



The Tucson Orienteering Club Newsletter

December 1990

Bajada Loop in Saguaro Monument West - Be there December 16th

Saguaro Monument West is the location for the December 16th meet of the Tucson Orienteering Club. This location's great scenery, magnificent cacti and good visibility (which allows navigating around hostile vegetation) make this a favorite orienteering site. Julian Spittlehouse and Ilene Dennet have set three cross-country courses - basic, intermediate, and advanced - to assist us in exploring this area.

When: December 16, 1990. Courses can be started between 9:30 am and noon. Courses close (and you must have returned to the finish) at 2:00 pm. Beginner's clinics are offered at 9:30 am and any other time you request at the registration table.

Volunteers are needed to staff the registration table, timing table, beginner's clinic and to pick up controls. If you would like to assist in one of these areas for about an hour on the date of the meet contact Steve Personett 887-1633 (home) or 323-7600 (work). Volunteering is a great way to meet other club members and/or spend a little more time in the Saguaro Monument.

Costs: \$4 for individuals, \$6 for teams of any size, with a \$1 discount for TOC members. Memberships can be purchased and renewed when registering - \$8/year for individuals, \$11/year for families/households. Compass rental \$1, whistle purchase \$1 and TOC T-shirts \$8.

Directions: Take I-10 north to Ina Road, West on Ina Road to Wade. Left (south) on Wade (Wade turns west into Picture Rocks Road) 7.4 miles to Sandario Road. Left (south) on Sandario Road 3.9 miles to Kinney Road. Left (east) on Kinney Road 0.2 miles to Badaja Drive Left (east) on Badaja Drive and Left (north) on Sus Picnic Road to the Sus Picnic area.

Carpools: Parking is somewhat limited at the picnic area. Arrangements have been made to allow parking at the north end of the Wagon Wheel Post parking lot. The Wagon Wheel Post is located on the northwest corner of Picture Rocks Road and Sandario Road. If you have room for a fellow orienteerer please share the ride.

Helvetia Ruins Results from November 18th

The fun really began on the 17th when 11 club members arrived at Helvetia (an ex-mining town, now a ghost town) to spend a sunny afternoon and not-too-chilly evening camping out by the light of Jupiter's moon(s). Novice campfire-sitter Connor Cobbledick did his parents proud by sleeping through the night without a complaint.

Meet day was sunny and warm. We didn't lose anybody down mine shafts. Nor did anyone bleed to death (though many of us bled) from shin dagger wounds, thanks to course setter Dan Cobbledick who conscientiously mapped these things for us. Even so, "gross vegetation is a gross understatement, if you ask me and all the men who tried to finish the basic course.

Early arrivals at control 6 on the advanced course found no control punch or control code - only the gnawed remains of the bag lying on the ground. This isn't the first time animals have eaten a control on a course. At a recent meet in Ottawa, the vetters found several controls were torn down or missing. They believe bears were responsible, but report that no bears showed up for the meet to take advantage of their advance knowledge of control placement.

Thanks to Dale Bruder for agreeing to conduct the beginner's clinic while the intended beginner's clinic instructor Marilyn Cleavinger gallantly changed her blown-out tire on the quasi-four-wheel drive road leading to the meet site. Thanks Dan, for setting yet another challenging course. Directing the meet was made easier for this first-time meet director, thanks to April Bahl and Steve Personett (registration), Beverly Burwell, Dan Cobbledick, Warren Kossmann and Rachel Gelbin (timing table), and Steve Dentali, John Maier (MY-err), John Little, Mark Parsons, Alex Clark, Peg Davis, and Ann Haber (control retrieval).

P.S. Being meet director is a great way to meet great people. With everybody pitching in to help, it's a piece of cake. Try it, you'll like it!

Ann Haber, meet director

T = team M = man W = woman 41 entries total

Basic course 1.4 km. 350 ft. rise. 9 controls

1T	Lost Boys	1:08:41	Recreational entries
2T	Bears	1:10:04	Michael Garcia
3T	Broncos	1:21:41	The Houx Family
4T	Colts	1:26:24	Molly Parsons
	Charley Hammond	DNF	
	Paul Kossmann	DNF	
	Jim Huebner	DNF	

Intermediate course 3.0 km. 600 ft. rise, 9 controls

1T	A&J	1:30:32	
1W	Pat Penn	1:32:37	Recreational entries
1M	JulianSpittlehouse	1:33:03	Lost Boys
2T	The Crawfords	1:33:10	Beverly Burwell
2W	Rachel Gelbin	1:33:19	Michael Garcia
3T	Personett/Miller	1:33:20	
3W	Suzanne Federer	1:34:28	
4T	Look Sharp	1:36:58	
2M	Larry Howard	1:39:15	
4W	Terri Welsh	2:02:57	
3M	Flynn Picardal	2:18:12	
5W	April Bahl	2:25:33	
5T	Spotters	3:52:05	
6T	The Cranes	3:55:34	
	Diane Ewald	DNF	
	Ann Haber	DNF	
	Yahoo	DNF	
	The Waltons	DNF	

Advanced course 4.4 km. 710 ft. rise, 12 controls

1M	John Maier	1:08:57	5M	Warren Kossmann	2:18:24
2M	John Little	1:31:19	2T	Clark Family	2:19:36
3M	Tony Federer	1:33:34	6M	Dale Bruder	2:22:35
4M	Mark Parsons	1:34:57	1W	Peg Davis	2:30:30
1T	Helvetia Hellcats	2:17:52	2W	MarilynCleavinger	3:12:50

No recreational entries

Time for a business meeting

The first TOC business meeting of 1991 will be held at 7 PM on Monday, January 7th at April Bahl's residence. Park in the visitor's parking places of the Skyline Gateway Apartments, 4601 east Skyline Drive, just west of Swan (next to a 7-11, of course, as is everything in Tucson). Buzz Apartment 608 to get past the gate. Members are invited and officers are beseeched to attend. Call April at 529-2140 if you have questions.

Where's my ribbon?

Why haven't you been getting your ribbon after a glorious victory on the course? It used to come so regularly in the newsletter. Well, any newsletter that has a ribbon in it can't be mailed using the bulk rate. This means an extra sorting and mailing step and in the last few months, it just hasn't gotten done. If you don't get the ribbon you so richly deserve mailed to you, be sure to ask about it at the next meet.

The Competitive Edge

Plan ahead to avoid mistakes. Think before you run. It really does pay off. Two things that can help you in this regard may seem so simple as to not merit talking about, but let's do. One: look in the direction of the next control and let your visual sense pass the data it receives to the brain for analysis. Two: know how much higher or lower in elevation the next control is. Both of these actions will assist you in conserving energy and in choosing the easier way.

In this generally open terrain of ours (visibility-wise, at least) it may even be possible to see the terrain feature where the control is located. At any rate you should be able to glean some information on the options available to you. For example, do the veggies look friendly or hostile, is the surface rocky or smooth, are the ups and downs numerous and steep or constant and gradual? Since most of our maps lack the detailed information to allow you to evaluate your options fully in advance, these last minute analyses are valuable to your intended game plan. Forty-foot contours mean that a lot of the smaller ups and downs will not be apparent until you see the terrain first hand. That's when you realize "how it's really going to be" getting from here to there.

Knowing how much higher or lower your next control is helps whenever you cannot see far enough ahead to see the terrain feature it's located on. This allows you to budget your climb or descent and helps to prevent overshooting the control elevation by climbing too high or dropping too low. Each of these errors would cost you time and energy which you'd rather not waste. Things you can do: Get to know what vegetation looks like from a distance and learn the best techniques for getting by some of the unfriendlies. The quicker you are able to recognize the bad boys from a distance, the more options you will have to avoid them. If you're suddenly surprised by a patch of shin daggers upon cresting a ridge, the proper technique can get you through and on your way faster than detouring around, and without souvenirs inside your shoes. Practice climbing or dropping elevation without overshooting the mark. Try to practice this skill in unfamiliar terrain so as not to gain advantage through seeing familiar landmarks. Practice first on smoother terrain, then on more difficult terrain. If you can practice with a friend you can take turns setting points for each other.

John Maier

We all start out as novices. Some people progress rapidly beyond, others don't. However, even those who remain novices for a very long time eventually acquire several valuable pieces of wisdom to help them enjoy, or at least survive their orienteering experiences. There have been many pages of expert advice written for novices, to assist them in their first efforts. Most of these pages have been written by people so expert and experienced that a) they don't remember what it was like to be a novice, and b) they no longer see any need to state the obvious because it should be obvious. If you have read and absorbed all these previous treatises, you have no need to read this. If, however, you have observed that it sometimes takes several restatements of the obvious before it really becomes obvious, then read on.

1. Orient the map. You are starting with a map and a compass. The first move is to point them both in the same direction. In general, people will tell you to do this by pointing north on the map the same way as north on the compass (red needle). It is also acceptable to point south the same direction on each (white needle). It is noteworthy that you must perform this activity by first determining where north (south) is according to the compass, then turning the map around until they match. You will not achieve the desired effect by holding the map stationary in the orientation that you prefer, and rotating the compass.

2. Locate yourself on the map. (This may be repeated frequently. The more often, the better.) In the beginning, this is easy. Look for the little sign on the map that says "you are here". This comes in the form of a triangle. Later it will be harder to do this. If you have trouble with it at the start, consider the possibility that orienteering may not be the ideal sport for you.

3. This point come in two parts, (a) for true novices and (b) for "experienced" novices (a) Follow the trails. True novices always start on white courses, where pretty much every control is accessible by following trails. (b) Follow the trails. Experienced novices will be heading out on yellow or even orange courses, where not all controls are accessible by following trails. In many cases, you will find a trail that goes near your control, but in a roundabout way that is twice as long as the direct route. Stop. Forget everything you learned in geometry class about a straight line being the shortest distance between two points. It is much faster to know exactly where you are on the trail than to have some vague notion where you might be on a supposedly straight line out in the woods somewhere. If all trails go in the opposite direction of where you want to go, then (and only then) you may strike out in the wilderness. Someday you will be so good that you'll look up at the ridge of hills looming in front of you, and by observing the changes in vegetation, you'll infer the geological processes that gave rise to the present landforms and know exactly where to climb over the hills to find the reentrant of interest. Then you no longer require trails. But if they're there, you'll use them anyway because it's a whole lot easier than crawling under manzanita bushes.

4. Keep track of where you are on the map. Experts will tell you this repeatedly. If it were that easy, you'd be out running a blue course instead of reading this. Someday

you will look at the contour lines and get a picture in your mind of how the terrain should look. When you look up, indeed, the mental image will match the real thing. However, the current scenario may be more like this:

You are at a control, and thus have succeeded in achieving point 2 (locate yourself). Your next control is next to a large rock on the other side of that large hill. You run up and over the hill at top speed, adjusting the exact direction of your run to avoid heavy brush, and once you note the slope going down again, you start looking around wildly for large rocks. This is not an optimal strategy. Did you notice the small saddle at the top of the hill you just climbed? Do you know if you are now east or west of it? Did you notice the reentrant just the other side of the rock you want? If you find it, you know you've gone too far. As you adjusted your straight line run to avoid the brush, did you pay attention to which way you adjusted and how far? Which way is your map currently oriented relative to reality? Ha, I thought so! Now look around and see if there aren't a few more pieces of information that you could use for finding your control, rather than just "a rock on the other side of the hill". And as for this running at top speed business, remember, when you run, you can likely increase your speed from 20 minutes per kilometer to 10 minutes per kilometer. And when you get lost 6 times at 10 minutes each on a 4 kilometer course because you ran faster than you could keep track of, I'll leave that one as an exercise for the reader.

5. If (when) you get lost, stop and reorient. The first point there is stop. If you run along looking for familiar points, you won't make it any easier. Find an unmistakable feature. Your previous control, the finish line, and a major road are excellent. Alternately, find a good feature, and check it out well enough to be sure of it. If you found a trail that should take you close to your control, don't just run along it blissfully till you find the control. Make sure it's going the same direction as the trail on the map, that the vegetation and branching points occur as expected. Remember, there is more than one trail on the map, and you were lost.

Now those are the important points. Here are a few more to make for a pleasant trip.

6. Do not feel compelled to go check out a control at the far end of a field when you are sure it isn't yours. True, you could be completely wrong about where you are, but you need to have a little faith in yourself sometime. On the other hand, if you're lost, you can check it out. It could be a different control that you have on your map, so at least you'll be able to reorient yourself.

7. When you find water at a control, drink. I don't care if you don't think you're thirsty yet. Drink. Trust me.

8. Yield the right of way to all cactus and yucca plants. They will not get out of your way.

9. Have fun. Enjoy even the slightest accomplishments. You could be back at home retiling your bathroom instead.

☐ Susan Eberlein

Calling all volunteers for the Arizona ROGAINE

If you want to get involved in Arizona's first ROGAINE, now is the time. In the next couple of weeks we must select the site and date, obtain a permit, set fees, decide other important details, and send out publicity. This assumes the event will be held in April and that we want a short article in O/NA and some runner's publications to appear 6-8 weeks prior to the event. Advance publicity is essential if we wish to attract more than just local club members.

The leading sites under consideration are: eastern foothills of the Santa Rita Mountains, northern foothills of the of the Rincon Mountains, and the Little Rincons. The date will be April 6 or 13. The duration of the event will be 8 hours. Please submit any input you have to me prior to our December event if possible as publicity should go out in the week following that. If anyone is aware of any conflicting activities on the dates under consideration, please don't keep it a secret, tell me. If you have alternate sites for consideration, first ascertain that they are relatively benign vegetation-wise, relatively not steep, large enough (about 100 square kilometers), and permit access and adequate parking. If you'd like to work on publicity, let me know ASAP.

For those of you who are new to the club or haven't been keeping up with "O" news, let me explain that a ROGAINE (Rugged Outdoor Group Activity Involving Navigation and Endurance) is really like a giant Score-O. Various point values are assigned to the controls which are spread over an area of up to 200 square kilometers and participants, who must compete in teams of two or more, have 24 hours to maximize their scores. Our event in April will actually be a mini-ROGAINE since it will "only" be 8 hours long. The map used will be much the same as a USGS topographical map and some information on it may be obsolete just like in the real world. A ROGAINE is more akin to hiking than to the orienteering you are used to and you will find yourself walking more than running.

To offer your input, call me at 586-7300 (evenings best) or write to P.O. Box 1418, Benson, AZ 85602. Remember, urgency is important, as the publicity should go out immediately following our December event.

John Maier, project co-ordinator
Arizona ROGAINE

State Championships at Cave Creek on March 16th & 17th details later

Out with the old - In with the new

This is my last issue as editor of the newsletter. After two years of pegocytosis, April Bahl is taking over. With the skills she's already helped the club out with, I'm sure she'll be doing a great job. But before I cede the pages, I'd like a few last words. The only reason the newsletter has been any good is due to the great contributions I've gotten. Every new meet director on being asked to write up the announcement before or the results after the meet says "oh, gee, I'm such a terrible writer. I haven't written anything since high school" and they have all been wrong. The quality of writing both in grammar and interest has been wonderful. You've been so much fun in person - it's no surprise that you're interesting when you write. Be a mensch and don't make April beg for your articles. Write them and get them to her one week after the meet. It takes a while to get the newsletter typed, put together, printed, folded, stapled, sorted, and mailed, so make your contribution early. And don't just write about our meets. Who would want to read the newsletter if it didn't contain pearls of wisdom from John Maier? We're all better orienteers because he writes those great articles every month. Mark Parsons and John Little's articles about orienteering out of state were the next best thing to being there. How can the club be better? How did you gain your insights on orienteering? How can you interest your kids in orienteering? Any of these would make great articles. Don't wait to be asked - just write them up and send them to April. She'll thank you for it. I'd like to thank April and all my other girlfriends for all the help they've given putting the newsletters together. What could have been boring days assembling the monthly editions turned into hours of fun with them. Thanks also to our faithful publisher Eber Glendening who can draw a straight line a far sight better than I can. And thanks for all those compliments on the newsletter - they made me strive to do better. Happy new year!

Peg Davis



MEMBERSHIP FORM

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



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