

August 2004

Orienteering Skills Clinic, August 15, 2004

—Jeff Brucker

Have you ever been orienteering and had trouble identifying your exact position? Or spent a lot of time floundering around near your intended control? Or worse, were temporarily ...eek.... "lost"?

Well, the Tucson Orienteering Club feels your pain and has a solution to your quandary. These are some of the very situations which I will address on August 15 at the Orienteering Skills Clinic at Greasewood Park. The clinic will be generally geared to the intermediate level, but you would benefit from this course even if you are just moving up to the intermediate level, or if you have moved up to advanced courses but are not finishing them to your satisfaction, or if you are anywhere in-between. Even beginners can benefit from this class, since each skill topic identifies the differences between the way a beginner would apply that skill versus the way an advanced or intermediate would apply it.

The intermediate level is a transitional level, it is not a plateau. I would like to see every adult member in our club able to complete an advanced course. I don't mean "compete," I mean "complete." I realize all of us are not the swiftest runners, or even run at all. But the primary challenge of orienteering is in the navigating and the thrill of the hunt for that hidden and elusive goal. My satisfaction in orienteering comes from navigating in the best manner I can, using proper skills, effectively and successfully. Doing it on the run is further challenging and competitively fun, but doing it at a leisurely walk pace, such as when coursesetting, is in some ways even more satisfying.

I will generally follow the skills outline used in the clinic which was conducted at last year's USOF convention in New England, attended by our very own Max Suter, who brought me a copy.

Now let's talk turkey. What is the cost of this clinic? Well, when I regularly offered a similar clinic at Pima College for the last several years, the cost was \$39. But for Club members, the August 15 Clinic will be totally free, as far as money goes.

Our club is financially sound and we can afford to put on the occasional "free" activity. But for our club to prosper, it requires *time* as well as money. When a few people get overloaded with a lot of work, the result is always burn-out. But if a lot of people each do a little bit, the load is spread out and everyone benefits. Soooo.....the non-monetary cost is that each participant will be required to do some type of volunteer job for the club.

The minimum requirement is to be a meet director, which is the least time consuming of all club positions. If you feel the urge to hold any other key volunteer position, that qualifies also. If you already are an officer or meet director, you automatically qualify. If you are brand new to orienteering and aren't even a member yet, no problemo. Membership takes about 30 seconds and you can learn to direct a meet in short order. So, basically, this clinic is open to everyone.

Just show up at the appointed time, select your volunteer assignment from the list of jobs on the registration log, and let the clinic begin. (Bring water and an enquiring mind.)

Schedule:

7:00 a.m.	Registration
7:15 a.m.	Clinic begins.
10:15 a.m.	Clinic ends.

Directions: Take Speedway west to Greasewood Road. Turn left, and after 100 yards or maybe less, turn right into Greasewood Park.



SCORE-O FUN BY DAY AND NIGHT

—Jeff Berringer

The Tucson Orienteering Club hosted two Score-O events at Lake Mary on July 17 and 18, 2004. Jeff Brucker set a 16-control Night Score-O course for Saturday, and a 30-control Day Score-O course for Sunday.

Although many of the usual Tucson Orienteering Club members were unable to attend, a number of orienteers from Phoenix and northern Arizona provided a well-rounded field on both days.

The 90-minute Night-O course started at 7:40 p.m. The twilight transitioned to a moonless night while competitors were on the course. Controls and land features that were relatively easily spotted in the twilight became less apparent as time went on. Weak on Recon, a four-person Phoenix team, reached 13 of the 16 controls, scoring 170 of 220 possible points. The men's category was the closest, with the first four competitors each scoring 160 points. Jeff Brodsky was more than 6 minutes faster collecting his points than his closest competitor. The difference between the second, third, and fourth place men's finishers, however, was only 24 seconds. Pat Penn collected 100 points en route to winning the Women's category.

The Sunday Score-O course began with a mass start at 8:41 a.m. Competitors had up to three hours to bag controls. Max Suter visited all the controls, scoring a perfect 600. Dave Kreider was a close second, with an official score of 590. Dave explained that he missed punching a 10-pointer, but did visit all the controls. Because his travels took longer than Max's, this did not affect the overall standings. Weak on Recon repeated as the best team, accumulating 430 points. Pat Penn also repeated as the winner of the Women's category with 310 points.

In addition to the orienteers on the course on Sunday, Jacob the dog participated. Jacob arrived in camp around 1 a.m. In the morning, he visited many of the orienteers, begging food and water from them. Once the event started, we called his owners, who explained he had left their campsite at 10 p.m. Saturday night. They were searching for him about two miles away. Upon arriving at the orienteering site, they began searching the area for their dog, who apparently went out on the course. Competitors reported that Jacob visited some of the controls, but were convinced he had followed multiple teams to get there. He returned to the start after approximately two hours, met his owners, and left for home.

Thanks to all those who helped. **Jeff Brucker** set two interesting courses on a great map for summer orienteering. **Jeff Brodsky** helped with Registration on Saturday. Because virtually everybody was out on the course on Saturday night, most competitors also helped with Timing once they returned. Special thanks go to all the control retrievers: **Dave Marks and Windy Spillane, Max Suter, Jeff Brucker, Sierra Adventure Sports, the Grasers, and the Poes.**

Saturday Night-O Score-O

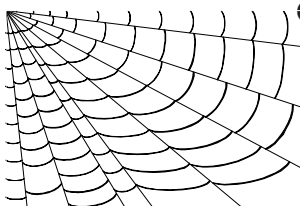
Place	Name	Time	Controls
1T	Weak on Recon	1:28:25	170
1M	Jeff Brodsky	1:19:29	160
2M	Max Suter	1:26:20	160
3M	Jim Thompson	1:26:31	160
4M	David Marks	1:26:44	160
2T	Team Tubac	1:22:45	130
3T	Mike, Mike & Nick	1:28:55	130
4T	Graser	1:28:45	120
1W	Pat Penn	1:22:16	100
5M	Walt Smith	1:25:24	90
2W	Adria Smith	1:06:00	80
5T	Where's North	1:28:56	80

Rec: Windy Spillane, Sierra Adventure Sports, Roster
Teeth Productions, Luther Belk, Jeff Berringer

Sunday Score-O Results

Place	Name	Time	Score
1M	Max Suter	2:40:41	600
2M	Dave Kreider	2:56:35	590
3M	Jim Thompson	2:48:50	450
1T	Weak on Recon	2:46:34	430
2T	Erik & Michael	2:45:54	400
3T	Mike, Mike & Nick	2:26:44	360
4M	David Marks	2:46:29	360
5M	Walt Smith	2:40:31	350
4T	Team Tubac	2:46:30	340
1W	Pat Penn	2:42:33	310
5T	Graser	2:45:40	300
6M	Jeff Brodsky	2:38:21	190
2W	Adria Smith	2:34:16	170

Rec: Christy Dixon, Huff 'n Puff, Sierra Adventure
Sports, Roster Teeth Productions, UFAP, Windy Spillane



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>

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.

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US mail: 9055 Calle Bogota, Tucson, 85715

Lois Kimminau, Editor

CLUB CALENDAR

2004	Location	Course Setter	Vetter	Meet Director
Aug 15	Greasewood City Park--Clinic			
Aug. 23	Newsletter deadline. See submission information box on page 2.			
Sep. 19	Greasewood City Park	Ludwig Hill (299-9041)		
Oct. 30-31	Bomboy Mine (State Championships)	GPHXO**		GPHXO**
Nov. 21	Kentucky Camp	Ludwig Hill (299-9041)		
Dec. 11	Saguaro Lake	GPHXO**		GPHXO**
Dec. 19	Cat Mountain			
2005				
Jan. 26	Brady Wash			
Feb. 20	Kentucky Camp	Leif Lundquist		
Mar. 20	Catalina State Park	Course setters: Look at all these great sites to pick from! Pick your date and site and call Jim Stamm to make it official. Meet Directors: you can get your choice of date and site if you sign up early. We need ALL of you to make this a successful orienteering club. VOLUNTEER NOW!		
Apr. 17	Cave Creek			
May 15	Slavin Gulch			
Jun. 19	Palisades			
Jul. 17	Lake Mary			
Aug. 21	Lincoln Park Early-O			
Sep. 18	Greasewood Park Early-O			
Oct. 16	Silverbell--State Championships			
Nov. 20	Kentucky Camp			
Dec. 18	Cat Mountain			

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 575-0830 if you can help with any of these meets.

2004-2005 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

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Address Service Requested



**Improve your course times with
increased skills at the
Orienteering Workshop
August 15 at Greasewood**

Check the Label, Mabel! Message from Jeff Brodsky, Membership Chair

Are you still an official Tucson Orienteering Club member? Are your dues fully paid? Simply check the address label on this newsletter, and you'll know. If it says 'Expired', your time for membership renewal is now!! (If it says 'Ends mm/yy' you are getting a courtesy copy because we like you.)

So, what do you get for your dues? Well, for starters, you pay the members' rate at every meet. A great savings right there. And you get a guaranteed 12 months of newsletter delivery (and saving the membership guy a whole lot of effort validating lists every month...). But wait, there's more!! You can get discount rates at other club meets as well. Yes, that's right, our buddies in LA, Phoenix, San Diego, and the Bay Area all give our members discounts. What a deal!

Tired of remembering when to renew? Did you know you could pay for more than one year when you do renew? We keep track of that sort of thing.

You can renew at any meet (Use the form, Luke!!), or mail a check to our PO Box. There is a form on the last page of every newsletter (see below) for new or renewed memberships, and the mailing address is also included. Hope to hear from you!

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.