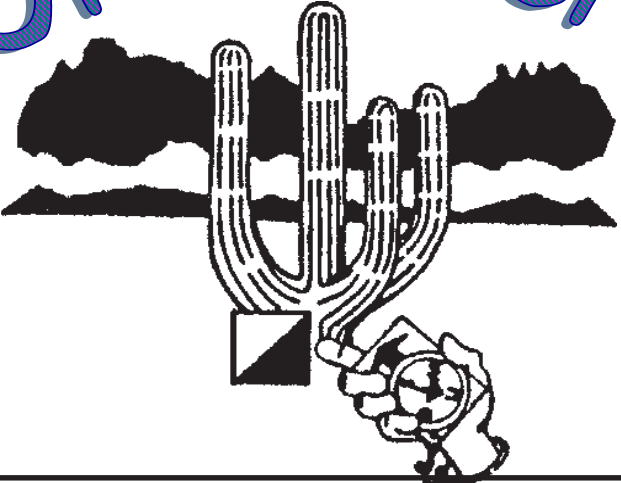

Tucson Orienteering Club



July 2007

Early Score-O at Greasewood Park

—Ludwig Hill

On Sunday, July 15, the Tucson Orienteering Club will hold a Score-O at Greasewood Park, located on the western outskirts of Tucson. This 210-acre park in the Sonoran desert, 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.

This Score-O is designed with all skill levels in mind and features a very simple scoring method: you will be given a 1:5000-scale, color map with preprinted control locations. Your score will be determined from your finishing time for finding the requisite number of controls in your category. Your category will be based on how many controls you visit: 5 controls, 10 controls, 15 controls, 20 controls, and all 25 controls. Starts begin at 7 a.m.

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

Brad and Yvonne Poe 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) 398-9801 or e-mail [brad\(dot\)poe\(at\)att\(dot\)net](mailto:brad(dot)poe(at)att(dot)net).

Directions: From I-10 in Tucson, head west on Speedway Boulevard for 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:

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

7:00 a.m. Courses open.

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

9:00 a.m. to 10:00 a.m. Route choice reviews.

10:00 a.m. Courses close. Begin control retrieval—good orienteering practice, lots of help always needed. Volunteer before 10 a.m. with one of the meet directors, Brad or Yvonne.

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 9 a.m. and 10 a.m., an advanced orienteer will be available to discuss route choices with returning participants near the Start/Finish area.

Bring a friend!



Yes, you!

2007 Annual General Meeting

—*Peg Davis, President*

Our USOF-mandated Annual General Meeting was held at the Start ramada with ice cream offered as an inducement to stay. A vote approved the board of directors.

The attendees were surveyed for their views on our club. Some of our best points and highlights were the challenging courses, losing to the great Ludwig Hill as an inspiration to improve, the excellent meets on the maps down Route 83, greater participation from Phoenix and San Diego orienteers, the Hash-O, having a meet every month, and the massive migration of Tucsonans to the Anza-Borrego meet in January.

Lowlights included losing to Ludwig Hill, our lousy permit karma, the cancellation of May's U-Set-It, oldtimers we never see any more, few newcomers and problems they've had at meets, and overly challenging courses.

What do we want? We want a Hash-O once a year, more Night-Os, a setter for the August meet, more O shirts for sale, meets closer to town, and each person to bring one new person to a meet while mentoring them.

As president, I am interested in further comments to help shape the club and guide it into the future. If anything springs to mind as you think about our club, please email me: pegdavis@u.arizona.edu



Relaxing at the Annual General Meeting

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

Did you know.....

If you prefer to read the newsletter online and really don't need to receive a paper newsletter, you can call or e-mail our membership chair, Jeff Brodsky, and ask him to remove you from the list. His telephone number and e-mail address are in the officers' box in every issue.

LAOC A Meet October 27-28, 2007

—*Peg Davis*

The Los Angeles O Club is holding an A meet on October 27 and 28. I am flying there and renting a car. There is room for more in the car, so buy a plane ticket now while they're cheap and get a feel for the national orienteering scene at this sure-to-be-great meet.

More information on this meet can be found at their web site: <http://www.losangelesorienteering.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. 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.

Lincoln Park Results

Saturday, June 16, 2007

—*Peg Davis*

Two father and son sets showed up at this meet the day before Father's Day. Several other orienteers showed up at Lincoln Park, but poor signage didn't allow them to find the Start ramada. Sorry about that.

The temperature was high, but orienteers returned unharmed from a toasty trot through the park. For this meet I was the course setter, meet director, timer, and registrar. See, it can be done! Control retrieval was by Sue Wenberg, Luke Berringer, Ludwig Hill and Jim Stamm.

Sprint course - 2.9 K, 60 ft elevation change

1M	Ludwig Hill	30:15
2M	Jeff Brucker	31:46
3M	Matt Scrivener	37:54
4M	Jeff Brodsky	44:26
5M	Ben Scrivener (son)	58:20
6M	Ben Scrivener (father)	70:16
1W	Helen Scrivener	78:02
7M	Elliott George	82:56
	Max Suter	DNF
	Team Chupacabra	Rec
	Sue Wenberg	Rec
	The Longhorns	Rec



Berringer and Son

February 2008 A Meet

—*Max Suter*

The February 23-24, 2008, meet is now Forest Service-authorized and USOF-sanctioned (3 A-meets; 2-day classic distance + sprint) and will be the 2008 orienteering championship of the western United States (2-day classic combined). Thank you, Jim Stamm, for securing the Forest Service permit.

Everybody is eligible to compete (except setters and vetters on the courses for which they are responsible). According to USOF competition rule 19.5, the Kentucky Camp/Greaterville map area will be closed to training starting October 23, 2007. In case you want to train there before that date, I have posted the Greaterville 2006 Red course and the 2007 Kentucky Camp Red and Sprint courses (setter: Leif Lundquist) at

<ftp://members.aol.com/sutemax/Orienteering>

The Forest Service rents a cabin (sleeps five, \$75/night) at Kentucky Camp. For reservations, call the Nogales Ranger District at 1-520-281-2296.



Max Suter checking carefully.

(Pictures in this issue courtesy of Jeff Brodsky. Thanks, Jeff.)

Systematic Orienteering

By Klas Karlsson

[Ed. note: While originally written for Swedish juniors moving up to the open adult class, the advice given in this article is excellent for all intermediate and advanced orienteers desiring to improve their skills.]

Introduction

I wrote this to help you think about your orienteering. It is aimed at juniors who are moving up to the senior classes. Everyone knows it is a big step to take. [Ed. note: Similar to the big step between yellow and orange, or orange and advanced courses.] I wrote this to help juniors improve and to use my own experiences to describe and think about the problems I have struggled with. First, I thought about my strengths and weaknesses. I quickly realized I don't have any problems with running at the level I aspire to (assuming my physical training is going as it should). Of course I can be better, but it is not the highest priority. I have had physical problems during my first years as a senior, but that is another story... The problem I need to work on is that I often feel stressed in the forest. I know how good the others orienteers are - how little they miss. As a junior my orienteering was not as secure and reliable as it has to be at the senior level. Just getting older won't help that.

So, how do I solve the problem? First, I analyzed what the differences were between races that have gone well and those that have gone poorly. When races have gone well: (1) I felt secure and had self-confidence or (2) I had the right attitude. (By the right attitude, I mean I was thinking - "I am not going to make any mistakes no matter how much time it takes," or "I am not in good shape, but I am going to keep up by making no mistakes"). What these situations have in common is that I have really been "thinking orienteering." In the first case, I felt - "the only thing that can hold me back is if I make mistakes...if I don't make mistakes I will succeed." In the second case, I have always been concentrating on not losing any more time than necessary. I concluded that I need to copy the technique I used during my good races. This technique - which I called "thinking orienteering" above - is what I call Systematic Orienteering.

Goal, Strategy, Realization

These words will help to think about orienteering. It might seem a bit theoretical in the beginning. But, I think it helps to make it clear what you should do and what it takes to succeed.

Goal

The goal is to run an orienteering course as fast as possible and to do your best when you choose to.

Strategy

The strategy to reach the goal is being systematic. I do this by planning and simplifying. I will come back to that later.

Realization

How will I succeed with planning and simplifying? Will I be able to do that? When can I do that? When won't I be able to do that? Can I train my ability to plan and simplify? These are the hard problems and questions that are very individual. I am going to describe what I mean by "systematic orienteering," why I believe it is the way to go, and how you can train to orienteer systematically.

Systematic Orienteering

What do you do when you orienteer? A course is built of legs. Each leg is a problem. Orienteering involves running a series of legs faster than your competitors; in other words, solving a series of problems better than the competition. It is common to think of each leg alone and try to run faster than the others on each leg. I don't think that you need to do that! The winner isn't the one who wins the most legs. Rather it is the one with the least slow legs. In training and races it is interesting to see how hard it is to have the fastest time on a leg, but how easy it is to be among the fastest.

Test this sometime when there are a lot of good orienteers around to compare split times with. Pick a few legs where you try as hard as you can and some where you take a bit of extra time to be careful. The result will be that when you try as hard as you can you will win some legs and have some bad legs. When you take a bit of extra time you might not win any legs, but you will never be far behind. Every leg can be thought of as a trap to avoid. Run the legs fast, but systematically. Being systematic will guarantee you don't make mistakes.

What is systematic orienteering? It is planning and completing each leg the way you would if you were sitting at home at the kitchen table looking at the map. Orienteering is really easy when you are sitting at the kitchen table! The difference between the kitchen and the forest is that in the forest you are tired and your thinking is as sharp as a butterknife. To solve problems in this condition it is important to have a tactic, strategy, or whatever you want to call it, to be able to easily concentrate on what is important. This is what I call "systematic orienteering." Systematic orienteering should begin with the problem. Orienteering problems can be split into two parts - route choice and control taking.

(Part 2 of this article will be in next month's newsletter.)

CLUB CALENDAR

2007	Location	Course Setter	Meet Director
Jul. 15	Greasewood Early-O	Ludwig Hill	Brad & Yvonne Poe
Jul. 23	Newsletter deadline for May 2007 issue. See submittal information on page 2.		Lois Kimminau (296-2108)
Aug. 19	Palisades or Bear Wallow		
Sep. 16	Lake Mary	(Baghanger/vetter needed.)	
Oct. 21	Box Canyon		
Nov. 18	Catalina State Park	John Pascal	Chris Capurro
Dec. 16	Arthur Pack Regional Park	Ludwig Hill	
2008			
Jan. 20	Silverbell		
Feb. 23-24	A Meet at Kentucky Camp/Greaterville	Day 1: Leif Lundquist Day 2: Jeff Brucker	Max Suter
Mar. 16	Sweetwater?		
Apr. 20	Chimney Rock		
May 18			
June 15	White Mountains		

*Lots of spaces here for your name!
Pick your site to set courses or to meet direct and call Jim Stamm. Meet sites can possibly be changed, if you want to set a particular type meet at a particular place. Talk to Jim (575-0830).*

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.

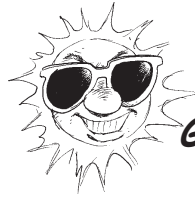
Please call Jim Stamm at 575-0830 if you can help with any of these meets.

2007-2008 TUCSON ORIENTEERING CLUB OFFICERS AND BOARD

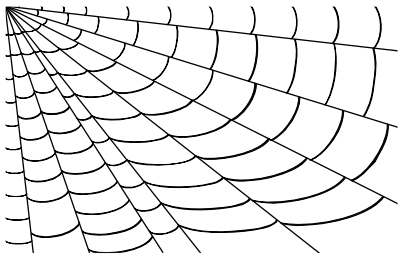
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Tucson Orienteering Club
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Tucson, AZ 85732

Address Service Requested



*It's gonna be hot,
so come early!
Greasewood, July 15*



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.