



April 2005

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## Las Ciénegas Night-O and Classic

—*Max Suter*

This month's club meet will take place Saturday and Sunday, April 16-17, at the Las Ciénegas (formerly Empire-Ciénega) National Conservation Area. I will set two point-to-point (intermediate and advanced level) courses for the Saturday Night-O and classic-distance point-to-point White, Yellow, Orange, Green, and Red courses for Sunday. Both days will have preprinted clue sheets and color maps.

The meet area is located in the southwestern part of Las Ciénegas, at an elevation of 4,800–4,900 feet, and delimited by the Las Ciénegas access road in the south and east, Empire Gulch in the north, and Arizona 83 in the west. The terrain, grassland with scattered mesquite trees (mostly in the reentrants) and isolated oak trees, is very runnable. There is no undergrowth (no catclaws!), and the mesquites do not stand close enough to slow you down. Moreover, the pesky grass seeds are not a problem at this time of the year. The topography is an intricate reentrant system eroded into gravel deposits. The larger reentrants have sandy channels, sometimes with earthbanks along them; the smaller reentrants are covered by grass and sometimes contain erosion gullies. There are neither cliffs nor other rock features. Besides the reentrants and spurs, some powerlines and fences provide handrails.

We will be using the Maternity Well map developed by Roger Sperline and Sue Roberts for the October 2002 meet. The map is based on the corresponding USGS quadrangle with a 40-foot contour interval. Because of the low contour resolution and the similarity of the spur-reentrant features, it is important to control well your direction (compass) and the distance traveled (pace counting) to avoid parallel errors. The best navigational aids are the reentrants (marked by blue dotted lines) and the oak trees (marked by large green dots), which are mapped in detail. The map scale will be 1:15,000 for the Red course, 1:10,000 for the Green and Orange courses and the advanced-level night-O, and 1:5,000 for the Yellow and White courses and the intermediate-level night-O.

The courses will be of classic distance; the climb will be 3% on the advanced courses and <2% on the intermediate and beginners' courses as well as the night courses (Red course, 7.3 km, 220 m climb, estimated best time 70 min; Green course, 5.3 km, 180 m, 55 min; Orange course, 4.3 km, 70 m, 40 min; Yellow course, 1.9 km, 40 m, 25 min; White course, 1.6 km, 30 m, 25 min). The advanced and intermediate courses will have a common water stop that will be marked on the maps but not on the clue sheets.

The night-O control markers will have reflecting tape. The advanced-level night-O course is identical to Sunday's Orange course, and the intermediate-level night-O course is identical to Sunday's Yellow course. This will be a training opportunity for those who plan to compete at the US night-O champs at Lake George, Colorado, in early August (see <http://www.colorado5day.com>).

Sue Wenberg will be directing this meet. Volunteers are always appreciated. Please step up and offer to help.

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Continued on page 2

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**Continued from page 1**

**Directions:** Take I-10 to Exit 281 and Arizona 83 south for 18.3 miles; turn east (left) onto the access road to Las Ciénegas. There will be an O-sign at this turn-off. (If you reach Gardner Canyon Road, you have gone 2.4 mi too far.) Drive on the Las Ciénegas access road for 1.2 miles past the information board to parking/start/finish (0.4 mi beyond the information board and before reaching Los Pozos Gulch; minor dead end road on your left). Area near parking is suitable for camping (no fee, no water).

**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:****Saturday Night-O:**

7:00 p.m. Registration opens.

7:30 p.m. Courses open.

9:00 p.m. Last time to start a course.

10:00 p.m. Courses close.

**Sunday:**

8:30 a.m. Registration opens. Beginners' clinic starts.

9:00 a.m. Courses open.

11:00 a.m. Last time to start a course.

12 noon-1:00 p.m. Route choice reviews.

1:00 p.m. Courses close. Begin control retrieval—good orienteering practice, lots of help always needed. Volunteer before 1 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, arrive between 8:15 a.m. and 8:30 a.m. (No beginners' clinic Saturday night.)

**Route Choice Reviews:** Between 12 and 1 p.m., an advanced orienteer will be available near the Start/Finish area to discuss route choices with returning participants.

## GPHXO Schedule

Greater Phoenix Orienteering has some interesting events coming up. April 7 and 9, they are holding a Land Navigation Class. There is a fee for this class.

June 11-12 there will be a Lake-2-Lake Hike.

Two campouts are planned: the Annual Family Campout at Mormon Mountain in August (date to be decided), and a campout at Picketpost Mountain September 17-18.

For further information about any of these events, check their website at <http://www.phoenixorienteering.org>.

## 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).

## Board Meeting

The next board meeting will be held on Wednesday, April 13, at the home of Peg Davis (2241 E. Parkway Terrace). Please call Peg at 628-8985 for directions, if needed. The meeting will begin promptly at 7 p.m. All members are invited and encouraged to attend and are eligible to vote.

We will be discussing our club's strategic plan or vision. What should our club be doing? Where do we want to be in 2-5 years? What should our club be focusing on? All club members are invited to contribute their opinions and views.

## Is your membership up to date?

I just realized mine is about to expire. I need to renew every March. Do you know when yours is due? Check the label on your newsletter.

Remember, you are not entitled to the fee discount at meets if you are not a member.

***Keep your membership current.***

### 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: (520) 296-2108

Fax: (520) 290-8071

E-mail: [loiskim@aol.com](mailto:loiskim@aol.com)

US mail: 10633 E. Mary Stephey Place  
Tucson, Arizona 85747.

*Lois Kimminau, Editor*

# Cave Creek, March 20, 2005

—Jeff Brucker

Wolfsong (aka John Maier) is the new Arizona Billygoat Champion, completing the long course in 2:20:14, followed closely by Ludwig Hill and Max Suter. John Little is the new Short Goat Champion with a time of 2:04:56, and also the only one who completed the short goat in the allotted time.

The courses set by Jeff Berringer were accurate, interesting, long, and hard. The long course was pretty much the ideal length, as 9 of the 14 entries completed it (6 within the allotted time, plus 3 within the grace period). As far as the skipped control, Wolfsong skipped #3, I myself and Ludwig Hill #5, Max Suter and Jeff Brodsky #8. I think all of these were fairly good choices, the consensus afterwards that #5 was probably best. (When I saw Ludwig leaving #4 for #6, I thought to myself, "If #5 is good enough for Ludwig to skip, it's good enough for me," so I followed him.) Ron Birks and the Poes waited until late in the race without skipping, so had to take lesser pickings. Ron skipped #12 and the Poes skipped #18.

The short course was appropriately 2/3 the length of the long course, which seems to be the traditional distance. This proved to still be a little long for most of our intermediate or advanced/recreational orienteers to complete in 3.5 hours. But they all had smiles when they came in. I think those smiles are proof that many of our members (including myself) share a certain attitude about orienteering...which is to orienteer as well as we can and have fun doing it. For me, speed and competition with others are minor factors. The real satisfaction comes from the freedom of cross country navigating, and solving the puzzle of the course. I really had a lot of fun on this one.

Mucho thanks to **Jeff Berringer** for setting the fine courses, organizing retrieval, and doing a lot of other stuff. Thanks to **Gail Brodsky, Leif Lundquist, Peg Davis and Judy Cowgill** for taking care of registration and timing tables, which allowed the meet director to also run the race. Also thanks to **Wolfsong, Max Suter, Robert Dunn, Ron Birks, and John Andrews** for taking care of control retrieval.

An interesting anecdote from the course. I forgot to bring my energy snack, so when I saw Robert Dunn between 3 and 4, I begged for food. He kindly obliged with a spare Cliffbar. Well, later in the day, while returning from control retrieval, he got his truck stuck in a bad ditch, and I got the opportunity to help him by pulling his truck out of the ditch. The moral: good things happen to those who are kind to their fellow orienteers.

**Long Goat**

John Maier	02:20:14
Ludwig Hill	02:23:56
Max Suter	02:24:23
Jeff Brucker	02:54:56
Ron Birks	03:07:18
Jeff Brodsky	03:37:52
Yvonne Poe	03:38:40
Brad Poe	03:38:41
George Andrews	04:18:00
John Andrews	DNF
Peg Davis	DNF
Robert Dunn	DNF
Walt Smith	DNF

**Short Goat**

John Little	02:04:56
Beckie Copeland	DNF
Pete Cowgill	DNF
Nadine Gruhn	DNF
Peter Johnson	DNF
Jean Kelleher	DNF
Lois Kimminau	DNF
Mike King	DNF
Shelby King	DNF
Phil Kirby	DNF
GeeGee Larrington	DNF
Ketsy Smith	DNF

*Same 'ol Song*



***Pictures! I need pictures!***

I'd love to use more pictures in the newsletter, but I keep forgetting my camera. If you are more organized than I am and get some good orienteering pictures, I'd love to use them. If you don't have them in digital format, I can scan them from a print.

*Editor--Lois*

**Join us the weekend of May  
14 & 15 for a cool weekend of  
orienteering on the Mogollon  
Rim.**

# ORIENTEERING IN ADVENTURE RACING

—*Yvonne Poe*

As a participant in adventure races (multisport events involving trail running, mountain biking, kayaking, etc.), the importance of orienteering skills becomes ever more important. Adventure races typically have Orange level orienteering. In fact, several races require the team to complete an orienteering course in order to acquire the necessary maps to complete the event. This can prove rather easy as you can follow another team on this short course of three points or so if lacking O skills. However, the fun is just beginning. Now that you have the maps—what do you do with them?

First off, you must plot coordinates using UTM's. Then you and your teammates must decide the most efficient way to reach these points via foot, bike, or kayak, depending on the race director's specifications. Here is where your O skills are very important. Your team must be able to get safely to the next control without falling off a cliff, crossing through closed areas, or, preferably, not climbing every hill on the map.

It has become more apparent in our last several races that much time can be made up with smart orienteering. There are very many fast teams out there, but if you choose a smarter route to the control, you won't have to run like an Olympian to make up some time. Sometimes the better route proves shorter with a lot less elevation gains if you consider your topo lines, where a reentrant will intersect with a trail, or "boxing out" an undesirable feature (a big thicket, for example).

The refinement of one's O skills is an on-going process. These races sometimes go into or through the night (you will know this prior to registering for a race) requiring nighttime orienteering. You must also adjust all your skills for the different disciplines. Orienteering on a bicycle is very different from being on foot. The countryside goes by so much faster and you are in danger of not paying close enough attention if concentrating on riding your bike. In a boat, you had better have found out the elevation of the lake before proceeding. It's amazing which features pop out of the water at low levels, or are completely submerged during flood stages. It makes for an interesting paddling experience if this basic facet is not considered.

Although you can follow another team during these races, you run the risk of losing sight of them if they are faster or possibly they cannot orienteer as well as you and will lead you astray. It is best to have your own plan based on your team's capabilities. Often we have seen teams on courses climbing up the wrong reentrant, utilizing a road headed in the wrong direction, or even aimlessly wandering around a field looking for a hilltop. Therefore, constant practice is a must.

If interested in trying local adventure races, check out Sierra Adventure Sports on the web. They have several entry level events as well as sprint AR's and one longer event in the fall. Besides, their race director (Rick Eastman) has joined our O club and is incorporating more interesting navigation as he picks up tips at our O meets.



It's getting to that time again--when we need to remember to drink lots of water. It is very easy to get dehydrated in the Arizona sun, and since dehydration also causes mental confusion, you may not even realize it. So drink *before* you feel thirsty.

There is usually water somewhere on the course, and we know those elite runners like to travel light. But for us plodders, we'd better carry some water along. And use it.

