

July 2001

THE JULY MEET AT LAKE MARY, WHICH WAS TO HAVE BEEN THE ARIZONA CHAMPIONSHIPS MEET, HAS BEEN CANCELED, DUE TO LACK OF VOLUNTEERS.

August at Greasewood Park

—*Jeff Berringer*

The next Tucson Orienteering Club meet will be on August 19 at Greasewood Park. Three classic orienteering courses (White, Yellow, and Orange) and one Line-O course will be offered. For the Line-O, orienteers will receive a map with a line that depicts the course they're supposed to take. The individual control locations will not be shown; they will be somewhere along the line on the map.

A beginners' clinic will be offered. If you missed the chance to introduce a friend to orienteering at the May meet, this would be another great opportunity.

The start and finish times are earlier than typical to avoid the hot(ter) part of the day.

Directions: From I-10 in Tucson, take Exit 257 at Speedway Boulevard and head west 2.2 miles until reaching Greasewood Road. Turn left at Greasewood. The entrance to Greasewood Park is the first road approach you come to on the right.

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:

7:00 a.m. Registration opens. Beginners' clinic starts.

7:00 a.m. Courses open.

8:30 a.m. Last time to start a course.

9:00-10:00 Route choice reviews

10:00 a.m. Courses close. Begin control retrieval—good orienteering practice, lots of help always needed. Volunteer before 9:30 a.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, arrive between 6:45 and 7 a.m.

Route-Choice Reviews: Between 9 and 10 a.m., the course setter or an advanced orienteer will discuss route choices with returning participants, probably near Start/Finish area.

**BE
THERE!**

What is Orienteering?

Orienteering is a fun and challenging outdoor activity in which participants navigate their way on foot through the "great outdoors," using only a map and a compass. (There are other versions of orienteering, such as on bicycles, skis, horseback, or in canoes, at night, relay teams, etc., but the idea is basically the same.)

Each participant is given a specially prepared topographic map marked with a series of checkpoints to be visited. At each of these checkpoints, the organizer places an orange and white "control." The object of the sport is to use the map with the compass to locate the control features and navigate back to the starting point. Using your imagination and your navigational skills, you try to select the best route to each control.

Once at the control marker, you punch a score card which verifies that you have found the control feature.

At each event, there are several courses offered, rated in length and difficulty. You can choose the course that suits your ability and inclination, and you can make it a stroll, a hike, or a race, as you prefer. It is a family sport where each member of the family may choose his/her course, or the entire family may go as a team. Beginner courses are typically along trails or other easy-to-follow routes. Intermediate courses are partially on trails and partially cross-country. Expert courses are on difficult-to-follow cross-country routes.

Preparation, Clothing, and Equipment

A beginning orienteer should be fit enough to walk at a leisurely pace for about one mile, in about an hour, over easy terrain. Expert orienteers are trained endurance athletes, walking or running for many hours over rugged terrain.

Wear comfortable clothing appropriate to the season, long pants, a hat, and walking shoes or hiking boots. Events are timed, so a watch is recommended. Bring plenty of water, and a snack if desired.

The only specialized equipment you will need are a compass and a whistle. If you forget these items, compasses may be rented or a whistle purchased for \$1 each.

Safety

If navigating in the outdoors sounds a little scary, then an orienteering event is the place to be. The beginner courses are in carefully selected areas, safely contained within recognizable boundaries, so it is almost impossible to get truly lost. In addition, each participant's start and finish time is monitored so that anyone who is overdue will be safely rounded up by skilled orienteers.

Newcomers

We highly recommend that you attend the *free* Beginners' Clinic, which is offered at every meet, if you haven't orienteered before. It is usually held 15 or 20 minutes before the courses open. Try to arrive at or before the time that Registration opens in order to attend.

Fees

Fees for Tucson Orienteering Club events are as follows (other clubs' fees may vary): \$8 per individual or \$10 per team, for nonmembers, with a \$5 discount for members of Tucson Orienteering Club, Southern Arizona Hiking Club, Southern Arizona Search and Rescue, Phoenix Orienteering Club, or United States Orienteering Federation; \$1 for color maps when used (no charge for black-and-white maps); \$1 to rent a compass; \$1 to purchase a whistle. Annual membership fees are \$10 for an individual and \$15 for a household.

Tucson Orienteering Club

P. O. Box 13012

Tucson, AZ 85732

Phone: 628-8985

e-mail: loiskim@aol.com

Web site: <http://go.to/tucsonorienteering>

**The next meet will be
September 15 & 16 at the "Potato Patch"
site on the Mogollon Rim.
Save this weekend!**

Slavin Gulch, April 15

—Mark Parsons

Conditions were perfect, so many people were in the area (other than our orienteers), and some controls and punches disappeared. We had a very good attendance and most of the orienteers enjoyed the courses. The single "elite" orienteer (U.S. team member) present described his course as "awesome."

I used the domed rock areas more than the western part of the map and people seemed to appreciate the not-boring orienteering. The results and reactions were typical and no one was seriously injured.

Thank you go, perhaps most importantly, to **Mike Thompson**, our Permit Chair, and to the Douglas Ranger District of the U. S. Forest Service. Mike's club duty is a chore, and I remembered how being a forest ranger on any pleasant Sunday could be a chore, too, when one approached me during the heat of the meet. He had been writing ORV tickets all morning and wanted to ticket a couple of club members' cars for being several car lengths off the road. He also had been receiving complaints about our control flags (punches) and needed to see that our permit allowed us to "display objects" as we do. Our permit (not an inexpensive document) does allow us to hang things.

Big thank you also to **Mary English** for the usual fine organization of equipment; **Ron Ingram** for manning the Timing table all day; **Keith McLeod**, **Jackie Ciccolo**, and **Jane Gurevitch** for doing the Registration. Thanks to **Ludwig Hill** and **Jeff Brucker** for helping with the map, and to **Pat Penn** for hauling the club equipment back to Tucson. Controls were retrieved by **Ludwig Hill**, **David Barfield**, **Jim DeVeny**, **Mark Everett**, and **Keith McLeod**.

The course setter always appreciates the big turnout and next time he will try to get the water right.

Red Course		Orange Course		Saturday Night 75 Minute Score-O (280 possible points)				
1M	Mark Everett	68:10	1T	Gators	89:45	1	Amy & Bob Lutz	230
2M	Roger Sperline	100:45	1W	Dorothee Harmon	101:00	2	Pat Penn	230
3M	Ludwig Hill	105:40		Warren	104:30		(10 sec. slower)	
4M	Jeff Brucker	113:10	3T	A & L	105:45	3	Gary Thomas	200
T	Savine & Son	150:15	1M	Coyote	125:20	4	Jim DeVeny	180
1W	Peg Davis	153:50	2W	Alexis Mills	144:00	5	McLeod Team	170
5M	Kevin Gross	192:00	2M	Roger Myers	140:45	6	Hill & O'Donnell	170
DNF	Larry Lamb		3M	Robert Miner	156:45		(2.5 min. slower)	
DNF	Eagles		Rec	MLM Group		7	Berringer & Wenberg	140
			Rec	Carol Brucker			(Lost 30 pts. overtime)	
			Rec	SW				
Green Course		Yellow Course						
1M	John Little	111:15	1M	Christopher Suter	25:15			
2M	Keith McLeod	122:45	1T	Gurevich & O'Hara	58:00			
3M	Chuck O'Hara	125:10	Rec	Alex Perlis				
4M	Jim DeVeny	137:00						
5M	Gary Thomas	137:30	White Course					
1W	Pat Penn	139:05	Rec	Kate & Carol Scott				
6M	Jeff Berringer	143:50	Rec	Bestina Miller				
7M	Matt Cordes	156:00						
8M	Jim O'Donnell	174:30						
1T	RIGA							
DNF	Sue Roberts							
DNF	Tom Kat Rangers							

HAVE A NICE
VACATION.



National Orienteering Day

Greasewood Park, May 20, 2001

—C. Michael Thompson

On a warm but pleasant morning in Greasewood Park, west of Tucson, 31 teams and individuals took on the White, Yellow, Orange and Contour-O courses set by Ludwig Hill. With an early start, the course was cleared by 11:30 and a good time was had by all.

Our out-of-towners from Casa Grande Civil Air Patrol and Apache Junction Junior Naval ROTC explored the courses under the watchful eyes of their instructors.

Peg Davis handled the beginners' clinic, as well as running two courses and conducting the raffle to give away the goodies from Brunton. Good job, Peg! Many thanks are sent to **Jane Gurevitch** for staffing the Registration table with aplomb, ably assisted by **Ludwig Hill** and others. **Jeff Berringer** took the early shift at the Timing table before heading out for a course. The **Civil Air Patrol team (Chris and Sara Cauthen and Jennifer Esslinger)**, **Ludwig Hill** and friends, and visitors from out-of-town who arrived too late to run a course (sorry, I forgot the names) did control retrieval. The meet director thanks all the above and others who may have been omitted.

The Contour-O advanced course (yes, only contours appeared on the map provided) was a big hit with those who tried it.

Brunton Instruments provided compasses, caps, and map software, which were given as door prizes to those lucky winners in attendance. Thanks, Brunton, for some quality gear!

(Rec: Recreational entry; DNF: did not finish; MSP: mispunched card.)

Contour-O (2.9 km, 70m, 10 controls)

1M	Dan Fallis	38:03
1W	Peg Davis	53:03
2M	Larry Lamb	56:10
2W	Pat Penn	80:20
1T	Fighting Irish	125:39
Rec	English/Bacal	
DNF	Joe and His Dad	
MSP	Jeff Berringer	

There is ONE T-shirt from the North American Rogaine Champs for sale. It is the only one available in the universe and is a size medium. It will be sold to the highest bidder. Minimum bid is \$15. Send your bid to pegdavis@u.arizona.edu (or call 628-8985).

Orange Course (2.7 km, 70m, 12 controls)

1W	Margrit McIntosh	70:15
2W	Alexis Mills	103:18
Rec	✱ Peg Davis, Gregg Townsend, Team Savine, Isaacson, DNS, Brodsky's Folly	
DNF	Lance Williams, Blue Cow, Free Rangers	
MSP	Riga, Nomads	

Yellow Course (2.4 km, 50m, 9 controls)

1T	Team Savine	56:42
2T	Quasars	86:10
Rec	NJROTC - Lt, Lance Williams, CAP, Siggeries Hill, AJ-NJROTC	
DNF	Ted Norris	

The June issue of *Backpacker* magazine has a nice article on orienteering. If your friends and family don't quite understand what in the world you're doing out there with a map every third Sunday, this article is a good introduction.

White Course (1.7 km, 30 m, 12 controls)

Rec	Bob Crump, CAP
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Orienteering at Palisades

—Pete & Judy Cowgill

Road construction on the Mt. Lemmon Highway didn't deter the number or enthusiasm of orienteers who flocked to the Palisades site for our June 17 meet. It was partly cloudy, partly cool, and mostly without mishap.

Max Suter and Mark Parsons smoked the Red Course, with Max eking out the blue ribbon in a time of 100 minutes, 33 seconds. Parsons finished the 12-control course in 102 minutes flat. Ludwig Hill ran up to the finish table in an elapsed time of 114:15. There were two DNFs in the other three entries.

John Little showed up for the Green Course with third-time orienteer Matthew Cordes. To show his appreciation, Cordes ran the 11-control course in 76:50, beating perennial winner Little, whose time was 79:20. The three-person Riga team came in third in 111:10. One two-man team finished higher, but they punched the wrong control and so were disqualified. There were 14 Green entries with three DNFs.

Another wrong punch cost one female competitor first place in the Orange Course. A. Mills took top honors with a time of 119:30 in the 13-control course. Second and third places went to SWDC in 122:50 and Puma in 133:40. There were 14 entries with four DNFs.

Most of the Yellow Course entrants started out the day running the White Course and therefore had to run in the recreation (no official time) category. So we just have two times to report: the Longshots in 43:20 over the 13-control course and a truly remarkable feat by Hawkes Team No. 2, whose leader packed a 20-pound baby on her back and finished in 113:40. There were four DNFs.

The two-member Tucson Inline Sk8 Club ran away with White Course honors, covering the 12-control course in 27 minutes flat. Second and third places went to Elizabeth Wallace in 38:40 and Dan Carroll in 55:40. There were seven entries and two DNFs.

One special note and a warning to Green and Red Course competitors: Keith Henry of Tucson Inline Sk8 Club ran recreation in the Yellow Course in an unofficial time of 29:50 and then raced around the Orange Course in 44:10 unofficially. Both times were the fastest in those categories. No cigar this time for Henry.

The Cowgills had a great time as meet directors. On Saturday, June 10, we flagged the Red, Green, and Orange controls, using course setter **Jeff Brucker's** map. Then on Saturday, June 17, we flagged the rest. **Mike Huckaby** helped Jeff Brucker set controls. Also on the day of the meet, **Peg Davis** did her usual thorough job of orienting the beginning orienteers.

Judy had help at the registration table from **Patrice Barkley, Bruce Tabashnik, and Ms. Gurevitch**, while **Pete** took over the start-finish-timing table.

Despite running the Red Course earlier, **Mark Parsons and Ludwig Hill** hiked out and retrieved all of the far-out controls. **Chris Johnson, Keith Henry, and Ramir Evarola** brought in the rest.

Red Course			Orange Course			Wallace, Lennons Team,		
1M	Max Suter	100:33	1W	A. Mills	119:30	Thompson Team, Bestine Miner		
2M	Mark Parsons	102:00	1T	SWDC	122:50	DNF	Quasars, Amy Gaiennie,	
3M	Ludwig Hill	114:15	2T	Puma	133:40	Chris Johnson		
1T	Savine Team	148:20	3T	Isaacson Team	140:40	White Course		
DNF	Peg Davis, Mike Huckaby		1M	R. Miner	154:20	1T	Tucson Inline Team	27:00
Green Course			4T	Joke's on Jeff	156:20	1W	Elizabeth Wallace	38:40
1M	Matthew Cordes	76:50	6T	Greg & Pat	177:30	1M	Dan Carroll	55:40
2M	John Little	79:20	Rec	Keith Henry		2W	Bestina Miner	57:20
1T	Riga	111:10	DSQ	Cathy Waterman		3W	Amy Gaiennie	62:50
3M	Jeff Fisher	113:05	DNF	Chris Suter, Volunteers,		DNF	Ron Cornett, Hawkes No. 2	
2T	Jeff & His Dad	113:40	Destination Unknown,					
4M	Jeff Berringer	121:45	We're Looking					
5M	Larry Lamb	126:40	Yellow Course					
3T	Pooch Patrol	133:40	1T	Longshots	43:20			
1W	Helen Deluga	217:30	2T	Hawkes No. 2	113:40			
DSQ	Free Rangers		Rec	Keith Henry, Dan Carroll,				
NF	Jasun Light, Gary Thomas,		Ramir Evarola, Elizabeth					
	Kate, Jim Deveny							

My First "A" Meet – A OK

—Jeff Brodsky

I had the pleasure of attending my very first Orienteering "A" meet, over the Memorial Day weekend, put on by the Rocky Mountain O-Club (RMOC). This was also the very first Orienteering event I have ever attended that was not setup, organized, or run by our Tucson club. I'd like to share my experiences with you.

The location was incredible: 15 minutes east of Laramie, WY, between 7500 and 8500 feet. Gentle, green, partially wooded hills, cool mostly sunny mornings, rainy post-event afternoons. There were even a few snowdrifts scattered about.

"A" meets are like normal events, except that everyone is classified by sex and age, and scored for national ranking. So your competitors are about the same age and gender as you. The course you get to run (i.e. Red, Green, Orange) is determined by your age. So, as I am 43 years old, I should be competing with the 40-45 year old males. This age group was running the Red course. My first mistake was that I was somehow misclassified – competing in the Male, 55 category running Green. I did not figure this out until AFTER my first race, so I was switched to the Male, Green, Open category. Just as well; the Red courses were killer.

The courses were really very good. On Friday, an unofficial, fun course was set up. This event had the result of acclimatizing everyone to the elevation, terrain, and map style. And it was a hoot to boot. Everyone got a map bag with four maps. The first three maps (four controls each) were not in the same order for every runner. All of the routes looped back to the starting area. When the loop was done, you dropped your finished map in a bucket, then proceeded to the next map. On "go", everyone started working the first map. Pandemonium erupted, with people running this and that way. Each map was very clever; on the second and third maps, you would be routed to a control or two that you had used before, but from a different direction. Since the controls were hung in a relatively small area, you had to navigate just right to get to the control you really wanted, and not get mixed up by other controls and other runners.

On Saturday, Sunday, and Monday were the official races. Three races, three different maps, three different parts of the forest. Every runner was assigned a start time, and that was when you got to go. Each day there was a White, Yellow, Orange, Brown, Green, Red, and Blue course set. (A LOT of work for the organizers!!!) The maps were excellent, the course setters did a GREAT job, and the folks running things really had their acts together.

I learned quite a few lessons:

1 I really do know how to orienteer. Tucson orienteering is at the same level as these "pros" were doing. If you can make it at our events, you can make it anywhere.

2 Running down a reentrant is a good route choice in Arizona. In Wyoming, reentrants are where the trees and shrubs are: baaaadddd route choice. Vegetation matters.

3 Know your classification before registration, so you will compete in the area where you want to.

4 Orienteers are a really fine class of people (not a new lesson, really). Even though I was pretty nervous, and uncertain about the process and procedures, all I had to do was ask, and help and advice was forthcoming (like the tip to watch where the earlier runners on your course go). Even though there were some serious competitors here (several of the folks will be on this year's US team), everyone enjoyed telling tales of success and failure, with a pretty good attitude.

5 It really doesn't matter how competitive you are. My goal was to simply finish each course (I did) without too many mistakes (room for improvement here), and have a good time. No question—I had a ball!!!

6 Four consecutive days of running events can be very tiring. Best to try to be in better shape, next time.

There is an "A" meet planned near Los Angeles on December 8 and 9. I'm really going to see if I can get to go—these things are really fun in so many ways. It's also really nice to see that, yes, our Tucson club has its act together and is capable of putting together a world class event.

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

CLUB CALENDAR

August 19, Greasewood Park

Course Setter: Jeff Berringer

Course Vetter: Vacant

Meet Director: Sasha Savine

September 15 & 16, Potato Patch on the Mogollon Rim

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

Course Vetter: Vacant

Meet Director: Vacant

T

November 17 & 18, Silverbell Mountains

Course Setter: Kevin Gross (326-0739)

Course Vetter: Vacant

Meet Director: Vacant

2002

March 17, Rosemont

Course Setter: John Little

Course Vetter: Vacant

Meet Director: Vacant

Summer Month, Palisades

Course Setter: Jeff Brucker

Course Vetter: Vacant

Meet Directors: Judy & Pete Cowgill

**THIS IS A PITIFUL
CALENDAR!
FIVE MEETS SCHEDULED
IN THE NEXT YEAR.
WE NEED YOUR HELP,
AND SOON,
TO KEEP THIS CLUB
ALIVE.**

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.

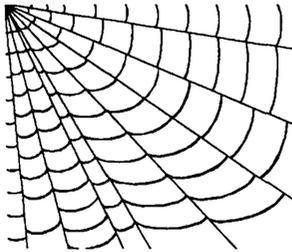
1999-2000 TUCSON ORIENTEERING CLUB OFFICERS

President	VACANT	PLEASE HELP!!	
Secretary/Treasurer	Jeff Berringer	jaberringer@earthlink.net	512-4685
Membership	Jeff Brodsky	jabrodsky@worldnet.att.net	886-6304
Mapping	Jeff Brucker	guidezone@home.com	886-2528
Equipment	Mary English		881-4786
Permits	C. Michael Thompson		743-9687
Publicity/Education	Gary Thomas		480-899-8645
Newsletter Editor	Lois Kimminau	loiskim@aol.com	296-2108

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

Address Service Requested

TAKE A REST IN JULY. GREASEWOOD IN AUGUST.



Check out the Tucson Orienteering Club web site!
Type <http://go.to/tucsonorienteering>
Also, for links to all the West Coast club sites,
just type <http://go.to/sconet>
or for Pacific Region rankings, type
<http://www.geocities.com/usofpacreg>

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.