

February 2006

February 19, 2006 — Greaterville

—*Leif Lundquist, Course Setter*

This year the map of the National Forest area near Highway 83 has become bigger. We have a new section adjacent to the Kentucky Camp map that was completed last year. In February the meet will be held along the road from Highway 83 to Madera Canyon. The terrain is generally open with scattered trees and bushes, sometimes in groves; thorny thickets of underbrush occur in smaller patches. There are rolling hills with gorgeous views but also many ridges and valleys making for interesting route choices. The dry winter grasses color the hillsides in beautiful pale shades of yellow and brown, but they also harbor lots of irritating, itching seeds that try to fill your shoes. Long pants and/or gaiters are recommended.

There will be a selection of courses from advanced to beginner: Red and Green, both a bit longer than usual, Orange, and White. Barb Bryant will direct the meet, but she will need assistants; please call Barb at 800-390-5663 x7209 or e-mail her at bbryant@alum.mit.edu if you can help. (Don't worry, helping won't make you miss the run.)

New for Adventure Racers: The 'Tucson Motala' is a two-stage Navigation Race which will provide a diversified orienteering challenge to racers of all skill levels. The ~2k on-trail warm-up stage can be easily navigated. It will be followed by a navigationally interesting ~3.5k on/off trail stage. (This is a navigation race only, no biking or water stages.)

This is the inaugural event of a new series of races. We hope to offer this same style of race at many different locations in the Tucson area in the coming years. The bare-bones entrance fee for this inaugural race is a bargain, especially considering the depth of navigational challenge provided by our expert course-designers, many of whom have national rankings with the US Orienteering Federation. Also, the maps are specially designed orienteering maps which offer a precise level of detail unseen on standard USGS topos.

For all you adventure-racers out there, this new style of race will be a godsend. It will allow you to improve your navigational skills while competing with the peers you normally only see at the big races, at a modest cost. For those of you who are new to adventure racing, the ascending navigational skills required for the successive stages will allow you to gain valuable experience in a competitive environment, without having to commit to the travel and expense of a high-profile race.

The start window is 9 a.m. to 9:30 a.m. only. An optional beginners' clinic is taught at 8:30 to familiarize you with orienteering terms and practices. Costs for TOC members are \$10/person + \$5/each additional team member; nonmember cost is \$15/person + \$10/each additional team member.

Directions: Drive East on I-10 to SR 83 (Exit 281 for Sonoita). Follow SR 83 south for 17 miles to the turnoff for Greaterville (between mileposts 42 and 41); turn west and go 2.9 miles from Hwy 83 along the Greaterville Road to a dirt road turn-off on the left.

Turn left at the orange-and-white TOC sign, park immediately by the fork in the dirt road (but NOT on any roads); walk to Registration which is about 75 meters along the right fork.

Fees: \$5 per individual, \$8 per team for members of any recognized

orienteering club. Non-members: \$10 per individual and \$15 per team. Compass rental: \$1. Safety whistles to keep: \$1. Every person, regardless of

Continued on page 2

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course, will be required to carry some type of safety whistle.

Maps: Pre-printed for each course, scale 1:10,000 except Red, which may be 1:15,000.

Schedule:

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

9:00 a.m. Courses open.

11:00 a.m. Last start.

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

1:00 p.m. Courses close. **NOTE:** All runners must return to Start/Finish by 1:00 p.m..

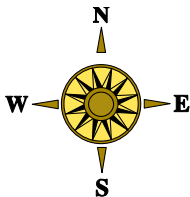
1:00 p.m. Control retrieval begins—please volunteer with the meet director before 12:30.

Check-In: To insure that all are safe, every runner, whether finished with the course or not, must check in at the Finish before leaving the meet site.

Newcomers: Go directly to Registration. Ask for instructions and introductory information. Beginners' clinic starts at 8:30, so try to arrive by 8:15 a.m.

Route choice reviews: Orienteers love to talk about alternate routes and their advantages and disadvantages. If you would like to discuss your choices, there will be advanced orienteers available between 12 noon and 1 p.m. near the Start/Finish area.

Other questions: Please call the meet director Barb Bryant at 800-390-5663 X7209.

**TOC Library**

—Lois Kimminau

Did you know that we have a club library? Well, we do. It's small but contains some manuals that can be very helpful to either a beginner or a more advanced orienteer. These books can be checked out for one month, and are renewable for another month unless they have been requested by another club member.

The following books are available for loan:

1. *Armchair Orienteering: A Practical Guide to Reading Orienteering Maps*, by Winifred Stott. This book will teach you or help you review how to read maps, what the map markings mean, how to plan a route.
2. *Orienteering Instructor's Manual*, by Jim Gilchrist and Jack Lee. This book would be very useful to teach a children or juniors class, especially for a Girl Scout or Boy Scout leader. It teaches the basics of navigation, using a map and compass.
3. *Teaching Orienteering*, by James Gilchrist. This book could be used with an older group. It teaches map and compass skills, and also how to organize an orienteering meet, and how to prepare an orienteering map.
4. *Orienteering Handbook*, by Anne Anthony. Also covers the basics, and organizing orienteering games and meets.
5. *Orienteering Skills and Strategies*, by Ron Lowry and Ken Sidney. (Two copies) Another handbook to help the orienteer at his/her own pace. Reviews basic skills and has many tips on planning routes.
6. *Orienteering Training and Performance*, by Ron Lowry and Ken Sidney. Laid out similar to the above, but probably for the more serious orienteer.
7. *Be Expert with Map and Compass: the Orienteering Handbook*, by Bjorn Kjellstrom. This is a textbook-type guide and contains a lot of good information on navigating on your own.
8. *Mapmaking for Orienteers*, by Robin Harvey. This book was published by the British Orienteering Federation, and it goes into detail about the requirements for a good orienteering map.
9. *Orienteering, U.S.O.F. Meet Sanctioning Booklet* (for Class A Meets). This is a small pamphlet that spells out the requirements of planning a Class A Meet.
10. *Orienteering for Sport and Pleasure*, by Hans Bengtsson and George Atkinson. Unfortunately this book has been checked out and not returned. If you are the guilty party, please return it!!

Wow, I got so excited just looking through these books to decide how to describe them, that I may just have to keep them all myself! However.....I probably don't have time to make good use of them, so----to borrow any of these books, please contact me by phone (296-2108) or e-mail (loiskim@aol.com), and we can make arrangements for you to pick them up.

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.

Catalina State Park Meet

—Pat Penn & Margrit McIntosh

Freezing overnight temperatures did not deter over 50 people from showing up early for the meet at one of our most beautiful sites. Before the sun came over the hills, it was so cold that the extremities of the meet directors were going numb (we don't own really warm clothes) and the ball point pens weren't working. A special thanks to Sue Wenberg for giving the meet directors nicely hot chai tea. But in typical Tucson fashion, by 10:00, people were going out in short sleeves.

Dale Cole set five thoughtful and interesting courses. We hope he sets more. As course setting always involves more time than anticipated, he was setting bags until 8:30 Saturday evening and at dawn on Sunday.

Red was a popular course this time and a number of entrants were fast. Newcomer Takashi Yamamoto, an experienced orienteer from Japan (gaiters!) ran Orange in less than an hour, and then gallantly helped out with timing for a good chunk of the morning! We hope to see him at many future meets! Due to the volunteers that stepped up at the meet, one of the meet directors was able to do a course (see, it can be done!). Thanks to the many volunteers who helped out: Jeff Brucker (course vetting, timing, and coaching beginners), Peg Davis (beginners' clinic), David Barfield (registration), Takashi Yamamoto (timing), and for control retrieval, David Barfield, Brad & Yvonne Poe, Cecil MacPherson, Jim Stamm, Ludwig Hill, and Max Suter.

Due to some confusion about fees, several teams were overcharged \$2. If you belong to one of the teams listed below, did not receive your \$2 refund at the meet, and would like a refund, please see Pat Penn or Margrit McIntosh at the next meet. (Or email Margrit at memcinto@email.arizona.edu to set up a meeting!) Team "Angels & Tom," "Team Tubac." Sorry for the confusion.

Red			Orange		
1M	Mark Everett	1:20:29	1M	Takashi Yamamoto	0:50:10
2M	John Maier	1:36:55	1W	Pat Penn	1:28:33
3M	Jeff Brucker	1:39:15	2M	Jim O'Donnell	1:37:45
	Max Suter	1:40:38	2W	Sue Wenberg	1:43:41
	Ludwig Hill	1:59:03	1T	Lost Chollas	1:49:40
1T	Team Tubac	1:59:16	3M	Ray Chance	1:59:58
	Jeff Brodsky	2:03:50	2T	Angels & Tom	3:38:08
	Glenn Haselfield	2:43:50	DSQ	Brees Bombers, Rick Medina	
	Paul Hoyt	2:45:20	REC	Team Warriors, Lois Kimminau,	
	Cecil MacPherson	2:47:31		GeeGee Larrington, Patrice	
1W	Peg Davis	3:22:30		Barkley, City Folk	
DNF	Jason Bowman, The Stars,		Yellow		
	Pam Hoyt		1T	Team Mueller	0:52:43
Green			1W	Patrice Barkley	1:16:52
1M	John Little	1:07:40	REC	Chupacabra, MzGuided,	
2M	Larry Lamb	1:23:20		Scat Cats	
1T	Team Cowgill	1:59:20	White		
2T	Team Crawford	3:22:53	1T	Team Sloane	0:45:19
DNF	Mudhens, Michael Gurevich,		REC	Team Mueller, Scat Cats,	
	Jim Stamm, Dan Hink, David			Roto Ramblers	
	Barfield, Ray Chance				

Tucson, Tucson,

Rah Rah Rah

How tough is the Tucson club? Compare us to the Central New York O Club. From March through August, they are presenting three rogaine type events. The SNOWGAIN requires that you choose your footgear: skis, snowshoes or boots. The REGAINE has relay teams going out sequentially to find controls. The last event is a plain old 24 hour ROGAINE.

Our new goal: convince some CNYOers they need to retire to a warmer climate—like Tucson.

Highway 83 Mapping Project--Box Canyon

The Tucson O Club started out the new year by field-checking the open and forested slopes and valleys of the western portion of our future Box Canyon map. Jeff Brucker, Jeff Brodsky, Peg Davis, Ludwig Hill, John Maier, and Pat Penn showed up early Sunday, January 8, to explore and field check every nook and cranny of their respective parcels, each about a quarter of a square kilometer in area. The Box Canyon map will be our largest map within the Highway 83 project, comprising some 13.5 square kilometers.

As we complete the field work on each parcel, the parcel will be mapped into a digital file using CAD software. This is where we need some help. If you would like to help with some of the computer drafting for this project, please contact Ludwig Hill at 299-9041. You do not need to have much orienteering experience nor do you need to be experienced in CAD. All you need is to be comfortable with using a computer and a desire to draw maps.

Anza-Borrego, California “A” meet January 14-16, 2006

—*Peg Davis*

If one casually read the results of the Anza-Borrego meet January 14-16 co-hosted by San Diego and Los Angeles Orienteering Clubs, one might think that Tucson had a charming but modest presence. Let us not be casual.

Remembering that competitive divisions are narrower at “A” meets, I can tell you that Tucson dominated the M45 (men aged 45-49) category with Ludwig Hill shockingly besting John Maier to rank second both days and Jeff Brodsky in sixth. Leif Lundquist and Pam Hoyt went out on the Green course and Paul Hoyt went out on Orange. Max Suter was first on Day 1 on Green in M55, competing against Jeff Brucker, and Mark Parsons was also on Green in M60. You might have thought Peg Davis was lonely out on Red in F21, but no, she was passed several times by former and future Tucsonan Cristina Luis, who finished second in that division.

Tucson dominated the M21 division on the Blue course with former Tucsonan and current Georgian Andreas Haldi winning and our own Mark Everett (though he still runs under the Orienteering Kansas banner) at second.

Friends of Tucson spotted during the weekend included past course setters Carl and Linda Moore, January course setters Shirley and Scott Donald, February meet director Barb Bryant, long-time-ago meet director Michael Lebl, now of San Diego, and winner in M35 Thorsten Graeve, now of BAOC. We also met new Friend of Tucson Scott Drumm who will be setting our March meet.

Phoenicians attending were Pat Abbott on Orange, Ron Birks on Red, and Forest Brown on Green. Former GPHXO president Mark Fochesato trotted the Red course.

Our results were also notable on the Saturday afternoon Sprint course, the Sunday afternoon Maze-O and especially at the Monday Scavenger-O where TOC members came in 2, 3, 5, 6, 11, 12 and 15th of 45 runners.

The spectacular scenery at Anza-Borrego State Park used for courses included flat sandy desert, charming mini-mountain ranges, steep ridges, impassable and nearly impassable cliffs and badlands. The weather was perfect for those not disturbed by violent nighttime winds with balmy temperatures and slightly overcast skies. This is the first “A” meet in Southern California in a few years and by co-hosting the event, San Diego and Los Angeles had the resources to pull off a complicated 3 day weekend which included a potluck and electronic punching on all courses.

For some of us, it was a first exposure to an “A” meet, the most highly organized orienteering events in the US. Comments included noticing an improvement in navigational abilities over the five events, the 400% increase in fees over TOC events, and that TOC maps were easier to read than the Anza-Borrego maps. The terrain was called very challenging and very exciting with straight line travel often impossible, requiring navigation around cliffs, ravines, dry water falls, and steep slopes. The electronic punching system was very sophisticated, well organized and impressive. Control checks were quick and easy—no time wasted pulling out a control card and getting it punched. Time out, control checks, and time in were recorded by the finger stick, and at the download tent a print out was provided showing the times for each control. Participants would be happy to attend this event next year.

Now that so many of us have half the days needed to be nationally ranked and are included in the rankings for the Sprint series, let the planning blossom for orienteering travel for the rest of 2006. Wyoming and Colorado in August, anyone?

Complete results at <http://home.earthlink.net/~smitty/anzaAmeet/> Spectacular videos of an elite runner in the Maze at <http://www.vimeo.com/clip=35926> and <http://www.vimeo.com/clip=37100> are highly recommended.

April Meet in Jeopardy!

—*Peg Davis*

Both a meet director and a course setter are needed for the April meet. The only suggestion for format so far is something rogaine-like at Empire-Cienega, but the location and format are the course setter’s choice. Please let me know if you would like to be involved with this meet. My telephone number and e-mail address are in the Board box on page 7.

You can imagine what the outcome will be if no one expresses an interest—a very quiet month for the Tucson Orienteering Club!

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

Brady Wash in January

—Peg Davis

While this was presented as an event for individuals, many took advantage of the “run with a buddy” invitation from the meet organizers. You can tell the composition of many of the groups by identical scores. Happily, and perhaps not coincidentally, there were no late finishers or excursions off the map. Surprisingly for such a short event, many competitors came through the start area during the meet to take a break, change gear or grab some food. A few people briefly noticed that there were one or two chollas on the course. No major puncture wounds were reported.

The competitors were quite the mixed bunch. Lots were adventure racers, many of whom we’ve seen off and on for years. I recommend they start reserving the third Sunday of each month for orienteering on the Red course, since they found the possible controls so handily. Many were regular old orienteers, drawn by the chance to cut the course short by picking a shorter time category as the day wore on. Happily, we even had a few juniors, introduced to orienteering by the JROTC program associated with GPHXO. Among the campers on Saturday night were several old friends from California.

No competitors punched controls 92 or 93. Many competitors looked for one or both of them. Some spent quite a while looking and some cut their losses quickly, tempered by faith in their map reading skills or willingness to explore parallel features. For high scores listed in results, assume both 92 and 93 were attempted. For middling scores, assume at least one was attempted. The meet director thanks the competitors for their cheerful and sporting responses to this adversity.

So where were those doggone controls? The course setters were enjoined to tell all after they retrieved the controls. Number 93 was way, way further up the side of Coyote Peak than indicated. Number 92 was two bumps further up the drainage than the hilltop indicated. They expressed regret about sending such a fine bunch on a wild goose chase.

I would like to thank Scott and Shirley Donald for driving all the way from British Columbia to set the only rogaine offered thus far west of Missouri and south of Oregon in 2006. May this plant the seed for another!

Two-Hour Rogaine

Ludwig Hill	MV	930
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Four-Hour Rogaine

Don Moden	ME	830
Jim Stamm	MV	810
Leif Lundquist	MV	680
Karen Crum	FE	530
Tim Coble	MV	530
Peg Davis	FV	300

Six-Hour Rogaine

Jeff Brodsky	MV	1350
William Florence	ME	1000
Jennifer Kerr	FV	990
Judy Cowgill	FV	970
Susan Wenberg	FV	970
Pete Cowgill	MV	970
Kim Robinson	FE	890
Rick Eastman	MV	890
Lois Kimminau	FV	640
Mona Johnson	FV	610
Smith Walt	MV	540
Kay Mathiesen	FV	440
Don Fallis	MV	440
Adrian Rodziewicz	MJ	260
Nick Wiggins	MJ	lost card

Eight-Hour Rogaine

Jeff Brucker	MV	1650
John Maier	MV	1640
Windy Marks	FE	1580
David Marks	MV	1580
Mike Wilke	MV	1550
Kathi Douglas	FV	1540
Ron Birks	MV	1540
Yvonne Poe	FE	1430
Jeff Brattain	ME	1430
Brad Poe	MV	1430
Pam Hoyt	FV	1350
Paul Hoyt	MV	1350
Josh Sprague	ME	1320
Steve Churchill	MV	1260
Bruce Corning	MV	1260
Deva Lingemann	FE	1060
Graham Barnes	ME	1060
David Lord	MV	900
Ardith Huey	FV	660
Jonea Mounsey	FV	660
Terry Churchill	FV	500
Ray Chance	MV	430

[Note: FE = women under 40; FV = women 40+
MJ = junior men, ME = men under 40, MV = men 40+]

State Champs

The Arizona State Orienteering Championships have been rescheduled from August and now will be held on July 15 & 16. This will allow us to attend the 1000 Day Meet in Wyoming and Colorado August 9-20 (details at <http://www.geocities.com/Colosseum/Stadium/7418/>). Meet director and course setter slots for the championship meet have already been filled. (Hooray!) It will be held at the Lake Mary site.

Synopsis of Brady Wash Rogaine

—Jeff Brucker

(Jeff was kind enough to share his route choices and strategy with those in the TOC discussion group online. I am re-printing it here for any of you who are not in the group and may be interested.)

My route: Start 30 42 41 50 61 71W 94 70 60 81 62 46 45 44 72 43 31 80 48 47 74 73 51 52 92 W 82 84 93 83 63 40
Finish - - Total Points 1830.

Unvisited controls: 53 90 91 - - 230 points.

At the 4 hour mark I was at 74, which was well over halfway to cleaning the course, distance-wise. However, I didn't count on the tenderness in my left foot becoming a problem. But I was wrong. Anyway, by hour 5 I was approaching 92, and still ok. By the time I got to 82 I was in severe pain, and my speed was half of what it had been earlier in the day, and I realized I could not possibly get 53 90 91.

It took me 3 hours to do 82 84 93 83 63 40, arriving with ~8 minutes to spare, even with jogging much of the last hour. After I got home, I discovered that I had inadvertently left the cushioned footbeds for my boots in the closet, and only had thin arch supports between my feet and the hard boot sole. It turned out to be a large blister (or separation?) under the big callous of the ball of the foot.

Most of my route choices were straight or nearly straight compass bearings, or followed obvious linear features as long as they didn't veer much from straight. My plan was to not add any distance, if at all possible, but rather be very accurate with my compass bearings and terrain featuring. This plan required that I not embark on any difficult route unless I was 100% sure exactly where I was starting from. The following are notable routes that were interesting:

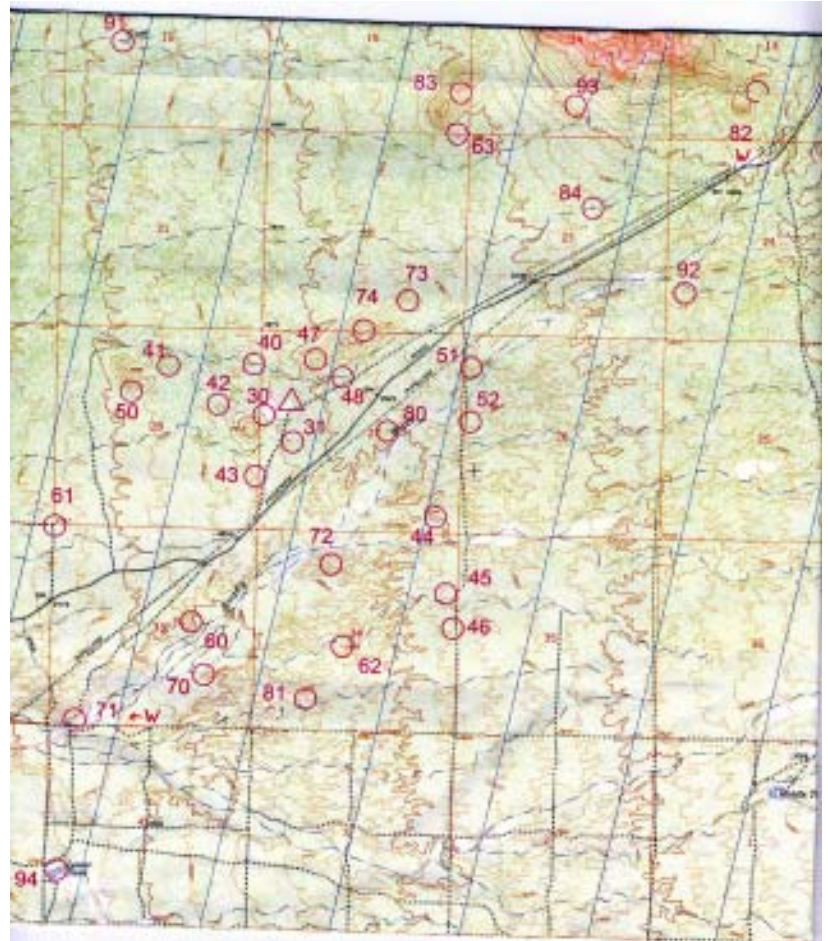
50 to 61: southwest bearing from 50 to the road, then identifying each successive road/wash crossing, using pace counting, until I was abreast of 61. Then a slight southwest bearing to a point 50 meters south of 61, which I nailed dead on.

94 to 70: road north til I was in the flat 300m from 71, then cut the corner northeast along the base of the high ground.

As we all know, 92 and 93 were not at the circled features, we'll probably find out the reason from Scott after retrieval is completed. However, I did notice that there was a map error near 93, possibly causing a misplacement. The steep gully which cuts the southwest face of Coyote Peak is shown by a blue line to drain south into the southerly streambed which soon bends drastic west, just southeast of the 93 circle. I believe this is incorrect. As I approached 93 from the south, I could clearly see that this steep southwest Coyote Peak gully drained into the westerly (not southerly) flowing streambed just NORTH of the 93 circle. There should have been two blue lines. (Hopefully I will send a map picture to the website)

Also of note, 81 was on the narrower spur about 100m east/southeast of the broader spur in the circle. I confirmed this when leaving the control east up the narrower spur to the track. 45 was on the southern edge of the circle, confirmed from the road bend and nearness to the wash. I believe 43 was arguably at the west edge of the circle, as was 42. I only lost a minute at 81 and no lost time at 45. Also no lost time at 42 or 43, as they were easy to find by continuing my route along the linear feature. I only lost maybe 5 minutes at 93 confirming the location, and maybe 15 minutes at 92.

The course was very interesting and made me think the whole time.



CLUB CALENDAR

2006	Location	Course Setter	Meet Director
Feb. 19	Greaterville	Leif Lundquist	Barb Bryant
Feb. 27	Newsletter deadline. See submission information box on page 4.		Lois Kimminau (296-2108)
Mar. 18-19	Kentucky Camp	Scott Drumm (CROC)	The Mudhens
Apr. 16	Empire Ranch (Rogaine?)	HELP!!	HELP!!
May 20	Lincoln Park Night-O (Club meeting/picnic??)	Max Suter	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	Richard Dewey (GPHXO)
Sep. 17	Palisades Ridge	<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!	
Oct. 15	Slavin Gulch		
Nov. 19	Catalina State Park		
Dec. 17	Kentucky Camp West		

For information on Greater Phoenix Orienteering Club events, check their website at <http://www.phoenixorienteering.org>.

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.

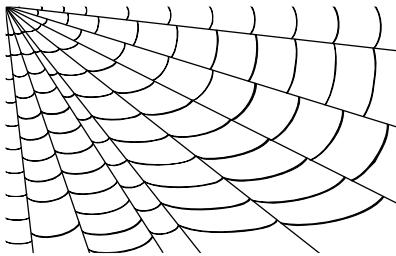
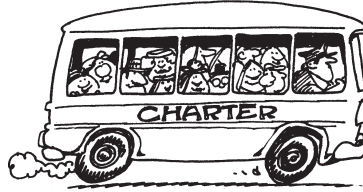
2005-2006 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

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

Address Service Requested

Greaterville, February 19
Y'all come!!



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.