

Catalina State Park Results

from December 17th, 1989

Our meet at Catalina State Park featured a wonderfully warm late fall day. The three excellent courses were set by Warren Kossman (Basic, Intermediate) and Marilyn Cleavinger/Bill Hamilton (Advanced). The courses, each with varying challenges, were enthusiastically received by 91(!) participants who walked, ran and (occasionally) suffered through them. Wildlife including a Gila monster, rattlesnake, quail and Dan Cobbledick with a cut nose were seen along the way, adding to the charm of the area. Several individuals and groups enjoyed the Basic course so much that they returned and completed the Intermediate course as well. Michael Burton, from the BAOC (Bay Area Orienteering Club) traveled the greatest distance to participate so it seems fitting that he should place first on the advanced course.

A meet such as this would not be possible were it not for the time and effort committed to its success by a number of people. It is always a pleasure to be involved with folks such as Marilyn, Warren and Bill who spent numerous hours setting and vetting the courses. Course setting provides a service to others and also improves your orienteering skills so feel free to volunteer to set or assist in setting courses. Thanks to Mike Pfeiffer and Warren who ran the start/finish, and Dale Bruder who took care of registration during hectic times. Also, thanks to Helen Deluga, Julian Spittlehouse, John Little, John Maier, Mike Kessler, and Roy Parker for helping pick up controls after running various courses themselves.

Look forward to seeing you soon at the next meet.

Tim Fahlberg
Meet Director

Catalina State Park O-meet Results

BASIC

Competitive

Broncos	33:33	1st Team
Colts	36:00	2nd Team
D-H	42:00	3rd Team
Diane Ewald	47:49	1st Women
Blocca	49:47	
Bears	57:07	
Bova	1:33:00	
Coyotes	1:36:00	

Recreational

Bulls
Jim Needham
John Guerin
Desert Rats
Gary Wheeler
Sue Roberts
Sheila Shea
Palo Verde
Karen Denomy
Betsy Helm

Intermediate

Competitive

Cole/Crawford	1:09:13	1st, Team
Ray Harris	1:15:36	1st, Men
Rachel Gelbin	1:33:20	1st, Women
The Waltons	1:46:41	2nd, Team
Tim Fahlberg	1:54:50	2nd, Men
John Clark	2:08:29	3rd, Men
Pat Penn	2:21:32	2nd, Women
Ralph Prince	2:22:14	
Best Dam Hikers	2:26:34	3rd, Team
Peg Davis	2:35:18	3rd, Women
Welsh&Williamson	2:37:42	
Miller/Personett	2:44:54	
Walking Worralls	2:49:00	
Linda Edman	2:49:43	
Dunn-Constant	2:57:13	
Andrew Stinnett	3:03:00	
Cullins Team	3:05:00	
Lost Ones	3:16:33	
Aleutis	DNF	1-4, 8
The Posse	DNF	1-6
Betsy Duren	DSQ	
Sue Roberts	DNF	
Tom Worthen	DNF	1-3

Recreational

Keith McLeod
The Late Ones (Team)
Cowgill
Jesse LaPlante
D-H (Team)
Vimmer's (Team)
Sheila Shea
Bova (Team)
Saguaro (Team)

Advanced

Competitive

Michael Burton	1:06:41	1st, Men
John Maier	1:10:03	2nd, Men
Dan Cobbledick	1:14:56	3rd, Men
Roy Parker	1:39:22	
John Little	1:46:03	
Mark Parsons	1:53:43	
Mike Kessler	1:56:18	
Roger Sperline	2:07:20	
Julian Spittlehouse	2:45:11	
Helen Deluga	2:56:48	1st, Wome
The Kites (Team)	3:07:07	1st, Team
Intrepid (Team)	3:56:30	2nd, Team
Mike Pfeiffer	DNF	

Recreational

Betsy Duren

IOF symbol usage marked on control cards: who's using what

Course	Word descriptions	IOF symbols	Both	Neither
Basic	3	1	11	2
Intermediate	8	2	20	1
Advanced	4	3	5	1

Presidential message for 1990

"Champion Participation"

Hey everybody! 1989 goes down on the records as a banner year for the Tucson Orienteering Club. The third Sunday of each month is one of my favorite days. The confidence of the TOC members in the club value shows up everywhere. Folks are stepping forward with energy and commitment. Conscriptions are taken as recognition of talent.

There are several personal/orienteering agendas among us: better maps, color maps, a USOF class A meet, membership growth and limits, community outreach, safety, education, advanced training, quality events, and challenging courses. The pride of ownership that TOC members have is evidenced in these activities.

Orienteering is a competitive sport for many of us. Personal best in speed, accuracy, or even finishing a difficult course relies on well-run events and accurately placed controls. Recognizing this, individuals shift through the volunteer ranks, giving all who want it experiences at Southern Arizona orienteering.

"Pushing the River"

TOC opens the decade with a slate of committed projects and a strong board of directors.

Dan Cobbledick is ranging far afield as map chairman. He is researching and preparing new sites. The first fruit of his labor is our January event in the Tucson Mountains. Dan is also reworking the Rosemont map and new sites for summer events. Mapping experience and field checking is a valuable skill. Want to learn about it? Call Dan at 326-7504.

John Little volunteered to design courses for the two day state championships at Rosemont in March. TOC has grown to a milestone where we recognize it will continue for many years. John feels he can defer competing this year and design accurate challenging courses. John is a sage when it comes to course design and fieldwork. This is an opportunity to apprentice as a course setter for one or several. John is offering an open invitation. Call him at 327-8973.

John Maier returned to Tucson expecting a five color map and the TOC application for a USOF class A meet in 1991 in the hands of the national organization. Expectations can be brutal, Mr. Maier. Five color maps and class A meets are on John Maier's personal/orienteering agenda. The TOC board of directors considers both items ambitious undertakings, and supports John in his efforts to achieve their success. The club president appointed John Maier as a special director to coordinate these projects. Both are big efforts and all interested can contact John Maier at 1-586-7300.

Class A meets require strict protocol and administration. Participation and placing in class A meets is the route towards being on the Olympic team. We don't have an inkling of what it takes or if we have the volunteer base to carry one out. As a dry run, Dale Bruder has volunteered as meet director for the March state championships. He intends to follow many of the USOF guidelines of class A meet director. Once we've tried it on, we'll have a better idea about it.

Orienteering events are fueled by volunteer course setters and control retrievers, meet event directors and administrators, and everybody who comes out to do the courses. We take care of each other. The cycle of volunteering is a little bit at each event, take on an entire event, then step back for a few months, or whatever mix works for you.

The Tucson Orienteering Club volunteer base is robust in commitment and potential. We know you're waiting to be asked to enjoy being part of the team. Why postpone joy? But that's a moot question. Tim Fahlberg, TOC Vice-president, is in charge of volunteers. Sign yourself up. Call Tim at 571-8252.

There is a lot of other activity going on in the Tucson Orienteering Club and you'll hear more about it in coming months.

Thanks to everybody who uses the Tucson Orienteering Club, both competitively and recreationally. Each one of you contributes to the success.

Dale Bruder
President, 1990

1989 U.S. Orienteering Championships

John Little

Bernice and I got a glimpse of life at the top at the 1989 US Championships, held at Anadel State Park, about a 2 hr drive north of San Francisco, on October 6-7, 1989, ten days before the earthquake. It was interesting to attend a championship meet, and to see many of the top US orienteers in the flesh, if not in action. It was probably also our big chance to place close to the top in our respective categories, since a lot of the top runners chose not to appear, either because it was so far away from their stomping grounds (mostly east of the Mississippi) or because they had well-grounded preconceived notions about the type of terrain (steep!) usually used by the Bay Area Orienteering Club (BAOC). I didn't find out from all the stars what special preparations they had done to get ready for the meet, but the really serious types plan their seasons to peak for the big events such as this one.

The meet wasn't run very differently than any of the other class A meets I've attended (most of which have also been in California). I've heard Eastern orienteers complain about the relatively relaxed California style--things aren't quite so slick, registration the previous afternoon seems pretty casual, etc.; but in the important ways everything was just fine. In any case, these A meets differ in many ways from our local meets; the comparisons are interesting, and can give our club some idea of what will be involved in the way of organization when we decide to put one on ourselves.

In A meets, start times are pre-assigned; runners on a particular course start at intervals at least 2 minutes apart, although several different people on different courses start at any given time. Maps are pre-marked for anyone who has pre-registered; in some meets, one can register at the last minute, and has to use a master map like we do. The map itself is an elegant five-color map, showing vegetation, boulders, cliffs, etc.; it's hard to convey how much difference this makes. The map is unveiled for the meet, and locals are expected to stay out of the mapped area for at least 6 months prior to the meet. The start is typically at a different point from the finish, often a 15-30 minute walk, and usually at a higher elevation so as to cut down on climbing and to prevent finishers from discussing their courses with those who haven't gone out yet. There are six different courses of varying lengths and degrees of difficulty; these are called White (like our Basic), Yellow, Orange (about like our Intermediate should be); these three are increasingly longer and have more difficult navigation problems. Then come three technically hard courses, Green, Red and Blue, which differ according to length and amount of climb but not difficulty of navigation. The meets have courses on two successive days (as in the Arizona Championships we've had for the past few years). At the start, all runners disappear from sight before they start looking for controls, so that those waiting don't get clues as to the direction they go.

Naturally, all this requires a high degree of organization and zero tolerance for errors; when the event gets large, it also puts demands on the organizers to calculate times quickly, especially on the second day when everybody is ready to split and the awards ceremony is imminent. In the only glitch we saw in this meet, BAOOC had tapped the local computer whizzes to calculate times electronically, but the computer overloaded and the results

appeared very slowly. In fact, we had to leave, to avoid a traffic jam, half an hour after the ceremony was supposed to start but well before it appeared to be ready to go. I assume it happened eventually.

One nice feature of the pre-meet preparation was the chance to go out on a practice map in terrain very similar to that of the actual competition. The map was drawn by the same mapper, Rami Pitkanen, who drew the map for Annadel. Some may recall Rami from our own Championships this past spring, where he won handily the senior men's competition. Friday afternoon, maps were available and a course was in the process of being put out, John Maier style, as people went out to find the bags. Aside from the odd missing bag, this was very helpful, both in getting used to the terrain and to the way the mapper had represented unusual features such as rock quarries. Those of us with previous experience with BAOC courses, most notably at Nisene Marks, were pleasantly surprised that this area wasn't especially steep, and that the terrain was reasonably runnable in most areas. There wasn't even very much poison oak (my particular bane). Most orienteering areas in the Bay Area are steep, I gather, because almost everywhere that isn't steep, has houses already on it.

Most of the orienteers stayed at a motel or in a campground, and they had a big potluck Saturday evening, another typical feature of A meets, and one which builds camaraderie. Sometimes there is a session dissecting the first day's courses. We didn't go to the potluck, because, as it happened, we were staying with friends in nearby Calistoga, and spent the evening in the hot pools at a local hotel staying loose for the second day. We couldn't get into the big attraction, the mud baths, but the hot pools were mighty nice.

The competition: I had about 20 hours to savor the possibility that I could be US champion in my age category (Men age 45-50, or M45A as it's called). I had a (for me) great run the first day, finishing about 1 minute out of first place in M45A. The second day, on the other hand, I made one bad 10 minute error by getting lost and almost running off the map, and another one by a bad route choice on a very long leg; these so wore me out that in turn I made a bunch of smaller errors which added up to a lousy time and fourth place. The winner did great and I doubt that a perfect run for me would have been good enough. My big chance lost...Bernice, like me, had a good first day and not so good a second one. We both felt that we really aren't used to the five-color maps. In particular, there is so much detail that it can get overwhelming; I usually haven't gone as far as I thought I have, especially early in the course until I get used to the scale.

Lessons for our club: Our experiences are similar to those that several club members have had at A meets in San Diego or Colorado. If we want to put on an A meet, we need many experienced people to do the work, preferably people who have been to A meets themselves. We also need the map, which is expensive, and we need to pick a time of year when a reasonable number of out-of-town people would come here. A lot of people stayed away from Annadel because of the distance, even though it was a National Championship; we can't expect even that many (about 250?) to come for an Arizona Champs, even with a gimmick (such as nice weather when Midwesterners are sick of snow). That means we won't get very much money to pay for our map. There are also a lot of logistical problems, such as parking and lodging, that need to be solved. On the other hand, it would give our club a big boost to put on an A meet and to have a five-color map. At our most recent club meeting, sentiment seems to be building for Spring of 1992. Let's do it!

Next Event: January 21st, 1990

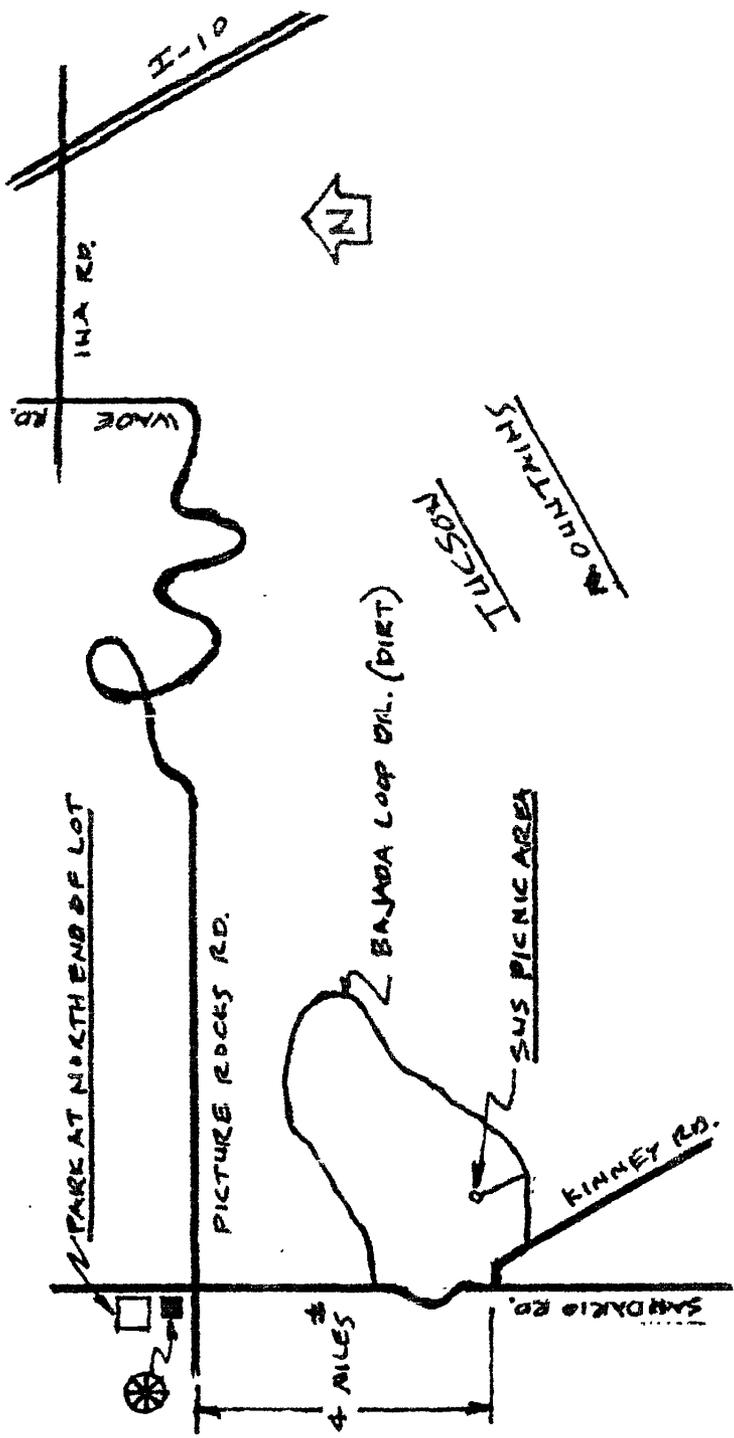
Saguaro National Monument West

It's a brand new decade, folks, so what could be better than starting with a brand new map? We got too big to use our old Box Canyon site, so we're moving to the Bajada Loop Drive area. There are very few trails out there, and at first glance everything looks either too steep or too flat, but there are lots of big washes, and the contour interval is only twenty feet. (That means that instead of thirty-foot unmapped features, you only have to deal with ten-foot unmapped features!) The terrain is beautiful low desert, and visibility is good, but everything has thorns, so I'd leave the short pants at home. (Attention shin-dagger weenies: fear not there aren't any!) This area permits some unique challenges to be set for orienteers at all levels. Come check it out; this one will be a little different. (Hint: everybody gets to learn what's a bajada!)

Start and finish will be at the Sus Picnic Area (see map), but parking there is extremely limited. Please help us be good guys in the eyes of the National Park Service - arrive only in full carloads. We have permission to carpool from the parking lot of the Wagon Wheel Post Saloon at Picture Rocks and Sandario roads (see map again). If you've got empty seats, please hang out by the 'O' sign until more orienteers show up (or some reasonable interval). If you've got to leave early, we can shuttle you back, but we need to make this work!

Usual three courses (basic, intermediate, advanced), usual fees (\$4 individual, \$6 team, with \$1 off for TOC members), usual start times (9:30 to noon; finish by 2:00). Beginners' clinic at 9:00 (and on request) and \$1 compass rentals available. Any questions? (Anybody want to be Meet Director?) Call me at 326-7504.

-Dan Cobbledick



Map to January 21st Event

The Competitive Edge

(second in a series of articles

on ways to improve your orienteering)

Last time we talked about striking a good balance between speed and navigation and laid down the cardinal rule that one must know where one is on the map at all times to consistently prevent the big errors that result from becoming lost. The proper speed then is one which allows you to be continually in touch with the map while navigating between controls.

This time we are going to talk about route choice. Since orienteers are not confined to trails, there are often several feasible routes by which to go from one control to the next. The basic course will normally have few route choices as novices must primarily be concerned with reading the map and successfully completing the course. But at the intermediate level there will be choices and at the advanced level choices will typically be more numerous and more difficult.

The route choice decision does not merely boil down to which way is faster. The primary consideration should be which route is safer (i.e. - has the lower risk of losing contact with the map) and can be easily executed. Remember, the time gained or lost by a particular route choice will be small (typically no more than 1-2 minutes) whereas the cost of relocation if you go astray will usually be big (typically 5, 10, 15 minutes, or more). So only consider safe route choices requiring navigational techniques within your skill level.

Do not rush away from a control without knowing where you are going. You must know your whole game plan for the next control before beginning to execute it. Your route can be broken into 2 parts: 1) the rough navigational part from the control you are leaving to the attack point for the next control, and 2) the precision navigational part from the attack point to the control. So first you must decide upon an attack point. The attack point is a terrain feature which you can quickly move to and easily identify using navigational skills which you've mastered. The attack point should be within 100-200 meters of the control and located before the control (although in isolated instances you may wish to choose a safer attack point a short distance beyond the control). After picking your attack point, decide the best (i.e. - safe, not risky) way to get there. In choosing your route give strong consideration to handrails (linear terrain features which you can follow) and catching features (linear terrain features running across your line of travel by which to check your progress). Consider which route best conserves energy (least physical exertion) and is easiest to follow (not confusing). It is better to take a control from above than from below due to greater visibility. If you have a choice of climbing early in the leg vs. climbing late, choose early. Your mind will function better if your body has recovered somewhat from the physical exertion and will be sharper when you need it most - homing in on the control.

You should make your route choice before arriving at the precious control or you will be forced to make it then and possibly give away that control location to other orienteers in the area. A good place to decide is on easier portions of preceding legs when you don't need to concentrate so much on navigation or footing, or on sections where you are walking. Try not to take more than 30-60 seconds to choose a route as there is usually not a large time difference between one route and another. If the route you've chosen turns out to be poor, don't switch to another unless the other is overwhelmingly better as you will lose more time in switching.

To summarize, your route should be chosen on the basis of ease of execution. First, pick an attack point which you can easily find and from which the control can easily be found. Second, pick a safe route to the attack point which is within your navigational abilities to execute. (Next: Route Execution)

John Maier

TOC Board of Directors for 1990

President	Dale Bruder	323-7028
Vice-president	Tim Fahlberg	571-8252
Secretary/Treasurer	Marilyn Cleavinger	795-2081
Membership chair	Eileen Dennett	322-6541
Newsletter editor	Peg Davis	628-8985
Publicity	Ralph Prince	743-7048
Equipment chair	Rachel Gelbin	326-7504
Map chair	Dan Cobble Dick	326-7504

Editor's note-

While I'm gearing up for another year of doing the newsletter, I'd like to thank all the people who have given me so much help. The most important to me are all the orienteers who have written articles for us; the quality of writing has been great and the content rich. When it comes to organization and efficiency, Marilyn Cleavinger, possessor of the least glamorous job on the board, has helped the club (and the newsletter) fabulously and gracefully. The newsletter got a great boost mid-year when Eber Glendening began printing it for us. And most numerous, thank you to all the people who have helped me fold, staple, lick, and sort - especially Gaiter Man. And Dale, I'm even sorry for fire-bombing your car when you were late with that article. So what's in store for 1990? Whatever you want! Do you have the urge to tell your fellow orienteers about something you've learned that's made a difference on the course? How about your experiences running courses in other locales? How about what you don't want to hear anymore about? Don't wait to be asked - just write it up and send it in. Let me know what you want to hear about and I'll be glad to include it in the next edition.

Write On, Peg Davis 628-8985

1229 east 13th Street
Tucson, AZ 85719

COLOR MAP PROJECT

All interested persons wishing to give input to a color map project should get in touch with John Maier at 586-7300 (Benson). The first task will be to delineate boundaries for 2 areas - Cave Creek and Rosemont Canyon - so we can run cost projections for each. If we have enough response we will set up a special meeting which should occur before the next scheduled business meeting.

The club is looking for a table to use at meets to aid registration. Do you have one you would like to sell or give to the club? We would also like to acquire a tarp. Please call Dale Bruder at 323-7028.

Training Seminars in January and February

John Maier will be holding seminars on Sundays before our regularly scheduled events to cover topics on ways to improve your orienteering performances. The first two sessions will be free and will be conducted at John's place near Benson. Sessions will combine discussion and field practice and include specialized attention to individual problems. On January 14: TRAINING SEMINAR FOR WOMEN (designed for women of competitive spirit who want to move up from intermediate to advanced courses), topics to be covered will include:

- 1) Differences you can expect on advanced
- 2) How to make the transition
- 3) Map reading - what to see and what to ignore
- 4) Route selection - important things to look for
- 5) Route execution - rough navigation, precision navigation
- 6) Recovery - keeping small errors from becoming big ones

January 14th schedule: Arrive about 9:30 AM, Part I 10-12:30, Lunch 12:30-1:30, Part II 1:30-4, Optional session, 4-5 PM.

TO GET TO JOHN'S PLACE: go east on I-10 to Hwy. 90 (exit 302), then south on 90 for 1.5 miles (0.25 mi. past milepost 291), then east on a good dirt road following signs approx. 2 miles to site (the last 0.5 mile is a bit rugged but passenger cars can do it.). Questions? Call John at 586-7300 (Benson) or Peg Davis at 626-8985 (Tucson). Call Peg to arrange carpooling.

FEBRUARY 11TH: Next seminar, open to anyone (male or female) who has run intermediate and wants to improve. Topics to be decided after feedback from interested parties; let John know by the January event at the latest.

K. RAT

"Let's Get Lost"

By Andy Mosier



IN AND AROUND THE SOUTHWEST

TERRAIN GAMES - Orienteering

Learn the art and sport of finding your way across terrain with map and compass. You will discover how to interpret maps, choose and follow a route and judge distances, through outdoor exercises and simulated experiences designed to hone your skills. Primarily taught as a sport, orienteering is beneficial to anyone who wants to improve their land navigation techniques. For beginners and those with limited experience. Compass (\$5-\$15) required; should not be purchased prior to class; instructor will help with selection.

9030 A297 THR 1/25-2/15 7-9pm 4 wks \$45

Field Exercise: SAT 1/27-2/17 4 wks

Location: 270 E. Speedway Blvd.

Dale M. Bruder, active member of Tucson Orienteering Club; award winning competitor

MEMBERSHIP FORM

FILL IN APPLICATION, MAKE CHECK PAYABLE TO: TUCSON ORIENTEERING CLUB, AND MAIL TO: TUCSON ORIENTEERING CLUB, P.O. BOX 13012, TUCSON, AZ 85722.

CHECK ONE: _____ NEW MEMBER _____ RENEWAL _____
Date on mailing label

NAME _____

ADDRESS _____

TELE. # _____

CHECK ONE: _____ INDIVIDUAL (\$8.00)

_____ FAMILY (\$11.00)

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



Tucson Orienteering Club
P.O. Box 13012
Tucson, Az. 85732

Address Correction Requested