

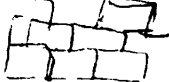
TUCSON ORIENTEERING CLUB
NEWSLETTER
APRIL 1987



THREEFER MONTH!!!

April 12 - Sunday - Helvetia ruins - Bill Hamilton
April 18 - Saturday - Greasewood Park - Keith McLeod
May 3 - Sunday - Rosemont Canyon - Kelly Cook


APRIL 12 - HELVETIA RUINS



From Tucson, follow U.S. 89 south to Sahuarita. About 15 miles from there take Sahuarita Road east 0.7 mile to Santa Rita Road. (a good dirt road easily travelled by passenger cars) and follow it south 13.4 miles to a left turnoff. Stay on the main road all the way to this left turnoff which will be indicated by a red-and-white "O" marker. "O" markers will direct you to the start area from this point.


As an alternate, you may take I-19 to Helmut Peak Road (exit #46) which goes to Sahuarita.

APRIL 18 - GREASEWOOD PARK



Greasewood City Park is Tucson's newest desert park. It is located on the southwest corner of Speedway Blvd. and Greasewood Rd. adjacent to Pima College, on the west side of town. The entrance is from Greasewood Rd. immediately south of the Speedway intersection.

MAY 3 - ROSEMONT CANYON



From Tucson, follow I-10 east approx. 20 miles to Hwy. 83 (exit # 281). Take Hwy. 83 south about 12 miles until you see a rest stop on the right. Continue on Hwy. 83 for 2.7 miles to an unsigned dirt road to your right. This is not the road we have used in the past; it is shorter and better. This turnoff is immediately after a "35 mph" sign in a hilly, curvy section of highway. Follow the dirt road 0.6 mile to a right turn. Take it 100 meters to ample parking. Red-and-white "O" markers will guide you in from the highway.

If coming in from the south, go north from Sonoita on Hwy. 83 approx. 11 miles. (This has only been estimated by map so could be in error.) The turnoff will be to your left immediately before a 45 MPH sign. If you miss it you'll come to the rest stop mentioned above. Turn around and follow the directions from Tucson.

FUTURE EVENTS

May 13	Night - 0
May 31	Bear Wallow
June 13	TBA



REGISTRATION

Entrants may register as individuals or as families and teams, and as competitive (timed) or recreational (untimed). Recreationists please remember to check back at the finish table so we know you are accounted for and don't have to do a search.

Individual \$3.00 Team or family \$5.00
(T.O.C members pay \$1.00 less in either category.)

Results of Orienteering Meet
 Tucson Orienteering Club
 Old Prison Camp, Mount Lemmon
 March 15, 1987

Basic Course 1.5 km, 160 feet climb, 5 controls

Men		Team	
1. Hoover Lee	30:50	1. Geranis Team	27:10
2. Nicholas Anikienko	37:50	2. Britton Team #1	30:25
Robert Judge	DNF	3. Thurman Team	33:25
		4. Fleming Team	40:05
		5. Clark/Sampson Team	42:40

Women

Women		Recreational	
1. Bernice Little	38:53		
2. Rete Simons	41:13	Britton Team #2	
3. Shawn Nies	74:22	L.M. Bradley	
		Jim Deatherage	
		David Anderson Team	
		Richard Maxwell	

Intermediate Course 3.6 km, 520 feet climb, 10 controls

Men		Team	
1. R. Thurman	48:02	1. Terri Welsh/Dale Bruder	83:58
2. Mike Kessler	72:55	2. John and Kay Rovegno	84:20
3. Keith McLeod	74:14	3. McLeod/N'Gaide Team	87:12
4. Steve Vierck	94:50	4. Wade/Donovan	96:00
5. Nicholas Anikienko	144:15	5. M. Cleavinger/P. Geranis	104:00
Stephen Vallejos	DNF	6. The Waltons	114:15
		7. McQuillan Team	117:25
		8. Veggeberg/Glicksman	119:08
		9. Fleming Team	126:30
		10. North/Muckey Team	157:03
		Baker/Deatherage Team	DNF
		Kelley/Krieski	DNF
		Stephenson Team	DNF

Recreational

Tolteri
 Pat Vetter/Marshall Brown
 Karl Chao
 Cheryl Houser

Advanced Course 5.6 km, 1160 feet climb, 10 controls


Team

1. Corrie Clerx/Sam Dean 290:40

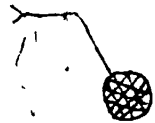
Men

1. Dale Cole	97:02	6. Alex Clark	137:00
2. Bill Hamilton	101:40	7. Harlow Paul	150:05
3. John Little	113:40	8. J. Peter Lasher	167:45
4. Ken Castle	124:24	9. Ed Rawl	191:15
5. Scott Kellar	134:25	Michael Cosentino	DNF
		Jóe Halloran	DNF

SCHEDULE - GOOD FOR ALL 3 EVENTS



START TIME	9:30 - 12:30
Beginner clinics	Continuous/on request
Course critique	1:30
Business Meeting	2:00
Controls removed	After 2:00



MEMBERSHIP

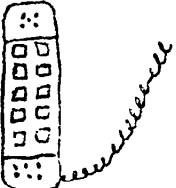
\$7.00/year individual \$10.00/year family or household

Membership includes receiving the newsletter, \$1.00 discount on all regular meets, and voting privileges. Don't be left behind. Support Orienteering and join up now!


For further information call Keith McLeod or Dennis Orrico at 571-1155 weekdays.

FINANCIAL REPORT

By Rete Simons



Beginning balance 2/20/87	\$ 542.94
Meet fees, dues, compass rent	\$ 215.95
	\$ 758.89



Expenses: meet supplies, maps, postage, office, permit, publicity, T-shirt down pmt	\$ 370.40
Balance 3/20/87	\$ 388.49

Map fund stands at \$ 157.00



EVENT DESCRIPTIONS by JOHN MAIER

This next month is our BUSIEST EVER with 3 events in a 3-week period. AND that doesn't include our PRACTICE EVENTS each FRIDAY evening. (See PRACTICE schedule elsewhere.)

HELVETIA RUINS is a brand new map made by Bill Hamilton. It should be refreshing to have new terrain underfoot.

GREASEWOOD PARK, just dedicated as this issue comes off the press, features Tucson's first PERMANENT "O" course (known as a TRIM course). Take friends there whenever you want to demonstrate Orienteering to them. The map has vegetation mapped and contour intervals are two feet!

Kelly Cook has recently revised and upgraded his ROSEMONT CANYON map and plans to use an area we've not been on before.

So it all shapes up to be a lot of quality orienteering in the month ahead.

ALL EVENTS will be point-to-point. Helvetia Ruins and Rosemont Canyon will have 3 courses from which to choose, Greasewood Park will have 2.

FOOTGEAR: Comfortable hiking boots or sturdy running shoes
COMPASSES: YES. Bring your own or RENT for \$1.00
WATCHES : Good idea, controls removed after 2:00 P.M.
WATER : Available at START/FINISH and SELECTED CONTROLS

THE COMPETITIVE EDGE

by John Maier

This is the first of a series of articles in which tips to improve your orienteering techniques will be discussed. The more time savers you know about, the faster you will be. This first article deals with the compass, the Number One and only piece of specialized equipment that an orienteer really needs to have.

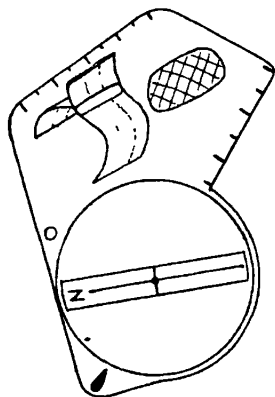
There are lots of people orienteering today who misuse their compasses, that is, they don't use them to best advantage. They make the compass a more complicated instrument than it needs to be. Before we say anything, it should be understood that the compass is not a crystal ball, it is a crutch. Most of your better orienteers would probably tell you that orienteering is 90% map and 10% compass. If you were the perfect orienteer, you could leave your compass at home, but nobody's perfect--not even the best--so you need your compass to help you when you screw up. You need that crutch.

How should you be using your compass? I use mine to orient my map, nothing else. The map when oriented will give you all the information you need. So keep it simple. Don't take bearings or shoot azimuths. It's a waste of time; it'll take you 3 times as long. Think about it. When you take a bearing, you first put your compass on the map aligned from where you are to where you want to go, second rotate the housing to align the orienting lines (in the housing) with the magnetic north lines (on the map), third take the compass off the map and hold it in front of you, fourth rotate your body until the magnetic needle lines up with the orienting lines, and finally look ahead in the direction you want to go. Consider the alternative. First flop your compass down on your map however you please, second rotate the compass/map unit until the magnetic needle agrees (is parallel) with the magnetic lines on the map, third hold a straightened hand (or pencil) over the map from the point you are at to where you want to go, and then look in that direction. This second method is called "orienting by the needle" because the only thing you use the compass for is orienting the map by watching the needle. The first method of "taking a bearing" involves 4 steps in which the compass must be held or adjusted with precision. The first method also requires two hands and you must be stopped to do it accurately. The second method only requires that 2 steps be done with precision, the second hand is free most of the time, and can often be done while moving. Convinced? I hope so. The more complex a technique is, the greater the chance for errors to creep in, and accumulate. Keep it simple; be easy on yourself.

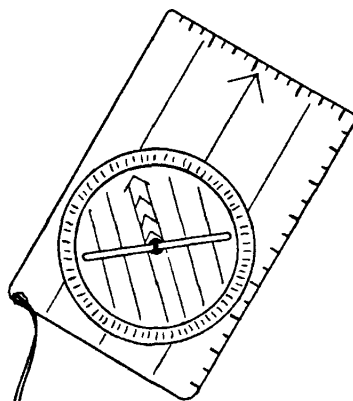
For orienteering the commonly used protractor compass has a lot of unnecessary extras: the housing, the orienting lines, the degree graduations, the rectangular base plate. Wouldn't it be nice to have a simple compass with just the things you need? There is such a compass. Silva makes it and it is called the Norcompass. It is also known as a thumb-compass because it attaches to your thumb by means of a small elastic band. You carry your map and compass in the same hand; the other hand is free to guard your face, grab on to trees, keep balance, whatever. The part you really need--the needle--is enlarged and brightly colored so you can easily use it while on the move.

Ready to throw away your present compass? Don't. If you are a hiker the Norcompass will be useless to you unless you first draw magnetic north lines on your map. Declination is compensated for by rotating the housing the proper amount. Any other drawbacks of the Norcompass? It is slightly less accurate than the protractor compass but not to a significant degree. Can you relocate with a Norcompass? You bet. I can relocate in about one-sixth the time with the Norcompass. Does it have a scale for measuring distance on the map? Yes, two scales: one for 1/10,000 maps and one for 1/15,000 maps (the most commonly used scales in orienteering). Remember, you can use a protractor compass to do what the Norcompass does, but the Norcompass eliminates the parts you don't need and emphasizes the parts you do need. It is a simplified, specialized compass for orienteers. Logistics. The Norcompass is available in town from the following stores: Summit Hut (all 3 stores), Bob's Bargain Barn, and South Rim Outfitters. It retails for under \$20. Instruction. I will be happy to demonstrate the use of this compass to anyone who desires and will do so at the next "O" meet. Check it out!

Norcompass



Protractor Compass



CONVENTION TIME - PLAN AHEAD NOW



June 20	U.S. Long "0" champs	Bay Area
June 21	U.S. Relay champs	Bay Area
June 23-26	USOF Convention	San Diego
June 27-28	Western U.S. Champs	San Diego



Long "0" meets are about 50% longer than regular meets. Relays are always exciting and a lot of fun no matter what. The location for these meets in the Bay Area will be in the Redwood. Great setting for an "0" meet!

The USOF convention always has lots of workshops to participate in as well as some fun events such as night-0 and the Motala (sort of a single-person relay). After 4 days of convention in San Diego, activities will culminate with a 2-day Class A meet to crown the Western U.S. Champs. You don't have to be the best to have a good time.

Competitions will be on color maps. The June 27-28 meet will have 6 courses and approximately 40 categories from which to choose.

PRACTICE SESSIONS

Club practice sessions are being held every Friday evening at 5:45 except Apr. 24. Try to arrive at 5:30 cause if you get there at 5:46 you may find that everybody else is a minute ahead of you in who-knows-what direction. With only 1 to 1½ hours of daylight we won't be waiting around. Pizza afterwards depending on group consensus.

Apr 3 - Lincoln Park (N.Ent) ½mi E of Pantano and Escalante
Apr 10 - Lincoln Park (W.Ent) ½mi S of Pantano and Escalante
Apr 17 - Color map study & exercise location TBA @ Apr 12 meet
Apr 24 - Aravaipa Canyon - 70 mi. NE of Tucson. (You'll have to bribe John to go on this one; it's a 3-day adventure beginning Friday morning.)
May 1 - TBA at Apr 12 & Apr 18 meets
May 8 - TBA at Apr 12 & Apr 18 meets



TEEEEEEE SHIRTS

T-shirts have been ordered and there is a reasonable possibility we'll have them for the April 12 meet. People who have signed up will be given priority when they arrive. The introductory rate is \$8.00/shirt.

NEWSLETTER HAIRSHIRT

Due to footdragging by everyone involved with the March newsletter, it was mailed rather late. Sorry. (actually, the sole nonfootdragger was the commercial printer. That week he was surrounded by a moat thanks to City roadwork and was tickled to have customers.)

Herewith our upcoming schedule:



issue	material	printer	label	mail
MAY	Apr 17	Apr 21	Apr 25	Apr 28
JUNE	May 22	May 26	May 30	Jun 2
JULY	Jun 19	Jun 23	Jun 27	Jun 30

EDITORIAL STEW



Many thanks to LAST MEET'S VOLUNTEERS :

Marilyn Cleavinger	John Little	Cheryl Houser
Mike Kessler	Rete Simons	Bob Kelley
Alex & Alex Clark	Steve Krieski	Dale Cole
	Keith McLeod	

all performed a variety of tasks and we are grateful for their efforts.

On the subject of volunteering
the last two meets started a bit late because John Meyer hung the last few flags early Sunday morning - then had to do EVERYthing associated with laying out the master maps PERSONALLY and conSECu-tively. We have no shortage of greeters, registrars, and starters, but after those jobs are filled it's not clear what to do next. For future reference, keep these tasks in mind:

- Hang flags. (this requires experience and early arrival)
- Put blank maps and score cards into plastic bags.
- Copy master maps. (for courses you aren't going to run)
- Copy master clue cards. (")
- Paste maps and clue cards on cardboard backing. (")
- Sketch and hang the course sizes. (")
- Spot vacant master maps.

The last is one Bob Kelley and Steve Krieski figured out; during a crowded start, stand near the master maps and tell the starter when maps are available.

The next-to-last is a new service John Meyer started last meet. He posted one map for each course with the approximate course area outlined but no markers indicated. These he hung near Registration so participants could decide which course to run.

OUR NEW MEXICO delegation arrived again. I don't have the participant list so can't comment in depth. One or more of Andrew Kite, Michael Consentine, Antony English, Scott Kellar, and Jamine Stangl came from Las Cruces and competed in our meet. I don't know how they placed.

ROAST CROW DINNER

Last month I included an Editor's Note at the end of John Meyer's bylined article on Practice. John felt he might be credited - or blamed - for the content of that note. Sorry about that, John.

Especially since I have to correct the content of that note extensively. The book is FIT OR FAT? by Covert Bailey, a nutritionist, fitnessist, and sportsman, but NOT an M.D. The book was REFERRED TO ME by my doctor. The conditioning heart rate is given in a table, not an equation, but $180 - .75 * \text{current age}$ is close.

The book is a complete health theory and weight control program and quoting one concept out of context is bound to be confusing. Addressing the same audience John did - BEGINNING exercisers - the normal disclaimer applies: See your doctor. But if you're going to practice with John Meyer, who can jog an hour without stopping - and you can't - how do you decide when to slow down? Watching your heart rate still seems like a good idea.

GREASEWOOD PARK

Your editorial staff - Bob Kelley and Steve Krieski - visited Greasewood Park to check out the TRIM course.

Greasewood Park isn't finished yet.

There are picnic tables, a nature trail, and an unfinished wilderness trail. There is **RUNNING WATER AT THE TRAILHEAD!** There is no office, nor is it clear where there would be space for one. It is not clear at this time where people wanting to run the TRIM course would get their maps.

But the markers are in place. We found a few by accident. They are concrete pillars a foot square and about 2½ feet high. They are difficult to steal. We may not be able to attend the dedication the 31st, but we're looking forward to the meet there April 18. THEN we'll find out where and how to pick up maps.

CARTOONS

The editor-in-chief (Steve Krieski, 11) finally attended a newsletter composing session. (He has made all the labeling/stamping sessions.) While his typing skills improve, he is gracing these pages with his cartoonist's skills.

Herewith his first efforts.

SEE YOU AT THE MEETS!

TUCSON ORIENTEERING CLUB
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ADDRESS CORRECTION REQUESTED

APRIL
1987
issue

