for the fastest times. John Little once again proved supreme on the long course and the North Team blitzed the short course. Keith McLeod and John Little assisted at registration, timing, and results tabulation.

NIGHT-0 RESULTS

Long Course: 2.0km, 15 c.

Men		Teams	
1. John Little	17:56	1. T. Welsh/P.Araya	29:35
2. Keith McLeod	19:47	2. Clark Family	32:05
3. Dale Bruder	23:00	3. K. James/S. Krieski	40:52
4. Max Muramoto	29:15		

Short Course: 1.3 km, 10 c.

Women		Teams	
1. Bernice Little	28:56	1. North Team	15:57
2. Rete Simons	29:27	2. J. Baker/B. Deatherage	18:52
		3. B.&B. Kelley	37:33
		4. M. Krieski/R. Drahovzal	44:35

CLUB T-SHIRT

(comments by John Maier)

Our club needs an official T-Shirt. The best for identifying us as a club would be a specific design on one color of T-shirt. It'd be good for promotion of our club and for promotion of orienteering in general. It needs to fulfill two prerequisites to be good: 1.) the design must be unique in identifying our "0" club apart from all others, and 2.) the design must incorporate orienteering into it. Two items in the design could accomplish this. The saguaro cactus would uniquely identify our club as it is the only "0" club in the region where saguaros are abundant. Orienteering could be incorporated into the design by having a control marker hanging from a saguaro. Two designs have already been mentioned following along these lines. I will attempt a rough sketch of each before the championship meet on Nov. 16. Please vote for the one you prefer or indicate disapproval of either or both or suggest an alternative. Also indicate what color you'd prefer for the T-shirt.

Two Days at Briones

John Little
Tucson Orienteering Club (TUSC)

One of the attractive aspects of Orienteering is the opportunity to be competitive or not, as you choose. I'd always been one of the more competitive people in our club, but the A meet at Briones Park showed me the depth of my competitive spirit. After my many bouts with poison oak during my years in California, I never thought I'd find a reason compelling enough to come close to the stuff. And yet here I was stumbling around in a huge thicket of it, looking for a bag. I wondered where the bag was. I wondered what this glade had looked like when the course was set and the poison oak still had its leaves; and whether the course setter was sensitive; and I wondered what the hell I was doing here. I didn't like it. But I figured that, if I didn't have any signs of getting PO, I would compete the next day. It had been so long since my last spell of itchy rashes and oozes that I'd forgotten it usually took several days to reveal its glorious extent.

This was my third A meet, and I was taking what turned out to be a highly daunting step up from green to the red course. I got a full share: the challenging Orienteering was an intense pleasure, and the steep climbs over loose soil, spiny thistles, and slick grass were almost too much! This was by far the hardest Orienteering I've done, mainly for physical reasons. The times on most courses said others found it tough as well.

One of the most interesting legs on day 2 went to #2, in an unobvious re-entrant east of an obvious one visible from a road. Happy to find a road I could run on and stop watching each step awhile, I dashed along west to the first re-entrant I saw. Naturally, I checked it out, but didn't find the control; fortunately, this was short-circuited a bit when Ross Burnett blazed by, took a quick look, ran around the side to the west, reappeared in ten seconds or so, having sized up the situation, and dashed off east in what proved to be the proper direction.

As usual, I learned most about Orienteering from my biggest mistakes. I saw how fatigue could sap my thought processes. After my run, I was amazed at how on day 2 I had stood on a knoll 60 m below a hilltop, and wondered where I was because I had been on the hilltop and thought I was on the knoll, despite ample signs to the contrary. Since I "knew" I was now below the knoll, and there aren't any knolls on the map below the one I thought I had climbed, well, the map must be wrong! This came on the leg to #10, after a 120 m climb plus a gratuitous extra 60 m. Fortunately, another Orienteer came by, talking fiercely to himself, and dashed off in what proved to be in the proper direction. Though I found the control, I never did sort out this

part of the map until afterwards--not that I had a lot of reason to do so during the rest of my run.

My other major error came on the first day, and it resulted from several causes--fatigue, the desire to escape thick poison oak, and annoyance at having to wade through the stuff--that all added up to losing concentration. A relatively attractive animal trail led across amorphous slopes and offered an easy way. It was also easy to convince myself that these led in the right direction, and to slip among the candelabra-like stems and imposing vines to cleaner ground. I'd forgotten to seek an attack point, and to pace, and glided right on by the control. I overshot by a lot, and nobody was around to dash off in the proper direction, but I finally located a long steep ridge I could climb to reach a reasonable attack point. Lucky me. I was happy at least to find the determination to finish the course, a resolve that paid off when only three finished in my division and, hey, I bagged third place.

Scenes of O and nature interacting:

A deer pounding along, looking wildly for escape from the sudden incursion of intent polyester-clad searchers into its peaceful domain

The largest bush of poison oak around, still sporting a few forlorn red leaves, along with a red-and-white fabric addition with a punch hanging inches from the massive trunk---highly lowbrow

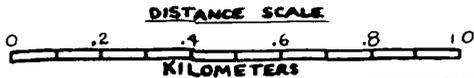
Ducking under huge manzanita stems at speed, delighted in their grace and power and hoping to match it

The view from the start of day 2: seeing the Park as an island in a sea of civilization, eager to go exploring the island

A dash to the finish down a steep slope rampant with another plant favorite, tarweed, resplendent with tiny, smelly, sticky burrs--I brought a couple thousand back with me to Tucson in my socks

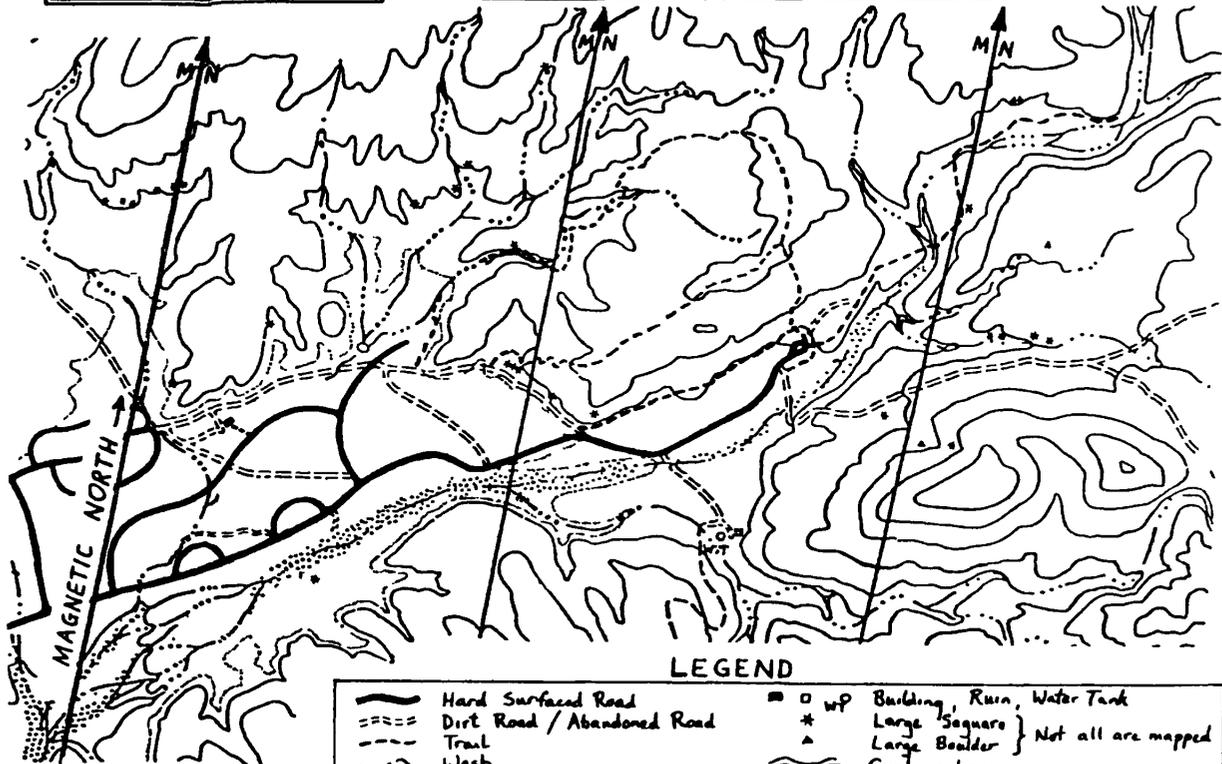
So now, as I sit and salve my rashes and wonder how much worse it will get, I recall fondly the bright days, steep hills, and views of solid, solitary oaks on a hillside of brown, and the aching muscles of the day after. I'd love to come back--when the course setter is as sensitive as I to poison oak, or to run in the redwoods. The courses and map were great, and the meet was well run and error-free. Thanks a lot, BAOC. Maybe you'll be able to come to Tucson and to meet our favorite plant--the shindagger.

TUCSON ORIENTEERING
 CLUB
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MAP SCALE = 1:10,000

CONTOUR INTERVAL = 40 FEET
 (with INTERMEDIATE @ 20 FEET)



LEGEND

	Hard Surfaced Road		Building, Ruin, Water Tank
	Dirt Road / Abandoned Road		Large Sequoia
	Trail		Large Boulder
	Wash		Contour Lines
	Sandy Wash		Intermediate Contour Line
			} Not all are mapped

CATALINA STATE PARK MAP - NOV. 16
 ARIZONA CHAMPS & RELAY



ADDRESS CORRECTION REQUESTED

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TUCSON ORIENTEERING CLUB

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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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