

TUCSON ORIENTEERING CLUB

NEWSLETTER

APRIL 1986

Mark your calendars. Circle Sunday, April 20th for our next Orienteering Meet. It will be a special one. Kelly Cook has made a new map of the rolling terrain between I-10 and Sonoita, Arizona. I urge you to attend. The site selection is more isolated, less developed, and will require more compass work and concentration. It is a grand area for scenic beauty, picnicing or touring after the meet.

APRIL MEET : The Tucson Orienteering Club will be having a meet on Sunday, April 20, 1986 at Rosemont Canyon in the Santa Rita portion of Coronado National Forest. Rosemont Canyon is just west of Ariz. 83, halfway between the I-10 freeway and Sonoita. From Tucson take I-10 east to the Ariz. 83 off-ramp. Take Ariz. 83 south for exactly 12 miles to the "ROSEMONT JCT 3" sign immediately past the rest stop. At that sign take the dirt road "231" west for 1.1 miles to the event site. This road is OK for sedans but low slung sporty cars may want to park at the highway.

DESCRIPTION : Rosemont Canyon (also known as Barrel Canyon) is not a canyon at all but rather a large, shallow valley punctuated by a complex system of hills. At elevation 4600 ft., it is always noticeably cooler than Tucson. While Rosemont Canyon is not a recognized recreation area it is hauntingly tranquil with easy access. Rosemont Canyon is still an active ranching area. Mild slopes and an absence of cactus will give us outstanding runnability (AT LAST)! The area is undeveloped grazing land with very few trails. Thus land navigation skills are stressed. There will be two maps. The usual 1:10000 for the basic and intermediate courses. A special 1:15000 for the advanced course. In both cases the contours are 40 ft

FORMAT : Orienteering is usually an individual effort but it is also common to have groups or families hiking around an orienteering course together. Each participant is given a map with a series of "control points: indicated on it. The object of the event is to find the marker at each point, punch a score card to verify having found each point, and complete

the course in order. Participants are advised to wear sturdy running shoes or lightweight hiking boots and long pants. Each individual should bring his own compass, or compasses may be rented (\$1.00 each). Water will be available at designated sites. Beginner clinics will be held 9:30 a.m. to 12:00 noon to familiarize newcomers with meet procedures, answer questions on map and compass use, and offer effective orienteering. Participants may begin the course between 9:30 a.m. and 12:30 p.m. The one half hour later starting time will allow driving time to the site. The course will close at 2 p.m.

CATEGORIES : Team, Men, Women, Recreational .

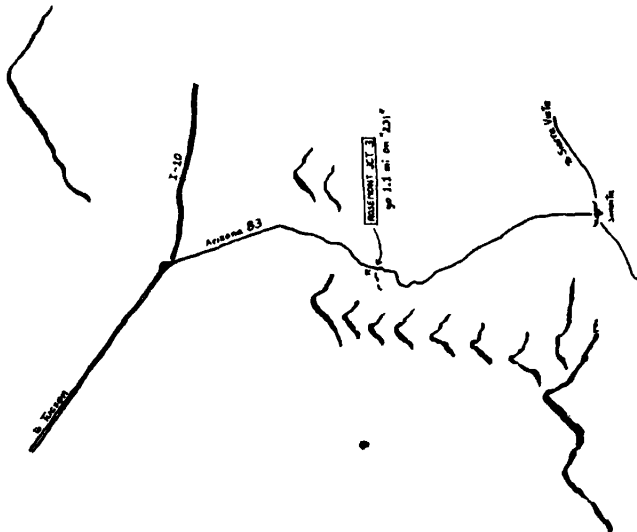
ENTRY FEES : General \$3.00
Team (2 or more people) \$5.00
Discount for club members \$1.00
Compass rental \$1.00

FURTHER INFO: Call Dennis or Keith at 571-1155

CLUB MEETING: The Tucson Orienteering Club meets on Monday evenings following each meet. The next meeting will be April 21, 7:30 p.m. at the Great Western Bank Building, 5151 E. Broadway, Suite 805.

NEXT MEET : Will be on the third Sunday in May. The location and details will be in next month's newsletter.

Below are directions to the site, and on the next page is a topographical map of the area.



0.5

1

2 kilometers

0.2

0.4

0.6

0.8

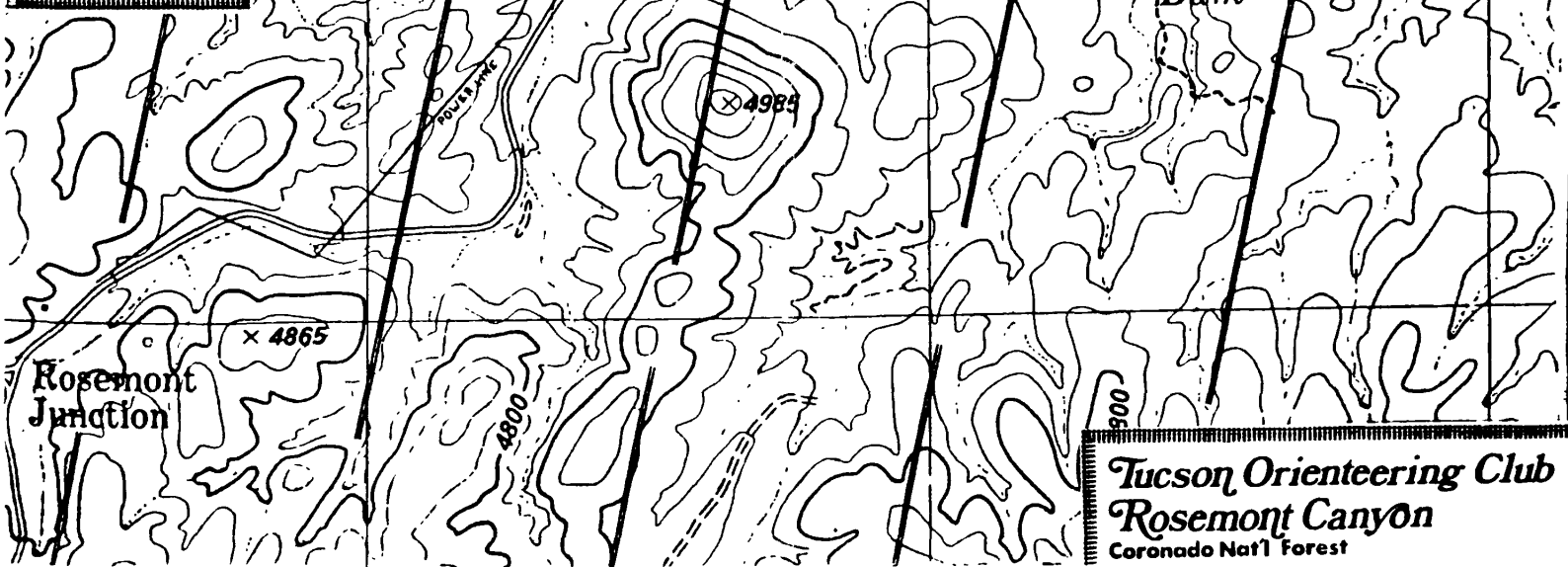
1 mile

Scale 1:10000

Contours 40 feet

X C 86

- Graded dirt road
- Rough dirt road
- Path
- Fence
- Contour lines
- Wash



Tucson Orienteering Club
Rosemont Canyon
 Coronado Nat'l Forest

MARCH'S MEET RESULTS

Tracey Shipley former typer of newsletter and former secretary to Dennis and Keith raced through the Basic Course in record time beating the men and teams best times. Dennis bet her break-fast she wouldn't finish in less than an hour. When she finished in 34 minutes, Dennis muttered, "she never moved this fast when she worked for us....."

Steve Vierck who I referred to in our last newsletter, continued to improve coming in first in the Men's Intermediate Course. I believe he will soon be challenging our advanced arienteers.

Congratulations also to Basic winners Dan Dorsey and the Taber team for their fine performances. Becky Norris and the Lowry team paced other Intermediate Runners.

The Advance Course had Bill Hamilton and Roger Bernardini winning the team contest, Ken Castle outdistancing familiar nemesis' to win first place among Advanced men. Yes, Dale Cole had a better time; however, he helped set up the course. He was unaware of the sequence of the controls, but we felt the placing of a few controls the day before would remove him from collecting a ribbon. Nevertheless, he is to be congratulated on a fine time and performance.

ADVANCED

TEAM		MEN	
1. Bill Hamilton/ Roger Bernardini	1:16:20	1. Ken Castle	1:17:45
		2. John Little	1:34:30
		3. Mark Browning	1:35:15
		4. Mike Kessler	1:40:00
		** Dale Cole	1:05:30

INTERMEDIATE

TEAM		MEN	
1. Lowry Team	1:41:30	1. Steve Vierck	1:57:30
2. Walton Team	1:46:15	2. Robert Wade	2:00:00
3. Helmick Team	1:52:22	3. R. Whipple	2:54:20
4. Geranis Team	1:54:30	4. Eric Weber	3:24:00
5. Houser Team	2:21:15	5. Bob Parks	3:37:30
6. Dan & Jan LaRowe	2:45:46		
7. Sandra Parker Team	2:56:32		
8. Krieski Team	2:57:00		
9. Len & Mary Rothfeld	2:58:30		
		WOMAN	
		1. Becky Norris	2:25:30

BASIC

TEAM

1. Taber Team	53:00
2. MacLeam Team	56:50
3. Joel Postal Team	58:00
4. Becky Schilit Team	1:08:05
5. Murdock & Thompson	1:14:00
6. Molloy Team	1:14:20
7. Buckley, Little Team	1:15:40
8. Bates Team	1:19:10
9. Soetaert Team	1:41:00
10. Varnell/Waites Team	1:41:30

MEN

1. Dan Dorsey	59:38
2. Dale Faulkner	1:00:00
3. Mike Williams	1:00:35
4. Dennis Williamson	1:23:40
4. Marv Kaplan	1:23:40

WOMAN

1. Tracey Shipley	34:00
2. Terri Welsh	52:50
3. Pat Malchow	1:18:30
4. Rete Simons	1:20:13
5. Valarie Davison	1:24:00
6. Ann Kelvin	2:00:00

Inner Orienteering

There is inner jogging and inner tennis. Why not inner orienteering? For as a newcomer to this fascinating sport, I see lots of opportunities to pursue intuitive and playfull approaches rather than to merely rely on counting paces and taking compass readings. I am an Indian when I leave the start, a hunter searching out the game -- orange and white controls -- hidden in the brush, running like the rabbit, soaring like the hawk, and watching the desert laugh with its flowers!

But back to inner orienteering. The mind looks at the map, sees the arrangement of the controls and features, and seals it all to perfect memory. We add another layer to this information by counting spaces and navigating by numeric compass readings -- somehow not trusing our first knowledge and not considering it complete.

Inner orienteering is the game of trust and intuition. Look at the sun and surrounding mountain ranges with a veceiving mind, not translating locations into abstractions of numbers or degrees. Next, lope off to control #1, contouring hills as an animal would, seeing the "big picture" of the landscape, and letting your inner self do the direction and distance guiding. Relax and hear your heart pound, smell the greasewood, flush the quail, and feel the spring breezes. Sense when you are near your next control and then start looking.

In my experience, I draw on my animal instincts for picking a good route, my intuitive sense of distance and direction to result in a confident running of the course, and my sense of wholeness where I trust my decision making and move with confidence. My motive is time and speed; my goal is not to compete with numbers and the mental mechanics of running a course but rather to lose myself in the action and come out unscathed...albeit breathless.

Inner orienteering is our birthright and needs nothing more than a pair of legs, a few looks at the map, a patch of desert to leap and bound in, and an attitude of surrender to our inner guides. Banzai!!

This marvelous statement is from Becky Norris, intrepid orienteerer and winner of the March meet Woman's Intermediate Course.

P.S. Congratulations to Meet Director Dennis Orrico for a successful outing, and to Dale Cole, Ed Rawls and Keith McLeod for assistance.

Sorry! This newsletter is arriving late. It was prepared, stamped and sorted by zip code; however, the maintenance crew threw all 300 in the trash.



ADDRESS CORRECTION REQUESTED

Tucson, AZ 85732
P.O. Box 13012
TUCSON ORIENTEERING CLUB

Fill out the subscription blank for yourself or a friend

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.

Payment will be accepted in either US or Canadian funds.

Our subscription rates are:

	\$US	\$CAN
Regular (2nd class to US and Canada)	15.00	21.00
First Class to US and Canada	20.50	28.00
Overseas (Surface Mail)	24.50	33.00
Overseas (Air Mail)	30.00	40.00

Make checks payable to SM & L Berman Publishing Co,
and mail to: Orienteering North America, 23 Fayette St., Cambridge MA 02139

Please sign me up for 10 issues of ORIENTEERING North America

NAME _____

Address _____

_____ Zip _____

Enclosed is \$ _____ () US \$ () CAN\$

Type of Subscription

- Regular
 1st Class (US or CAN)
 Overseas (Surface)
 Overseas (Air Mail)

ORIENTEERING NORTH AMERICA
23 Fayette Street
Cambridge, MA 02139