

# The Tucson Orienteering Club Newsletter

February 1990

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## Multiple-O at Cottonwood Wash in February

Cottonwood Wash - February 17 & 18, 1990

Hope you're all in the mood for a great orienteering weekend this month! Our February meet is being held down Benson way near John Maier's place and will include Saturday and Sunday events with camping available at the site.

Saturday's activities will include a three person team relay with a mass start at high noon. For those who, like myself, tend to -- ahh -- observe apparently competent individuals near expected markers, it would be good to remember there will be a minimum of six different segments being run at the same time. Could be interesting!

John Maier, course setter for this weekend's meet, will have basic and not-so-basic courses available for us. Both courses will include segments of varying difficulty, so it will be up to the team members to decide who runs what. We hope, demographics permitting, to include a minimum of one man and one woman on every team and to mix abilities sufficiently to insure a close and exciting run, walk, stroll, stumble, or whatever. To allow time for assembling teams, a beginner's clinic, and your basic social shuffle, we suggest 11:00 AM as a good show-up time. A fee of six dollars a team will be charged.

Around sunset Saturday, the devious mind of Mr. Maier will have created an orienteering version of Dungeons and Dragons, politely referred to as a Trick-O. It is suggested that any serious recreating be delayed until afterward, like, you know, not before. Any survivors are then welcome at John's place for a slide presentation showing some beautiful hiking and camping scenery around the country.

For those interested in camping, there is plenty of space at or near the site. Only very limited water is available, so we suggest everyone bring a container or two of this precious fluid. Also food, don't forget food, or blankets, or, well, there are motels in Benson, but that's only camping if you have a great imagination.

Sunday's meet will conform to our standard meet format with a beginner's clinic at 9:00 AM and thereafter on request, willing

instructors being available. Start times for all three courses - basic, intermediate, and advanced - will be from 9:30 AM to 12:00 noon with controls being removed around 2:00 PM. Please remember to check back in at the start/finish table after you return from the course, whether successfully completed or not. Looking for missing people is not nearly as pleasant as looking for control markers. Fees will be the usual four dollars for individuals, six for teams, with a dollar off for TOC members. Compasses will be available to rent for a dollar.

Anyone needing more information or willing to volunteer their time for an hour or two either day can call me at 888-4034. Looking forward to seeing you there.

Mike Kessler, Meet Director

Directions: Take I-10 east from Tucson to State Road 90 (exit #302). Go south on 90 about 1.5 miles, then turn east on a good dirt road (0.25 miles south of milepost 291). Follow signs for about 2 miles to parking.



Dale Bruder

That's right - the Arizona 1990 "O" champs are just a month away. This is the third year we are holding a two day event and it looks like it will be our best. Each day will have the usual complement of challenging courses. A special set of recreational courses will be available for friends and family who choose not to compete.

John Little, national prize-winning course designer, is designing and setting the championship courses for both days. The San Diego club is loaning us enough controls to set both day's courses in advance. There will be two levels of awards: Arizona champions and overall best. This allows for recognition of the fine orienteers from out of state who test their mettle on our courses.

The championships will be held in the Rosemont Junction area on the west side of the Santa Rita mountains at 5000 ft altitude in an oak and juniper zone. TOC used this site a year ago for a Kelly Cook Score-O and two years ago for a Dale Cole event. Memories should be hazy enough to give everyone an even chance. The best orienteers will be those who exercise skill and accuracy.

To reach the area from Tucson, take I-10 east to State Highway 83 (exit 281). Go south approximately 14.5 miles. At Milepost 44, take an unsigned dirt road to the west (2.6 miles south of the roadside picnic table) and follow the "O" signs.

The area is well suited for camping, so come on out for an exciting weekend March 17 & 18. There will be a potluck dinner Saturday night. Please remember there is no water at the site.

## Improvement Seminar in February

Held on the Sundays before our regularly scheduled events and led by John Maier, these seminars will cover topics on ways to improve your orienteering performances. Sessions will combine discussion and field practice and include specialized attention to individual problems.

This month's seminar (Sunday, February 11th) will focus on RECOVERY (or getting UNLOST). Since losing track of your location can easily result in large errors, we will stress keeping your errors small. Practices will have as their goal relocating in less than 5 minutes (some of you may wish to shoot for 2 minutes). Participants will be taken to vague locations and released with map and compass. We'll analyze and debug these exercises until you want to get lost just for the fun of finding yourself.

The location of this seminar is the same as this month's event at Cottonwood Wash; use the same directions to get there. Time will be from 10 AM to 4 PM with an hour for lunch. Intermediate level navigation techniques will be used though you may learn some advanced stuff as well.

For more information, call John Maier in Benson at 586-7300 or Peg Davis in Tucson at 628-8985. Call Peg to arrange carpooling. Next month's (March 11th) training will cover successful orienteering on 40-foot contour interval maps. Let John know what you'd like to see covered at future seminars.

COMING EVENTS - Tucson Orienteering Club

Spring / Summer 1990

When	Where	Access
Feb 17,18	Cottonwood Wash	From I-10 east of Tucson, south on highway 90 (exit 302). After 1½ miles (¼ mile south of milepost 291), east on dirt road and follow signs (about 2 miles).
Mar 17, 18	Rosemont Junction Arizona Championships	From I-10 east of Tucson, south on highway 83 (exit 281). After roadside table (about 12 miles), west on dirt road after 2.6 miles more and follow signs (about 6/10 mile).
Apr 22	Ft Huachuca	Stay tuned for details as they blossom into existence.
May 20	Palisades North	South side of Mt. Lemmon highway just before Organization Ridge Road (about 9/10 mile past milepost 19).
Jun 17	Bear Wallow	North off Mt. Lemmon highway onto dirt road ½ mile beyond milepost 22. Park at sharp curve after about ½ mile.
Jul 22	Greasewood Park Early-'O' Heatbuster (7:30 am start)	West off Greasewood Road (near Pima College West Campus) just south of Speedway.
Aug 19	Bear Wallow	Hasn't moved since June 17.
Sep 16	Palisades South	South off Mt. Lemmon highway on Organization Ridge Road (milepost 20) to end of road (about 1¼ miles).

This schedule is molded in soft clay; look for the hard-fired version in the soon-to-be current newsletters.

# January Results from the Bajada which means sloping hill CRYSTAL CLEAR AT SAGUARO WEST

It was a gorgeous day for competition ('ceptin' for those of us who were there at eight garbed in our high-tech long johns) and we had a possible-record number of participants (116) among seventy five entries. The scenery was varied and beautiful with steep terrain and flat, open runs (ask John Little). There were rocky mountains in view as well as underfoot (thanks, Dan). Also impressive were the seventeen people who went back out on Intermediate courses after completing the Basic, nearly all of whom finished their second courses as well.

I personally would like to congratulate the six graduates of the John Maier School for Advanced Women. Of the five who competed on the Advanced course, four completed the course. Marilyn Cleavinger, who DSQed, apparently forgot her  $\Delta$ s from her  $\Omega$ s and punched the wrong control. I recommend John's sessions for those helpful hints when moving up to the Advanced course or for learning the fine tunings if you are already an Advanced competitor. Also due congrats is Susan Roark, whose first competition landed her a first place over our perennial Basic champion Bernice Little. It was great to see some recently missed mugs like Dale Cole, Lee North, and Billy Eichenbaum, as well as lots of first-timers.

As for the courses, "They were the best!", Gaiter Man exclaims. "I knew I made it too easy", Dan mumbles. Course-~~matter~~ Dan Cobbledick made them fun and challenging, mixing climbs with flat ground and long runs with short stints. He also had courses criss-crossing and going in opposite directions (both contrary to IOF guidelines. -Ed.), making for a nice "people-swarmling" effect.

Special thanks to Dan not only for the great courses but for the terrific brand-new map. I also want to extend my thanks to everyone for making the carpool such a success, and to Mike Kessler for his special organizing efforts. I know there's lots of thanks, you guys, but the list goes on. Tim Fahlberg taught two great beginner clinics, as indicated by the number of first-timers who finished courses. Additional thanks to those who gave instruction after Tim left for his run. Our faithful control retrievers (with some added new talent): Keith McLeod, John Little, Mike Siemens, Dan Cobbledick, Joanne Striker, Roy Parker, and Betsy Duren. Dan adds his appreciations to Dale Cole for his help with the hectic starting/timing/scoring duties - whew!

Pat Penn and I were co-meet directors in order that Pat could learn the ropes. Words of wisdom to future meet directors: with entries totalling more than sixty consistently, we need two registrars from nine to 10:30, and two people for timing/scoring beginning at 10:30.

Again, I thoroughly enjoyed greeting fellow orienteers and watching smiling, sweaty faces on their returns. Hope to see you at John Maier's near Benson in February - y'all come back, now, y'hear!

-Rachel Gelbin

RESULTS - SAGUARO NATIONAL MONUMENT WEST - JANUARY 21, 1990

BASIC COURSE - 2.2 km - 9 controls

Biocca et. al.*	47:41	1st, Team (Fastest 7-year-old in the west!)
The Broncos	52:15	2nd, Team
Pastula/Biocca*	54:54	3rd, Team
Susan Roark*	55:17	1st, Women
Crawford Team*	59:55	(First finishers,
Bernice Little	60:05	2nd, Women
Robert Wolk	62:30	1st, Men
North Team	68:16	(She's baaack!)
Jim Huebner*	72:31	2nd, Men
The Colts	76:10	
Renault/Parsons	87:46	
Joanne Striker	DNF	(But learning!)

Recreational entries:	Lewis/Granillo*
Wilhelmsen/George	Fisher et. al.
The Wolverines*	Irwing Team
Haber/McKenzie/Scheele	Mike Siemens*(SHC)
Cactus Wrens	Cohen/Dangel
Antonia & Suzanne Morris	James Needham (SHC)

\*Also did Intermediate. SHC (Should Have Competed) means might have finished in the money (although who knows the pressures competition brings - nyahahah!).

INTERMEDIATE COURSE - 3.6 km - 10 controls

Steve Crawford	71:37	1st, Men
Tim Fahlberg	73:06	2nd, Men
The Walkers	77:19	1st, Team (Couldn't have walked <u>too</u> much!)
The Waltons	84:38	2nd, Team
The Pintos	85:15	3rd, Team (And first finishers)
Abbott/Dyerson	85:57	(79 seconds from second!)
Becky Deatherage	101:55	1st, Women
Dave Flieger	111:39	3rd, Men
Jimenez/Pry/Block	112:28	
Terri Welsh	116:06	2nd, Women
Ralph Prince	119:10	
Personett/Miller	141:46	
Ford Team	161:31	(Just one more peek at this master map!)
Ratliff Team	170:38	
April Bahl	170:54	3rd, Women
Sue Roberts	213:36	

Recreational entries:	Diane Ewald (SHC)
Mark Ettinger	Biocca et. al. plus
Harkness Team	LaPlante Team
Bova/Preston	Paul Breaux
Crawford Team	Billy Eichenbaum (SHC)
Jim Huebner	The Wolverines
Lewis/Granillo	Mike Siemens (SHC)
Be Creative	Keith McLeod

ADVANCED COURSE - 5.4 km - 12 controls

Roy Parker	55:41	1st, Men
John Maier	59:20	2nd, Men (Do the legs really go first?)
John Little	60:46	3rd, Men
Steve Dentali	72:02	
Parsons/Worrall	86:43	1st, Team (You copied #2 where?)
Roger Sperline	91:29	
Mike Kessler	92:15	
Carl Beyerhelm	96:25	(First finisher)
Kossmann Team	103:39	2nd, Team (Gaiter Man places!)
Julian Spittlehouse	120:11	
Scott-Fleming Team	123:31	3rd, Team
Dale Bruder	125:16	
Ellen Sweet	125:59	1st, Women
Mike Pfeifer	148:37	(Trails? What trails?)
Helen Deluga	151:46	2nd, Women
Pat Penn	156:11	3rd, Women
Drahovzal/Kelley/ Krieski	166:11	
Peg Davis	202:40	(Napped through the class, did we?)
Betsy Duren	210:15	
Marilyn Cleavinger	DSQ	(Found a basic control instead of #11)
Recreational entry:		Rachel Gelbin (SHC)

IOF Control Symbol Usage

Course	Symbols Only	Words Only	Both	Neither
Advanced	3 cards	7 cards	10 cards	1 card (JM)
Intermediate	3 cards	7 cards	20 cards	none
Basic	none	5 cards	14 cards	2 cards

-Tabulations (and slander) by Statman Dan  
and Rachel the Girl Wonder

Orienteering/North America (O/NA) seems to get more and more interesting as my subscription goes on. Can I be becoming more appreciative of the Berrens' efforts the longer I edit this newsletter? I thought I'd offer you some highlights from the latest issue:

-Peter Gagarin ( the one on the Wheaties box) was named orienteer of the year and wrote a fascinating article on how orienteering should be made more accessible and easier by methods like eschewing color maps and making control locations less obscure.

-The Prison Camp meet write up was quoted- Dan wrote an interesting set of meet results and we got some great publicity.

-Backwoods OK in North Carolina has added a new category at their meets - walkers. This gives the admitted non-runners a chance to see how they rank against their own kind. Of course, a lot of people on our courses walk and still manage to win in their division!

-Don't forget that becoming a member of the Tucson Orienteering Club gets you one sample issue of O/NA. Be sure to ask about it when you sign up.

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The 1989 USOF rankings were released in the latest issue of Orienteering/North America and to Tucson's great delight, JOHN MAIER is ranked NUMBER ONE nationally in the M40A Class. What a guy! His prize, of course, is a 1990 Coupe de Ville and \$50,000 in cash. Well, not really, but as an equivalent - Congratulations, John!

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What effect did John Maier's seminar for advancing women have? For the first time in TOC history, seven women completed the advanced course, with five of them proud seminarians. Your editor gained a new perspective and enthusiasm for orienteering, taking more time on the course, enjoying it more and feeling less "at sea."

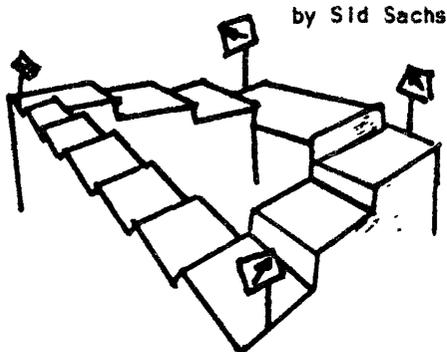
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The next TOC business meeting will be held at 3 PM, Saturday, February 17th at the Cottonwood Wash meet location. All interested parties, members and non-members, are invited to attend and contribute ideas. If you have any proposals to improve or change the course of orienteering in Tucson, this is the place to start. John Maier will be presenting results from the first meeting of the color map project. Y'all come now...

# T-O-B-S

Dale Bruder reports that 12 enthusiastic students are enrolled in his Pima College course and that some of them may be attending meets soon. They've already had a field exercise, so be sure to say hi to them as they blast past you on the course. Dale has also made presentations to the Desert Gold Diggers (a prospecting club) and school groups in his efforts to promote orienteering in Tucson.

Tim Fahlberg, TOC vice-president, is in charge of member participation in event administration. His duty is to maintain the volunteer base for our events. You've all been to the registration and timing tables on your way out to courses - now you might like to try being on the other side. It's enjoyable to send people out on courses and greet them on their return from adventures. Retrieving controls is a chance to hone your skills and get in a little more practice while serving the club. Call Tim at 571-8252 and tell him when you're available or ask him when he needs you.



Wily Coursesetter: "I like to have my courses finish uphill!"

**McQUILLEN'S LAW OF EQUIFINALITY** - If you have a very good run, so does everyone else on your course; if you have a very bad run, neither does anyone else on your course.

## MORE ORIENTEERING "LAWS".

Compass Sport periodically lists humorous laws of orienteering which are along the lines of Murphy's Laws. Here are some more (slightly edited):

**CLENAGHAN'S LAW OF PRE-ENTRIES** - 80% of pre-entries will be received after the closing date and the other 20% will subsequently telephone to change their entries.

**COLBECK'S LAW OF ESSENTIAL EQUIPMENT** - The likelihood of forgetting your compass is directly proportional to the distance from the start to the parking lot.

**FRASER'S LAW OF PROMOTIONAL/NEWCOMER EVENTS** - If the weather is extremely bad, entries will be extremely low; if the weather is extremely good, entries will be low; if maps are in short supply, entries will exceed all expectations.

O/NA

## H-O-A-T-S

**StuckO** - Orienteering where the plants have names like "barbweed" and "needlebush".

**TexacO** - Unintentional orienteering, because you thought there was enough gas in the tank to get you home.

**GrouchO** - When the meet starts too early and everyone missed out on morning coffee.

**HarpO** - When people complain about GrouchO.

**CheeriO** - For morning people. People who do GrouchO do not associate with people who do CheeriO.

What's the trend in attendance at TOC events? Marilyn Cleavinger did some adding and found that meets in 1988 attracted 499 people in 310 entries (those teams add up). In 1989 you could have counted 940 - yes, 940 - heads moving across various courses in 577 entries. Teams grew in popularity as did orienteering in general. Whatever could have caused this? Well, I'll just list a few possibilities and you can pick your favorite: a few fanatics devoting a lot of time, thought, and work to the club, the policy of scheduled beginner's clinics at every meet, excellent beginner's clinic teachers, new hands jumping in and learning how to set courses and direct meets, having outlets appear to satisfy thirst for further orienteering knowledge, and meets that are just plain fun. I think we can all safely dislocate our arms patting ourselves on the back .....and the most amazing thing is that it's all getting even better!

Do you plan on flying to "A" meets? United Airlines is offering a discount to orienteers. A letter with all the details of how to set it up will be on the correspondance rings available at all meets. Somebody up there likes us.

## The Competitive Edge - Part Three

Last time we talked about route choice and emphasized the importance of choosing a route which is not too risky, one which requires only those navigational techniques that you have mastered. This is necessary if you are to consistently travel

with confidence and efficiency between controls.

This time we are going to talk about route execution, or carrying out your plan. First and foremost, know where you are at all times. This governs the speed at which you can move through the terrain. If you begin to have trouble reading the terrain, slow down. But don't stop completely (unless you are lost). It is easier to read the terrain when you are moving because your depth perception is better. Have you ever stood and looked at a ridgeline wondering if it was one or two (or more) ridges? Start moving and notice the changes. The closer the object, the quicker it will change perspective as you move. While you are moving through the terrain, don't let yourself be limited by tunnel vision. Keep alert and look to both sides to be sure the terrain agrees with the map. Mapread ahead and anticipate what you are about to see. As you reach terrain features, mentally check them off and move your thumb (or compass point if you use a thumb compass) to that spot on the map. If things don't seem to agree with what you anticipate, your warning signals should go off: CAUTION, SLOW DOWN. Recheck the map to see if you've misread something, identify what doesn't jive, and get back on track. If nothing seems to match and you can't say for sure where you are, you are lost. You must switch to emergency relocation mode. (We will cover this topic next time.) But if you've been keeping track of your progress as you should, then you're probably just a little ahead or behind your mapreading or have veered to one side or the other of your intended route.

Do you get confused by all the information on the map? Simplify it. Mentally block out all the smaller unimportant details and concentrate on the significant features. This is especially important on rough navigational portions of your course.

Beware of changes in the nature of the terrain and adjust your tempo accordingly. It's an oversimplification to assume you can rough navigate all the way to your attack point and only use precision in homing in on the control. It's often hard to slow down if things have been going well and you've been whizzing right along but in critical areas you must do just that. If you've been mapreading ahead, you're more likely to be prepared to make the necessary adjustments.

Be especially careful in areas having similar features. Pace-counting to judge distance is particularly important under these circumstances. Precision compass can be a big help in distinguishing between linear features going in slightly different directions. Don't get stuck hunting for a control in the wrong re-entrant.

These are some of the important factors to consider in executing a route choice but it is by no means complete. You may have noticed that in each of this series of articles I have stressed the importance of knowing where you are at all times. That really is the most important yet sooner or later despite our best intentions, most of us do go astray. Next time we'll look at relocation or becoming unlost. See also this month's training session.

John Maier

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 (\$8.00)  
\_\_\_\_\_ FAMILY (\$11.00)

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



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