



May 2006

Lincoln Park Sprint and Night-O

—Jeff Brucker

On Saturday, May 20, there will be a Sprint and Night-O Meet held at Lincoln Park. This will be in conjunction with the first Annual General Meeting, which USOF now requires each club to hold.

There will be one Sprint course for all intermediate/advanced, plus a regular Beginner course, followed by a Night-O for all. The Sprint course will be fast and fun, the Beginner course will be easy and fun, the Night-O will be dark and fun.

A Sprint is more or less defined as a very short course with a lot of route choices, with all classes (except beginner) able to complete it in less than 45 minutes. The Night-O will be a mass start Score-O in which you do NOT have to get all the controls, but you must be back in one hour or less. Beginners are encouraged to give it a try. It's fun!

On the Sprint course, there will be between 10 and 20 controls, with a course length of 3 km. Control placement and navigation will be technically easy, but route choice will be complex, requiring intense concentration to select the fastest route. The terrain of the park is runnable, with some areas of thick vegetation. The map is 1:3500. Start intervals will be 1 minute. Winning times are expected to be: Elite, 12-15 minutes; Advanced, 15-20 minutes; and Intermediate, 20-30 minutes.

Beginner Course will have approximately 10 controls and the course length about 2 km. Control placement and navigation will be technically easy, as will be route choice. The terrain is on trail and can be walked in 45 minutes or less. Map is 1:3500, start intervals, 1 minute, and the winning time should be 30-45 minutes.

The Night-O Course will be a Score-O format, with 10-20 controls, course length about 3 km. Control placement and navigation will be technically easy; however, route choice could be complex. There will be mass start, with a one-hour time limit. The winner will probably get all the controls before the time is up, but many will not.

Patricia Townsend will be the meet director. Volunteer helpers are always needed and welcome.

Directions: From Kolb Road and 22nd Street, go east about 3/4 mile to Pantano Road (*not* Pantano Parkway). Turn south and continue about 2 1/2 miles. You will see Santa Rita High School on the southeast corner of Pantano Road and Escalante. Just past the school grounds, turn left into the park entrance.

Schedule:
5:15 p.m. Registration.
5:30 p.m. Sprint start.

5:30-6:15 p.m. Beginner Course start.
7:00 p.m. Sprint and Beginner courses close.
7:00 p.m. Potluck dinner.
7:30 p.m. Annual meeting.
8:00 p.m. Night-O mass start.
9:00 p.m. Course closes. Begin control retrieval—good orienteering practice, lots of help always needed. Volunteer before 8 p.m. with the meet director.

Fees: Special fees this meet: 1st course regular fee, 2nd course only \$3. Regular 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.

Continued on page 2

Continued from page 1

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 5:15 p.m. and 5:30 p.m.

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.

Greaterville Corrections

—*Barb Bryant*

There were 3 Adventure Racing teams at the Greaterville meet..

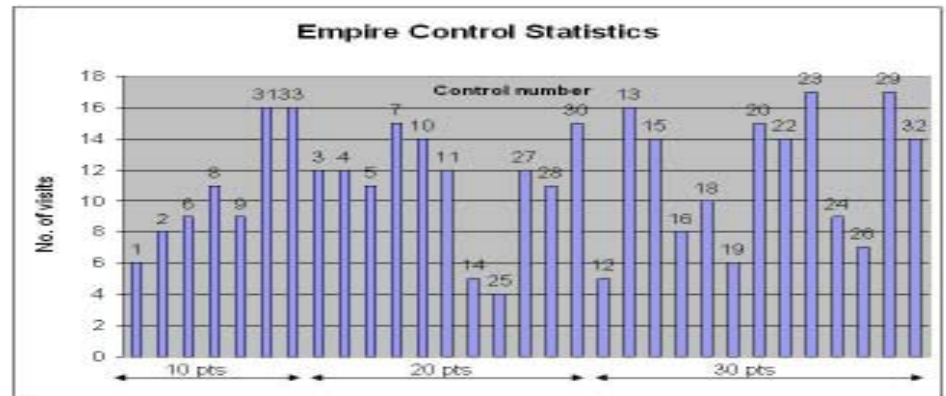
1. Jen Adolfs did White in 34:55 and DNF'd on the O portion.
2. Ruination had a TOTAL time on White + Orange of 78:00. We did not record separately the individual course times for them.
3. ARC had a White time of 32:00, and an Orange time of 69:47, for a total White +Orange time of 101:47.

These are the same results previously reported, with clarification on whether the AR times were for White, Orange, or both.

Thus, the results should have been:

- | | | |
|----|-----------|--------|
| 1. | Ruination | 78:00 |
| 2. | ARC | 101:47 |
| 3. | Adolfs | DNF |

<i>Control No.</i>	<i>No. Of Visits</i>	<i>Control No.</i>	<i>No. Of Visits</i>
10 Points		30 Points	
1	6	12	5
2	8	13	16
6	9	15	14
8	11	16	8
9	9	18	10
31	16	19	6
33	16	20	15
20 Points		22	14
3	12	23	17
4	12	24	9
5	11	26	7
7	15	29	17
10	14	32	14
11	12	17	21
14	5		
25	4		
27	12		
28	11		
30	15		



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.

Empire Ranch in April

—Mike Wilke

There were 37 participants running round the grasslands of Empire Ranch on Easter Sunday (April 16) to collect controls as well as a few jellybeans left by the Easter bunny hung in plastic eggs.

It was a beautiful day, a bit cooler than the previous day and, coupled with the higher elevation, just perfect.

Special thanks to **Christine Wilke** for helping with all facets of the meet as well as getting the money to match exactly with the sign-up sheet (something about an accounting background wouldn't allow otherwise) and **Coyote (David Barfield)** for being the only volunteer signed up before the event. Things went well despite a bit of shortage in that area, with the mass start aspect simplifying things a bit.

Volunteers did show for control retrieval and I'd like to thank **Coyote (again), Pam and Paul Hoyt, Ludwig Hill, the Mudhens, Peg Davis, and Glenn Haselfeld** (I believe his group was driving back to Phoenix; please think about that next time your reason for not picking up controls is 'cuz you have a longer drive....this reminder is for my own good as well!).

We had a few late starters who were allowed to start; it's great to have folks drive down from Casa Grande!

Overall a great event, thanks to **Leif Lundquist and Pat Penn** for setting, hanging, vetting. Everyone seemed to have enjoyed themselves.

There were a few questions about the placement of control number 9. When Christine and I went to pick it up we found it in the right place (mapped correctly, that is), the confusion arose from there being another unmapped cottonwood tree that probably lay within the circle and perhaps should have been mapped. Further, on the map, a fence appears to be very close to the tree with the control, but there is a question mark by the fence, as well. This fence is quite a bit further north than indicated on the map. At least that's my take!

Hope to See y'all at the next one.

Two-hour category:

1M	Ludwig Hill	450
2M	Don Fallis	380
✓	Mark Parsons	350
✓	Andrew McCarthy	260
✓	Mike Keating	260
✓	Jim Schweigerling	170
✓	Jim Stamm	160
	his was 190 minus 3 minutes late, but he	
	id an excuse for having an off day!)	
Γ	Codaki	70

Three-hour category:

1M	Wolfsong	590
2M	Scott McBride	540
3M	Gerald Bach	480
4M	Jeff Brodsky	470
5M	Jeff Brucker	470
6M	Gelu Costin	450
1T	Team Tubac	430
2T	Free Rangers	370
1F	Nadine Gruhn	340
7M	Glenn Haselfeld	320
2F	Peg Davis	280
3T	Beauty and...	270
3F	Pam Hoyt	200
4F	Margrit McIntosh	190

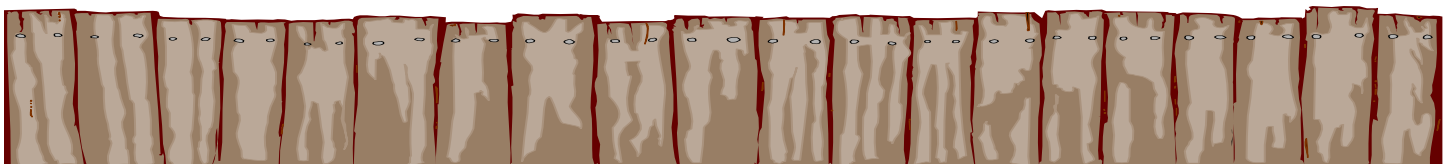
Let's Carpool!

Both the June and July meets are multiday events at sites several hours from Tucson. We encourage you to carpool. Contact Peg at 628-8985 or pegdavis@u.arizona.edu to match up with people leaving at the time you want.

No one cleaned the course, one got 25 and one got 24 controls. Wolfsong got the 25 with 590 points (and thought number 9 was misplaced). We've compiled how many punches at the various controls (see chart and list).

Interesting Statistics From Empire Ranch [thanks to Leif Lundquist]—A few things may be worth mentioning in the meet write-up:

- Each control was visited by somebody.
- The most popular were the Cienega tree (29) in the middle of nowhere and the sloping terrace (23) over at the eastern end of the map, each with 17 visitors.
- The least popular was another terrace (25) at the northern end with 4 visitors.



Ideas on How to Improve Your Skills

—Dennis Wildfogel, BOAC

This is more about technique than training. Let's discuss some things you should be thinking about when planning your route to the next control. All novice (Yellow) orienteers should be working on these things and intermediate (Orange) orienteers should be well on their way to mastering them. (Advanced orienteers, presumably, do these things as a matter of course.)

When leaving one control for the next, the natural tendency is to look at where you are and to try to plan a route towards the next control. However, orienteering experts counsel you to do the opposite: look first at the next control and work your way backwards (in your planning) to where you are. Let's think about a few things that you should look for when doing this sort of planning.

Attack point: An attack point is a distinct feature near a control that is easier to get to than the control itself. For instance, suppose your control is a boulder on a hillside with many boulders, and that there's a fence junction 150 meters in front of this control. Make that junction your attack point, because it should be easy to get there. The idea is to pick out an attack point, get there quickly, and then navigate carefully to the control. Orange courses are supposed to be designed so that there is always a good attack point 100-200 meters from the control.

Collecting feature: This refers to a large feature (e.g., field, pond) between you and the control you're heading for. It should be something you can't miss if you head in that general direction. The idea is that, if you recognize a collecting feature on a particular leg, you go as quickly as you can in that direction, paying only minimal attention to other details; once at the collecting feature, you slow down and navigate carefully to your attack point or to the control itself.

Catching feature: A catching feature is a large, usually linear, feature beyond the control you're heading towards. An example would be a road or a fence running perpendicularly to your line of approach and lying 100 meters beyond your control. The idea here is that if you run past your control, you'll be "caught" by this feature. That enables you to be more bold in your approach to the control, moving more quickly and hesitating less, hoping to nail it, but knowing that if you miss it, you'll hit the catching feature and bounce back to the control.

Next time you're out on a course, concentrate on picking out appropriate attack points, and look for available collecting and catching features. And after you've finished your course, study your map to see if you might have missed some of these, or ask any advanced orienteer how she might have approached each of your controls. In this way, you'll learn to take advantage of these aids.

Eternal Green

by James Ebb Huggins, Jr.

I am going back to the Orange course, though I usually run Green.

The reason is that with these eyes, contours can't be seen.

But if the Orange is real tough and demands much skill,

I may try to follow the string course around and over the hill.

It is tough to get old, fat, and have eyes that don't see,

I guess that's what's waiting for all without the key

*To the fountain of youth, of how to stay keen, slim, and swift,
Of how to keep running Green even though age demands a shift.*

To the shorter and less demanding courses we'll all one day go.

Why? Because the Good Lord's master plan has made it so.

*I thank Him for His blessing, that I was allowed to run Green,
And look forward to the day I'll be orienteering on Eternal Green.*

Opt Out of Newsletter?

—Lois Kimminau

Our membership chair, Jeff Brodsky, can flag members who choose not to receive the paper newsletter. All they need to do is to e-mail him (membership@tucsonorienteering.org), and he will stop their paper newsletter. The newsletter is posted on the Club website each month and can be accessed there at any time.

When the newsletter for the month has been completed and posted, a notice will be sent to the members of the Tucson Orienteering E-mail Discussion Group. If you don't wish to join the discussion group but would like to receive notice that the newsletter has been posted, please e-mail me (newsletter@tucsonorienteering.org) and I will put you on a list to receive the notice.

[The two articles above were taken from the November 1998 issue of *Orienteering North America*.]

CLUB CALENDAR

2006	Location	Course Setter	Meet Director
May 20	Lincoln Park Night-O (Club meeting/picnic??)	Jeff Brucker	Patricia Townsend
May 29	Newsletter deadline. See submission information box on page 2.		Lois Kimminau (296-2108)
June 17-18	Big Lake (White Mountains) Score-O	John Maier	Jeff Brucker
July 15-16	Lake Mary--State Championships	Ludwig Hill	Richard Dewey (GPHXO)
Aug. 20	Greasewood Early-O	HELP!!	HELP!!
Sep. 17	Palisades Ridge	HELP!!	HELP!!
Oct. 14 & 15	Box Canyon (Night-O and Sprint)	Max Suter	HELP!!
Nov. 19 Dec. 17	Catalina State Park Kentucky Camp West	<p>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.</p> <p>Meet Directors: You can get your choice of date and site if you sign up early. Call now.</p> <p>We need ALL of you to make this a successful orienteering club, and a successful orienteering season.</p> <p>VOLUNTEER NOW!</p>	
2007			
Feb. 18	Kentucky Camp/Greaterville	Leif Lundquist	Barb Bryant

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.

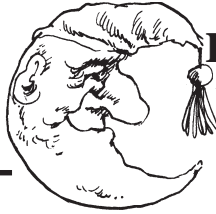
Please call Jim Stamm at 575-0830 if you can help with any of these meets.

2005-2006 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

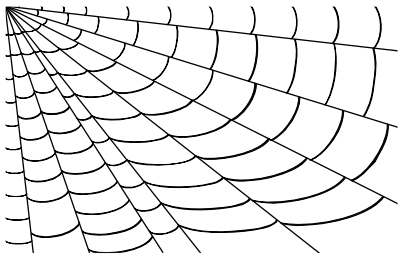
President	Peg Davis	pegdavis@u.arizona.edu	628-8985
Vice President	Jeff Berringer	jaberringer@earthlink.net	512-4685
Secretary/Treasurer	Jeff Berringer	jaberringer@earthlink.net	512-4685
Membership	Jeff Brodsky	jabrodsky@cox.net	275-9351
Schedule Coordinator	Jim Stamm	jimstamm@comcast.net	575-0830
Map Librarian	David Barfield	david77barfield@hotmail.com	790-5858
Equipment			
Permits	Jim Stamm	jimstamm@comcast.net	575-0830
Webmaster	Margrit McIntosh	memcinto@email.arizona.edu	
Publicity			
Outreach & Education	Peg Davis	pegdavis@u.arizona.edu	628-8985
Newsletter Editor	Lois Kimminau	loiskim@aol.com	296-2108
E-Group Moderator	Jim Stamm	jimstamm@comcast.net	575-0830

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

Address Service Requested



Lincoln Park at Night
May 20
Eat, Meet, and Run



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://www.geocities.com/o_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.