

THE FLORIDA ORIENTEER

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Annual FL Individual & HS
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HOT, HOT, HOT: Rock Springs Run, National O'DAY, by Bob Putnam

Ahh! Spring! Rock Springs Run State Reserve, May 4, 2002. National Orienteering Day it was. Super and challenging courses they were.

Hotter'n stinkin' Hades it was!

How was it that 245 of you would find the nerve to venture out to RSRSR in the Florida sun when its 95F (this is Spring?!!!), and immoderately humid. Apparently we underestimated both the power of our advertising and the level of enthusiasm that the current membership brings to this sport. Our five events for the calendar year of 2002 have now averaged 252 starters each.

Congratulations to all for your support and for your ability to bring out new friends, whether the weather is hot or cool (it's never really 'cold' here). This National Orienteering Day theme prompted lots of you bring along newcomers, and we counted several dozen. The USOF will ask us to estimate the number of first-timers, and we'll tell them 25 or so, but as a percentage of our turnout, that seems too small an estimate.

We handed out free compasses provided by Brunton by having a drawing at the finish line for all successful finishers. As luck would have it, they went fast. We hope the winners enjoy them for many years of orienteering. (Ed: see photo of one pair of happy winners.)

RSRSR seems to have become our traditional N.O.D. venue, and I'm sure it will continue. We may even visit RSRSR more often now that the park has installed permanent flush toilets at the Horse Barn - a pleasant surprise after I'd warned everyone beforehand there were no facilities out there.

The story of the day was half the HOT weather under a brilliant blue sky and the other half was Arild Orsleie designing a fine and seriously challenging set of courses. The combination seems to have yielded an epidemic brain-fade on the Green and Red courses where only 7 of 23 entries finished. Note that the Orange course had 35 map entries and a respectable 29 finishers, although Orange is traditionally the place where most people fail to finish.

continued on page 8

Wickham Park, (WP) Melbourne Aug. 3, by Bob Putnam

Our Florida Weather lately has been Classically predictable: Clear mornings with 75F at dawn, 100% humidity, then cloudy about lunchtime just in time to temper the 90-95F heat, and thunderstorms in the afternoon to 'cool' it off to the high 80s or so.

Predictions for Saturday's Wickham Park event were just like that – Xeroxed from the previous five or ten days forecasts. But we could just as likely have been rained on all day long, so we held our breath and hoped.

We needn't have worried. Our secret solution was to have the Orcutt's in charge; they who have never been rained out and seem to have the power of the rain gods in their back pocket. It was a beautiful day, mostly sunny until 2pm with 90F heat, then big puffy Florida clouds started forming. Janet and I slipped away to visit friends nearby, then it happened.

While the Orcutts cleaned up and packed away the supplies for Jonathan Linforth, who had driven all the way from Howey-in-the-Hills, to pick up, leaving only Joe Maliszewski retrieving controls in what must have been one of the biggest monster storms in the area all summer. Joe was wet. How wet was he? He was so wet....

I don't know whether everyone got drenched, but we were comfortably lounging on a pool deck about three miles away, and I know it rained HARD. The temperature dropped about 20 degrees in 10 minutes. The wind blew, hard, and the sky darkened. And we thought of everyone over there trying to close up the event. Hats off to the whole crew for weathering the storm.

The event itself was very well attended. Congratulations to all who braved the long drive, the threat of rain, the humidity, and the heat to make this probably the second best attended Wickham Park ever, and easily the best attended summer season Wickham. It looked like about 130 to me. Very encouraging; will surely mean we'll continue to use Wickham as a venue.

Courses were excellent. The map is aging and trails come and go. Janet and I did the Yellow course and found it to be perfect for what we want yellow courses to do; and perfectly safe for learning in a spot like Wickham, too. I did the red course later and enjoyed it immensely. Rick did a good job of forcing us to pick our way through the maze of trials that litter the park.

Put another way, he did a good job of tempting us to pick our way through knee deep ditches with vegetation so thick and low that I had to be nearly submerged to make headway, dropping my glasses in the tea-colored water (Florida travel brochures always euphemistically call our thick, rotted-leaf, dark-as-espresso, stagnant, scum-covered, swampy smelly streams 'tea colored'), fishing them out ever so gingerly, and on through head high palmetto looking for that exquisitely elusive 'clearing', and finally on through a sea of befuddled glances from the horses and horse show attendees in the fields through which our 500 meter run-in from the last control routed us.

Yessiree. My kind of day!

And my new red and white O-suit does indeed make one run like the wind. I finish, catch my breath, and decide to take a dip in the swimming area to cool off/clean off and Kathy Orcutt says, "Just don't put your head under the water". To which I smile and say thank you, and only later think: but that's what I was doing out on that red course.

story and results, continued on page 3

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THANK
YOU



Bev Ousley,
for 3 years as FLO President.
Congratulations & Thanks, on
becoming our new Treasurer.

Sue Baker,
for 4 years as FLO Secretary,
Treasurer & Newsletter Editor!

Wickham Park, (WP) Melbourne Aug. 3, continued from page 2

One more story that will never make it into the Chamber of Commerce literature. All you out-of-staters tell your friends: FL is not a fit habitat for man nor beast. We don't want anyone else, who is not an orienteer, moving here.

Reactions from other courses were all positive. I saw some good times posted. I saw Nigel Gallier breathing down my neck in a park he'd never seen before, despite what must have appeared to him as truly bizarre terrain/vegetation.

Janet and I saw a huge old Gopher Tortoise on the yellow course. I saw no Scrub Jays, but Bev Ousley reported two near Red # 5, in the NE part of the map. She watched them a while and blames them for her long time on the course.

On the whole a great day!

Thanks so much to the Orcutt family, to Joe M. for control set and retrieval, and to all the other helpers. ■

Wickham Park (WP) - Results

RESULTS CODE	
TNR:	Time Not Recorded
DNF:	Did Not Finish
DQ:	Disqualified
WP – WHITE	
NAME	TIME
Wills, Scott (2)	39:02
Miner (6)	40:26
WP – YELLOW	
NAME	TIME
Brown THS	22:15
Taylor THS (3)	25:57
Rowan, Nancy & Rory	26:12
Calderon THS (3)	31:34
Sloan THS (3)	31:56
Karhehm, D	32:14
Carter, D (2)	32:30
Meehan, Daniel THS (4)	33:12
Harriman, Martha (2)	40:25
Jennifer, Paul, Mike (3)	61:25
Tanchin, Don (2)	64:00
Holley, R (4)	75:45
Niziol, Duane (2)	88:02

WP – ORANGE	
NAME	TIME
Rich & Cathy (2)	45:10
Chancellor,S	60:14
Gallier, J	70:19
Bohn/Dunjan (2)	71:03
Prytulo, W	71:15
Charlene	71:32
Pardy/Luther (2)	71:42
Barker,B	79:19
Keyes, Bob & Sherry (2)	88:56
Simpson,B	93:58
Harrelson, K (2)	96:20
Smith/Richardson (2)	98:35
Patts, Garry (2)	101:29
Roesch, Diane (4)	106:30
Dishong, Brenda	111:30
Cathy, Alicia,Ron,Harry	138:00
Richardson, S (3)	143:40
Hawkens/Lunt (3)	165:55
Frazier, H	DNF
Cox, Bob	DNF
Frazier, D	DNF
Cooper, E	DNF

WP – GREEN	
NAME	TIME
Hession, Paul	74:52
Troop 837 (2)	102:08
Troop 524 Leaders (2)	114:35
Skurnick Team (3)	155:40
Sherwin, J (2)	201:13
Bridge Clyde	208:22
Jones,B	DNF
Gallier, W	DNF
Gallier, R	DNF
WP – RED	
NAME	TIME
Putnam, R	54:33
Gallier,N	65:50
Hyde,B	91:55
Manns, Pinkwater	100:04
Maliszewski, J	133:38
Holman, Glen & Audrea	142:21
Ousley, Bev	146:12
Bennet, Lewis (4)	189:22
Crane, D (2)	207:49
Walaszek, S (2)	240:40
Troop 837 (3)	DNF
Honiker, V (4)	DNF



National O'Day, ready for the next control!

Rain, Wind, Lightning: Little Big Econ, July. 13, by Bob Putnam

To those of you who turned out for this most unique event: Congratulations! You were part of a very nearly record crowd for a FLO Mid-Summer event. A total of 109 people paid no heed whatever to my advance 'publicity' regarding the fun we'd all have slurping through the slop of LBE. We've averaged 58 people at all our July events, until now. Compare that to the 250 people we've averaged for the first 5 events of 2002. Still, we're proud of all of you putting the lie to the idea that summer heat in Florida prevents O-fun. And it was fun.

Despite the weather report, the morning dawned bright and clear with sunny skies through 11:00 a.m., while the temperature rose to and through 85F, then a funny thing happened. Rain. Lots. Wind. Lots. Lightning. 'Nuff.

The results show 40% of the field did not finish for one reason or another. "Another" in this case mostly meant Lightning. Too bad, because there was much to learn on these courses. Plenty of newcomers trying O' for the first time were unable to complete the course because they didn't like the idea of crossing large fields with a storm blowing through.

Those starting early mostly finished OK. Some late arrivals were caught in the downpour, though many folks, including several families with kids, didn't seem to mind the storm at all and came back drenched and grinning. No one was ever at great risk since the lightning stayed well away from us.

Afterward we convened the **Annual Summer Meeting of FLO** and cleared up some vital business, including elections. Many thanks to Bev Ousley for completing 3 years of service as FLO President. Bev was elected as the new FLO Treasurer. Arild Orsleie has moved over from being a Board member to being the new President.

All agreed it was portentous that immediately after his election the sky rumbled like the very Hammer of Thor, in apparent approval of our choice.

Your new Administrative VP is Mike Dempsey, Bob Putnam continues as Technical VP, and Ray Bruneau continues as Publicity Chair. The Board is rounded out, in addition to the officers, by Rick Orcutt, Jonathan Linforth, Ron Eaglin and new member Tim Orcutt. Bring all your questions, concerns, complaints and praises to one of these folks.

As for the courses, no one even tried the White. All the courses had control descriptions sheets with lots of training tips and advice on them, qualifying the day as a Training Event. Discussions with several people at the finish table revealed that many did not read any of it. (sniff, sniff).

Your course-setter went to some extra trouble to not only set courses with specific techniques in mind for each leg, but explained it to you beforehand on those description sheets. What your poor forgetful course-setter forgot to do was remind everyone to actually read the stuff before going out.

It was terrifically gratifying to see the large turnout of first timers. As soon as I receive the Waiver sheets, I'll send this report to all those folks who left us with an email address. Thank you all, and we hope you enjoyed yourselves despite the conditions.

Particular attention must be paid to Glen & Andrea Holman as well as the Karen Pardy party, all of whom beat out Walenty Prytulo on the Orange course. They may not be aware that such a thing is the very measure of excellence on Orange.

story and results continued on page 5

Little Big Econ (LBE) - Results

RESULTS CODE	
TNR:	Time Not Recorded
DNF:	Did Not Finish
DQ:	Disqualified
LBE - WHITE	
NAME	TIME
No Entrants - NO DNF	
LBE - YELLOW	
NAME	TIME
Suzanne Flagler (3)	56:00
Denny Zahrt (7)	69:25
Robby Barnes (M-1)	DNF
Joyce Fisher (2)	DNF
LBE - ORANGE	
NAME	TIME
G & A Holman (2)	38:38
Karen Pardy (2)	50:38
Walenty Prytulo (M-1)	50:45
G & R Cranford (2)	55:02
Jane Gallier (F-1)	61:30
J Biggs & D Puzzo (2)	62:31
Bohn & Durjan (2)	66:35
Dion & Kara Santi (2)	66:50
Scott Myers (M-1)	67:30
B & S Panzak (2)	69:31
Rick Hall & Tyler (2)	84:01
Dan, Jen & Danielle	84:55
G. Schwieterman (2)	104:20
Heather Frazier (F-1)	116:05
D & A. Gatlin (2)	117:30
Johnson & Wojnarowicz	156:00
Alan Fisher (5)	TNR
Rick Holley (4)	DNF
Keith Escue (5)	DNF
Cameron Pollak (2)	DNF
Morena Cameron (4)	DNF
Troop 71 (7)	DNF
David Frazier (M-1)	DNF
Kevin Harrelson (4)	DNF
Dave & Elsie (2)	DNF
Castle & Vienneau (2)	DNF
LBE - GREEN	
NAME	TIME
Nigel Gallier(M-1)	72:20
Erik Nielsen (M-1)	91:00
John Crowley (M-1)	98:39
David Aaronson(3)	140:15
Ludwig & Wordell(2)	DNF
Keith Zeitler(2)	DNF
Troop 524 Panthers	DNF

BECAUSE HUNGER HURTS,

**FLO'S FIRST ANNUAL
SECOND HARVEST FOOD
BANK DAY**

MOSS PARK – OCTOBER 5



because no one should be hungry,



All of us have missed a meal at one time or another; but think about the pain and fear of having no food, no money to buy food, and no prospects for a solution to either problem. Think also about the pain that you would endure if you saw your loved ones hungry and had no way to feed them.

The problem is closer to home than you think. In 1997, Second Harvest Food Bank of Central Florida participated in a comprehensive study of hunger in the U.S. entitled *Hunger: The Faces & Facts*. The study offered some staggering statistics.

Nationally, nearly 26 million Americans made unduplicated visits to Second Harvest National Food Bank Network charitable food programs in 1997. In Central Florida, approximately 128,000 people relied on emergency food programs at least once during 1997.

Of the Central Floridians served,

- 46% are children under age 17
- 13% are seniors age 65 or older
- 50% of households have at least one adult who is working
- 85% of four-person households have an annual income of under \$15,500 –well below the federal poverty level of \$16,050 for a family of four.
- 32% of client households have had to choose between food and rent.

“What Can I Bring?” you ask,

Any Non-Perishable Food,

Spaghetti Sauce & Pasta - a great meal

Rice & Dried Beans - a cheap meat alternative

Cookies & Non-Refrigerated (UHT) Milk - a happy treat

even Peanut Butter & Jelly - delicious, nutritious, kid-friendly!



RAIN, WIND LIGHTNING: Little Big Econ, July 13, continued from page 4

LBE - RED	
NAME	TIME
George Cheney (M-1)	65:34
Igor Sazonov (M-1)	80:42
Rick Orcutt (M-1)	84:40
Chris Johnson (M-1)	86:33
J Maliszewski (M-1)	113:45
Alex Jasiukowicz (3)	134:00
Hahnfeld & Flohre (2)	DQ
Bret Barker (3)	DNF
Arild Orsleie (M-1)	DNF
Bev Ousley (F-1) DNF	DNF
John Sherwin (M-1)	DNF

Nigel Gallier's winning time on Green was by nearly a 20” margin, (no more Green Nigel; may be time to move up) larger even than George Cheney's (aka: Dave Ousley) 15” margin on Red.

Dave, by the way, won out over Igor Sazonov of Russia, an accomplished orienteer who was running for the first time in Florida; that is, in the Florida heat, to which he is most unaccustomed. Igor promised to prepare a report of his impressions for the club newsletter, as soon as his body temperature returns to normal sometime next week. He did mention how odd it seemed to navigate without ANY contour details to go by, just vegetation boundaries, echoing the feedback from other 'imports' we've hosted in the past.

My parental instincts were touched by newcomer David Frazier retiring early from the orange course while his daughter Heather, also new, finished in fine fashion, although with enough elapsed time that David stood around awhile looking anxiously at his watch. I know that feeling.

Sympathies, too, for Rick Orcutt who had to run in borrowed shoes after son Tim drove off with all the shoes in his truck. Rick was being urged to run the course barefoot, as befits a FL Native, but he pretended not to hear. Later this weekend, Ron Eaglin promises to try running the Red course (without controls, of course) as a calibration of sorts, but it won't be as much fun with the water levels receding steadily.

We were surprised to get another request for a String-O course, having planned none for quite awhile. If some one would like to volunteer to take charge of String-O for future events, we have all the material necessary. Simply contact a FLO officer and let us know you want to try it.

Thank you to Bev & Dave Ousley and to Tim & Rick Orcutt, for all their help in every task throughout the day. And to all those early-arriving helping hands whose names I always neglect to record. **Apologies** to those caught in the chaos the rain caused. First our tarp blew over then the sudden downpour chased Registration and Start/Finish up to the parking loop. Things were pretty confused until order was (mostly) restored. ■

LIMITED COMPETETORS – LBE

A ruling by Park Rangers at Little Big Econ will drastically affect Orienteering events held there. The new rule limits clubs to one event per day, with a maximum of 75 participants per event. With FLO average attendance of 200 plus Orienteers, we're too big!

As a result, the Little Big Econ event will be held over two days: Nov. 2 & 3, and will be by pre-paid registration only.

Registration accepted on a first come basis with member only registration until Sept. 25th, and open registration from Sept 25th if space still available. Updates on pre-registrations will be posted to the FLO web site.

Each competitor/group needs a separate registration form. **IMPORTANT:** the Number of people in your group will be limited to the number noted on your registration form.

***** START will be from 10am to 11am ONLY *****

Name/Group Name:
Which Day: Sat 2 nd [] Sun 3 rd [] Enter me for other day if 1 st choice not available: []
Course (WYOBGR):
Number of Orienteers in group:
Number of Maps: Member \$4.00, plus \$2.00 each additional map Non-member \$5.00, plus \$2.00 each additional map
Phone Number / E-mail:

Mail registration form with check to:

Bob Putnam
955 Dyson Drive, Winter Springs, FL 32708

MEET OUR NEW PREZ -- Arild Orsleie

[Arild took time to answer a few questions, and tell us about Orienteering in his mother country. FLO is lucky to have someone with such O-experience as our new president! Congratulations and thank-you, Arild.]

FLO: When and where did you first Orienteer?

ARILD: I started orienteering back in Norway when I was about 10 years old and have been orienteering ever since.


Of course, the terrain back in Norway is much more varied than here in Florida, more intricate and more navigationally challenging. But with a lot more cold rain! In Norway the season starts in April in the south, even before all the snow has melted. This is not necessarily very enjoyable, but after a long, dark and cold winter, most orienteers are eager to get back into the woods again.

FLO: What is your most memorable O-experience?

ARILD: I have participated in the big relay in Sweden, "Tiomila" (Ten-miles) a few times, often doing one of the night legs. Quite an experience.

Besides Norway and Sweden, I have participated in O-events in Denmark, England, Scotland, Wales, and Austria.

FLO: What would you like to see in FLO's future?

ARILD: Things I would like to see in FLO's future: Maps with more contours, and that Bob Putnam never ever leave the area or stop orienteering! 

FLO CALENDAR OF EVENTS

FLO CALENDAR OF EVENTS		
Sept. 2, 2002	Woodpecker Hill, Ocala National Forest, Paisley EC/CS: Jonathan Linforth, (see back page for site directions)	- WYOGGR courses
Oct. 5, 2002	Moss Park/Split Oak Forest, Orlando (Moss park entrance) First BROWN course for FLO , see page 7, bottom for info. FLO - First Annual - Second Harvest Food Bank of Central Florida Food Drive. EC/CS: Arild Orsleie, (see back page for site directions)	- WYOBGR courses
Nov. 2 & 3, 2002	Little Big Econ State Forest, Oviedo LIMITED COMPETETORS - 75 MAX per DAY- PRE-REGISTRATION ONLY , see this page top left EC: Bob Putnam, CS: Ron Eaglin, (see back page for directions)	- WYOBGR courses
Dec. 14, 2002	Wekiwa Springs State Park, Apopka Annual Florida Individual and High School JROTC Championships - EC/CS: TBD	- WYOGGR courses - EC/CS: TBD
Jan. 11, 2003	DeLeon Springs State Recreation Area, DeLeon Springs	- WY Score-O - EC/CS: TBD
Feb. 1, 2003	Kelly park, Apopka	- WYOGGR courses - EC/CS: TBD
Mar. 1, 2003	Woodpecker Hill West, Ocala National Forest	- WYOGGR courses - EC/CS: TBD

SUMMER'S OVER! THE FALL SEASON BEGINS AT WOODPECKER HILL,

by Bob Putnam

...and with a little luck we'll see water features in Ocala National Forest. We've one of those wonderfully wet Florida summers - for a change - and sinkholes may be wet finally. If you're a FLO veteran of Shockley Ranch or Woodpecker Hill, you know how rare it is to see anything remotely damp on either of these maps.


If you're a newcomer and have not yet visited Woodpecker Hill with us, brace yourself. It's probably unlike anything you've seen in the Florida forests. As an orienteering venue, it's almost perfect. The visibility is excellent, the underbrush is so infrequent it's almost not worth mentioning, and the footing off the trails in the woods is almost better than on the trails, what with the typically soft sandy surfaces churned up by vehicles.

A full set of five courses will be designed by Jonathan Linforth, our Ocala Forest veteran. I'm sure they will challenge you to pay very, very close attention to your map. Ocala forest can be unforgiving of navigational lapses. As of this writing, Jonathan has not finalized the staging area, because he's negotiating with ONF to get the best possible spot. It will however be adjacent to the big dirt road #538 that connects Paisley to Alexander Spring, so just keep going until you see the signs (or cars, or pedestrians, or control flags...)

As usual, bring lots of water and be sure to stop at a rest stop in Altoona or DeLand. NO FACILITIES, Alexander Springs is nearby, but without a pass you have to pay the entrance fee just to use facilities. Please remember to park on one side of the road only. Depending upon where the staging area is that could be either east or west, but we remain in the good graces of ONF only so long as we follow their orders regarding permit conditions such as this.

Usual time period, 10 AM to 1 PM. Usual 3 hour time limit for all entrants. Usual 3 PM closing time, meaning be back at the finish table and checked in before 3 PM no matter what. We are always concerned when folks are not back by 3 PM at any venue, but in ONF the anxiety level doubles. No matter where we stage from, remember that the safety bearing for all courses will be DUE EAST to dirt Road #538. And if anyone is planning to compete individually, remember that you are required by FLO rules to carry a safety whistle, which can be purchased for \$1.00 from the start table if you do not already have one.


Just a word now for those who have not orienteered at Woodpecker. This is what may safely be referred to as "real" orienteering in the sense that for the Orange, Green, and Red courses there are no fail safe fields or roads always visible or audible, as is the case at many venues. You will be faced with a level of difficulty on your course that is fully in line with national and international competitions. Carefully consider whether this is the best venue to make a move to a more challenging course. Talk to the FLO veterans around the registration table, and the Instructors nearby, to be sure you're selecting the correct course. The JROTC leaders especially should review with their cadets their skill levels in light of the conditions.

We have to remind you: RAIN OR SHINE. It's been years since such a warning seemed necessary on Labor Day, but it feels good in a way. So if you haven't marked your calendar already, call off whatever it was you were going to do Labor Day, and come out to Woodpecker Hill. Keep an eye peeled for those red-cockaded woodpeckers, go out of your way to slosh through any old (new!) wet spot you can find just for the spiritual boost it provides, and enjoy - after having mastered a genuinely challenging day in the great sandy pine uplands of Florida. 

FIRST BROWN COURSE FOR FLO - MOSS PARK - OCTOBER 5

Course-setter Arild Orsleie plans to introduce a BROWN course to the regular slate of FLO courses.

What is a BROWN course? Nothing more than a shorter Advanced level course. The difficulty should be identical to Green or Red (or Blue) but it should be a little shorter than Green.

If we were anywhere but Flat Florida it would also entail less climb than Green. Bear in mind - this is still an Advanced level of difficulty. It may be the same distance as an intermediate level Orange course, but it will take longer because the navigational challenge is tougher. Talk about it with the Officials and Instructors if you think it might be a good choice for you. 

HOT, HOT, HOT: Rock Springs Run - National O'DAY, story continued from cover

As Dave Ousley points out in his EC report, the winning time on red indicates a fair 6.4 km course, and all the controls were spot-on. The green course by the way was simply the red course without two controls. So why so many non-finishers?

Since there were several veteran FLO names among the DNF's, probably 95F heat, bright sun, and red/green courses with over half their time spent in the sun, played havoc with clear thinking. Probably also, our repeated urgings to newbies about not tackling red/green until the navigation skills are up to par, continue to fall on deaf ears.

Again, our primary concern is safety, since people are more likely to become lost if they are unprepared for the course difficulty, but we are also concerned that you have a good time. Most FLO veterans don't have as much fun if they fail to finish, so it's hard to imagine others do. To be honest, finishers and non-finishers alike always come out of the woods grinning and insisting they've enjoyed themselves. However, we can't help but think they'd enjoy themselves more, have a stronger appetite for the sport, and would be learning more if they actually completed an appropriate course.

Lots of adventure racers in the field this day. Lots of scouts, too. Not many HSJROTC'ers, although Cypress Creek brought 12 and Titusville at least 14. We appreciate them finding time for us, right in the middle of end-of-school-year exams and activities.

Most notably we had some long-distance travelers: the Hawkins from St. Pete, a girl scout troop from St. Mary's Georgia, and adventure racers from Miami. If you're familiar with the northeast US, that's like having an event in New York City and drawing people from Binghamton, Boston and Washington.

My own run consisted of first underestimating the heat; did not drink enough water before starting. Then I overestimated my hot weather ability; tried to run strongly and faded to a walk about half way through the course. I had a minute or two of goofs on several controls and managed to resume a good jog now and then, but a 10-foot high sandbank between 8 and 9 felt like a mountain. I had a blast, I had a real rush of exertion, but I haven't felt that washed out/bushed in a long time. Therefore I didn't have enough steam left to go looking for a Geocache that I had learned was located on our RSRSR map. Maybe next time.

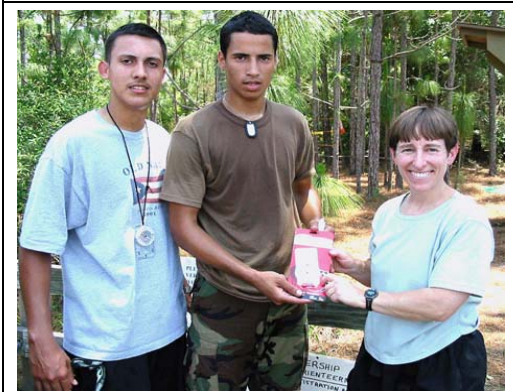
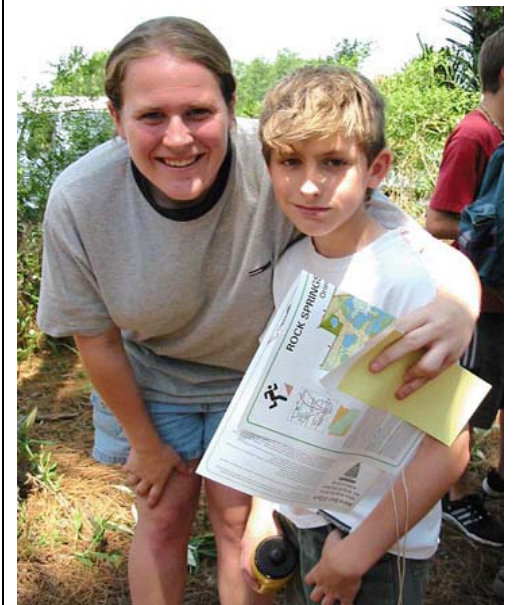
All in all, a fine NOD event, one we can all be proud of. Congratulations to Arild on his terrific courses. Thanks to Bev & Dave Ousley for running the event and to Tami Jicha and Jonathan Linforth for pitching in. Thanks to the family who arrived early, helped all over the place, and set up the String-O for us, although no children actually did the String-O.

Thanks to Wekiwa Springs State Park for yet another hospitable day in the Reserve. Next time: Nearer To The Toilets! ▀



registration, mapping, running start, getting O-tips

HOT, HOT, HOT: Rock Springs Run, (R.S.R.) - National O'Day - pictures and results



R.S.R. - WHITE	
NAME	TIME
BSA Troop 225 (6)	43:55
BSA Troop 225 (6)	48:30
BSA Troop 225 (6)	50:45
James W. Feudner (6)	54:57
Leon Gariepy (2)	61:10
Troop 214 #1 (6)	63:03
Troop 214 #2 (6)	86:14
Coral Gables Troop 1-2	112:10
Troop 214 #3 (6)	DNF
Diana Hodgson (3)	DQ

R.S.R. - YELLOW	
NAME	TIME
Titusville NJROTC 2 (2)	32:50
Titusville NJROTC 4 (2)	33:28
Titusville NJROTC 5 (2)	38:05
Titusville NJROTC 7 (3)	39:50
Tami Jicha (F-1)	40:41
Titusville NJROTC 3 (2)	41:25
Derek Bohn (2)	43:25
Jane Gallier (F-1)	43:50
Titusville NJROTC 1 (2)	45:28
Rick Holley (2)	46:30
Carla Unkel (3)	46:33
Kim Parent (2)	51:19
Mike Iglesias (3)	55:58
Kat Smith (2)	56:48
Troop 86 (5)	59:43
Greg Filis (2)	66:35
Diane Riesch (2)	77:45
Eric Thorsen (6)	80:35
Titusville NJROTC 6 (M-1)	80:45
St. Paul's Catholic Schl (4)	89:55
St. Paul's Catholic Schl (4)	90:40

R.S.R. - ORANGE	
NAME	TIME
Chris Johnson (M 1)	47:16
Walenty Prytulo (M 1)	49:23
Kelly Caldwell (M-1)	61:31
Glen Holman (2)	65:45
Titusville High School (5)	65:57
Jim & Lori Gabbert (2)	67:29
John Hollingsworth (4)	71:50
Mike & Marilu Dempsey	72:45
Heim, Johnson, Schoenwald	73:20
Michael Pradella (2)	74:50
Yeadon (2)	80:43
Justin Partridge (M-1)	80:44
Jerry Hoover (M-1)	83:56

R.S.R. - ORANGE, cont	
NAME	TIME
CCHS NJROTC 1 (2)	85:14
Don & Kara Santi (2)	87:10
Paul Drinkwater (4)	90:15
Lotta Smith (2)	91:01
Gregory Crawford (2)	91:10
David Aaronson (2)	93:45
Dan Bolling (M-1)	103:55
Sandy Wordell (4)	105:31
CCHS NJROTC 4 (4)	108:30
CCHS NJROTC 2 (3)	111:35
Josiah Davis (2)	115:30
Scott Hall (8)	117:10
Chris Bear (3)	117:40
Civil Air Patrol (6)	142:24
Scott Myers (2)	144:32
Hawkins (3)	146:31
GS Troop 610 (7)	DNF
CCHS NJROTC 3 (3)	DNF
Rob & Lisa Whyte (2)	DNF
Charlotte Smith (3)	DNF
J. Gallier (F 1)	DNF
Carla Unkel (3)	DNF

R.S.R. - GREEN	
NAME	TIME
Bo Peep & P.D. (2)	YBF
Patrick CAP (6)	DNF
Jody Burch (2)	DNF
Stephen Little (2)	DNF
Ruth Little (2)	DNF
Turner Matthews (2)	DNF
Sam Chancellor (M 1)	DNF
Don Bouvier (2)	DNF
Kate Putnam (F 1)	DNF
Paul Drinkwater (4)	DNF

R.S.R. - RED	
NAME	TIME
Bob Putnam(M-1)	73:28
Al Hofmann(M-1)	82:30
Jim Hartnett(3)	107:45
Nigel Gallier(M-1)	110:05
Ken Miller(4)	119:10
Alex Jasiukovicz(2)	166:38
Jerry Hoover (M-1)	DNF
Reggie Kornegay(2)	DNF
Coral Gables Troop 1-1 (2)	DNF
Joe Maliszewski(M-1)	DNF
Team Sun-Tek Skylights(5)	DNF
Paulette Burdick(7)	DQ

rough, ready to O, prize winners, time to go home.

FLOing WILD: Coral or King Snake

by Marilu Dempsey

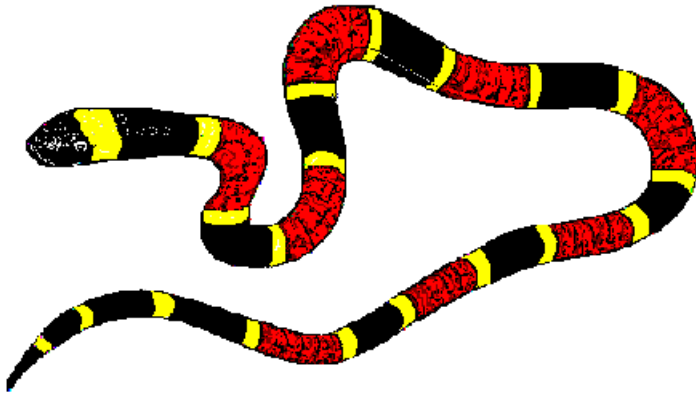
**Red next to black - is safe for Jack;
Red next to yellow - will kill any fellow.**

Eastern Coral Snake: related to Cobras, highly venomous.

Wide red and black bands with a yellow stripe between them. The red bands are usually spotted with black. Bands encircle the body, continuing on the belly. A very colorful, pretty snake!

Bands: Yellow-Red-Yellow-Black-Yellow-Red-Yellow-Black.

The snout is blunt and black. The head is black from top of snout to just behind the ears. Scales are smooth and shiny.

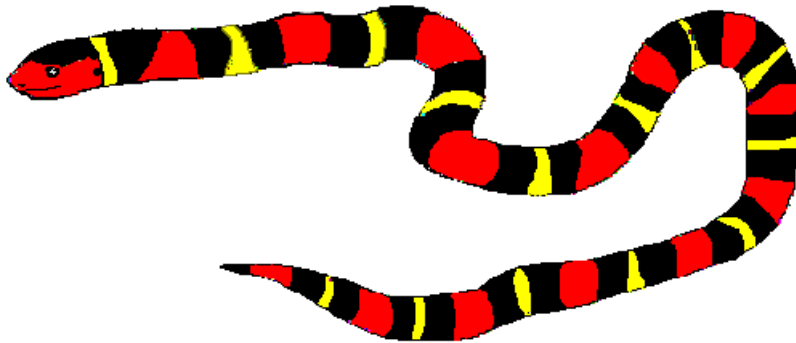


Scarlet King Snake:

Wide red bands, separated by wide black bands. Every pair of black bands has a narrow yellow stripe in between them. Bands encircle the body, continuing on the belly.

Bands: Yellow-Black-Red-Black-Yellow-Black-Red-Black.

The snout is red and pointed. Scales are smooth.



Coral Snake Bite

Coral Snake venom is a strong neurotoxin, affecting the nervous and respiratory systems, and a bite can be fatal.

Coral snakes are shy, hiding under logs and fallen leaves. One usually will not bite unless stepped on, sat on, or grabbed. Most bites occur when someone, usually a child, attempts to pick one up.

Coral snakes do not strike quickly; they bite, hold on, and “chew”. The bite is deceptively mild, leaving only small punctures, and small semi-circular scratch marks. Symptoms may be delayed up to 12 hours, and then you will see a very rapid progression.

Symptoms include:

- trouble keeping eyes open,
- slurred speech,
- blurred vision,
- drowsiness, and weakness
- pain at the bite site,
- seizures.

For all snakebites, seek medical help immediately. For a possible coral snake bite, and if it will be over 30 minutes to a hospital, use the following guidelines:

- have the victim lie down in a comfortable position,
- keep victim still and calm,
- apply a sterile dressing to the wound,
- keep the bitten body part still. (One way to do this is with a splint, however, it is important not to tie the splint so tightly that blood flow is restricted.)
- **do not** cut or make any incision on or around the site of the bite,
- **do not** raise the bitten limb above the level of the heart,
- **do not** leave the victim alone,
- **do not** give the victim anything to eat or drink, especially alcoholic beverages.

Try to identify the snake, **do not** cause danger to the victim or yourself, **do not** take a lot of time. It is important to seek medical attention - fast.

No one has died from a Coral snake bite since an effective antivenom was developed, but it is most effective when given within four hours of a bite. While it is believed the antivenom is effective up to 24 hours after the bite, delay increases chances of long-term complications. And there is no guarantee the antivenom can reverse damage already done. ■



FLORIDA ORIENTEERING MEMBERSHIP APPLICATION

MAKE CHECKS PAYABLE TO: FLO
MAIL TO: FLO, c/o Mike Dempsey
107 Red Cedar Drive
Sanford, FL 32773

PLEASE PRINT ALL INFORMATION LEGIBLY

NEW MEMBER RENEWAL DATE _____

MEMBERSHIP DUES PER YEAR: INDIVIDUAL \$8 COUPLE \$13 FAMILY \$17 GROUP \$20
LIFETIME: INDIVIDUAL \$150 COUPLE \$200 FAMILY \$300

NAME _____ YEAR OF BIRTH _____

STREET _____ APARTMENT # _____

CITY _____ STATE _____ ZIP _____ COUNTY _____

PHONE (____) _____ USOF MEMBER? YES NO USOF MEMBER # _____

OCCUPATION _____ E-MAIL ADDRESS _____

PLEASE SEND MY NEWSLETTER BY MAIL E-MAIL (Requires Microsoft Word, or a MS Word Viewer.)

Florida Orienteering is a non-profit organization affiliated with the United States Orienteering Federation (USOF) and created to serve the interests of orienteers in Florida. FLO was established to promote the sport of Orienteering and to increase environmental awareness in the state of Florida. These purposes are served through the sponsorship of orienteering events in the state and the production of recreational orienteering maps. Your membership directly supports these activities.

As a member, you may enter FLO events at a reduced rate, and are entitled to membership in the USOF at a reduced rate. (See USOF Membership Application for specific details.) You will receive our newsletter - THE FLORIDA ORIENTEER. We will encourage and request your participation in event organization, map making, course setting, etc., as these activities are vital parts of orienteering that are as much fun and challenging as competition.

ADDITIONAL MEMBERSHIP INFORMATION

IF FAMILY (or COUPLE) MEMBERSHIP, PLEASE LIST OTHER MEMBERS BELOW:

NAME	SEX	YEAR BORN	NAME	SEX	YEAR BORN
1. _____	_____	_____	4. _____	_____	_____
2. _____	_____	_____	5. _____	_____	_____
3. _____	_____	_____	6. _____	_____	_____

WHERE DID YOU HEAR ABOUT FLORIDA ORIENTEERING? _____

IF A FLO MEMBER INVITED YOU, PLEASE PROVIDE THEIR NAME _____

PLEASE INDICATE AREAS IN WHICH YOU WOULD LIKE TO ASSIST AT FLO EVENTS:

Registration ___ Start ___ Finish ___ Control Retrieval ___ Event Location(s) _____

You may choose to make a contribution in addition to your FLO membership dues in order to promote special projects, operating costs, or our mapping efforts in Florida. Your valued support is greatly appreciated!

DONATED AMOUNT _____ THANK YOU!!!

The Florida Orienteer newsletter is published four times per year (February, May, August and November). Deadline for submission of material is the 5th, with publication scheduled for 25th. Send material to Marilu Dempsey: marilu_dempsey@bellsouth.net, or 107 Red Cedar Drive, Sanford, FL 32773. The editors reserve the right to edit any submitted materials and publication is on a space available basis.

UPCOMING EVENTS

SEPT. 2,

Labor Day

Woodpecker Hill, Ocala National Forest, Paisley

Courses: WYOGR EC/CS: Jonathan Linforth

5 miles West of Deland on S.R.44, turn West onto C.R.42, 9.8 miles, go right on Rancho Road (turns into dirt F.R.538). Woodpecker Hill is 6 miles North. NO ENTRY FEE

OCT. 5,

Saturday

Moss Park/Split Oak Forest, Orlando – First Brown Course for FLO!

Food Drive for Second Harvest Food Bank of Central Florida

Courses: WYOBGR EC/CS: Arild Orsleie

Moss park entrance. Go 2.7 miles South of SR 528 Expressway on SR 15. Turn East on Moss Park Road, 3 miles to entrance. ENTRY FEE \$1:00/PERSON (age 5 & under free).

No pets allowed within Moss Park/Split Oak Forest – not even if they are on leases.

NOV. 2 & 3,

Saturday/Sunday

Little Big Econ State Forest, Oviedo – *PRE-REGISTRATION ONLY*

Courses: WYOBGR EC: Bob Putnam CS: Ron Eaglin

3 miles NE of Oviedo on Geneva Road (SR 426). ENTRY FEE \$2.00/CAR (8 people max)

All dates are tentative. Please check hotline (407) 672-7070 or Web Site <<http://clubs.cecs.ucf.edu/flo/>>

All starts are from 10 AM until 1 PM, unless otherwise noted – RAIN OR SHINE

Pre-registration and membership not required, unless otherwise noted – events are open to ALL

THE FLORIDA ORIENTEER

c/o Marilu Dempsey

107 Red Cedar Drive

Sanford, FL. 32773

FIRST CLASS MAIL



HAS YOUR MEMBERSHIP EXPIRED? Check the expiration date on your mailing label.

IF YOU ARE NOT A MEMBER, JOIN NOW – DON'T MISS AN ISSUE!