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July 2003

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## Lincoln Park Early-O

—Cristina Luis

Come to Lincoln Park nice and early on July 20 to try your hand at a “Western Mass. Rules” orienteering course. In a Western Mass. Rules course, your task will be to visit a specified number of controls in any order you wish. There will be three “lengths” to choose from: short, medium, and long. You will not have to decide which length you are doing (how many controls you will visit) before you start— but knowing early in the course will help your route planning!

Considering the terrain at Lincoln Park I would expect there to be many fast times for the “long” course. There will also be a White course for those who are new to orienteering.

Meet director will be Ralph Prince. Please call him at 323-9417 if you would like to volunteer, or just offer your help the morning of the meet. All volunteers are greatly 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.

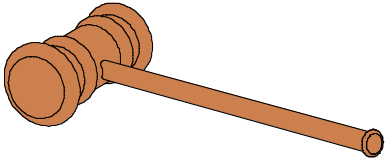
**Newcomers:** Go directly to Registration. Ask for instructions and introductory information. To attend the Beginners’ clinic, arrive before 7:30 a.m.

**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.

### *Have you paid your dues?*

Check your label to see if you are a member in good standing. Membership gives you a discount on meet fees, a copy of the monthly newsletter, and the right to vote on all club decisions.

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## President's Message

I wish to acknowledge and thank Don and Annemarie Baker for directing the May Bear Wallow meet, and Chris North and Emily Lane for setting and vetting the courses. I really enjoyed the Memory-O. (I guess the old synapses can still fire to some degree.)

I also wish to acknowledge and thank Pete and Judy Cowgill for directing the June Palisades meet, and Mike Franklin (from the Phoenix club) for setting the courses. I vetted for Mike, and it was a real pleasure.

Both meets were well-attended, with many newcomers.

I was not at the Palisades meet because I was attending the Los Angeles club's A-meet and Pacific Region Championships at Mt. Pinos, along with three other TSN members. Congrats to Max Suter who took first place in the Men's 50+ division and is now THE Pacific Region M50 Champion. Also congrats to Cristina Luis who took second place in the Women's 21+ division.

Melissa Trout did the Orange course recreationally, and I did the Men's 55+, but did not place because of an exceptionally huge error on the first day. Let's just say that I creatively turned a minor one-minute lapse into an extra hour of serious hill climbing practice. Losing a mind is a terrible thing!

**Happy O!**

**Jeff**

## July Board Meeting

The next board meeting will be held on July 11 at the home of Wilkey Richardson. There will be a potluck dinner at 6:30, followed by the meeting at 7 p.m. All members are invited and encouraged to attend, and are eligible to vote. To place an item on the agenda, please call or e-mail Jeff Brucker, President.

Directions to Wilkey's house are as follows: from Ft. Lowell and Alvernon, proceed east approximately 1/4 mile to Avenida Laurel Real. (There is a National Self Storage sign immediately opposite.) Turn south on Laurel Real and continue to the end of the street, which is Calle Cambujo. Wilkey's house is 4126 East Calle Cambujo, just east of the intersection on the south side. NOTE: Do not park on the south side of Calle Cambujo. Park on the north side of the street, or by the mailboxes on Laurel Real. Call Wilkey at 240-4833 if there are any questions.

## 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.

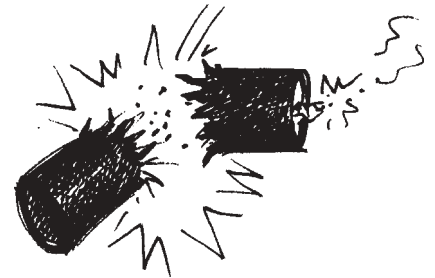
To subscribe, send a blank message to: [TucsonOrienteering\\_subscribe@topica.com](mailto:TucsonOrienteering_subscribe@topica.com). To send a message, simply address it to: [TucsonOrienteering@topica.com](mailto:TucsonOrienteering@topica.com). It will then go to all the list subscribers. To unsubscribe, 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@ComCast.net](mailto:JimStamm@ComCast.net).

## Map Requests

—David Barfield, Librarian

New or updated maps for archives and requests for club maps should be sent to my new address: [david77barfield@hotmail.com](mailto:david77barfield@hotmail.com). New phone number: (505) 661-7686.



# Keeping Cool at Palisades

—Pete and Judy Cowgill

June 15, 2003: The big story of the day was Jessica Shafer. She wiped out the entire field in the 22-control Score-O event held south of the Palisade Ranger Station in the cool (?) pines of Mount Lemmon. Course setter **Mike Franklin** thought nobody could get all of the controls, worth 790 points, in two hours. He was right. Barely.

Jessica, a willowy blonde member of the U.S. Army Pentathlon Team, got 20 controls worth 770 points. But she was one minute late and was penalized 30 points, so her total was 740 points. Much of the course was steep up and down on a coating of thick, slippery pine needles. Jessica ran almost all of it. Her navigating skills with map and compass on a tough unfamiliar course was nearly flawless.

Congratulations, Jessica. Come back to another event and show us how really good you are.

Twenty-seven individuals and teams competed in the Score-O. Ludwig Hill took second place with 15 controls worth 510 points. In third place were the Space Monkeys with 13 controls and 500 points.

In addition to the Score-O, Franklin set a nine-control White Course and a 10-control Yellow Course. Competition was tough on the White Course. The Beasts Team completed the course in 40:45. The B&B Team got all nine controls in 46:20. There were nine entries in White.

Peter Johnson ran the Yellow Course and got all the controls in a time of 36:30. It took David Munro 38 minutes, 15 seconds to get them all. In third place was the Father's Day team with a time of 44:18. There were nine entries in Yellow.

**Peg Davis** did her sparkling Beginners Clinic with the notation that none of her students got lost. **Sue Wenberg** helped **Judy Cowgill** at the Registration Table. **Ludwig Hill** volunteered time at **Pete Cowgill's** Finish Table. Control retrievers were **Ludwig Hill, Dan Cobbledick, Jim O'Donnell and the Poe team**.

We had a great time. Hope you did, too. See you next month.

Score-O	White	Yellow
1W Jessica Shafer*	740	1T Beasts 40:45
1M Ludwig Hill	510	2T B & B 46:20
1T Space Monkeys	500	3T Road Kill 47:40
2M Jason Bowman	420	4T Pirates 51:15
3M Ben Scrivner	410	5T Olys 57:50
4M Tom Kunkel	390	Rec Asian Girl
2T Hey Steve	390	Rec Frank Llenas
3T Team Tubac	320	Rec David Munro
2W Rachel Gelbin	280	DNF Leslie Baird
3W Sue Wenberg	260	
4T Mooney	260	
5T Team C	240	
4W Peg Davis	230	1M Peter Johnson 36:30
5M Larry Lamb	210	2M David Munro 38:15
6M Jim O	200	1T Fathers Day 44:18
5W Jean Scrivner	170	2T Kanoc 51:00
7M Luther Beck	170	1W Susan Robertshaw 58:30
6T McElroy	160	3T Dragons 66:20
7T Pathway Deviants	130	4T Evolution 90:00
8T Mudhens	130	Rec Beasts 2
9T Fathers Day	120	Rec Beasts 1
8M Phil Kirby	120	
10T TFA1	120	*Score of 770 less 30 point late penalty.
DSQ Jim Stamm		
OT Thirsty Dogs		
OT TFA2		
OT Ralph Prince		

## Training Tip Reviewing Your Course

—Dennis Wildfogel, copied from LAOC newsletter

One of the best ways to improve your orienteering is to go over your course in detail as soon as you can after completing it. Use a pen to trace on your map the exact route you actually took. This forces you to remember what you actually did and what you actually saw. You ought to be able to reconstruct exactly where you were, or else that means you're not looking at the terrain enough. See if there were better routes you might have taken that you didn't notice at the time. Analyze your errors by asking yourself what you didn't see that you might have. (Oftentimes errors are caused by ignoring terrain details that you actually saw but didn't utilize.) Talk to other people who ran your course and ask them why they went the way they went, and what key things they relied on (pace counting, contours, point features) in different situations. If you don't take the time to analyze what you did and to get input from others, then you're sure to commit the same mistakes over and over.

## Rants of a Route-setter (Confessions of a Course-setter)

I had forgotten how much fun it could be to set orienteering courses, but I got a great reminder last month. Of course it helped that Tucson was slowly melting but Bear Wallow was at the "just right" temperature. Armed with my trusty mountain bike, Chris and I had made a couple of trips up the mountain beforehand to scout out the place and hang flagging. Ludwig Hill did a sterling job of vetting and hanging some of the controls during that week and then we were out again on the Saturday for the final touches. It was just so nice to be out amongst the pines, and the phone line trail is highly recommended on your bike if you're looking for adventure. There are also some great cliffs out on the eastern side of the course that the Memory-O folks got to explore.

Of course one of the best parts of the setting is on the day when everyone comes in and tells you how much fun they had on your course (or how lost/frustrated/confused they got). So I sat back and enjoyed the ego massage. I was really pleased that four people took up my challenge of a Green memory-O. It made the effort of organising it worthwhile, and it was great fun hearing how they went. At each control there was a map showing where you are and where you need to go and that was it. (I must confess I've never done a Memory-O myself; it's the sadist in me, not the masochist. It may also have something to do with the fact that in all my time with the club the only Memory-O's I've heard about have been set by me!)

Also worth mentioning is Kiera Chamberlain, who despite recently undergoing the trauma of birth did the Yellow course (not to forget mum, Yen!). At 12 days old, we're thinking of contacting the World Orienteering Organisation to see if we have a record. Reports say that she held up well but was tired and in need of a diaper change by the end.

And speaking of Chamberlains, I happened to be watching the Little Rincon Rogaine video the other day (a must-see for all those mad dogs like me who were out in that midday sun), and Chamberlain Senior seems to be going for a record himself for the most creative use of a control.

I'm sorry, I was a gossip columnist in a past life, enough for now. Toodles,

*Emily*

### 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*



*Start'em young!  
Our littlest orienteer, Kiera Chamberlain at 12 days old, with parents Matt and Yen.*



*Kiera, getting ready to punch a control (with a little help from Daddy).*

# May Meet at Bear Wallow

—Don Baker

The May 18 meet was held at the Bear Wallow site on Mt. Lemmon. It was a beautiful day for orienteering, with a comfortable temperature and cool breeze. White, Yellow, Orange, and Green courses, and a Memory-O for those needing a little more challenge, were set by Emily North. There was a very good turn-out with over 50 entries.

Members and other attendees were generous with their time, as usual. Thanks to all the volunteers: Coursesetters, **Emily Lane and Chris North**; Timing, **Jason Bowman and Jeff Brodsky**; Registration, **Jeff Berringer and Annemie Baker**; Beginners' clinic, **Peg Davis**; Control Retrievers, **Jason Bowman, Emily Lane, Chris North, Max Suter, Peg Davis, and Eric Tobin**.

## Memory-O

1M	Mark Everett	54:18
2M	Jeff Brucker	73:20
1W	Jessica Shafer	104:20
2W	Peg Davis	125:32
Rec	Max Suter	

## Green

1M	Max Suter	69:54
2M	John Little	100:10
3M	Jason Bowman	109:54
4M	Jeff Brodsky	111:15
1W	Cristina Luis	119:15
5M	Gurevitch	126:26
1T	Beauty and .....	163:55
2T	Ebony & Ivory	227:16
Rec	The Plebes	
Rec	Joe Plassmann	
DNF	Casa	

## Orange

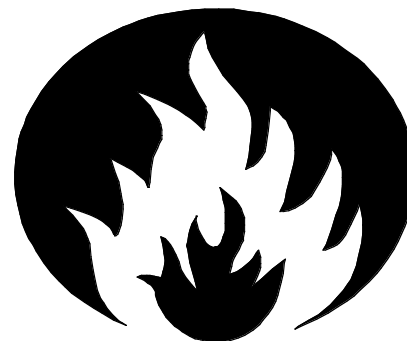
1T	Hilltoppers	79:43
1W	Pat Penn	87:44
2T	Narcolepsy	92:00
3T	Double Cute	99:26
4T	Observatory Rats	102:37
5T	Geobabes	127:15
6T	Mudhens	138:36
1M	Ralph Prince	145:30
2W	Delphine Perrodin	152:10
7T	McElroy	155:44
Rec	Olena Krawciw	
Rec	Jessica Shafer	
Rec	Heather Kehres	
Rec	La Familia Gris	
Rec	P.E.	
Rec	P.O.F.	
DNF	DDCC	
DNF	Lois Kimminau	
DNF	Yvonne Poe	
DNF	Radon	

## Yellow

1W	Olena Krawciw	40:30
1T	P.O.F.	54:46
2T	La Familia Gris	60:06
3T	Wilson Wanderers	67:48
2W	Melissa Trout	72:20
4T	Thompsons	82:31
5T	Chamberlains	91:04
6T	Team Colorado	91:25
Rec	Johnson/Munro	
Rec	Annemie Baker	
Rec	Walter Banks, Jr.	
Rec	Heather Kehres	
Rec	William Hong	
Rec	Tucson Mountain Trio	

## White

Rec	Johnson/Munro	
Rec	Bill & Meagan Beshel	
Rec	Phyllis Hochman	
Rec	Barker	
Rec	William Hong & Ed Radek	
Rec	Jeff Berringer	
Rec	Timken-Tinus	
Rec	Heather Kehres	
Rec	Poopsie	



[Ed. note: The fires held off long enough to have May and June meets on Mt. Lemmon, but they're raging unchecked at this writing. Just a few days after the Palisades meet, Pete Cowgill tried to return to the meet site to retrieve a final few controls, but he was turned back because the highway was closed. Nature has its own way of renewing itself, but it always makes me sad to see the loss of such beauty. I pray for the rains to come soon. Lois]

## Web Volunteer Needed

Our beloved webmaster, Cristina Luis, will be finishing her UA masters program and leaving Tucson in August. Our very own Margrit McIntosh will be replacing her sometime this summer. We may still need someone to fill-in for Margrit and Cristina during the coming transition period, and possibly to fill-in for Margrit after that. This would not be a very time-consuming job and would be a great way for you to help the club. Anyone who is interested and has web experience, please contact Jeff Brucker at 886-2528, or email [jeffbrucker@cox.net](mailto:jeffbrucker@cox.net)

## CLUB CALENDAR

Date	Location	Setter(s)	Vetter(s)	Meet Director(s)
July 11	Board meeting at Wilkey Richardson's. See notice page 2.			
July 20	Lincoln Park Early-O	Cristina Luis (275-7561)		Ralph Prince (323-9417)
July 27	Newsletter deadline. All articles for August newsletter due by 6 p.m.			
Aug. 9-10	<i>Mormon Mountain Annual Camp-out</i>	<i>GPHXO</i>		**
Aug. 16-Sat.	Lake Mary-Day 1 AZ State Champs	Jeff Brucker (886-6304) Dave Kreider (928-638-0307)		Jeff Berringer (512-4685)
Aug. 17-Sun.	Lake Mary-Day 2 AZ State Champs	Jeff Brucker (886-6304) Dave Kreider (928-638-0307)		Jeff Berringer (512-4685)
Sep. 13	<i>Thumb Butte (Prescott NF)</i>	<i>GPHXO</i>		**
Sep. 21	Greasewood City Park Nat'l Orienteering Day	Ludwig Hill (299-9041)		Peg Davis (628-8985)
Oct. 16 & 18	<i>Fall Land Navigation Class</i>	<i>GPHXO</i>		**
Oct. 19	Catalina State Park	Josh Stamm (575-0830)		Mike & Val Thompson (743-9687)
Nov. 1	<i>Lake Pleasant (Jt. JROTC)</i>	<i>GPHXO</i>		**
Nov. 16	Highway 83	Chris North (322-9758)		
Dec. 13	<i>Bomboy Mine (Jt. JROTC)</i>	<i>GPHXO</i>		**
Dec. 21	Cat Mountain	Ludwig Hill (299-9041)		
<b>2004</b>				
Jan. 18				
Feb. 15	Chimney Rock	Leif Lundquist		

\*\*For information on Greater Phoenix Orienteering Club events, check their website at <http://www.geocities.com/phxo>, or e-mail them at [gphxoc@yahoo.com](mailto:gphxoc@yahoo.com). Our members are encouraged to support our sister club.

**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 Jim Stamm at 318-3630 if you can help with any of these meets.**

# Coming Soon to Your Neighborhood . . . . World Rogaine Championships, May 2004

—Rachel Gelbin

Many years ago, I had the pleasure of being meet director beside my husband, Dan, who was often course-setter. We ran many meets and it was great. Then life happened and now I only occasionally attend the meets and even more rarely get to meet-direct them. So when the club hosts a big meet, I love to take advantage of the opportunity to help out in a big way. I have been meet director for several Rogaines and have helped out at more than a few as a volunteer. They simply are tons of fun and very rewarding. I enjoy them even more than the regular meets and here is why: Rogainers are at your mercy. They need you, they depend on you, and they almost always (with very few exceptions) really appreciate you. They come wandering in out of the dark at 2 a.m. and there you are with a friendly smile and a "What can I get you?" The looks of relief are instantaneous. It is very gratifying when they come back for seconds and thirds.

I also love getting away for three days out in the wilderness. When I'm not working at the meet, I relax, sleep, hike, and visit. When I do work in the hash house, I visit, relax, meet people from everywhere, and eat a ton!

May 2004 brings a unique opportunity to Tucson. We are hosting the World Rogaine Championships! This is quite an honor and one that the club had to earn. We've hosted twelve Rogaines in the past years, which has proven to the powers that be that we are ready for the big one. John Maier, our course-setter hero, will design one of his well-received courses and Peg Davis is the best there is at running these things. It's in a beautiful locale up in the cool when it's hot, hot, hot down here.

Please take advantage of this opportunity to give something back to the club, especially if you are like me, where you go to some meets but haven't had the chance to meet direct one. By necessity, we are limiting the number of participants to 400. So, if you usually run in the monthly events, this might be a good one to sit out and just help. Peg's got the really hard job. Can you ladle chile? Can you make one mean cup of hot chocolate? Can you spy on controls? Collect them on a lazy Sunday afternoon? Then come join the fun, help out in a big way, and make Peg Davis a happy camper! We really need you.

I am in charge of collecting volunteers, so give me a ring (326-7504 or E-mail [rgelbin2@earthlink.net](mailto:rgelbin2@earthlink.net)) and sign up today. Don't wait until April 2004 unless you relish watching Peg have a coronary!



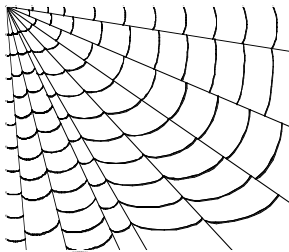
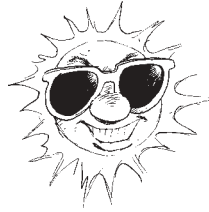
## 2003-2004 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

President	Jeff Brucker	<a href="mailto:jeffbrucker@cox.net">jeffbrucker@cox.net</a>	886-2528
Secretary/Treasurer	Jeff Berringer	<a href="mailto:jaberringer@earthlink.net">jaberringer@earthlink.net</a>	512-4685
Membership	Jeff Brodsky	<a href="mailto:jabrodsky@cox.net">jabrodsky@cox.net</a>	275-9351
Schedule Coordinator	Jim Stamm	<a href="mailto:jimstamm@comcast.net">jimstamm@comcast.net</a>	575-0830
Map Librarian	David Barfield	<a href="mailto:david77barfield1@hotmail.com">david77barfield1@hotmail.com</a>	505-661-7686
Equipment	Mary English		881-4786
Permits	David McElroy	<a href="mailto:david.mcelroy@hua.armymil">david.mcelroy@hua.armymil</a>	520-439-0640
Webmaster	Cristina Luis	<a href="mailto:cluis@geo.arizona.edu">cluis@geo.arizona.edu</a>	275-7561
Publicity	Peggy Rogers	<a href="mailto:pjrogers@surfbest.net">pjrogers@surfbest.net</a>	
Outreach & Education	Peg Davis	<a href="mailto:pegdavis@u.arizona.edu">pegdavis@u.arizona.edu</a>	628-8985
Newsletter Editor	Lois Kimminau	<a href="mailto:loiskim@aol.com">loiskim@aol.com</a>	296-2108
E-Group Moderator	Jim Stamm	<a href="mailto:jimstamm@comcast.net">jimstamm@comcast.net</a>	575-0830

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

Address Service Requested

**Too hot to sleep anyway!**  
**Lincoln Early-O**  
**July 20, 2003**



Check out the Tucson Orienteering Club web site!  
Type <http://www.tucsonorienteering.org>  
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:

\_\_\_\_\_

City, State, Zip:

\_\_\_\_\_

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.