

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



ADDRESS CORRECTION REQUESTED

# Tucson Orienteering Club Terrain Game NEWSLETTER

SEPT. 1988

Time to get out in the wilderness with just a map and compass again. We took a month off and it's quite likely that you forgot a few of the fine points about orienteering. To refresh your memories included with your newsletter are a couple of excerpts from "Orienteering Skills and Strategies". Save them and study well. The test is September 18th at Palisades in the Catalina's.

## SCORE-O IN THE HIGH COUNTRY

Sunday, September 18th Start Times 9:30 to 12 noon

Course closes 2pm sharp!

A score-o is a timed event. Participants are allowed a specified amount of time to locate as many controls as they can and return to the start/finish. Different controls have different values depending on distance and difficulty. Points will be subtracted for time returns after the clock has run out.

Course Setter and Meet Director- Mike Pfieffer & Dan Cobbledick

3 Courses: Basic, Intermediate, Advanced

2 Classes: Competitive and Recreational

All Comers Welcome

Orienteering Instruction available on request

Fees: Individuals \$4.00; Family/Teams: \$6.00; Compass Rental  
Compass Rental \$1.00; Club Members pay \$1.00 less

Directions; Drive up Catalina Highway (no travel restrictions on weekends) to Organization Ridge Road. Drive down to starting point.

## BEAR WALLOW MEET RESULTS FROM JULY 17th

Dale Cole put on another fine event in some of the roughest and steepest terrain of all our sites. 32 individuals and teams braved the 8,000 ft. elevation and lack of traction on pine needles.

<u>Advanced Men</u>		<u>Intermediate Men</u>	<u>Intermediate Team</u>
Tom Strat	48:13	Keith McLeod	47:56
Steven Dentali	49:35	Sam Dean	1:42:04
David Dadspinner	54:47		
Dan Cobbledick	56:26	<u>Intermediate Women</u>	
Dale Bruder	1:49:19	Peg Davis	1:27:20
Robert Humphrey	DSQ	M. Tang	2:28:20
<u>Advanced Team</u>		<u>Intermediate Recreat</u>	
Cleavenger/ Hamilton	1:51:52	Johnson/Martinsen Menager	
<u>Basic Team</u>		Dudas	
Bostron/Sweet	49:21	<u>Basic Women</u>	
Nichols	49:36	Amanda Martin	44:20
Volk/Welsh	56:21	Rete Simons	1:10:08
Welsh	1:01:21	<u>Recreational Basic</u>	
		Personnett/Reid?Wood	
		McCarter/Stafford	
		Drahovzal/Kelley	
		Krieski	2:22:52
		Krieski	DNF
		Thurman	
		Kenn Kunz	

**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 \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ 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.



**FALL/WINTER SCHEDULE '88**

October 16th	Greasewood
October 21st	Lincoln Park
	Night-0
November 20th	Sagauo East
December 11th	Catalina State Park

**ARIZONA ORIENTEERING STATE CHAMPIONSHIPS**

March, 1989

**USOF NATIONAL MEETS 1989**

Colorado Springs, Co.  
June, 1989

## JOIN USOF

The United States Orienteering Federation was established in 1971 to promote orienteering in the U.S. USOF will put you in touch with a club in your area or help you start one if none are close by. USOF is a non-profit, tax exempt organization whose publications and programs are supported by membership dues and donations.

Benefits of USOF membership include:

- — **Orienteering USA**, the journal of USOF, is sent to all members 9 times per year. It contains information on improving orienteering skills, map making, and up-to-date news and events as well as meet schedules, results, and entry forms.
- — Lower entry fees at national events.
- — Voting rights on issues deciding the directions and policies of USOF.
- — Automatic membership in the International Orienteering Federation.

So join USOF and get ready to orienteer. The only equipment you need is a liquid filled, protractor-type compass. Hiking with a purpose and learning to be confident in unknown terrain make orienteering an educational and inexpensive form of recreation or an exhilarating and demanding sport.

**USOF MEMBERSHIP FORM**  
 P.O. Box 1444  
 Forest Park, GA 30051

I hereby apply for membership in USOF. I understand that I am entitled to all benefits of the organization, including membership in IOF.

**PLEASE PRINT**

Name \_\_\_\_\_ Yr Born \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

If family membership, list additional persons:

Name	Sex	Year Born
_____	_____	_____
_____	_____	_____
_____	_____	_____

### ORIENTEERING CLASSES

Pima Community College continues it's support of orienteering by sponsoring classes. This fall Dale Bruder is taking over for Joan Waler.

The classes are Thursday evening and Saturday mornings thruout the month of October.

The classes and field exercises coincide with our Try Orienteering schedule for the month of October.

Look for the listing in the POC extension classes when you get the catalog in the mail.

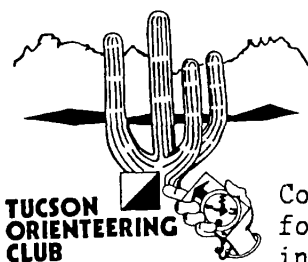
**Types of membership (check one):**

As a member of a chartered club; Club \_\_\_\_\_

<input type="checkbox"/> Student \$6 (under 21)	<input type="checkbox"/> Individual \$15
<input type="checkbox"/> Family \$20	<input type="checkbox"/> Lifetime \$250

As a member-at-large (not in a chartered club)

<input type="checkbox"/> Student \$6 (under 21)	<input type="checkbox"/> Individual \$20
<input type="checkbox"/> Family \$25	<input type="checkbox"/> Lifetime \$250



## COMPASS & MAP SKILLS

Compasses are used to indicate direction, but their application for orienteering is limited compared to the importance of map reading. The compass is a navigational aid, not a crystal ball, and is only as good as the orienteer using it. Orienteers use the protractor compass and NorCompass. Your choice depends on personal preference.

The key to successful map reading and orienteering is good direction and map orientation. The compass is useful for both purposes. Map read frequently and use the compass consistently as a navigational aid to check direction.

### ORIENTING TO NORTH

The very first thing you want to do with your orienteering compass is to find north. The map must always be "oriented north" for map reading. When the north end of the map's meridians are aligned with the red (north) end of the compass needle, the map is oriented

The compass is always held in the same position relative to your body. Hold your compass at waist level in front of your body, with the direction of travel arrow facing away from you. Let the needle settle before reading the compass.

The map is ALWAYS held in relation to north. That means if you change the direction you face, you must move your body around the map. This is accomplished by changing your grasp on the map, keeping it oriented to north the whole time.

### TAKING A BEARING

After you have mastered orienting your map with your compass, the next skill to learn is how to take a bearing. This is a more advanced compass skill, used to determine and then follow a direction taken from a map.

#### Using a Protractor Compass

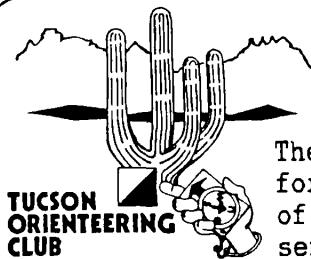
1. Place the compass on the map and align the base plate (direction of travel lines) with the desired direction of travel.
2. Turn the compass house until the lines in the house align with the meridian lines (north-south lines) on the map. Ensure that the north end of the housing lines and meridians correspond.
3. Hold the compass level, waist high in front of your body's midline. Turn your body until the compass needle aligns with the housing lines. Make sure the red end of the needle and the north end of the housing lines correspond. Follow the direction of travel arrow, straight ahead.

### USING THE MAP and COMPASS TOGETHER

You can orient to the terrain and orienteer an entire course using only a map. You can't do the same with a compass. Any time you use the compass, you must support it with map reading. If you follow this guideline, you'll have no difficulty using your compass and orienteering. Problems arise when orienteers attempt to navigate solely with the compass, without regard to map reading and tactics. Studies with advanced orienteers have shown that the most proficient performers of compass skills were significantly inaccurate in their bearings when using the compass only.

**WHEN TO USE THE COMPASS:** \* If your map reading skills are weak and you need good direction to keep you on the right course. \* If the terrain has few features and handrails: for example, in fields, flat terrain, and on long gradual slopes. \* If visibility is restricted because of dense vegetation, poor weather or darkness in the forest on cloudy days. \* On long legs that cross similar features (trails, spurs, re-entrants) you do not want to have to slow down and read every feature, so you use the compass to orienteer across the terrain quickly. \* To keep the map oriented north. \* To doublecheck.

**WHEN TO MAP READ:** All the time. Read your map to get the information necessary to make decisions and select strategies. Using the compass is one of your strategies.



## MAP READING SKILLS

The orienteering map gives you all the most important information for a successful navigation and route selection - the topography of the terrain and vegetation cover. Good map reading is the essential skill for orienteering.

To be a successful map reader requires proper execution of the basic skills: folding the map, reading by thumb, looking around in the terrain, and orienting the map to the terrain and to north. To be a good orienteer, you must be a good map reader. Pay attention to learning and perfecting your map reading skills.

### HOW TO MAP READ

- \* The map is usually folded once only. The fold is parallel to your direction of travel, to permit easy reading of the terrain details around your selected route. (If the map is very large, it may be folded two or three times, depending on size).
- \* Your thumb (or, if you use a NorCompass, the compass tip) is used to mark your position. As you move in the terrain, you move your thumb to each new location on the map. This is called "map reading by thumb". Your thumb should always mark your position. Even if you fall, keep a good grip on your map, and your location.
- \* "Orient your map" to the terrain and to north. Orienting to the terrain means positioning your your map and yourself in relation to the features you see around you. Orienting to north requires the use of a compass. The north-south lines on the map (meridians) are aligned with the compass needle. Make sure you match the north end of the meridians to the red (north) end of the needle.
- \* It is important to know how to use both methods of orienting a map properly and quickly.
- \* Orienting the map usually involves both procedures. In terrain with distinct features, you can easily orient the map with only terrain. In terrain with limited visibility (dense vegetation) or few features (flat terrain), you'll likely have to use the compass to orient to north.
- \* Your goal is to orient your map with terrain features with only minimal use of the compass.

### PERFECTING MAP READING SKILLS

**Map read on the move.** A good map reader stops to read the map only when a change in the terrain or race tactics demand it. Otherwise, the orienteer reads the map on the move. This takes a great deal of long term practice.

**Map read frequently.** Try to look at your map about six times a minute. During practice, use a watch with a second hand and time yourself to read the map every 10 seconds. This is probably more often than you presently map read, but you'll be surprised at how much more effective your map reading becomes when you use quick, frequent checks.

You may not run as fast as an elite orienteer, but you can train yourself to orienteer and map read just as well.

**Look around in the terrain.** Your field of vision should be as broad as the terrain permits. You must look around you - forward, to both sides and even behind sometimes. Without this information (what you see around you), your understanding of the map will always be too limited. This is a common problem with many orienteers and is referred to as "tunnel vision".

**Read ahead.** Once you can successfully mark your location and map read the terrain near you as you orienteer, start reading ahead. This means looking at the map to determine what features and details you will be approaching. By map reading ahead, you'll be prepared for the terrain features coming up next. And that will make your progress through the terrain faster.

Excerpts from "Orienteering Skills and Strategies" by Ron Lowry and Ken Sidney

The Tucson Orienteering Club, P.O. Box 13012, Tucson, Az. 85732, USA, sponsors orienteering competitions and recreational events the third Sunday of every month (except August) and the annual Arizona State Orienteering Championships. Member United States Orienteering Federation.