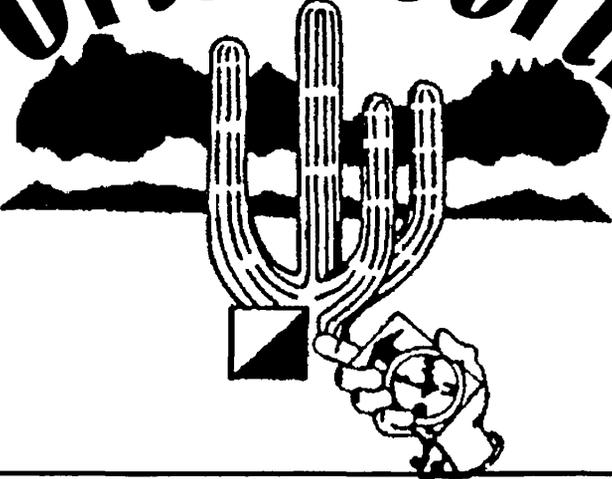

Wilson Orienteering Club



August 2002

LINCOLN PARK EARLY-O

—Jeff Brucker

We can all be thankful that the fires have been contained and the rains have started. Although the forests have, for the most part, reopened, we will have another “lazy summer” early meet at Lincoln Park on August 18. Many people enjoy these because they can get out early before the heat hits, don’t have to drive very far, and can often bring friends or family who might not care to spend the entire day trying out a new sport. So start rounding up your friends!

Jeff Brucker is setting the courses, with vetting assistance from **Don Fallis**. Courses for all levels of ability will be set. Ramada #6 is reserved for the meet headquarters.

Call Meet Director **Ralph Prince** at 323-9417 if you are interested in helping. All assistance is much appreciated..

Directions: From Kolb Road and 22nd Street, go east about 3/4 mile. Turn right (south) on Pantano Road (NOT Pantano Parkway, which is on the east side of the bridge). Go south about 2-1/2 miles. You will see Santa Rita High School on the southeast corner of Pantano Road and Escalante. Continue south, and turn left just past the school grounds into the park entrance.

Fees: \$5/individual, \$8/team, for members of any recognized orienteering club. \$10/individual, \$15/team for nonmembers. 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.

7:30 a.m. Courses open. Beginners’ clinic starts.

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

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

Route-Choice Reviews: Between 9:30 and 10 a.m., the course setter or an advanced orienteer will discuss route choices with returning participants, probably near Start/Finish area.

**Join GPHXO
at Mormon
Mountain
August 2-4.
Details on
Page 3.**

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): \$5/individual or \$8/team for members, or \$10/individual, \$15/team for nonmembers. The member price is available to members of Tucson Orienteering Club or any orienteering club affiliated with the United States Orienteering Federation or the International Orienteering Federation. Compasses are available to rent for \$1; whistles may be purchased for \$1. 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>

E-mail Discussion Group

Tucson Orienteering Club has its own discussion group. It is maintained as Tucson "O" Club by Topica, and is an e-mail based service. You must be subscribed before you can read or send messages.

To subscribe, send a blank message to: TucsonOrienteering-subscribe@topica.com. To send a message, simply address it to: TucsonOrienteering@topica.com. It will then go to all the list subscribers. To unsubscribe, see the Unsubscribe link at the bottom of any message.

For more information about this list, visit: <http://www.topica.com/lists/TucsonOrienteering>. Any problems, questions, or concerns can be sent to Jim Stamm, the E-Group Moderator, at JimStamm@Mac.com.

Phoenix Orienteering Club Car Campout

—Sponsored by Robert Kuhn

Greater Phoenix Orienteering Club is holding a car campout at Mormon Mountain, near Mormon Lake, August 2-4. The camp's elevation is 7578 feet, about 50° at night and 80° daytime. Afternoon showers are likely. Tucson orienteers and families are welcome.

Make your own sleeping arrangements. The main Saturday meal will be about 2 p.m., with meat (hamburgers/hotdogs), condiments, soft drinks/water, BBQ grills, port-a-potty, dining tents, tables and shelters, furnished. Sunday breakfast will also be served. Potluck items and snacks are suggested. For food reservations, RSVP Robert Kuhn at (623) 582-5899, or e-mail at ulazyk@cox.net.

The road to the top of Mormon Mountain (elevation 8500 ft.) is very well maintained. There will be free donkey rides for the kids. There are large open areas for various games and activities, hiking, or just kick back and enjoy the fresh smell of the pines.

There will be three orienteering courses: an intermediate course near the camp area, and beginner and advanced courses on top of Mormon Mountain. There will be campfires Friday and Saturday evening (forest conditions permitting); you furnish the marshmallows, skits, and entertainment. This is a family-oriented event.

Take the Payson-Strawberry highway (#87) to Clints Well, taking Highway #3 to Mormon Lake. Exit Highway #3 at the Mormon Village exit. Travel through Mormon Village to mile marker 5, and exit on Forest Road #240 to Munds Park. Travel FR #240 for two miles to FR #132A. Bear right on FR #132A about one mile to the camp. (Only last three miles are dirt road.)

Check GPHXO website at <http://www.geocities.com/phxo> for last-minute information.

Lincoln Early-O Results

—Pete and Judy Cowgill

Our original plan was to have the June 16 meet up in the nice cool country near the Palisade Ranger Station in the Santa Catalina Mountains. You know what happened to that idea. The big Bullock Fire shut down the entire mountain range. So Plan B went into effect. Course Setter Jeff Brucker picked Lincoln Park on the southeast side of Tucson as the meet site. Jeff ran a Night-O on Saturday, June 15, with Jeff and Peg Davis doing registration and timing. (See Night-O results on page 4.) There was an almost regular meet on Sunday.

Fourteen hardy competitors (we should call them Desert Rats) showed up Sunday morning. The park gates opened about 6 a.m. and everything was set up for registration at 7 a.m. Jeff used many of the same controls for the Sunday meet that he used for the Night-O.

There was no Red Course, so nine of the 14 ran the Green Course. Adrian Keough covered the estimated 4.5-kilometer course in 46 minutes, 19 seconds. Matt Chamberlain came in second in 48:27. Third and fourth places were taken by Ludwig Hill (49:28) and Max Suter (50:56).

Two women ran the Green course. The top finisher was Fleur Keough in a time of 53:18. Peg Davis, who conducted the Beginner Session, got all 14 controls in 61:25.

Four TOC members decided to brave the heat and ran the Orange Course, which also had 14 controls. Getting the Blue Ribbon was Paul Carlin in a time of 53:55. Just two seconds separated second and third place: Alexis Mills in 80:13 and Carol Brucker in 80:15. New member Kerry O'Brien started too late and had a DNF.

Nobody ran the Yellow Course and just one person, Lyle (we don't know his last name but we have his money) completed the White Course in 65:30.

Max Suter, Ludwig Hill, Peg Davis, and Jeff Berringer artfully dodged the cactus and retrieved all 38 controls. Peg Davis also did her usual great job with the Beginners' Clinic. Thank you, volunteers. Judy and I did registration and timing and we probably would have run a Green or Orange Course, but all we had on our feet were Tevas and no sox. We were packed up and out of there by 10:30 a.m. before the temperature hit 105.

Green			Orange					
1M	Adrian Keough	46:19	2W	Peg Davis	61:25	1M	Paul Carlin	53:55
2M	Matt Chamberlain	48:27		Larry Lamb	62:00	1W	Alexis Mills	80:13
3M	Ludwig Hill	49:28		Jeff Berringer	67:02	2W	Carol Brucker	80:15
	Max Suter	50:56		Robert Miner	98:10		Kerry O'Brien	DNF
			White					
1W	Fleur Keough	53:18	1M	Lyle Urich	65:30			

Night-O at Lincoln Park

—Peg Davis

Responding to begging and pleading, Jeff Brucker kindly consented to set a Night-O June 15th during the Lincoln Park weekend of orienteering. With a quarter moon to light our way, 14 of us had 90 minutes to find 44 controls using the new, improved and fabulous map.

Why a Night-O? In July, Mike Wilke and Matt Chamberlain will be out all night at the North American rogaïne champs in Canada with the Three Girls Three, Team Pivo will be doing the same at the World Rogaïne Champs in the Czech Republic, while I'll be in Wyoming at the US Night-O champs, so we wanted the practice. Why else? It's hot as blazes out during the day, as you'll read in the Sunday write-up. While the temperature still had to be in the high 80's, it was amazingly comfortable out on the evening course. We may also have been blissed out by a very nice potluck in the ramada beforehand—the perfect balance of salads and dessert.

Our modest Ludwig managed to find all but one of the controls, but came back a little late. Mike Wilke also found all but one of the controls, but hemorrhaged points as a result of being misinformed about course closing time. The late penalty was 50 points per minute. The evening's hero was Kerry O'Brien, who went out on not just her first Night-O, but her first orienteering course ever and came back smiling. Participants may note their scores being a little higher than expected since everyone was given credit for the three "word" control codes.

		Points			
1M	Ludwig Hill	1060	3T	Team Pivo	650
2M	Matt Chamberlain	940	2W	Kerry O'Brien	500
1W	Peg Davis	830	3M	Mike Wilke	330
1T	Team Opel	720	4M	Larry Guerrero	230
2T	Jani, Yen and Chris	710			

Tucson Teams Impressive at North American Rogaine Championships

—Peg Davis

The 2002 North American Rogaine Championship Meet was held July 16 and 17 in Kamloops, BC, Canada. Tucson Orienteering Club members made us all proud!

Matt Chamberlain and Mike Wilke, running as the Gila Monsters, won the Men's Open category with the third highest overall score (2320), spending 23:55 of the 24 hours available out on the course.

Overall winners (2570 pts) were the Women's Open team of Canadians Pam James and Catherine Hagen, longtime orienteering stars.

Second place overall was claimed by last year's winning team of Alar Ruutopold and Ernst Linder with 2450 points in the Veteran Men's class.

The other Tucson team (Jumping Chollas featuring Yen Chamberlain, Christine Wilke and Jani Radebaugh) took second in the Women's Open category with 650 points.

Peter Zurcher and Rebecca Montgomery of Phoenix ran the 12 hour course. Carl and Linda Moore, TOC members and Nevada residents, won the Mixed Super Veterans' category with 920 points.



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

Notes From a New Course Setter

—Jeff Brodsky

[Note: Jeff set his first courses at Buenos Aires National Wildlife Refuge in April. There wasn't space for this article the last few months, but it's too good not to use. I'm sure you'll all enjoy it, and it may even inspire some of you to give course-setting a try.]

Relief. Exhaustion. Exhilaration. What do these feelings have in common? A newbie course setter, after the big event. I had the honor of designing and setting April's mini-rogaïne, and I'd like to do a few things more. First, I'd like to thank the members of the club for their support and advice. Second, I accept this award - woops wrong show.... But I would like to thank Peg, for putting the idea of a Mini-Rogaïne into my head, Helen and Wilkey for volunteering to Direct and Vet, all without even asking !! Special thanks go to Elliot for sharing the bag hanging duties. And most of all, thanks to Gail for giving me space and time, and for repairing the walls I was routinely bouncing off of.

Ok, thanks indeed. But what did I learn? A lot, actually. Course setting is a lot of fun, a lot of work, and (looking back) very rewarding. What does it take? Let me tell you.... (Wolfsong, you can turn the page now.)

First, decide on the area you want to do your course. Hopefully, it's not too far away, the club map is in good shape, and you are somewhat familiar with the terrain. Get your base map from our librarian. Make a bunch of copies for working copies.

Next, decide on the type of event you want to do, be it a normal set of courses, mini-rogaïne, goat, etc. Get the course setter's guide. It will help with the length and level of difficulty.

Then, decide on the start area. Make sure it looks like there is plenty of room for parking, and regular cars can get there.

Review the map carefully, and pick likely sites for controls for your course. Identify the potential sites with some numbering system or codes. Now you are ready for the next really big step. Go to Home Depot (oh NO !!!) and buy some flagging tape.

On your first site visit, you'll want to verify that your start area does indeed have plenty of parking. (I had to move my start area completely.) Then you are ready to actually visit the potential control locations. Do they look as good on the ground as they did on the map? If you like the location, flag it with the tape, mark the location on one of your several map masters (got the right one?), jot down the clues to the control on another piece of paper. Then drop your stuff just to get some dirt on it for character. Repeat until exhausted.

Actually, visting the site (in my case, three days' worth) is the most enjoyable part. You get to wander about (somewhat aimlessly), all by yourself with nothing but a clipboard for company. But what you get is a real appreciation for what those squiggly contour lines really, really mean in real life. There is no question that I can now read a map better than I could before (I'm not any faster, alas).

Ok, so you've tagged all of the locations, you are happy with how they look, and you think: hey, this is easy. Not so fast, O-boy. No more than a week before the meet, you have to hang the controls. This part too is fun, but there is a complication. One of the things the meet director needs is a punch master for each course. And you need to produce a valid clue sheet with all of the correct control codes that match the physical controls on it. Your made-up codes won't work.

Now, it's time to contact the equipment boss, get the course setters stuff, and marvel at the organization.

You're ready for the hard part, hanging controls. When you hang a control, you've got to do two things: punch it onto a course master (once for each time the control is used on a course), and note the control code for the clue sheets. Don't make a mistake, or they'll hang you. (Because the mesquite trees were small and short, I got off lightly for my mistake.)

Got that done? Still more work to do. Got to create map masters, one for each course. Got to create a clue sheet, one for each course. (The "Clue" software program was a real time saver - if you don't include the time it took to learn it.) Got to make color copies. How many? Meet director helps here.

Think you're ready? Well, no. It's meet day, and it's a big turnout. But you've still got to get water out on the course (was 20 gallons enough?), get the maps and courses to the Meet Director (before the start time, thank you very much). But it all comes together, and almost every one is happy, and you get to bask in all that glory. Until they ask you when your next meet will be.....

Continued on page 6

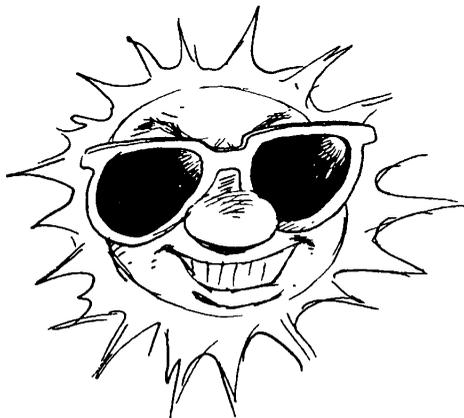
Continued from page 5

There is a lot to setting a course, and I've left out a bunch of things, such as permits, map corrections, and coordination with the vetter. They get squeezed in there somehow. But I had fun, and a lot of help. Being very new at this, I asked quite a few folks for advice and I want to commend everyone whom I pestered with how helpful they were. Quality help is there, if you ask. One thing that I wish I had asked for more help on was the control code mapping--from my original survey to the actual bag hanging. The process that I used had lots of room for improvement.

I hope this article doesn't scare anyone away from setting a course. Course setting is not for everyone, but the next time you are out on a course, think of all the work (and fun) the setter had to do. Thank the course setter, and help out where you can.

Oops!**—Helen Deluga**

Ludwig Hill was accidentally omitted from the results for the April Mini-Rogaine at Buenos Aires NWR. He came in 5th with all 1100 points and a time of 3:39:07, right after Max Suter. Sorry, Ludwig.



**HAVING A (FIENDISHLY)
HAPPY SUMMER?**

Meet Director Workshop**—Yen Chamberlain**

Have you been considering volunteering to direct a meet, but aren't sure how difficult or time-consuming that would be? Meet directors are in great demand and short supply, so if you like to feel needed, come on!

There will be a workshop for new and experienced meet directors on Friday, August 9, beginning with a potluck at 6:15. The workshop will be from 7 to 9 at 2850 N. Alvernon Way #20. To register, call Yen Chamberlain at 318-3630 (home) or 407-3614 (work), or yenc@dakotacom.net. Meet director manuals will be available for all attendees.

This workshop is for those who are new to meet directing as well as those who would like to brush up. Experienced meet directors (potential mentors) are encouraged to attend to answer questions, share helpful insights, and offer encouragement.

Training Tips**—From SCONET web site**

Andrew Roth of Los Angeles Orienteering Club asked other SCONETers the question, "What do you do to practice your map and compass/navigation skills between meets? What suggestions do you have so that I can be more prepared (and confident) for my next meet?" Following is an answer from Ken Pontifex.

Practice map reading. This can be done on training runs (by imagining that you are on the map area) and also in an armchair. Look at map segments briefly, memorize the route, and visualize following the route; then pick up the map again, relocate yourself quickly, and repeat. This is not as good as running on unfamiliar terrain with a map, but in many ways it is better than running on a familiar map. On a familiar map, there is a strong tendency to run from terrain memory, rather than to translate the map image of an unknown area to a terrain image which you then match to the physical terrain. It is that ability to quickly and accurately translate the map image (and then to maintain your connection between the map and the terrain) which makes a difference of minutes on a leg.

Map reading is the key to orienteering. The compass is only an aid to use the map more efficiently; better orienteers tend to use the compass less because they are able to orient the map by terrain features most of the time. Running ability usually becomes a significant factor only between people with roughly similar navigational skills (except in cases of huge fitness disparities, which you won't find often in higher level competition).

Finally, if you are a good runner—slow down! Runners who are new to orienteering have a tendency to run too much and think too little. This tends to turn getting a little lost (i.e., getting out of touch with the map for 30 seconds) into getting really lost (e.g., getting out of touch with the map for 30 minutes). You will be able to make more use of your running ability when your navigation skills improve.

CLUB CALENDAR

August 18, Lincoln Park Early-O

Course Setter: Jeff Brucker (886-2528)
 Course Vetter: Don Fallis (615-8861)
 Meet Director: Ralph Prince (323-9417)

August 26, Newsletter Deadline

See page 4 for details.

September 15, Slavin Gulch Rogaine

Course Setter: Mark Everett (318-1217)
 Course Vetter: Vacant
 Meet Director: Rachel Gelbin (326-7504)

October 20, Maternity Well (Empire Ranch)

Course Setter: Roger Sperline (577-8519)
 Course Vetter: Vacant
 Meet Director: Vacant

November 17, Route 83

Course Setter: Chris North (322-9758)
 Course Vetter: Vacant
 Meet Director: Emily Lane (322-9758)

December 15, Cat Mountain

Course Setter: Ludwig Hill (299-9041)
 Course Vetter: Vacant
 Meet Director: Vacant

2003

January 19, Course Setters' Choice

Course Setter: Vacant
 Course Vetter: Vacant
 Meet Director: Vacant

February 16, Slavin Gulch

Course Setter: Mark Parsons (520-432-3013)
 Course Vetter: Vacant
 Meet Director: Vacant

March 16, Rogaine at the Little Rincons

Course Setter: Matt Chamberlain (318-3630)
 Course Vetter: Vacant
 Meet Director: Yen Chamberlain (318-3630)

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.

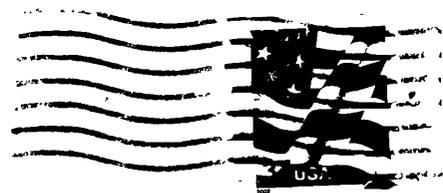
Please call Peg Davis at 628-8985 if you can help with any of these meets.

2002-2003 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

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Secretary/Treasurer	Jeff Berringer	jaberringer@earthlink net	512-4685
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Schedule Coordinator	Yen Chamberlain	yenc@dakotacom net	318-3630
Map Librarian	David Barfield	david77barfield1@hotmail com	748-9877
Equipment	Mary English		881-4786
Permits	C Michael Thompson		743-9687
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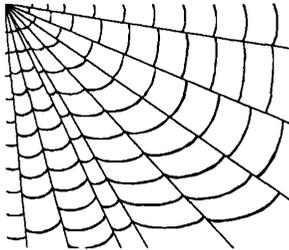
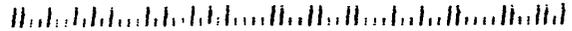
Tucson Orienteering Club
P. O. Box 13012
Tucson, AZ 85732

Address Service Requested



**REMEMBER
LINCOLN (PARK)
AUGUST 18.**

85745+1304



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

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.