

September 2005

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## National Orienteering Day and Mirror-O at Greasewood Park

—Ludwig Hill

On September 18th, the Tucson Orienteering Club will hold its National Orienteering Day meet at Greasewood Park located on the western outskirts of Tucson. This 160-acre park, which features rolling terrain and a good number of trails, is conveniently located close to town and yet provides for a wide range of orienteering challenges. Start and Finish times will be earlier than usual in order to take advantage of the cooler morning hours.

Four courses will be available. The classic White, Yellow, and Orange courses will be offered for beginners and intermediate level orienteers. The fourth course will be something new for advanced orienteers: a Mirror-O, which is a classic point-to-point course on a special “mirror” map.

The mirror map is a reverse, mirror image of the Greasewood Park O-map. There are a few significant practical considerations for the mirror-O orienteer to be aware of: Although a normal O-map can easily be aligned with the real terrain, a mirror map requires a more complicated method of “orientation.” In addition, the orienteer must be mentally deft while interpreting a map where right is left and left is right! The Course Setter will be holding short (2 or 3 minutes) clinics for advanced orienteers with tips on how to most effectively navigate with a mirror map.

Depending on the turnout, parking may be limited at the registration area. Extra parking is available at Maxwell Middle School, located south of and adjacent to the park.

Bring your friends. This is a great opportunity to try out new orienteering techniques or introduce someone to this intriguing sport.

Pete and Judy Cowgill will be directing this event. If you would like to volunteer to help out with timing or registration (you will still have time to run a course, of course), please call them at (520) 887-1514.

**Directions:** From I-10 in Tucson, take Exit 257 at Speedway Blvd. and head west 2.2 miles until reaching Greasewood Road. Turn left at Greasewood. The entrance to Greasewood Park is the first road approach you come to on the right.

**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:**

7:30 a.m. Registration opens. Beginners’ clinic starts.  
8:00 a.m. Courses open.  
10:00 a.m. Last time to start a course.  
11:00 a.m. to 12:00 p.m. Route choice reviews.  
12:00 p.m. Courses close. Begin control retrieval—good orienteering practice, lots of help always needed. Volunteer before 12:00 p.m. with one of the meet directors, Pete or Judy.

**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 7:15 a.m. and 7:30 a.m.

**Route Choice Reviews:** Between 11:00 a.m. and 12:00 p.m. an advanced orienteer will be available to discuss route choices with returning participants near the Start/Finish area.

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## President Speaks

—Peg Davis

In September, we celebrate National Orienteering Day. The goal is to raise awareness of our sport by holding meets especially inviting for beginners. For the last five years, Bob Rycharski has volunteered with the US Orienteering Federation to make this day happen. He encourages clubs across the country to organize events, provides publicity materials and works with sponsors to provide prizes. This year, over 50 clubs will hold events on or around September 17-18. The Alaska club holds their event early to avoid snow.

We have been holding our National Orienteering Day event at Greasewood Park for the last few years. Because it is easy to reach entirely on paved roads and impossible to get lost in, we think this is a great place for beginners to...well, begin.

This year we hope to have newcomers from the Sierra Club and the Girl Scouts. Compass clinics, in addition to the usual beginner's clinics, will be offered. If you have a special fondness for either of these groups—or just orienteering in general, I hope you'll call Pete and Judy Cowgill (887-1514) and volunteer to teach clinics. There is an easy clinic outline for you to follow.

This is also a good month to bring your friends, co-workers, cellmates, etc., who look interested when you tell them how much fun you've had orienteering. A bigger club is a better club.



## GPHXO Event

The Greater Phoenix Orienteering Club is holding an event at Thumb Butte, near Prescott, on September 24-25. Primitive campsites are available in the general area of the courses.

The terrain is mostly open Ponderosa pine forest, with occasional regions of thick brush. Due to logging activity and controlled burns in the area, the map area necessitated a steeper terrain than is usually the case for orienteering.

The day event will be a challenging Score-O course with a three-hour time limit, in addition to a White course for beginners. In the evening, there will be a shorter Night-O course with a mass start.

Registration for the day course opens at 9:30 a.m., and courses close at 3 p.m. Instructions for the Night-O are at 6:30 p.m., a mass start at 6:40 p.m., and the course closes at 8:40 p.m. Custom courses will be offered on Sunday morning (translation: retrieval of 60 controls).

For directions or for more information, check their website, <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).

## Your Vote is Needed by September 18

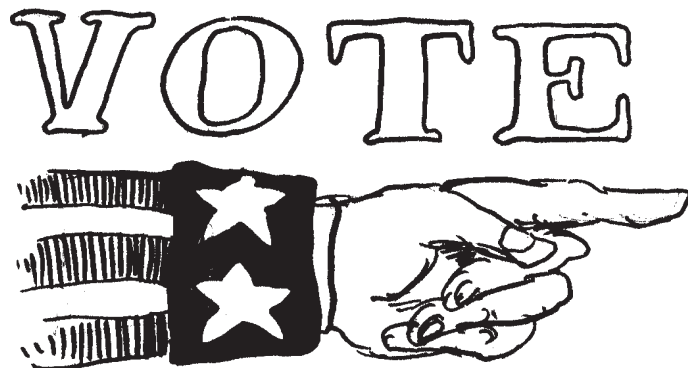
—Ludwig Hill

All current members are urged to cast a yes or no vote accepting the proposed Bylaws, which can be viewed or downloaded from the website. The Bylaws are necessary for us to become a nonprofit Corporation, which is required for us to remain included in the U.S. Orienteering Federation. This is important, as the USOF provides our insurance, and our recognition in the world of orienteering, and many other benefits.

The deadline for receiving your vote is September 18, 2005. All votes must be in writing, preferably via email to [membership@tucsonorienteering.org](mailto:membership@tucsonorienteering.org), or to Jeff Brodsky at the club PO box.

The comment period is now over, so please do not include comments, only a yes or no vote.

Thank you.



### 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*

# LINCOLN PARK SPRINT O

—Yvonne and Brad Poe

August 21<sup>st</sup> blessed us with a beautiful morning for the fun, fast, and furious Sprint-O that **Max Suter** had designed. Max had also set up a White course for those new to orienteering, and **Peg Davis** gave an informative beginners' clinic to get those people on their way.

Then the sprint was on. The course included a "spectator control" where we got to see everybody running across the grassy field (even if that was the only area they ran across) while Max cheered them on.

Courses closed at 9 a.m., just before it got too hot, and control retrieval commenced. Many thanks to **Jim Stamm**, his bicycle and the **Boy Scouts from Troop 141** for picking up controls, and to **Jeff Brucker** for teaching them the proper control-folding technique. The few remaining controls were picked up by the meet directors before cleaning up the area and leaving the park.

[Editor's Note: Max tells me the Sprint points go from 30 to 1 for each sprint meet, but I don't know how teams are counted, if at all, so I didn't number these.]

## Sprint O

1M	Mark Everett	24:08
2M	Jeff Brucker	36:53
3M	Jason Bowman	39:11
1W	Peg Davis	44:59
4M	Jeffrey Fisher	48:06
5M	Robert Dunn	49:33
6M	Peter Johnson	55:05
1T	Angels	55:35
7M	Mike King	58:52
8M	High	60:21
9M	TJ Lee	60:39
10M	Ray Brice	70:43
11M	John McCarthy	71:04
2T	Pathway Deviants	98:15
12M	Walter Pickett	100:30
3T	Tucson Troika	130:40
4T	Kimminau Family	134:00
DNF	MZ Guided	
DNF	Annabel & Rick	
<b>White Course</b>		
1T	Annabel & Rick	30:50
2T	Penguins	38:05
3T	Troop 141	39:00
1M	Kevin Brice	39:29
4T	MZ Guided	42:45
2M	Andrew Johnson	43:00
3M	Zach	55:00



## Sprint Series

—Peg Davis

In August, Tucson joined the latest craze to sweep US orienteering - the sprint series. These are short courses with lots of controls where everyone competes on the same course. I ran a sprint in Colorado with about 130 other people. People were continually passing me and packs of runners sometimes formed. For awhile, I was at the head of a little pack, which meant that the people just behind me could use my changes in course to figure out where the control was and thereby save themselves a little time.

This is exactly the way I used the runners who had passed me.

In Tucson, only 19 entries meant no packs, but I did see more people on the course than usual. Mark Everett left a dust cloud as he streaked past me. Since I finished the course in less than twice his time, I feel I did very well. Then there was the orienteer I could hear gaining on me who I just didn't feel was running as fast as he could, so I heckled him up that little hill right after the spectator control.

Check to see how you rank nationally at <http://users.crocker.com/~pg/team/sprintschedule.html>

## 2004 Pacific Region Rankings

Preliminary rankings have been announced for last year's regional ranking series.

The only Arizonan on the Blue course was *notre ami* in Phoenix, Ron Birks, at 5th out of five. One could view this as being last, but think of it this way. Who could manage to complete a Blue course—the hardest and longest course offered? How about doing it three times? *Notre ami* is a stud.

Tucson begins to clean up on the Red course. Max Suter, shifting himself to a longer course than age-necessary, ranks 4th of 17 while silent-but-deadly Don Fallis came in 8th. Peg Davis could be viewed as 17th of 17 on the Red course or as the highest ranked woman in the Pacific Ranking series, since she is the only woman ranked on Red.

Max Suter, running in his age group, ranks as number one on the Green course for the region. Pat Penn is the third ranked woman on Green.

Friends-of-Tucson Carl Moore is 6th veteran man on the Green course while Linda Moore is #1 woman on the Brown course.

One becomes ranked by running 4 days of ranking events with at least two of those days being at non-home club meets. The goal of the series is to promote competition with and travel to other Southwestern club's events.

Tucson had two ranking days at Kentucky Camp while GPHXO had a meet at Bomboy Mine. 2005 ranking days could have been collected at the Anza-Borrego meet in January. Tucson's October meet will be a ranking day.

Full details at [http://baoc.org/wiki/Rankings#Pacific\\_Region\\_Standings](http://baoc.org/wiki/Rankings#Pacific_Region_Standings).

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# Confessions of a Slogger<sup>1</sup>

## An intro to mind/body study for orienteers

—*Philip Kollas, BSOG*<sup>2</sup>

Just to make up a wildly improbable hypothetical, let's say you're a part-time orienteer in your early 50s, maybe a little overweight, who is recovering from a torn gastrocnemius muscle in one leg, and you want to enter next spring's World Rogaining Championships. It's only November, so you have plenty of time, right? Well, if you do some planning now and follow a good program, you just might pull it off. "Planning" is a mind thing. "Following the program" also calls into play the body. Mind; body.

As the off-season is quickly approaching, I thought I'd pass along some reading recommendations designed to serve as a primer on integrating the mind (strategizer, map-orienteer, compass-reader) and body (wheezing sprinter or slogging sloth) in the pursuit of more enjoyable orienteering.

Most of the following books are available from public libraries.

For general inspiration, Slavomir Rawicz's "The Long Walk" is a truly amazing epic of what the human mind and body are capable of doing. The true story of a desperate escape from a Siberian prison camp, it describes how a handful of men and one young woman survived, strategized, navigated without map or compass, and hiked several thousand miles, crossing the Gobi Desert in summer and the Himalayas in winter. This book also provided me the incentive to study celestial navigation, as the escapers trudged through the Gobi during the heat of the day because they did not trust their ability to navigate by the stars in the cool of the night. The decision cost them dearly.

That brings me to Steve Thomas's "The Last Navigator," an overview of an amazing form of ocean navigation, without maps (charts) or compass, a dying art practiced by a handful of Micronesians. While this book will not tell you how to get from Control 1 to Control 2 by using the stars, as the star routes used by the Micronesians are for long trips between specific islands, it will give you a new perspective on reading the land—and birds and other animals. The parallels between "modern" navigation and this ancient mariners' system are amazing. Back-sighting, handrailing, green-yellow-red navigating . . . . it's all in there.

To plan for getting in top shape for next year's events, Steve Bird's "Get Fit for Orienteering" (available through A & E Orienteering) is a good place to start. It takes a common-sense approach and mixes in the right amount of technical information. The focus is on physical training, but the book includes a chapter on nutrition and various topics, including recovery from injuries and avoiding staleness.

Two other books I'm still studying, both on the subject of using "natural" navigational techniques (or at least less map-intensive ones), are "Finding Your Way: The Art of Natural Navigation," by Jennifer Owings Dewey, and "Never Get Lost: The All-New Method to Stay Found (Not Lost) Anywhere" by Don Paul. Both are under 100 pages each.

For improving overall life balance (self, career, family, community, world, orienteering), you could do worse than to read from among the wealth of information available on meditation. It's not woo-woo, crystals, or levitation. It's a valuable aspect of practical, healthy human life, and science backs up the results.

Put it all together (over the winter), and what have you got? Bibbity Bobbity Boo!—a more interesting, more healthful, more enjoyable approach to outdoor sports and life in general. Happy reading.

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<sup>1</sup> Defense Secretary Rumsfeld must have had me in mind when he coined the phrase "a long, hard slog." Most of my orienteering adventures have been "run" at a walking pace. I'll admit it; I'm a slogger.

<sup>2</sup> Blindingly Slow Old Guy

[The above was copied from the November 2003 issue of *River Currents*, the Columbia River Orienteering Club newsletter.]

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## Orienteering History

Orienteering began in Scandinavia in the nineteenth century. It was primarily a military event and was part of military training. It was not until 1919 that the modern version of orienteering was born in Sweden as a competitive sport. Ernst Killander, its creator, can be rightfully called the father of orienteering. In the early thirties, the sport received a technical boost with the invention of a new compass, more precise and faster to use. The Kjellstrom brothers, Bjorn and Alvan, and their friend, Brunnar Tillander, were responsible for this new compass. They were among the best Swedish orienteers of the thirties, with several individual championships among them. Orienteering was brought into the US in 1946 by Bjorn Kjellstrom.

[The above article was copied from an orienteering website, <http://www.4orienteering.com>. This site has a great deal of information that could be helpful to the beginning or intermediate orienteer.]

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## CLUB CALENDAR

2005	Location	Course Setter	Meet Director
Sep. 18	Greasewood	Ludwig Hill (299-9041)	Pete & Judy Cowgill
Sep. 26	Newsletter deadline. See submission information box on page 2.		Lois Kimminau (296-2108)
Oct. 16	Silverbell	Jeff Brucker	
Nov. 20	Kentucky Camp		Beckie Copeland/Nadine Gruhn
Dec. 18	Catalina State Park	Dale Cole	Margrit McIntosh/Pat Penn
<b>2006</b>			
Jan. 14-16	A-Meet at Anza-Borrego	SDOC/LAOC, see <a href="http://home.earthlink.net/~smitty0/anzaAmeet/">http://home.earthlink.net/~smitty0/anzaAmeet/</a>	
Feb. 19	Greaterville	Leif Lundquist	
Mar. 19	Cat Mountain	Beckie Copeland	Nadine Gruhn
Apr. 16	Empire Ranch (Rogaine?)		
May 20	Lincoln Park Night-O (Club meeting/picnic??)		Patricia Townsend
June 16-18	Mogollon Rim or White Mt. Event	John Maier	
July 16	Greasewood Early-O		
Aug. 19-20	Lake Mary--State Championships	Ludwig Hill	
Sep. 17	Palisades Ridge	<b>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.</b> <b>Meet Directors: You can get your choice of date and site if you sign up early. Call now.</b> <b>We need ALL of you to make this a successful orienteering club, and a successful orienteering season.</b> <b>VOLUNTEER NOW!</b>	
Oct. 15	Slavin Gulch		
Nov. 19	Catalina State Park		
Dec. 17	Kentucky Camp West		

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.

### 2005-2006 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

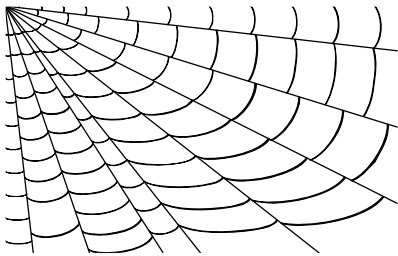
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Tucson Orienteering Club  
P. O. Box 13012  
Tucson, AZ 85732

Address Service Requested



Experience National Orienteering Day  
at Greasewood Park  
September 17, 2005



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:

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Address:

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City, State, Zip:

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E-mail:

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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.