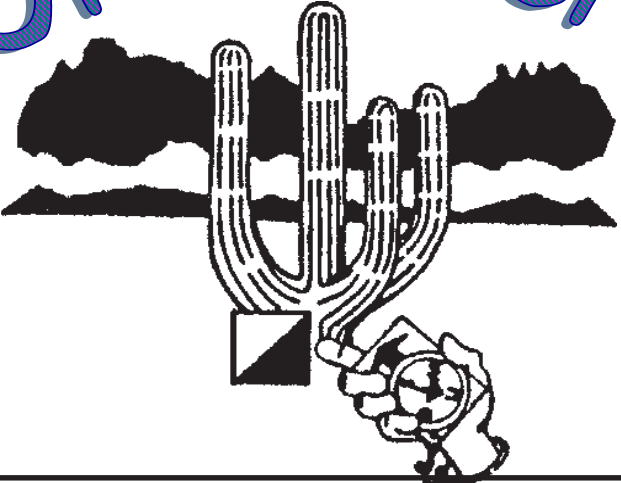

Tucson Orienteering Club



August 2005

Lincoln Park-O, August 21, 2005

—Max Suter

Join us August 21 for some early morning orienteering at Lincoln Park (southeastern Tucson)! You can choose from a sprint-O (individual starts, estimated winning time: 25 min) and a beginners' level course. Sprint races are technically at an intermediate level, offer many route choices, and 10-20 relatively short legs with many direction changes.

This meet counts as part of the 2005 Sprint Series organized by Peter Gagarin. A nationwide series of qualification races, including our August club meet, will lead to the finals in September in New Hampshire. At this club level sprint, the winner gets 30 points on down to the 30th, who gets one point. There are separate point lists for men and women, but no separate age group lists. In the 60 sprints held up to July 4, sprint points have been earned by 461 men and 206 women. For more information about the 2005 Sprint Series see <http://users.crocker.com/~pg/team/sprintseriesinfo.html>. You may also want to look on the same website at Peter Gagarin's orienteering maps from all over the world, with his routes marked on them, and read his course evaluations. Non-sprinters are welcome to do the sprint course recreationally at their own pace.

Lincoln Park has an intricate spur-reentrant system. The map, with a scale of 1:3,500 and a contour interval of 5 ft (1.52 m) is very detailed. The small washes have now been mapped systematically, which provides many new control locations. The terrain is fast because of the dense trail network. The vegetation is Sonoran desert, and the surface is sand and gravel. A jpg file of last year's brown course can be viewed at (downloaded from) <http://members.aol.com/SuterMax/Orienteering>.

Brad and Yvonne Poe (Team Tubac) will be the meet directors. To volunteer with timing, registration, or control retrieval, contact them at brad.poe@worldnet.att.net, or 398-9801.

Note that this year we will not use the Pantano Road but the Escalante Road entrance to the park (east of its intersection with Pantano Road; north side of the park). Start and Finish will be 100 m east of the car parking lot, at the shaded picnic tables between the baseball field and the playground. The runners will pass the start-finish area half-way through their course (spectator control). The Park opens at 6 a.m. Please, respect the out-of-bounds area in the eastern part of the park. Don't forget to bring a hat and sunscreen!

Directions: From 22nd Street and Pantano Road, turn south on Pantano Road. Proceed to Escalante (high school on the southeast corner). Turn left (east) to the park entrance.

Schedule:

6:30 a.m. Registration opens. Beginners' clinic.

6:40 a.m. Courses open

8:00 a.m. Last start

9:00 a.m. Courses close. Begin control retrieval.

(Lots of help always needed. Volunteer before 9 a.m. with the meet director.)

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.

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 6:15 a.m. and 6:30 a.m.

Route Choice Reviews: Between 8 and 9 a.m., an advanced orienteer will be available near the Start/Finish area to discuss route choices with returning participants.

July Meet at Palisades

—Rachel Johnson

There was a good turnout for the meet June 19 at the Palisades on Mount Lemmon. It was a very nice day to be out enjoying nature without the heat down in the desert.

Thank you, **Peter Johnson**, for setting six nice courses. That's not the easiest terrain to set in, but makes for an interesting meet.

I would like to thank **Pete Cowgill** for running the timing table throughout most of the event and **Jim Stamm** for finishing timing. **Judy Cowgill** helped me get set up in the morning. My son, **Andrew Johnson**, helped me with registration. Volunteers for control retrieval were myself, **Peter Johnson, Jeff Brucker, Ludwig Hill, Brad and Yvonne Poe, and Mark Everett**.

White

1F Joyce Vyrioles 00:31:30
1T Cecil and Scott 00:38:00

Yellow

1F Deva Lingemann 00:47:00
1T Gila Monsters 00:50:00
2T Ixodia 01:34:50
3T Kimminau Family 01:36:00
4T Pathway Deviants 01:38:25
1M John McCarthy 01:43:00
REC Joyce Vyrioles

Orange

1F Sue Wenberg 01:29:25
1T SHIKE 01:37:00
2T Cole Team 01:48:46
3T UFAF 02:26:44
1M Koenig 02:38:20
DNF Pink Pigs

REC Brown Family
REC Deva Lingemann
REC Kimminau Family

Brown

DNF Michael Rule
DNF Jim Stamm
OVT Pat Penn

Green

1M Larry Lamb 02:38:00
1T LPL 02:50:15
DNF Mikail Gurevich
DNF Paul Vyrioles

Red

1M Mark Everett 01:04:10
2M Ludwig Hill 01:42:52
3M Jeff Brucker 01:44:55
1T Team Tubac 02:29:15
DNF Peg Davis

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@ComCast.net.

**Board Meeting
August 15!
Check Club Calendar
for details.**

Your Inner GPS

It's the size of your thumb, it's buried far inside your brain, and – thanks to a new study by University of Arizona researchers – scientists now know it works like a personal Global Positioning System, keeping track of your movements and updating new information as it comes. It's a funny-looking brain structure long known to be crucial to the making of memories: the hippocampus.

Husband-and-wife colleagues Bruce McNaughton and Carol Barnes, both professors in the UA's psychology department, working with colleagues at the Norwegian University of Science and Technology, have found that nerve cells in the rat hippocampus maintain a map of the animal's surroundings, and there are consequences when the hippocampus is damaged. Rats with hippocampus damage can't learn where to find treats in a maze, for example, or locate the escape islands in a pool test.

McNaughton and Barnes, working with colleagues at the Norwegian University of Science and Technology, have found that nerve cells in the rat hippocampus maintain a map of the animals' surroundings. And changes to those surroundings are relayed by differences in the rate of firing.

A 1978 book called "The Hippocampus as a Cognitive Map" and co-authored by Lynn Nadel, the former head of the UA's psychology department, first proposed that the hippocampus "produced a kind of internal map of the world - animals could use this system to figure out where they were in the world, and how to get from one place to another," Nadel said.

(The data in this report is from an Arizona Daily Star article written by reporter Anne Minard, titled "Brain Part Functions as Compass, UA Study Finds.)

[Sad to say, I think my hippocampus has sustained damage somewhere along the way. I have no sense of direction at all. Wonder if there are any hippocampus transplants available.....*Editor*]

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

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

Lois Kimminau, Editor

Come and Get It!

Much of the equipment borrowed from last year's Rogaine is still in Jeff Berringer's garage. We'd like to get it back to its owners, to the regular club storage locker, or to charity if no longer wanted.

Please contact Jeff Berringer at jaberringer@earthlink.net or (520) 404-3738 to claim any of the items below, or if you know who they belong to. In September, we plan to donate any unclaimed and unneeded items to a local charity.

Kitchenware

Colander, Plastic, Indigo
Pan, Baking, Square, Large
Pan, Baking, Square, Medium
Pot, Stockpot, ~16 qt, w/ Lid
Pot, Stockpot, ~12 qt, w/ Lid
Skillet, Non-stick, 12"
Trays, Plastic, 4 ea
Kitchen Utensils
Can Opener
Ladle, Plastic, Black

Measuring Cup, 2 cups
Pancake Turner, Black, 3 ea
Pasta Fork, Plastic, Black
Spatula, Metal
Spatula, Plastic, Black
Spoons, Plastic, Black, 2 ea
Spoons, Plastic, Clear, 2 ea

Camping Equipment

Lantern, Electric, Coleman
Propane Equipment
Fuel, Propane, Coleman

Gauge, Propane, Gasguard brand
Hose, Gas, 5'
Folding Furniture
Chairs, Folding, Cloth, Blue, 2 ea
Table, Folding, Blue

Misc.

Chest, Metal Storage, filled with
Styrofoam plates, 2 ea
Ladder, Aluminum, 6'
Singing Machine Tape Player/Radio

GPHXO Presents Semiannual Land Navigation Class

October 27 and 29

Master the use of topographic map and compass to travel through the wilderness with skill and confidence. This class is an evening in-town session, then a full day in the field at a site near the town of Superior. It is designed for adults and is a very intensive, hands-on program. Read all about it in our brochure, which can be found online at our website (<http://www.phoenixorienteering.org>).

We provide dinner at the classroom session, plus breakfast, lunch, snacks, and dinner at the field session. Students must provide their own transportation to and from the site. Students provide their own Silva Ranger 15 CL 360-degree compass. (Another model may be used if it has a baseplate, a mirrored lid with a sight, and a mechanical declination scale adjustment.) A Silva compass may be rented for \$5.

Cost of the class is \$100. Members who have joined prior to July 1, 2005, get a \$20 discount. Class alumni, if it's been awhile since you've been practicing, you may take the class again for half price (\$50). Ask any of our previous students and they'll tell you what a great class it is.

Training Tip

—*Syd Reader [BAOC Bulletin, March-April 2004]*

Be Confident! I've found that the controls I have the best split times on are those where I executed my route confidently. You may already know that the best route is not always the most direct. Beyond that, though, the best route for you should be the one that you can do with little or no hesitation. By hesitation, I do not mean taking time to plan your route or read the map--that should always remain an important part of your process. I mean taking considerable time to have to look for smaller details, or to second guess your route.

Many of the technique tips that have been given here help you reach the control quicker by increasing your confidence in taking a particular path. If you know that you can look for a great big linear feature that will cross your path, you can be less careful (but not completely careless) about all the details in between. Finding a handrail (a trail, a ridge, a long distinct vegetation boundary) can help guide you to where you are going.

Also--read the course setter's notes. They can tell you what features on the map are reliable, and which ones are not so reliable. You may also get some sense of what kind of orienteering decisions you'll need to make out on the course. The map may have a dense trail network, so you may be making more choices on which trail to take to get near a control. Or the vegetation may be particularly important to making route choice decisions. These notes are generally what the course setters have noted out there in thinking about designing their courses, so take advantage of what information they may contain for you.

If you are confident about how you should execute your route to the control, you can focus more on the physical effort of getting there. Since your mind will probably be working a bit less while you're running, make sure you have a good plan that you can follow.

And when you find yourself on a trickier leg, slow down (I'm still trying to learn this one). Try to identify which legs are going to be more difficult for you and be a little more cautious on those. Going a bit slower on a tricky control should be worth the minutes you could lose if you misplace yourself. Don't just try to execute a poor plan with confidence. Identify the best way to get yourself quickly into the control circle using the information available to you. And then follow the plan you have identified.

Orienteering Games for a Rainy Day (Or to improve your skills)

At least seven orienteering simulation games are available on the Internet. Some are good introductions to orienteering; one or two might be useful for training when you can't get outside to the park.

For Windows:

“Catching Features”: By far the most realistic simulation of a sporting event. This game reproduces a complete A-meet with day-1 and day-2 courses, other competitors, wildlife, great maps, and wet creek crossings. The scenery is detailed with good terrain, various water features, and all kinds of vegetation. This level of complexity requires a fast, new computer and lots of disk space. The download is 17 megabytes. (www.catchingfeatures.com)

“WinOrient”: This program has very good graphics in both full screen and windowed mode. There is not much variety in vegetation; every tree looks the same; no thickets, no bushes. The map is a bit sparse, but it has good-looking moss-covered rocks! It takes a long time to complete each leg. This is closer to real time, but I don't want to spend an hour in front of the computer to complete one course. This one has no sound. I could not find a replay option. Replaying your route enables you to learn from your mistakes. (www.mirakron.com)

“Virgual Ori”: Here is a new windows game with nice OpenGL graphics. The program is currently under development, so send the author an e-mail and encourage him to add features. [Francisco Silva.] With a few more features this could be a very good orienteering game. Watch for a new version soon. (<http://virtualori.pt.vu>)

“Navigate”: The graphics and map quality are very good, but the movement controls do not allow the participant to “run.” Instead the player “hops” ahead a set distance to a new location. The audio in this program is entertaining. There is all manner of animal sounds, plus the heavy breathing and comments from competitors as they pass you in the woods. (www.ozemail.com.au/~glawford/navigate.html)

“WinOL”: A good overall program though less sophisticated. The software controls are most intuitive, and therefore, make a good introduction to those unfamiliar to orienteering. The demo version fits on one floppy disk, so you can give it to those people who ask, “What the heck is orienteering”? The map quality is not quite as good as the previous program. The program does allow you to run through the scenery by holding down an arrow key. After a run, WinOL will replay your route choices on the map. A good review, but very embarrassing. (www.melin.nu/winol/indexe.html)

“Lost in the Woods”: this display is not your typical “windows” screen. The program requires you to run a graphics program that redraws the screen. Your display is divided into a left half that displays terrain and a right half that displays the map and compass. The trees are very dense; you cannot see more than a few yards (I mean meters) in front of you. This one will challenge your navigation skills. “Lost in the Woods” creates its own new maps every time it runs. (www.efd.lth.se/~e96pd/Losteng.html)

“Orienteering at Home”: This program presents a bird-eye-view of the runner as your mouse pulls him through the park. The map is a bit sparse, since there are no contours. There are fences and fields, stumps and streams, marshes and meadows. The one window requires flipping back and forth from map to terrain to clue sheet. This one-window view promotes map-memory skills. All functions are mouse-controlled. This program is more game-like and the least able to simulate real orienteering. (<http://members.aol.com/dwildfogel/OAtHome.html>)

Review by Kevin Haywood: Catching Features is a great game experience, definitely the best; but it requires a high performance computer. WinOL is very good and lots of fun, and it can be played on almost any machine. The small disk size means that you can carry around a copy and share it with your friends. Of the seven programs, WinOL is my favorite. The electronic music is addictive. I enjoy being able to pass the disk around to friends who try orienteering for the first time. For a challenge “lost in the Woods” is the best. The thick trees will limit your visual cues and require you to stay in constant contact with the map. Try one for yourself.

For Apple MacIntosh: Not much available, but the above reviewed game “Orienteering at Home” also works on the Mac. Web address is the same.

Other orienteering games/teaching aids:

“O-Controls”: A flashcard-style game that helps you learn international control descriptions. (<http://www.orienteering.Iviv.ua/ocon23.shtml>)

Sunnto's “Computer Orienteering”: A teaching aid to help you learn about maps and compasses. The most game-like part of the program is where you learn about route choice. This is sold through various retailers.

For Mac: “Map Memory”: A flashcard memory game that helps you learn map symbols. This program has upbeat music and a cheering section to encourage the user. (<http://www.innovad.net/mapmemory/>)

Web Site for Juniors

There is a web site for junior orienteers and their supporters at: www.thewaterstop.org.

There is a topic of the week, on which they can post their own remarks and opinions, in addition to many other pages that could be useful and fun.

CLUB CALENDAR

2005	Location	Course Setter	Vetter	Meet Director
Aug. 15	Board Meeting. Potluck at 6:30, meeting starts at 7 p.m. All members are welcome and encouraged to attend. 5708 E. 2nd Street. Call for directions.			Jeff Berringer ((404-3738)
Aug. 21	Lincoln Park Early-O	Max Suter (797-8850)		Brad & Yvonne Poe
Aug. 29	Newsletter deadline. See submission information box on page 2.			Lois Kimminau (296-2108)
Sep. 18	Greasewood	Ludwig Hill (299-9041)		Pete & Judy Cowgill
Oct. 16 Nov. 20	Silberbell Kentucky Camp	<i>Coursesetters: Look at all these great sites to pick from! Pick your date and site and call Jim Stamm (575-0830) to make it official.</i> <i>Meet Directors: You can get your choice of date and site if you sign up early. Call now.</i> We need ALL of you to make this a successful orienteering club, and a successful orienteering season. VOLUNTEER NOW!		
Dec. 18	Catalina State Park	Dale Cole		

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.

GPHXO Upcoming Events

Aug. 12-14, Annual Family Campout
 Sept. 17-18, Picketpost Mountain Campout
 Sept. 24, Thumb Butte
 Oct. 27 & 29, Land Nav Class

*See article on page 3
 regarding the Land Nav Class
 offered by the Greater Phoenix
 Orienteering Club.*

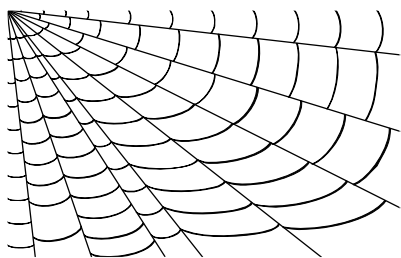
2005-2006 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

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

Get out while it's cool!
Early-O at Lincoln Park
August 21

Address Service Requested



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.