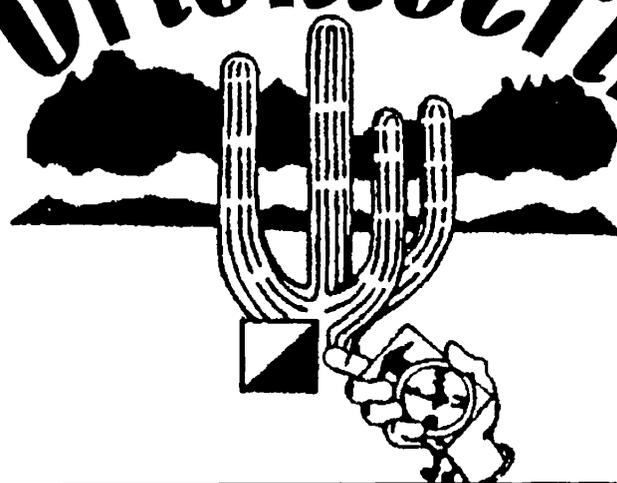

Tucson Orienteering Club



April 2000

April Orienteering, Back-to-Back!

—Pat Madea

April gives you a unique opportunity to attend two meets on two consecutive days at the same location! Chimney Rock in Redington Pass hosts a meet on Saturday, April 15, in the afternoon, and Sunday, April 16, in the morning.

Chimney Rock, as many who have been there know, is a great location for orienteering. It is easy to get to and it has a good combination of open, fairly level expanses as well as hills that require some climbing. All of this terrain is beautiful and beautifully represented in the large color map.

The two course setters for this double-day meet, Bill Bryant and Mark Everett, have set good, challenging courses, each featuring five levels of difficulty: White (beginner), Yellow, Orange, Green, and Red (advanced). Bill designed and set the courses for Saturday's meet, while Mark designed and set the courses for the Sunday meet. Go out on a course on Saturday and go out on the same color course the next day. Compare the orienteering challenges Bill presents to you against those that Mark presents!

The two meet directors are Pat Madea (Saturday) and Jeff Berringer (Sunday). Volunteers for the registration table, the timing table, the beginner's clinic, retrieving controls, and so on for each day are ALWAYS greatly appreciated. If you can help out in any way on any day, please contact Pat Madea at 571-8227 (madea@mmsi.com) for Saturday, or Jeff Berringer at 512-4685 for Sunday.

Also, Emily Lane is in charge of hanging controls for both courses! Since you can be sure she can use some help in this almost thankless endeavor, please contact her at 322-9758 (e-mail: elane@math.arizona.edu) if you can help her out on either or both days.

Since the meet on Saturday starts in the afternoon (2 p.m.) and the Sunday meet starts in the morning (9 a.m.), this may be the perfect opportunity for you to stay over and camp out at Redington Pass on Saturday night. That way you have the opportunity to run Bill's course on Saturday, rest up and relax, and be ready to run Mark's new course on Sunday morning. However, please camp as individuals. The Tucson Orienteering Club, as an organization, cannot sanction or endorse overnight camping. But, you CAN camp as individuals. Just so you know.

So, double your orienteering pleasure and double your orienteering fun the weekend of April 15-16 at the double-day orienteering meet at Chimney Rock in Redington Pass.

Directions: Follow Tanque Verde Road east out of Tucson. The name changes to Redington Road about six miles east of Houghton Road, and the pavement changes to dirt. Continue up the dirt

road until you see the rustic wooden corral, about seven miles past the end of the pavement. Parking is 0.2 mile beyond this on the north side of the road. Normal clearance passenger

cars will have no problem, but drive slowly.

Continued on page 2

Continued from page 1

Fees: \$8/individual, \$10/team, plus \$1 per map for color maps. \$5 discount for TSN, PHX, USOF, or SAHC members. Compasses rent for \$1. Safety whistles sell for \$1. Every person, all courses, all meets is required to carry some type of safety whistle.

Schedule:

Saturday, April 15, Meet Director: Pat Madea, Courses by Bill Bryant.

2 p.m. Registration opens. Courses open. Beginners' Clinic starts.

5 p.m. Courses close, start control retrieval.

6 p.m. All must check in, whether finished or not.

Sunday, April 16, Meet Director: Jeff Berringer, Courses by Mark Everett

8:30 a.m., Beginners' Clinic.

9:00 a.m. Registration opens.

9:30 a.m. Courses open.

12:00 noon. Last time to start a course.

12 noon-2 p.m. Route choice reviews.

2:00 p.m. Courses close. Begin control retrieval—good orienteering practice, lots of help always needed. Volunteer before 2 p.m. with the meet director.

Check-In: To insure that all are safe, everyone, whether finished with the course or not, must check in formally at Start/Finish before leaving the meet site.

Newcomers: Go directly to Registration. Ask for instructions and introductory information. To attend the beginners' clinic (recommended if you haven't orienteered before), arrive 15 minutes before scheduled time for clinic.

Route-Choice Reviews: Between noon and 2 p.m., the course setter or an advanced orienteer will discuss route choices with returning participants, probably near Start/Finish area.

Summer "O" Opportunities

—Peg Davis

Two wonderful chances to do a lot of orienteering in the west are coming up this summer.

The first is the 2000 U. S. orienteering convention from July 29-August 6. Beginning and ending with weekends of meets, the week features lectures, discussions, and other kinds of orienteering events around Lake Tahoe. Details at:

<http://www.baoc.org/sched/sierra2k/s000801n.html>

Running from August 1-August 20, 10 days of orienteering will be held in Colorado and Wyoming. Details at:

<http://www.geocities.com/Colosseum/Stadium/7418/>

To be nationally ranked, one must compete in four days of "A" events during a year. These meets will get you there. You may also notice these meets are held in places anyone would want to be in August—cool, green, and heavenly. Costs can be kept to a minimum by camping. You can orienteer for any or all days. Courses of all levels are set every day.

What if you're not a blood-thirsty competitor or feel a little shaky about your skills? These meets are for everyone! White courses are available. There's always someone walking the course, always someone DNFing. No matter what your skill level is, it will be increased amazingly by the opportunity to go out on courses many days in a row. Here in Tucson, we just can't orienteer often enough to learn new, good habits and reinforce them before we forget them. Well, that's my excuse for not improving. But when you get a chance to practice a lot...oh la la, will you ever improve.

One of the great benefits of these meets is being exposed to really good orienteers and really great courses. You just don't know what the sport is until you participate in a large, expert, well organized event. To our club's benefit, this will make you a better course setter and meet director. To your benefit, your course times and level of enjoyment will skyrocket.

And, as always, there's the great benefit of being around orienteers, possibly the best gang of people extant. There is always someone around to advise, console, encourage, or just hang out with you. Having fun on vacation...quite a concept, eh? See you there!

April Business Meeting

A meeting will be held on Wednesday, April 26, starting promptly at 6:30 p.m., at the home of Peg Davis, 2241 East Parkway Terrace (call 628-8985 for directions). Tea and cookies will be served. All members are welcome and encouraged to attend.

Newsletter Submittals

The deadline for newsletter items is shown in the monthly calendar. Please try to meet the deadline, or call the editor if there is a problem. All members are invited and encouraged to send informational or opinion articles on any orienteering topic.

Phone: 296-2108 Fax: 290-8071

E-mail: loiskim@aol.com

US mail: 9055 Calle Bogota
Tucson, Arizona 85715.

Lois Kimminau, Editor

March at BANWR

—Alexandre Savine

The March 19 meet at the Buenos Aires National Wildlife Refuge (pronounced ban-war by those in the know—or possibly just lazy) was a great day for orienteering. Not too hot, and certainly not cold. Nice-sized crowd. Good courses. And WATERMELON for all at the end of the courses! Who could ask for more? Thank you, **Helen Deluga**, for the watermelon; it really hit the spot.

Thanks also to: **Peg Davis**, for the Beginners' Clinic; **Helen Deluga**, Timing and Registration; **Garey Cash**, delivering water to controls, Registration, allaround on-site help; **Bill Bryant**, course setter; **Jeff Brodsky**, course vetter and bag hanger; **David Barfield**, **Pat Penn**, **Jeff Brucker**, **Pete and Judy Cowgill**, **Keith McLeod**, **Jackie Ciccolo**, **Scott Devlin**, and **Garret Ford**, for Control Retrieval; and as always, **Mary English**, for keeping the equipment in high readiness.

Critique: Compliments on the Red course, for precise control setting; controls hidden in grass were a pleasant surprise for Arizona Orienteering; 14 controls made for a lot of punching, but there were still some good long legs and route choices. A complaint that Control "FP" (#7 on Green, #12 on Red) was set too close to the map edge. In combination with the coarse contours in this part of the map and the overall smoothness of the terrain it was easy to go South....to Mexico!

White Course

1T	William Byron	61:45
2T	Bobcats	75:13
1W	Rita Donavan	168:00

Yellow Course

1T	Slobbering Refuge Dogs	75:59
1M	Coyote	99:28
2T	Rattus	115:40
3T	V.I.P.	175:00

Orange Course

1T	Free Rangers	88:38
1M	Gregg Townsend	99:30 Rec
2M	Laurence Taoman	107:47
2T	King	120:50
1W	Lois Kimminau	152:54
DNF	The Wanderers	

Green Course

1M	Dan Cobblepick	47:12
1W	Pat Penn	74:56
1T	Beauty And...	85:51
2T	Mutt & Jeff	95:35
3T	Los Perdidos	114:06
2M	Gurevich	115:40
DNF	Margrit McIntosh	

Red Course

1T	Dev Ford	74:35
1M	Alexandre Savine	86:57
2M	Jeff Brucker	110:55
1W	Peg Davis	122:30
3M	Wilkey Richardson	164:48
DNF	Tom Boyle	

Some thoughts: why not introduce a sort of Club Rating? Say 1 point for each retrieved control, 20 points for setter, 15 for vetter, 10 for Beginners' clinics, 5 points/hour for registration/timing, etc? A score gained in, say, February 1999 would be cut by 1/2 in February 2000 and zeroed out in February 2001.

We have many club members, and quite a few faces may be seen active during events! But they're often the same faces each meet. Awarding points might make us more aware of how much we and others actually do to help our club.

Would You Like To Be An Officer?

The club has a burning need for a Secretary/Treasurer. The duties of this position are as follows:

Secretary/Treasurer. Picks up mail regularly from post office and distributes it promptly. Transmits membership inquiries and updates to Membership Chair. Keeps minutes of all business meetings; provides excerpts from minutes and updated club calendar to newsletter. Keeps financial records. Signatory at bank.

While this office requires attending board meetings, these are held less than once a month and last for less than 1.5 hours. This job does not require orienteering expertise or public contact, so if you don't want to direct meets or set courses, please consider keeping the club functioning by joining the board of directors. Call Peg at 628-8985 to volunteer.

[Whoever volunteers to do this job will start with very clear and correct records and very good guidelines to follow. GeeGee Larrington has done an excellent job for several years, and we're very sorry to lose her. Thank you, GeeGee. Editor]

Rogaine Strategy

—Keith McLeod

(An interview with Ron Hudson, continued from March 2000 Newsletter)

Men only, mixed couples?

Sure, I rogaine with women, too. I haven't asked a female recently. I know very few really strong women who like orienteering. Not really necessary to be strong for a more social event, but I guess lately I have tried to stretch myself to the limit physically.

Comment on your thinking about previous performances regarding your strengths, weaknesses, what to watch out for, what doesn't work for you.

I have wiped out a couple times, that is, lost strength for hours. I'm not sure why. Maybe I was depleted in energy stores. Maybe cold zapped some energy out of me. Or I had done too many other things in the days before; like a hard competitive regular O meet. A couple times I ate too much heavy food at the hash house and it seemed to shut my system down—big mistake!

What do you do when you arrive at a meet site?

Early enough to get a full night's sleep. Better, lay around and relax a few hours too. Ideally, socialize, be all ready with equipment, and familiarize with the area (like from the highway in the car) before getting the map.

What do you carry? Food, clothing, water?

I carry high energy food for the time I'll be out. I make sure I have some Gookinaid and salt in case electrolyte depletion or cramps (myself or partner) should occur. My favorites are jelly beans (good quick sugar energy), wheat thins (wholesome, dry, and not high in fat), chocolate bits (give me a zing when I need it, I guess from caffeine in them), nuts (a very concentrated food source and also protein), maybe peanut M&M's (they don't melt when it's hot), corn or tortilla chips (good taste, and I add extra salt because I seem to crave the salt when sweating a lot), pop tarts (sweet and fruity tasting), maybe one bar (like a Clif Bar). I find that many bars particularly Power Bars, increase my thirst, and often leave me with my mouth feeling abnormally dry. I think many bars typically have too much protein, minerals, and salts, which increase kidney and liver load and require water flushing from one's system. It is more efficient (less weight carried) to not have to drink excessive water. Straight carbs take the least physiological work to utilize. I may eat one bar just in case the exercise depletes something that the bar will replenish. About a pound of dry weight of food may last if I stay out the whole 24 hours (depends on altitude gain and cold conditions). I know a lot has been claimed and written by others regarding energy intake and depletion during extreme events. Readers feel free to comment to me or add to what I say here. However, I have used these same items on 20 rogaines (12 of the 24-hour) and many other long hikes, such as Grand Canyon rim-to-rim-to-rim, Telescope Peak from Death Valley (11,000 ft. gain, 23 miles), and Mt. San Jacinto from Palm Springs (10,000 ft. gain, 20 miles).

Now the map arrives. What do you look at 1st, 2nd, 3rd?

Every event is different. I don't always do the planning the same way, but an approximate procedure follows:

First: I probably will get an idea of the overall layout. Are the hills 100 feet high or 400 feet high? What is the total square km (of area with controls)? Are there any areas to avoid or particular barriers (such as a deep gorge or river)? The idea is to get a general idea of the main features—peaks, valleys, large meadows, water bodies. I try to make a mental note of the problem features or terrain, anything that would cause significant extra work over a fairly direct route to a control. Is the hash house in a central location for easily stopping by later?

Second: I'll try to determine if it is possible to get all the controls and plan a route. If controls are to be omitted, then I'll plan to leave out the least worthwhile ones. Can all the high-pointers be visited? I'll note where the main concentrations of points are to make sure we go there. I'll then plan a most productive route, leaving options along the way. Drawing in pencil is good.

Third: I'll do a computation of distance for the proposed route. Try to estimate time to get certain groupings when we can expect to come back in, etc. If I have time, I'll figure altitude gain.

(Continued in future issues, as space permits.)

Celebrate at Greasewood

—Rachel Gelbin

May is National Orienteering Month and, to celebrate, the Tucson Orienteering Club is holding a special meet on Saturday, May 5, at Greasewood Park in Tucson. Yes, you heard that right, it's on a Saturday, so mark your calendars. This is a great place for beginners and for those who might want to try their hand (or compass) at a higher level course. Although the ground can be subtle, it is a small area promoting feelings of safety.

Peg Davis will be setting three courses: White, Yellow and Orange. There will be no advanced courses offered, but feel free to come on out and support TOC by helping people navigate the courses, volunteering to collect controls, or just to razz me!

There will be the usual Beginner's Clinic at 9 a.m. and the courses will open at 9:30. You can begin courses up until 11 a.m. NOTE: This is an earlier time than usual, but with fewer courses offered and fewer people running them, we should be able to finish up earlier. So, we will begin collection of controls at 1 p.m. instead of 2 p.m.

Join us at this convenient location and hone your skills so you'll be ready to move up at the next meet. Of course, I will be needing volunteers, so feel free to call (326-7504) and I will be glad to answer!

Directions: Take Speedway Boulevard west past Silverbell Road to Greasewood. Then take a left or head south and the park is immediately on your right. As they say, "You can't miss it!" See you there.

Fees: \$8/individual, \$10/team, plus \$1 per map for color maps, when used. \$5 discount for TSN, PHX, USOF, or SAHC members. Compasses rent for \$1. Safety whistles sell for \$1. Every person, all courses, all meets is required to carry some type of safety whistle.

Schedule:

9:00 a.m. Registration opens. Beginners' clinic starts.
 9:30 a.m. Courses open.
 11:00 noon. Last time to start a course.
 12 noon-1 p.m. Route choice reviews
 1:00 p.m. Courses close. Begin control retrieval—good orienteering practice, lots of help always needed. Volunteer before 12 noon with the meet director.

Check-In: To insure that all are safe, everyone, whether finished with the course or not, must check in formally at Start/Finish before leaving the meet site.

Newcomers: Go directly to Registration. Ask for instructions and introductory information. To attend the beginners' clinic, arrive between 8:45 and 9 a.m.

Route-Choice Reviews: Between noon and 1 p.m., the course setter or an advanced orienteer will discuss route choices with returning participants, probably near Start/Finish area.

ROGAINE Correction and Clarification

—John Maier

Last Month's ROGAINE article lists the duration options as 6, 10, and 24 hours. This is incorrect. It should read 6, 12, and 24 hours. So wherever you read 10 hours, substitute 12 hours.

The lengths are not an arbitrary choice. Each option is a progression up from the previous one. The first is all day time, the second gives you just a taste of night-time orienteering (not possible with a 10-hour event), and the last gives you considerable night-time challenge.

Also, I wish to make it clear that all teams, competitive and recreational alike, may switch between the 6, 12, and 24-hour options during the event. But, to avoid penalty points and unnecessary searches, please remember to inform the meet director beforehand if you are switching. The purpose of allowing switching is to allow flexibility to accommodate unforeseen strengths and weaknesses. This is a user-friendly option, as well as a safety feature, especially helpful for those out there for the first time, those who incorrectly assess their team's abilities, or those who suffer an injury (e.g., sprained ankle) partway through their event. This switching option was well received at the last Mogollon Rim event with approximately a dozen teams using it.

It is also possible to switch partners, but only if you switch to the recreational category. Again, notify the meet director beforehand.

As long as you're reading this, I might add that we still have no designated meet director, although I have volunteered to co-direct. Things will run smoother with additional help. Otherwise I'll be forced to use my seat-of-the-pants method, and who knows what fun we'll have? In that event, just remember, patience is a virtue.

CLUB CALENDAR

April 15-16, Chimney Rock

Course Setters: 4/15—Bill Bryant (899-0456)

4/16—Mark Everett

Course Vetter: Emily Lane (322-9758)

Meet Director: 4/15—Pat Madea (571-8227)

4/16—Jeff Berringer (512-4685)

April 24, Newsletter Deadline

Submittal information on page 2.

May 6 (Saturday), Greasewood City Park National Orienteering Day

Course Setter: Peg Davis (628-8985)

Course Vetter: Vacant

Meet Director: Rachel Gelbin (326-7504)

May 13-14, Arizona ROGAINE, Mogollon Rim

Course Setter: John Maier (520-586-7300)

Course Vetter: Vacant

Meet Director: HELP NEEDED!!

June 18 (and maybe 17), Palisades on Mt. Lemmon

Course Setter: Jeff Brucker (886-2528)

Course Vetter: Vacant

Meet Director: Pete and Judy Cowgill (887-1514)

July 16 (and maybe 15), Bear Wallow on Mt. Lemmon

Course Setter: Ron Hudson

Course Vetter: Vacant

Meet Director: Vacant

August 20, Lincoln City Park

Course Setter: Vacant

Course Vetter: Vacant

Meet Director: Vacant

September 16-17, Mogollon Rim Special Event

Course Setter: John Maier (520-586-7300)

Course Vetter: Vacant

Meet Director: Vacant

October 14-15, State Champs, Down Route 83

Course Setter: Vacant

Course Vetter: Vacant

Meet Director: Vacant

November 19 (& maybe 18), Silver Bell Mountains

Course Setter: Dan Coombs (322-9758)

Course Vetter: Vacant

Meet Director: Vacant

December 17, Cat Mountain

Course Setter: Jeff Brucker (886-2528)

Course Vetter: Vacant

Meet Director: Vacant



ROGAINE REMINDER

The late fee deadline for the ROGAINE is April 20. Send in your registration before then!

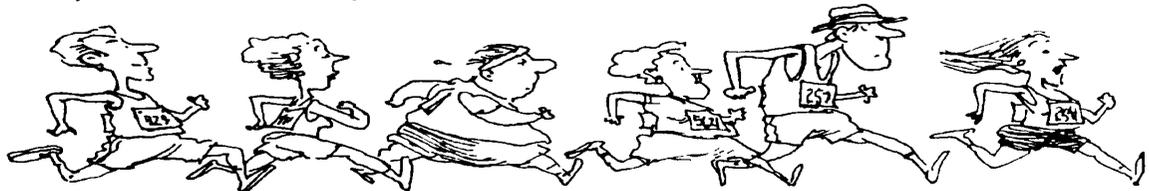
Having trouble finding a partner? We'll help you find one. Call the registrar (Peg Davis) at 628-8985. Remember that ROGAINEs are set at an Orange (intermediate) skill level, so if you can complete an Orange course, you're ready to rumble...er, ROGAINE.

Goat Comments Confusion

—John Maier

Unfortunately, the map which should have accompanied my comments on the February 5 Goat was omitted. Without the map, the bulk of the article doesn't make much sense, except to the select few who competed and kept their maps. Since I plan to be at our April event at the same site as the Goat, I will bring the Goat course map to the event so you can make sense of my article if you wish. I'll also volunteer to orienteer to these sites after the event with anyone who would like a blow-by-blow field briefing. Just in order to clear up any cobwebs.

[Sorry, John. I just didn't have the space. Ed.]



Training Tip

—Steve Gregg

(Excerpted from Bay Area Orienteering Club Newsletter, January-February 2000)

(Note: This "tip" was sent to Steve by Neeme Loorits of Estonia.)

1. Don't overtrain. Go running if you really must, but do it in moderation! Plus, very, very important, and I am being serious now, DON'T run on the damn concrete (and asphalt)! I don't care how much cushioning you think you have on your shoes, running on asphalt WILL wreck your knees. Or your feet. Or your head. But then again, if you insist on running on asphalt, there must be something wrong with your head already. I guarantee you, if you're not yet 35, you'll be sorry at 35 that you ran on asphalt. If you're over 35, then you'll be sorry at 65 that you ran on asphalt. If you're over 65, then I don't care where you run, it ain't gonna make a difference. And I don't pretend to be able to convince anyone over 65 anyway.

I understand that it may be difficult for some people to find an unpaved trail. My suggestion is--head for the hills--there are always unpaved trails in the hills, and around lakes and rivers sometimes. If you absolutely cannot find anything, don't train at all, you'll be better off. Look at me, I am doing fine, hehe. I won't win the US champs, but do you care? You orienteer for fun anyway, otherwise you shouldn't take advice from me.

TSN Club meets are held regularly on the third Sunday of the month, year-round.

Experienced course setters are usually happy (with advance notice of about a month) to work with apprentices who want to learn to set courses. If there is enough interest, separate training for course setting can be organized.

Directing a meet consists essentially of setting up and supervising the Registration and Timing areas, with help from other volunteers. Teams of two are encouraged.

Please call Peg Davis at 628-8985 if you can help with any of these meets.

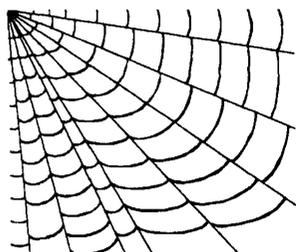
1999-2000 TUCSON ORIENTEERING CLUB OFFICERS

President	Peg Davis	pegdavis@u.arizona.edu	628-8985
Secretary/Treasurer	VACANT		
Membership	Jeff Brodsky	jabrodsky@worldnet.att.net	886-6304
Mapping	Wilkey Richardson		529-1105
Equipment	Mary English		881-4786
Permits	John Maier		(520) 586-7300
Publicity/Education	Carol Brucker	carolbrucker@prodigy.net	886-2528
Newsletter Editor	Lois Kimminau	loiskim@aol.com	296-2108

Tucson Orienteering Club
P O Box 13012
Tucson, AZ 85732

Address Service Requested

Double your pleasure April 15 and 16 at Chimney Rock!



Check out the Tucson Orienteering Club web site!

<http://www.cloudbow.com/sites/toc/>

Also, for links to all the West Coast club sites,

go to <http://www.geocities.com/Yosemite/Trails/4040>

Tucson Orienteering Club Membership Application

Check one: New Member Renewal Date on label _____

Check one: Individual (\$10) Household (\$15)

Name _____ Telephone: _____

Address _____ E-mail: _____

Can you help staff a club meet? Yes, call me.

Members receive a monthly newsletter, have voting privileges and access to Club library,
and receive a \$5 discount per meet. Make checks payable to Tucson Orienteering Club
and send to P O. Box 13012, Tucson, AZ 85732.