



Tucson Orienteering Club

August, 1993

On and Up to Palisades on August 15

by Cliff Hathaway

The cool pines beckon us to return to Palisades Canyon/Organization Ridge again. With the summer monsoon storms staging a free agent holdout, this may be your best chance to have a ball in the out-of-doors without sweating a quart an hour. Keith McLeod is cooking up a fine Score-O, designed to give participants at all skill levels a chance to have a marvelous time. Bring a picnic and enjoy the green serenity. With scarcely any undergrowth, the mixed oak/ponderosa pine forest is a great place to introduce your friends and family to the joys of orienteering without going home looking like you lost a catfight. The biggest impediment is the carpet of fallen pine needles, making the footing on cross-slope traverses slippery (track shoes with spikes optional).

Thanks to the untiring efforts of Wilkey Richardson and Roger Sperline, we'll be using a new O-CAD map of this area. Looking at a preliminary copy of the map, I was amazed at how the topography seems to jump off the page, almost like a 3-D relief map.

What is a Score-O? Unlike the usual orienteering event format, where each level (beginner, intermediate, advanced) has a specific course laid out, with a set of controls to be visited in a specific sequence, the idea of a Score-O is to choose a route that visits as many controls as possible in a fixed amount of time. To spice this up a little, controls will be worth 1, 2 or 3 points each, and late finishers will be penalized 2 points for each minute that they exceed the time limit. This provides each participant with the opportunity to exercise their planning skills, balancing point value, degree of difficulty,

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Tucson Orienteering Club Calendar

August 15	TOC Meet	Palisades, Mt. Lemmon
September 10	Business Meeting	1229 E. 13th St.
September 19	TOC Meet	Rosemont Junction
October 16-17	TOC Meet	Slavin Gulch
November 13-14	STATE CHAMPIONSHIPS	Catalina State Park

What is Orienteering? You use a map and compass to find your way through unfamiliar terrain. We place orange and white markers (controls) at various places on the map. The object is to locate the controls in the shortest possible time and return to the finish. You choose the route between controls. Beware: the best route may not be the direct route. At each control you punch a card to verify that you were there.

What Equipment do I need? Only a compass. The best aren't necessarily the fanciest, ask for advice at a meet. You can rent one from the club for \$1. We supply a map. Wear running shoes or lightweight hiking boots and old clothes (long pants and long-sleeved shirts are recommended.) Wear a watch, since there is a time deadline. You may want to carry a water bottle. Although water is available on the course, it never hurts to have some of your own on a hot day.

How do I get more information? Call Peg Davis. If you have a question about the upcoming meet, call the meet director.

TOC OFFICERS

President:	Pat Penn	326-2339
Vice-President:	Scott Hill	296-4178
Secretary/Treasurer:	Laurie Fellows	790-3652
Membership Secretary:	Marilyn Cleavinger	795-2081
Equipment Chairman:	Mary English	881-4786
Map Chairman:	Roger Sperline	577-8519
Publicity Chairman:	Peg Davis	628-8985
Newsletter Editor:	Sue Roberts	577-8519

Palisades on August 15:

and the all-important time constraints, usually with multiple strategy revisions en route. Participants can choose from 60, 90 and 120 minute categories when they register. The course will be laid out so that the controls around the start/finish area will be on relatively modest terrain, with the more distant ones being set in the more rugged peripheral canyons and ridges.

Essentials: Due to the limited visibility (something about not seeing the forest for the trees comes to mind), participants will be more dependent on their maps than they would be for an event held in the open desert areas where we have our winter meets. Therefore, whistles are required for **each** participant. Whistles will be available for \$1 at the registration table. A watch will also be necessary, to avoid returning late and incurring the grievous point penalties.

Volunteers are always welcome - we already have several kind souls lined up, so any further assistance will cut the tasks into even more palatable slices. Help with retrieving controls at the end is especially welcome - just hang around for a little more practice at the end.

For more information, or to volunteer to help, call the meet directors: Cliff Hathaway (323-9549) or Michael Pagels (321-4968).

Meet Schedule: Sunday, August 15

- 9:00 Registration opens. Beginners' clinic starts. clinics will be repeated upon request.
- 9:30 Courses open
- Noon Last time to start a course
- 2:00 Courses close. Everyone, finished or not, must check at the Timing table. Control retrieval begins, volunteers will be joyously welcome. Get in some extra orienteering practice.

Cost: \$5./individual, \$7./team; \$2. discount for TOC/SAHC members. Compasses can be rented for \$1. Whistles may be purchased for \$1.

Directions: Drive up Mount Lemmon on the Catalina Highway almost to Mile Post 20. Turn left onto Organization Ridge Road (just past the Palisades Ranger Station) and continue, following the O-markers. Do NOT park along the roadway, please use the designated parking area just before the start area.

Greasewood Early-O Draws Lots of Beginners

by Peg Davis

Another Greasewood Early-O, another raft of beginners. Much to my delight, a healthy slew of first-timers showed up early on Sunday morning to start orienteering. Mary English and Roger Sperline each taught a very thorough beginner's clinic, complete with pace-count practice. I did one for the later arrivals and Pat Penn led a map walk around the hardest course of the day. She even included a special relocation seminar when one control wasn't quite where they expected it to be. Continuing the day's tradition, she was so thorough that the course closed before she got back and she got to show her pupils how to collect controls.

I'd like all you recreational entries to take a look at the results and see how many ribbons we didn't give out this month. Don't hold yourself back if you'd like to be competitive; somebody's going to win those ribbons and it may as well be you.

So how did those courses get set? Mary English, Greg Starr, Laurie Fellows and I sat around my dining room table one evening and talked about what makes a good course, then tried to think of good routes for an easy, a fairly easy, and a not-so-easy course. We talked about each leg, using varieties of control location, overall course length and elevation change, and the importance of pretty control locations. So to all of you who were digging around in the wash looking for permanent control 25, I think it's pretty up there behind that rock. Greg (and Brian) and Mary hung out controls at Saturday twilight and Sunday dawn. Laurie, Sue Roberts and I worked registration and timing. Roger, Pat, Greg and Brian, Rich Dekany and (I've probably forgotten someone in here) retrieved controls. Thanks to all of you for your help.

This was a big month for the Cranes. With Mary setting courses, Mary Jane getting instructed by the state champ, and Lois taking the blue on the hardest course, they're becoming a team to reckon with. There's a rumor that a team division will be offered in the state champs this fall-the Cranes may be gearing up already.

We had some really charged up beginners. I hope you'll all show up for the August meet where you can practice your new skills away from the Greasewood Oven Park and be in the tall pines.

Results from Greasewood Park, July 18:

Blue Course (Course I)

1M Kevin Garlow 21:48

Red Course

1M Paul Friedland 29:55

Green Course

1M Keith McLeod 29:10

2M Kevin Garlow 31:35

3M Rich Dekany 36:09

4M Michael Lebl 37:13

5M David Lydall 47:15

6M Bud Farmer 47:27

1T TedDi 51:30

7M Ben Wilford 52:40

2T Man & Woman 60:57

8M Jim Rice 77:33

1W Lois Kimminau 84:35

2W Robin Staples 93:47

3T M & M's 102:00

Recreational Entries:

Blue: The Bears on Blue, Steve Friedman, Tucson Map & Flag, Violets, Edwards Team, Robbie Cain, HWA, Wendi Werner.

Red: The Bears on Red, Wendi Werner, Let's Get Going, 2 O'Clock Hill, Diane and Dave, Derek Mueller, Russ and Charlene, Mark Szulgit.

Green: Rob Dietderich, Grease Monkeys, Mary Jane Santa Maria.

Miscellanea

Next Business Meeting Friday, September 10. The next business meeting will be held at Peg Davis' 1229 E. 13th St. Look for the fish on the mailbox. There will be a potluck dinner at 6:30 followed by the business meeting at 7:00. To get there, drive west on Broadway to Campbell. One stoplight past Campbell, turn left on Highland. Drive south on Highland to 13th. Turn right and look for the fish.

Newsletter Deadline for the September newsletter is August 25. Announcements of events held before October 14 should appear in the September newsletter. Contributors to the July issue are Cliff Hathaway, Mark Parsons, and Peg Davis.

Address Changes: Send address changes to the Membership Chair or the TOC Post Office Box, allow 6 weeks for changes to take effect.

The Colorado 5-Day - by Mark Parsons

[Additional comments added by Sue Roberts]

We felt good, looked good, and ran well. Six of us "Unchained Peccaries" [the name of the TOC relay team] tried to keep a low profile. Ha, ha ha. Sue and Roger, Thelma and Louise (Pat Penn & Peg Davis [ya' gotta see Pat's red '65 Mustang to really understand this one], and John Maier and I did Tucson proud. None of us wore O-suits and by the fifth day numerous easterners had bandanas hanging from their hats. John set a blistering pace for the M45A group, the only thing hotter being the relentless sun at 8500' and the young Scandinavian runners.

The week amounted to a stage race as the final awards were based on time totals for the week. John did a 180 on the first day and was dead last. Four days later, he'd won his class. I was proud to be his teammate. The competition was stiff as numerous highly ranked runners were present.

In five days there were actually seven races. Day one, Wednesday July 7th was a three race sprint event. The meet organizers had applied for USOF sanctioning to make it the first ever US Sprint-O Championships. The sanctioning was denied, but the event was help anyway, along the lines of a European Sprint-O. The prologue was a very technical, 8 control, 2.4 K race with 30 second start intervals. An hour later came the 5.2K (12 easy controls) sprint with a chase start. Start intervals and order was based on how far ones time was behind the leader in the prologue. It was an interesting running experience, more an off-train footrace than an O-event. I might have looked at my map once or twice. The third event of the day became optional. People were very fatigued, perhaps not yet acclimated to the elevation. It featured a mass start and less than two dozen runners participated. John the the highest finishing American in this one.

Days two and three featured multi-course A meets on different maps. John and I ran red (M45A). They were long (8.2K, 6.9K), technical, and with good topography. Mikel Platt sets challenging courses. He is one of the best. Anyway, John beat me, but not by much.

On Saturday, 27 four person teams eagerly participated in the Western States Relay Championship. It was very, very fun. Our club team featured Pat Penn leading off on a mass started 2.8K course, Roger and I went second and third, on different courses of 4.1 and 4.5 K. John anchored us with a heroic effort on an 8.7K course. We were in 20th place after the first and second legs, 13th after my leg (I kicked butt!!) [He really did - Mark had the 3rd fastest time on that leg - running against many Elite

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Colorado 5-Day (continued from p. 6)

competitors], and John pulled us up to a 10th place finish – the last prize position!. Two of the top three teams were from Europe. Everyone agreed that relay events were just too much fun. [Peg Davis had her best run of the week during as the second leg of a relay team that included Scott and Shirley Donald from British Columbia (Scott was at our April meet in Redington and set our May meet in Bear Wallow) and John Pascal from Farmington, NM]

Sunday's A-meet finally arrived and I was sorry the week was about over. Start times for the various courses were based on how far we were behind the leaders. The 8.9K red course went through extremely complicated terrain, had 500M of elevation gain, and a 3K leg. This was at 8200' elevation. I appreciated the challenge and was glad my knees held up. I pulled off a third for the week in M45A. [John Maier placing first in this category.] Roger and Pat had a good week on green and Sue and Peg worked out on the orange courses. [Roger finished first in a combined class on Green that included M35B, M40B, M45B, and M-open; Pat was in second place in F45A after three days, but felt obliged to visit her family rather than run the last day - would've probably finished in second overall.]

It was my third multi-day event in Colorado and it won't be my last. I hope some day our club can send a team to a relay championship that is made up of our best runner. We'd be a major threat and might just pull off a championship; Tucson could really surprise some people.

We greatly appreciated K-SWISS and Blue Star Komplex for doing this meet.

Phoenix-O Schedule for 1993

Sept 11-12	Lake to Lake Hike; Bear Canyon Lake to Knoll Lake
October	Lynx Lake, Prescott Basic, Intd, Adv courses
November	Lake Pleasant Meet, Basic, Intd, Adv courses
December	Cave Creek Map Hike

Call Alex Harrison (602) 985-7844 (Mesa) or Fred Padgett (602) 956-7522 (Phoenix) for more information.

Bulk Rate USA



Address Correction Requested

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

MEMBERSHIP FORM

Check One: New Member _____ Renewal _____
Date on Mailing Label _____

Name _____

Address _____

Telephone _____

Check One: _____ Individual \$8.00)

_____ Family \$11.00

Members receive a monthly newsletter, have voting privileges, and receive a \$2.00 discount per meet. Make checks payable to: Tucson Orienteering Club, and send to P.O.Box 13012, Tucson, AZ, 85732.