

**TUCSON  
ORIENTEERING  
CLUB**

*Orienteering gives  
people the courage  
to walk off the  
path, and to see the  
beautiful places and  
things that most  
people never  
experience.*

# **NEWSLETTER**

arizona  
state

championships  
november 7&8

# meet

## RESULTS OF ORIENTEERING MEET HELVETIA RUINS OCTOBER 11, 1987

### ADVANCED COURSE:

Women:  
1. Kathy Magee 2:36:14

Men:  
1. Dale Cole 1:15:05  
2. John Little 1:26:02  
3. Peter Lasher 1:34:45  
4. Dan Cobbledick 1:42:50  
5. R. Thurman 2:28:45  
A. Scott-Fleming DNF  
Dale Bruder DNF

Teams:  
1. Clark Team 2:38:28  
\* \* \* \*

### BASIC COURSE:

Women:  
1. Lee North 58:56  
2. Avis Allen 1:29:55

Men:  
1. Steve Krieski 1:42:40

Recreational:  
Tamalyn Taylor  
Harvey/Carter

### INTERMEDIATE COURSE:

Women:  
1. Terri Welsh 2:01:12

Men:  
1. Steven Dentali 1:00:48  
2. Sam Dean 1:54:50  
3. Bob Kelley 2:20:34  
4. Leonard Swanson 2:40:20  
Steve Vierck DNF

Teams:  
1. The Waltons 1:33:22  
2. McLeod/Connors 1:37:55  
3. Mabry/DeMaio 3:13:49

Recreational:  
Dyer/Richley  
\* \* \* \*

Teams:  
1. Panthers 1:18:20  
2. Psychotics 1:21:40  
3. Bravo 1:25:06  
4. Jar Heads 1:41:40  
5. Lost Warriors 2:19:48  
Delta DNF  
Killer DNF  
\* \* \* \*

Thanks to John Maier for setting the course, to Angus & Janis Scott-Fleming for directing the meet (plus placing last minute controls & placing water at various controls!), and to Dale Cole for gathering controls after meet. A special welcome to new members - Flowing Wells Jr. ROTC, who participated as teams for their first time.

## RESULTS OF ORIENTEERING MEET LINCOLN PARK - NIGHT-O OCTOBER 15, 1987

### SHORT COURSE: 8 Controls

Men:  
1. Tom Hasson 1:57:35

Women:  
1. Avis Allen 47:16

Teams:  
1. Bravos 1:04:26  
2. Whispers 1:08:12  
3. Invilents 1:11:52  
Deatherage/  
Jansma DNF  
Night-O DNF  
Mother J DNF  
Lost Warriors DNF  
Psychotics DNF

### LONG COURSE: 14 Controls

Men:  
1. Dale Bruder 1:05:18  
2. Leonard Swanson 1:19:25

Thanks to Rete Simons for setting courses and directing meet, and to Dale Bruder for retrieving controls.

This was truly a dark night-O meet; there was total darkness because the lights were never turned on in the park, and the moon was in it's new phase. The rattlesnakes, javelina, and coyotes survived all the running feet and flickering flashlights.

# results

## Results of Orienteering Meet Greasewood Park October 18, 1987

### Basic Course 10 controls, 2.2 km

#### Men

DFK 63:50  
Harold Peterson 103:55

#### Women

Terrri Welsh 36:25  
Lee North 43:23

#### Team

Davey's Team 45:00  
Lost Warriors 55:20  
Speeders 55:43  
Davis/Kossmann Team 61:35  
Wendee Team 68:08  
Wilkes-Johnson Team 80:16

#### Recreational

Poyas Team  
Conn Team  
English Team  
Charlie Silver  
Towse Team  
Kevin Zimmerman  
Steven Gold  
Athey Team  
Thurman Team

### Intermediate Course 11 controls, 2.2 km

#### Men

Jim Mabry 42:10  
Dale Bruder 52:29  
Bob Kelley 59:30  
Steve Krieski 61:30  
Derrick Hack 74:20

#### Women

Avis Allen 76:36

#### Team

Jackson Team 64:00  
Swanson Team 72:25  
Pfeiffer/Stein 87:00  
Psychotics 119:25  
Booth Team DNF  
Mighty Mouse Team DSO

#### Recreational

Sullivan Team  
Judge Team  
Gumbys  
Thomas Hasson  
Mike Kessler

## Results of Orienteering Meet Ft. Lowell Motala Night-O September 9, 1987

### Long Course -- legs A,B,C,D,E = 20 controls, 4.03 km

1. Dale Cole 31:30  
2. Ben Barris 44:46  
John Little DSO (36:25, missed 1 control)  
Dale Bruder DSO (45:47, missed 1 control)

### Short Course -- legs A,B,C,D = 16 controls, 3.07 km

1. Avis Allen 34:05  
2. Bernice Little 36:01  
3. Thomas Hasson 41:29  
4. Rete Simons 59:05

Leg A 3 controls 0.79 km  
B 5 0.72  
C 5 0.78  
D 3 0.78  
E 4 0.96

ARIZONA STATE CHAMPIONSHIPS  
November 7 & 8, 1987  
CATALINA STATE PARK

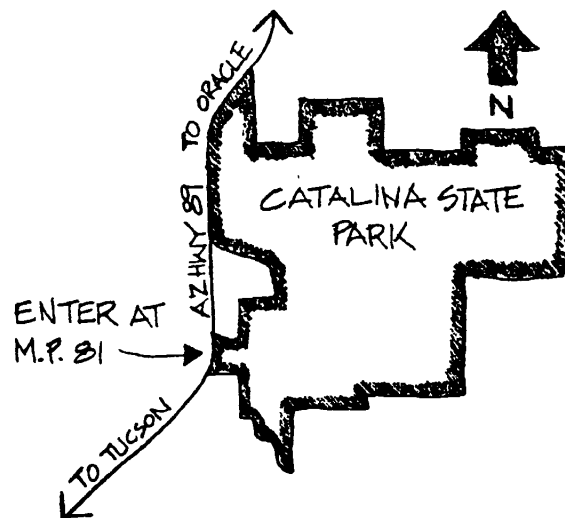
FOUR COMPETITIVE CLASSES

Class A: Men 18 yrs and older

Class B: Men 35 yrs and older  
Women 18 yrs and older

Class C: Young Men up to 17 yrs  
Young Women up to 17 yrs

Class D: Men 50 yrs and older  
Women 50 yrs and older



MORE ON THE ARIZONA STATE CHAMPIONSHIPS

Two days of competitive Orienteering at Catalina State Park will determine who the state champions are. Both days courses will be set in different areas of the park.

Competitors must run in the same class both days. One first place winner in each class and sex will be determined by the lowest accumulative time for both days.

Awards Ceremony 3:00 pm Sunday, November 8th

The irregular terrain is a variety of hills, rock out croppings,

communities range over the terrain.

Course Starts from 9:00 am - 12 noon both days

Courses close at 2:00 pm

#### ACCOMMODATIONS

Camping at Catalina State Park \$4.00/Night Az. registered autos  
\$5.00/Night Out of State autos

RV Hookups: Wishing Well Trailer Court  
16100 N. Oracle Rd. Catalina (602) 825-3361

Fees: \$3.00 each day for current Club Members  
\$4.00 each day for non-members  
Arizona residency not required to compete.  
Persons 17 and younger require parental permission.

#### MEMBERSHIP FORM

FILL IN APPLICATION, MAKE CHECK PAYABLE TO: TUCSON ORIENTEERING CLUB, AND MAIL TO: TUCSON ORIENTEERING CLUB, P.O. BOX 13012, TUCSON, AZ 85732.

CHECK ONE:  NEW MEMBER  RENEWAL \_\_\_\_\_  
Date on mailing label

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TELE. # \_\_\_\_\_

CHECK ONE:  INDIVIDUAL (\$7.00)  
 FAMILY (\$10.00)

Members receive a monthly newsletter, have voting privileges, and receive a \$1.00 discount per major meet.



# Terrain Game

*For participants, orienteering is a matter of course*

BY MICHAEL HOFFERBER

**A**t the starting line, a half dozen competitors string out in a row: a pretty young woman with long golden hair, an elderly gentleman in a lime-green running suit, two middle-aged ladies with red windbreakers draped over their gray sweatsuits, a small boy in a blue cap and bright white sneakers, a bearded man wearing an official-looking uniform with "USA" emblazoned across the chest.

On the ground before each athlete lies a map detailing the terrain ahead, a treacherous-looking marshland of dense thickets and abrupt gullies. No roadways part this forest; no trails offer easy passage.

With the crack of the starter's pistol, the racers grab their maps and run—bouncing over fallen logs and squeezing through thickets like so many frightened deer or startled rabbits. In a moment, they are gone, out of sight. Six more come to the line....

More than 400 athletes of all ages gathered in the brush country of east Texas last November to compete in the national championships of the little-known and often misunderstood sport known as "orienteering." Drawn from all walks of life, most contenders shared just two common traits—a love of the outdoors and an eagerness for new challenges.

**O**rienteering developed in Scandinavia early in this century. It began as a military exercise for training messengers to navigate unknown terrain. Soon, these exercises evolved into competitions, and by the 1920s, towns throughout Norway and Sweden had orienteering clubs, meets and local champions. Today, orienteering is as much a national sport in these countries as baseball is in the United States.

The objective of the competition is deceptively simple: With the aid of map and compass, find your way across the countryside—from checkpoint to checkpoint—in the shortest

possible time. What complicates matters are steep hillsides, boggy marshes, impenetrable forests and wide streams that lie in between. The fastest route is rarely a straight line.

Orienteering meets appeared in the Americas just 40 years ago, introduced by Scandinavian immigrants. The U.S. Orienteering Federation, founded in 1971, now reports 60 affiliate clubs and nearly 20,000 participants nationwide. Increasing numbers of these are found in the "O-centers" of the West—California, Colorado, Washington—where an abundance of public lands makes the sport accessible to an outdoors-oriented populace.

Bruce Wolfe of Oakland, California, had been a marathon runner since his college days at Stanford, but when friends introduced him to orienteering at a local meet in the Bay Area, he knew he'd found the perfect sport. "I'd always enjoyed running out in nature, in parks and forests, and I was interested in maps," Wolfe says. "Here was an opportunity to combine map-reading with being out in the parks and running."

Already a high-caliber athlete, the lanky Californian quickly found success in orienteering. Even though his first competition was in 1979, he placed fifth in the 1980 U.S. Championships. Last year, at the meet in Texas, he finished a close second.

"I'm an engineer by profession," he says. "Having an analytical mind, the idea of solving an orienteering course is attractive."

"Basically, orienteering poses a problem: how to get from point A to point B. When you get to point B, that problem has been solved. Then you've got to solve the next one."

Since 1984, Wolfe has been a member of the U.S. Orienteering Team. Organized like the U.S. Ski Team, its members are top-ranked men and women who contend at international competitions. Currently, they are preparing for the 1987 World Championships, to be held in France in September.

Wolfe's training regimen includes long-distance running, combined with hours spent racing through woods where there are no trails. He practices reading maps while running a vital skill for competitive orienteers.

"Some days, when I'm on a road, I'll read a magazine while I'm running," he says. "That gets a lot of stares from people, but the hand-eye coordination it helps develop is important."

In women's competition, Beatrice Zurcher of Colorado Springs, Colorado, is currently the top-ranked orienteer in the West. In 1986, she won the Western States Orienteering Championship and placed a close second at the U.S. Championships to Sharon Crawford of Massachusetts.

Zurcher and her husband, Peter, were avid orienteers in Switzerland before moving to the United States in 1979. Between them, they've won 16 medals at Swiss championships. After a layoff of several years, they recently joined the Rocky Mountain Orienteering Club and started competing again.

*'Orienteering gives people the courage to walk off the path, and to see the beautiful places and things that most people never experience.'*

Expert orienteers have a knack for quickly locating "controls," the flagged checkpoints in the wood where they must punch their score cards before going on to the next marker. A typical course will have 1 to 18 controls along a route that stretches five miles or more.

"When you go into the control area as it's marked on the map, you sort of have a feeling for where it is," Zurcher says. "But if you don't practice, you lose that feeling."

At the U.S. Championships in Texas, Zurcher trailed Crawford by just two minutes after the first day of competition. Because the final standings major meets are determined by the combined running times on two different courses, Zurcher needed to beat Crawford's time on the second run by at least two minutes in order to win the championship. Instead, she made a fatal error.

"On one of the legs, I lost my concentration for a short moment," she says. "I went left on a trail instead of right. When I found out a little later that I'd made the mistake, I tried to cut back through what looked like a clearing. But it was full of fallen logs overgrown with grass, which made it hard work to go through, like climbing on a jungle gym."

Crawford, who has won more U.S. championships than any other orienteer, prevailed by making fewer mistakes. Zurcher plans to challenge her again later this year.

"Orienteering is more than just running," Zurcher says. "It's a thinking sport, too. You have to be able to read the map and make decisions about which route is best."

Orienteering maps are much more detailed than ordinary trail maps. They take topographical maps—which show the contours of the landscape—one step further by including boulders, fences, buildings and vegetation. Virtually anything orienteers see with their eyes will be marked on the map, either with symbols (▲ for a boulder; ☒ for a dry ditch) or color shading (dark green for thick vegetation; orange for open land).

"Many hikers like to orienteer, especially after they realize that they can safely leave the trail," Zurcher says. "If you read your map accurately, you will not get lost. You see places in the forest where nobody goes. It's sort of an adventure."

Some orienteers, like Wolfe and Zurcher, are highly competitive. Others participate just for the fun of finding their way through unknown terrain. Keith McLeod, for instance, orienteered in Wisconsin, where he was president of a bank. After starting his own business in Tucson, Arizona, three years ago, he helped organize that community's first orienteering club. He is a tireless promoter of the sport.

When he hires new employees, for example, he invites them at least to try orienteering. "They think I'm crazy," he says, "but they come to a meet anyway, and many of them fall in love with it."

The Tucson Orienteering Club, with about 70 members, sponsors orienteering meets the third Sunday of every month. The meets take place in one of the many forests and wilderness areas that surround Tucson. In the hot summer months, the contests move higher into the mountains for milder temperatures.

"We get all ages of people, from young children to old folks," McLeod says. "It's a great activity for families as well as singles. We've even had some orienteering romances."

"Orienteering gives people the courage to walk off the path, and to see beautiful places and things that most people never experience. It's like walking into another room, one that's been locked up and you've never tried going into before, and discovering all these new sights and sounds—animals, birds, amazing colors, cactus, flowers, trees and rocks."

The sport, because of the physical challenges it poses, also encourages fitness. Many orienteers are already in excellent condition; others claim the activity has helped them get into shape. "I was in better condition in my 30s than I was in my 20s because of orienteering," says McLeod. "I became more aware of my body; I listened to its needs. And I began feeling comfortable in a natural environment."

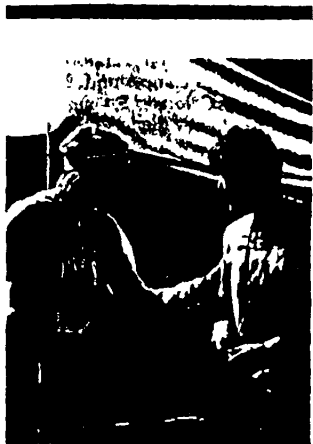
At the age of 64, Knute Olson of Woodinville, Washington, is the oldest orienteering champion in the United States. (He competes in the "Men's 60 and Older" category.) A native of Sweden, he started orienteering when he was 16 years old, but gave up the sport upon immigrating to the United States. Not until 1984, when he saw mention of the Cascade Orienteering Club in a Seattle newspaper, did he pick it up again.

Olson says he's fortunate to be living in the Puget Sound area, one of the most active orienteering centers in the country. Three clubs in western Washington, and a fourth on the eastern flanks of the Cascade Mountains, sponsor meets almost every weekend throughout the year. Bad weather is rarely a problem.

"Sure, it rains here," Olson says, "but it's not like it's coming down in buckets the way it does in Texas or Oklahoma. Here, it comes down nice and easy. So if it rains, we run anyway."

Mike Schuh is president of the Cascade Orienteering Club, largest of the clubs in the Northwest and one of the most active in the nation. "Within two hours of where I live, I can get into any kind of forest you want to describe," he says.

Like other orienteering clubs throughout the West, Cascade's meets are open to the public; club membership is not required. Introductory



Sharon Crawford and Sanee Kule at the 1985 World Championships in Australia.

Photo by Mike Schuh

courses and classes are available for novices at each event, and advance registration is required only for those competing for national ranking.

Specialized equipment is not necessary. Some orienteers wear "O-suits" fashioned from tough breathable nylon that protects arms and legs from scratches; others wear cleated running shoes. "But a favorite set of gardening clothes will work just fine the first time out," Schuh says.

Near the finish line, the competitors reappear from the woods—faces flushed, limbs heavy with weariness, mud and leaves clinging to their clothes. Eyes fixed with determination, each one surges toward the final control and hands over a scorecard.

Friends and rivals cheer each completion. Towels swab away mud and sweat. Smiles emerge from glowing cheeks. They gather in tight circles, looking at each other's maps, comparing routes taken and choices made like baseball fans talking box scores and statistics.

Says one: "Sometimes when I'm out there running...with the map in my hand, and I see some beautiful little nook or cranny, I think to myself, 'Ah! There's not too many better things to be doing!'" □

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