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Mark your calendars!

OCALA NATIONAL FOREST

Join us March 1, 2003 at ONF
For the Real O' thing!

Wekiwa Springs - BIG 4 in 1 – Dec 14, by Bob Putnam

One Less Shopping Day 'Til Christmas! Plan to devote Sat. 14th to the biggest, wildest, most challenging day of Florida O'ing of the entire year.

It's FOUR events in one. **First**, the 'regular' FLO event offering six (White, Yellow, Orange, Brown, Green, Red) courses, for the enjoyment of family groups and casual hikers, who come out for the sheer fun of hiking around the woods together.

Second, for individual competitors, FLO members and non-members alike, this will be the annual Florida Championships. Gold, silver and bronze medals will be presented to the top three male and female individual competitors on each course.

Third, it is the Florida High School JROTC Championships, challenging all the JROTC cadets who have been practicing all year to show what they've learned. And for the best team among them to take home the most humongous trophy I've ever seen associated with orienteering.

Fourth, we will introduce Bike-O to Wekiwa Springs. This is a 15 to 20 km trail bike race, with 7 controls of White/Yellow course difficulty, start/finish at the Auditorium like everything else, and same map fees. You'll have to decide whether to do traditional foot-O or the Bike-O because you will probably not have time to do both.

The High School JROTC Competitors will have their own Yellow, Orange, and Brown courses on which to compete. Only those cadets competing individually will be eligible for individual awards, or will have their times count toward the High School Team Award Trophy. See the FLO web site for RULES and Scoring system. All JROTC cadets will, just as for the regular FLO courses, be **marking control locations in the Master Map area "on-the-clock"**.

JROTC cadets competing as a group do not need to pre-register, and may enter either the regular FLO courses or the designated JROTC courses. However, if a JROTC group wishes to compete on a JROTC course, they must wait until all individual cadet competitors start.

There is a \$40 fee for a high school to be eligible for the Team Trophy competition. (Schools that enter only as groups will not pay the \$40.)

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WAY TO GO FLO! FIRST ANNUAL FLO "SECOND HARVEST FOOD BANK" DRIVE
On October 7, 2002 – A total of 96 pounds of food was delivered to Second Harvest Food Bank.

Lessons Learned on my First Solo Green, LBE, Nov 2002,

by Andrea Holman

I started Orienteering in May 2002 and was immediately hooked! I've read a couple of books and participated as a duo each month ever since--until now. This time I went solo. And because I am fairly new to the sport, I am learning so much with each run. Below is my run along with comments of the things I did right and what I did wrong. The course and my best guess at my route are marked on the map. (see page 3)

Control 1:

Game plan: My main goal is to get to the first control accurately & quickly to build my confidence for the rest of the course. My attack point is the trail where it heads due South. Get there by cutting straight across the field to the "Y" in the trail; follow it until it turns **S**. Then, cut across at a slight angle toward the earth wall; follow it to the bend.

What I do: My angle off of the trail took me slightly south of the earth wall and I see the 'thumb' in the river. This is my catching feature. I know to go **NW**, and I find the control. Whew! Not perfectly clean, but I followed a plan.

Control 2:

Game plan: Head **NE**, pick up the hiking trail, follow the trail to the 4-way intersection, just after the bridge. At that point, take the trail heading **S** until I see the manmade object (my attack point), then cut in 50 meters.

What I do: Unfortunately, as I follow the trail South of the 4-way intersection, I start to lose track of it. Not sure of how far I have gone, I decide to go back to the intersection and head **S** again, this time counting paces and keeping the compass pointing **S**. I see the manmade object (boards) and head **W** into the woods. I come across several depressions and go back and forth a little until I find several very distinct depressions. (The 2 Eastern-most). I go **W** and find the control at the 3rd depression.

Control 3:

Game plan: Hit the trail to the **W** and take it toward the control. My attack point is the bend in the trail that goes **SE**, at which point I will go **S** until I am in the reentrant (small valley). I see a little spur trail on the map, but I have seen several unmapped spurs, and decide not to use that feature.

What I do: I reach my attack point and head **S**. I get a little confused by some of the elevation changes, ending up at the edge of a re-entrant, and do not see the control. Realizing I am not far enough South, I go a little further. I enter another re-entrant and look for the control. Not seeing it, I double-check the map and the feature codes again. I have been looking for an **EASTERN** tip, and it should be a **WESTERN** tip! I find the control right away after that.

Lesson learned: Look for the control **FEATURE** more than the control flag

Control 4:

Game plan: Get on the hiking trail heading **NE** and just **GO!**

What I do: (Okay, so that isn't the best idea :) Had I actually looked for an attack point, I would have followed the hiking trail that went **E**, not the one that went **NE**, but I am trying to avoid another participant. Anyway, I am making this one up as I go, and run along the trail until I reach a stream. I

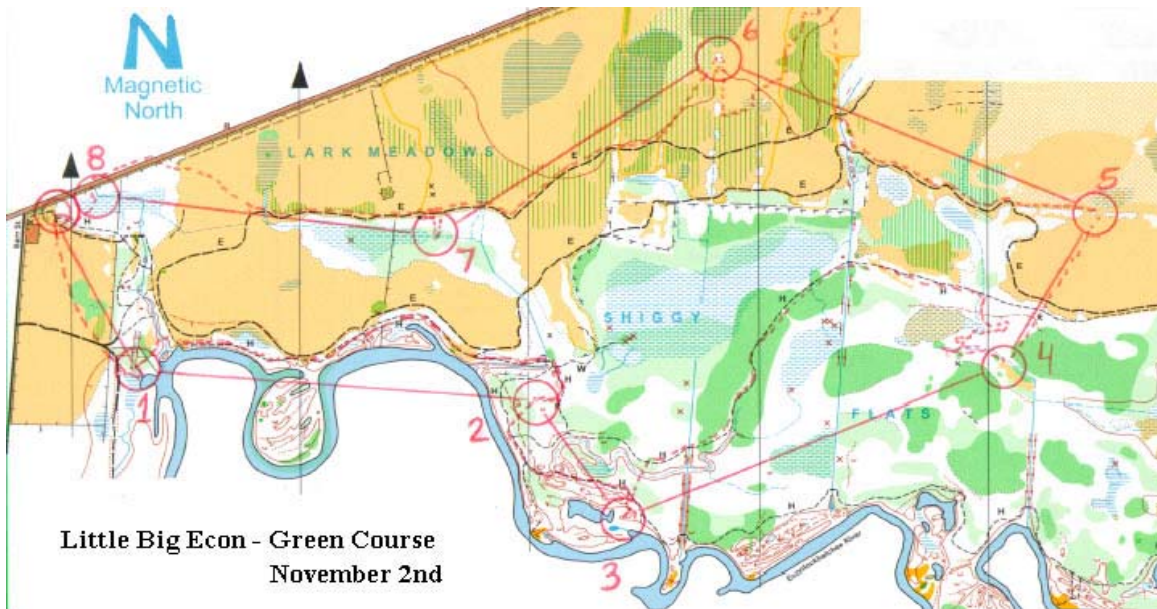
follow the stream **S**, and hit a marsh that seems to be quite a bit larger than the map indicates. I press on and reach a clearing. There are other participants here who look pretty flustered, so I don't think this is the correct location. I re-check the map and realize I have not crossed the seasonal stream so I go further **S**. I cross a stream into a clearing (scare a deer), but the shape isn't correct. (Man are there lots of clearings!) I then notice a dry-ish streambed that runs **E-W**.

continued on page 3

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Lessons Learned on my First Solo Green, continued from page 2



GREEN	5.3 KM	<1%
Start	△ / / \	
1 MO	→ # <	○
2 GI	↖ ○	○
3 GA	↑	∧
4 CX	⊙	∧
5 AG	↑ ↓ ∇	○
6 MX	∇	○
7 AR	⊞ /	○
8 GO	⚡ <	○

Little Big Econ - Green Course
November 2nd

Since I am not sure exactly where I am, I decide to follow it to see if it turns toward the SE (as it does on the map). I go a ways and it isn't turning. I am getting worried now. It seems as though I have gone pretty far, so now I am thinking I am on the wrong seasonal stream. To verify my location, I follow the streambed W. If it dead-ends, I am in the correct place. If it comes to a T, I am at the wrong streambed. It dead-ends! I head back to the E and the streambed does indeed turn SE. I find the control easily.

Lesson learned: Don't be distracted by other participants, ALWAYS have an attack point!

Control 5:

Game plan: Take a bearing until I have a visual on the middle clump of vegetation, then head for it's E side

What I do: Nail it dead on! (Get nailed by a few briars along the way.)

Control 6:

Game plan: Use the vegetation boundary as a handrail to get me to the equestrian trail. Follow the trail to the stream, and then jog N to pick up the other equestrian trail. (That's as far as I plan ahead, thinking this will be a piece of cake)

What I do: I get to the first equestrian trail and follow it to the stream. I cross the stream and go N, eyeing some lone trees in the distance. What I don't realize is that I am already on the Northern equestrian trail (there is a new path between the two trails). Note: this connecting path is indicated on the full color map by a barely visible bright yellow line, (not visible in black/white). Since I am not expecting a new trail, I cross the river and go N, not W. So, I look at the control code sheet and head for the nearest "lone tree". Nope, not at that one. Nope, not at

that one either.

Hmmm, looking at my trusty map again, I realize that the "lone tree" is in an area fully surrounded by rough open vegetation. Drat! Following plow trenches in the field to dodge the briars, I head W toward the clumps of trees/vegetation that are in a N-S row. I reach one of the middle ones and go N. The control is easily visible under the tree.

Lesson learned: Always thumb my location, looking for parallel features that could cause confusion; use ALL clues (map and the feature codes) to get to the correct location, and HAVE AN ATTACK POINT!

Control 7:

Game plan: Aim in the SWerly direction, pick up the trail and follow it to the building. Backtrack about 25m and go S to the control.

What I do: As I run, I contemplate cutting down and following the seasonal stream, but the vegetation is a little thick and Control #4 is still on my mind, so I play it safe with the building. Don't find it right away, but don't take too long. I'm happy with this leg.

Control 8:

Game plan: Attack point is where the stream crosses the road. I plan to take the trail until it starts to curve to the S. At that point cut across the field to the vegetative boundary, climb over the barbed wire fence, and go along the road.

What I do: Goes as planned aside from a small lapse where I trudge through the corner of the forest to get to the road.

Finish:

Game plan: Not to backtrack to the road,

What I do: I head SW toward the hiking trail and to the finish. Final time: 126:32, for 3rd place out of 9 finishers. ▀

Fall Inaugural at Woodpecker Hill - Labor Day, by Bob Putnam

WOW, did Jonathan Linforth locate a beautiful new staging area or what? A pine needle-carpeted clearing north of aptly named Mud Pond was a perfect spot to idle away the hours wondering whether tropical storm Edouard would or would not drench us all.

In the end, we enjoyed a sunny day free of rain with a bit of breeze to temper the otherwise 90°F temperatures, and rather high, even for FL, humidity. For those of you who didn't make it, you missed being challenged in every orienteering way, except climb, of course. Jonathan had promised long and difficult courses, to take full advantage of the new staging area, making the whole affair seem like a brand new map.

As I write this, only 24 hours after I finished, the course design compliments have already begun. I really enjoyed my red course run and will add my congratulations to Jonathan for terrific and creative designs. I love to see controls placed on little thickets located just up over the rise. I also love writing about there being, traditionally, two extremes as to how to end an advanced course: either present the tired brain-faded competitor with a series of pin-point controls in intricate areas, or test their physical stamina by giving them a long penultimate leg.

Jonathan set long penultimate legs in his last event, at Shockley Ranch in the spring, but he managed to outdo himself at this event. Think about this: the red course next-to-last control was a 1200-meter run from the GO control! And it didn't matter which way you went around Mud Pond to do it - same distance either way. Cruel? Yes!


Then there was that 1600-meter leg to the first Green control! There were some problems people had with the map, I know. Nothing is wrong, I think. It's just that unmapped things are out there that look so much like things that are mapped. And the green areas and light green vegetation come and go with the seasons. It can all be very confusing, but isn't that what makes it fun?

The White, Yellow, and Orange courses were nicely populated and I heard good comments all around. The Orange was one of the toughest I've seen, but, I felt, quite fair. Some folks chose to 'move up' to Green this day, despite our warnings, so it was a great relief to be able to congratulate them later when they finished successfully.

All courses passed by multiple red-cockaded woodpecker trees. If you recall seeing mysterious white-banded pine trees, and wondering why they would paint them that way, now you know. If you spotted any woodpeckers, let us know.

Three JROTC units turned out, getting an early start on the fall season: Winter Park, Oviedo, and Titusville. They're training for both the FL JROTC Champs (Dec 14), and the US Inter-scholastic Champs (Jan. 18-19, 2003), hosted by GOAC in Atlanta. (see Calendar)

I had written in earlier invitations to this event that the underbrush is not worth mentioning. It apparently heard me. It rose up to gnaw on my legs rather often. I will not be so cavalier in the future. I will, also, not wear track spikes in the future, which show a nasty habit of catching on all the low growing green-brier. I'd mentioned how little water was on this map, forgetting about Mud Pond. The last 200 meters to the GO control went right through what is mapped as seasonal marsh -

guess which season it was. I thought I could follow a vehicle track, but gave up at the knee-deep point. Am I complaining? No, merely observing. Thank You to helpers. I saw Janet Putnam, Dave Ousley, Bev Ousley and Russ Steinke helping out as usual, and Arild Orsleie, the Orcutts, and Joe Maliszewski preparing to retrieve controls. Great Kick-Off to the Fall Season! 

RESULTS: Woodpecker Hill (WH)

RESULTS CODE	
TNR:	Time Not Recorded
DNF:	Did Not Finish
DQ:	Disqualified - over time limit
WH - WHITE	
NAME	TIME
Winter Pk NJROTC-2 (2)	14:20
Winter Pk NJROTC-3 (2)	15:00
Geary	16:25
Nestlebrush	19:57
Winter Pk NJROTC-1 (2)	20:20
Hugoboom	21:57
Schmict	23:45
Cynthia Stumpf	29:45
Liz Keglör	55:27
WH - YELLOW	
NAME	TIME
Andria Gallier	44:30
Titusville NJROTC-1 (3)	47:32
Titusville NJROTC-3 (3)	57:20
Oviedo NJROTC-2 (4)	57:20
Oviedo NJROTC-1 (3)	59:30
Karen Charay (2)	63:30
Sunshine 4-H #2 (4)	71:30
William Guinn (4)	76:40
Titusville-2 (4)	98:57
Michele Morse	DNF
WH - ORANGE	
NAME	TIME
Jonny Gallier	64:15
Richard Gallier	69:23
Walenty Prytulo	70:10
Oviedo NJROTC-3 (2)	84:45
C Flynn/L Metallo	86:48
Stumpf	88:32
Mike & Marilu Dempsey	90:55
Dion/Kara Santi (2)	92:03
Rick Holley	97:38
Will Gallier	97:55
Jane Gallier	112:30
D Kyle & K Deschenes	122:20
Delinda Karnehm	155:30
K Pardy & B Luther	168:25
The Smith Family (4)	187:40
G Schwieterman & L Ray	195:20
John & Karen (2)	223:02
L & K Heim, A. Jonson	250:02

Woodpecker Hill Results continued on page 5

Surprises at Moss Park - Oct 5, by Bob Putnam

No Water (not very much at least) to slog through - Cool! Lots of People - Whew! Lots of surprises... Last year at Moss Park we had 350 people, without enough helpers on hand to cope with the crowd. So this year we wrote to a few people to line up enough helpers 'just in case', though we weren't really expecting that large a crowd. A few helpers mercifully stepped forward and guess what? "Only" 330 of you showed up this time.

If you were there, you saw what chaos looks like. If you were helping you must know down deep in your soul that you were appreciated, even if you weren't properly thanked on site. Appreciated too, is the patience

displayed by all in such a situation. Orienteers really are a unique bunch of people, it seems.

But bizarre things did happen. We ran out of maps, even though I'd brought along over 120. That had never happened before and was attributable to two things. All the groups seemed to want extra maps so that everyone could carry one. Great idea, and we're so happy to have people approach group participation that way. We just have to be ready for it. The other factor was that we forgot to hand out the smaller, Moss-Park-only, map to those on White or Yellow, who were using only Moss Park and not Split Oak Forest.

continued on page 6

RESULTS: Woodpecker Hill, continued from page 4

WH - GREEN	
NAME	TIME
Glen & Andrea Holman	79:30
Melanie Stowell (2)	119:15
Sunshine 4-H #1 (4)	138:10
Jeff Simons	191:33
Tim & Susan Orcutt	195:15
E Turner & D Mathews	DNF
Russ Steinke	DNF
Rick Holly	DNF
Gordy Hawkins (2)	DNF
D Bohn & K Durgan	DNF
WH - RED	
NAME	TIME
Bob Putnam	64:19
Archie Katz	79:50
Arlid Orsleie	97:30
Ron Eaglin (2)	107:00
Nigel Gallier	112:40
C Johnson & J Roberson	135:30
Joe Maliszewski	136:10
Beverly Ousley	141:52
Rick Orcutt	169:59
Lewis Bennett (2)	181:17
Ken Miller	191:43
Jon Crowley	DNF
David Crane (2)	DNF
Virginia Stratton	DNF

Wekiwa Springs - BIG 4 in 1 - Dec 14, continued from cover

Those among the JROTC units, who will be going out on the course as a group, may opt for either a FLO course or a JROTC course. The individual JROTC competitors will be given priority on their courses (they are the only ones eligible for prizes and trophy), thus JROTC groups may find an earlier start time on the regular O' courses.

We expect a huge turnout, so be prepared to exercise a little patience as we cope with it all. Early arrivals will park immediately adjacent to the Auditorium. The next wave will go to the end of the paved road to the Dining Hall paved parking lot (200m walk back), and the overflow will park at the ballfield (200m in another direction). All convenient, just confusing.


The Park Rangers have been very accommodating for us again, so please let them know we appreciate their facilities, and we appreciate them.

Important Event Notes:

- 1) Regular FLO: 10:00AM to 1:00PM start, Bike'O: 10AM to 11AM start.
- 2) No pre-registrations required, except for JROTC individual competitors.
- 3) All entries at this event will be marking their maps from the Master Maps "On the Clock". You will receive your map, control card, and description sheet at registration, but you will not be permitted into the Master Map area to mark your map until your start time arrives and you have actually begun your course.
- 4) The Wekiwa Springs map uses color overlays on several of the black-dash trails to designate special hiking trail categories, but that makes some of them hard to read if you're not paying very close attention. Watch out for this.
- 5) All Advanced courses will see Pine Beetle damage, clear cuts, fallen tree limbs, and ruts from logging equipment.
- 6) Bring bug spray for your pants and socks to protect against chiggers.
- 7) Courses will be challenging - this is not the day to 'move up' to the next level.

Wekiwa Springs - Bike'O Notes: Russ Steinke and Ray Bruneau are behind the long-awaited Bike-O at Wekiwa. FLO tried a Bike-O once before on the Shockley Ranch map, but no one could finish the course, what with sandy trails and sandspurs puncturing tires left and right. This time should be different, but who knows. If you're a mountain Biker, consider giving it a try.

The course will be all on trails, but some of Wekiwa's trails have recently been 'manicured': with a bush hog! Be forewarned. Since it's 20 KM in length, even if you don't make a mistake, the time limit will be longer than 3 hours. We just don't know what it will be yet. Check on that at the start.

We hope to see you there! 

Surprises at Moss Park – Oct 5, continued from page 5

By the end of the day we were approaching finishers to trade new and clean Moss Park maps for their used full maps. After 164 events, you'd think we'd have this figured out better. But as long as we keep being surprised by large crowds, you won't hear (m)any complaints. Nor will we complain when the famously wet causeway turns out to be bone dry, as was the case. And the courses were terrific. I heard nothing but praise for the challenging Red, Green, Brown, and Orange courses using Split Oak.

Arild Orsleie did a great job of showing us difficult choices. Such as: should I try to plunge through 80m of dark green, trying to hit a prong of white forest? Or should I run all the way around for an extra 500m to be safe, and get a grand tour of the beautiful open forest at the north end of Split Oak?

You may have noticed the newly enlarged trails in Split Oak, dug using about a 15' wide harrow plow. It makes for horrible footing and not a very attractive trail. I know they're counting on it as a fire break but it sticks in my craw that FLO is limited in our access to Split Oak because the Administrator there believes our footfalls "are too great an impact to the area". We couldn't do that kind of damage with 10,000 people if we ordered them all to tear up the terrain!

Lots of DNF's on advanced courses. Since they were mostly JROTC groups, I assume they were moving up for

the challenge and it does not reflect on the courses. I hope the cadets are learning a lot, because I know how it feels to not finish a course. That is, I NOW know how it feels not to finish a course. I failed to visit one of my red course controls and DQ'ed for the first time in years. I do hate that feeling. But otherwise the day was a complete success.

I want to especially thank the couple from Titusville, parents of a JROTC'er, who jumped in to help out at registration when things were at their worst, and whose names I have of course forgotten. Thanks also go to Arild both for his course designs (and all control setting) and for his non-stop start-finish Split Oak duty from 10am to the end. Equally laudable was Tami Jicha's start-finish duty on the White/Yellow table all day, and then she retrieved all White/Yellow controls for us. Mike & Marilu Dempsey took over for most of the day's registration, and helped pack up at the end of the day. Bret Barker hung around to help Arild and Joe Maliszewski retrieve the Split Oak controls.

We were able to placate the park rangers by staying away from the picnic pavilions. They had told us not to use them or we'd be charged the daily fee. Everyone respected the posted signs. Thanks. All in all, a wonderful day, from the deer browsing among the trees next to us to start the day, to the sand hill cranes trying to chase us away, to the clear blue skies and balmy (?) 90°F temperatures. ▣

for Moss Park Results see page 7

FLO CALENDAR OF EVENTS		
Dec 14, 2002	Wekiwa Springs State Park, Apopka - BIG 4 in 1 Event Annual Florida Individual & HS JROTC Championships, Bike'O, and Reg'O (WYOBGR)	EC/CS: TBD
Jan 11, 2003	DeLeon Springs State Recreation Area, DeLeon Springs – History & O We will share the park with a Civil War Reenactment encampment.	WY Score'O twist – EC/CS: TBD
Jan 18 & Jan 19, 2003	Georgia Orienteering Club (GAOC) hosts 2003 U.S. Interscholastic Championships & Navigator Cup Class "A" Event. See their web site for details: http://www.gaorienteeing.org	
Feb 1, 2003	Kelly Park, Apopka Get set for some great O'ing in usually inaccessible portions of Wekiwa Springs. The wire grass carpeted, upland pine habitat of the North end of the Springs is reason enough to turn up!	– WYOGR courses – EC/CS: TBD
Mar 1, 2003	Woodpecker Hill, West, Ocala National Forest - NEW MAP	– WYOBGR courses – EC/CS: TBD
Apr 5, 2003	Little Big Econ State Forest, Oviedo	
May 3, 2003	Rock Springs Run State Reserve, Sanford	
June 7, 2003	Ocala national Forest, Paisley	
July 12, 2003	Little Big Econ State Forest, Oviedo – FLO SUMMER MEETING	
Aug 2, 2003	Wickham Park, Melbourne	
Sept 1, 2003	Ocala National Forest, Paisley - LABOR DAY & NATIONAL ORIENTEERING DAY	
Oct 4, 2003	Moss Park/Split Oak Forest, Orlando	
Nov 1, 2003	Little Big Econ State Forest, Oviedo	
Dec 6, 2003	Wekiva Springs State Park, Apopka	

RESULTS: Moss Park (MP)

RESULTS CODE	
TNR:	Time Not Recorded
DNF:	Did Not Finish
M#:	Missed Control #
MP – WHITE	
NAME	TIME
GST 408 #1	35:00
GST 408 #2	36:00
Seth Julin	37:00
David Brault	48:00
GST 408 #3	57:00
Trista Neilson	64:00
MP – YELLOW	
NAME	TIME
Oviedo 5	23:00
Adam Hugoboom	25:00
Mark Rosenberg	27:00
Kevin Jimenez	28:00
Helen Thompson	28:00
Alan Horn	30:00
Cypress CK ROTC	32:00
Daniel Meehan	32:00
Jeff Taylor	34:00
Keven Schmidt	38:00
Doug Ernst	39:00
Jalayah Taylor	40:00
Milliken Zach	40:00
Cypress CK ROTC	40:00
GST 408 #4	43:00
Tommy Howard	45:00
Seth Julin	47:00
Pack 183 F.Dyer	50:00
C.France & JJ Richards	55:00
GST 1804 A	60:00
Cypress Creek	62:00
BSA 183	64:00
Pack 183	66:00
Pack 183	71:00
Susan Smith	75:00
BSA 183	76:00
Koerner	77:00
BSA 183	77:00
Pack 183	78:00
BSA 183	79:00
JG Feudner	82:00
GST 1804 B	89:00
BSA 183	91:00
Michelle Morse	98:00
Dona Zielinski	126:00


MP – ORANGE	
NAME	TIME
W Prytulo	45:23
M & M Dempsey	57:56
Denny & Javie Gibbs	60:40
AHS Group 6	70:55
Yeadon	80:55
Oviedo 1	86:30
Justin Partridge	86:50
Rosenburg	89:58
Delinda Karnehm	90:45
AHS Group 3	91:45
Michael Deliz	96:30
AHS Group 7	96:47
Guinn Family	99:40
Marlene Pagan	102:16
Pack 183 Washburn	102:37
AHS Group 1	103:04
Alicia Padrich	105:17
AHS Group 5	105:33
Heather Frazier	107:30
Pardy & Luther	112:50
John Kremer	114:14
AHS Group 4	120:02
Oviedo 3	127:10
Troup 524 Group 2	140:32
Troup 524	143:29
AHS Group 7	167:40
AHS Group 8	182:30
AHS Group 2	183:58
AHS Group 1	196:15
Pack 183	DNF
Carol Franke	DNF
David Frazier	DNF
Thoreson	DNF
Oviedo 2	DNF
Oviedo 4	DNF
MP - BROWN	
NAME	TIME
Akers	97:08
Wordell & Ludwig	103:01
Bret Barker	109:45
Mark Fischer	113:02
Cheryl Flynn	129:15
Elsie Turner	174:00

MP - GREEN	
NAME	TIME
Rodney Counts II	92:15
Mike Denham	99:23
Bohn & Dorjan	110:58
Liz Earle	148:35
Mitch Jarvis	144:18
Tischer	147:00
Clayburn	167:50
Bret Zielinski	DNF
Effard Henson	DNF
Scott Sloan	DNF
MP – RED	
NAME	TIME
Ron Eaglin	69:19
Chris Johnson	75:38
Ken Miller	88:25
David Cutler	89:04
Norman Lei	103:24
John Hollingsworth	108:35
Greg Lundin	115:20
Joe Maliszewski	118:48
Glen & Andrea Holman	124:36
David Schuman	126:18
Keith Escue	130:27
D. Jenkins	139:30
Kyle Tallent	140:20
BCHS, Ammy, Wayne	146:20
JW Feudner	176:00
BCHS, Braun, Patrick	177:49
Lewis Bennett	185:02
BCHS, Milillo	DNF
BCHS, Brooks, Ashley	DNF
BCHS, Tortusa, Winch	DNF
BCHS, Amorski, Jason	DNF
BCHS, Scott, Dusan	DNF
BCHS, Yakes, Chris	DNF
BCHS, Tortosa, Gigi	DNF
BCHS, Diaz, Angelica	DNF
BCHS, Mediros, Jim	DNF
BCHS, Degrawez, Mik	DNF
Amanda Seymore	DNF
Mark Ritchhart	DNF
Bryan:Liles	DNF
Bob Putnam	M12

FLO Member Takes Medal at U.S. Championships:**Congratulations, Russ Bruce!**

On the weekend of November 2-3, FLO's own Russ Bruce traveled to Quantico, Virginia to compete in the 2002 U.S. O' Championships, and came away with a third place medal.

Russ is a long-time member of FLO from down Tampa way who still drives up for events regularly.

Russ's long time US Orienteering Federation experience makes him a valuable asset to our club. He has been a Course Setter for several events, including the club championships. 

Lots of DQs at Little Big Econ - Nov 2 & 3, by Bob Putnam

Heartfelt thanks to all of you that pre-registered. You made the event easier than it would have been.

Saturday's courses were left in place at the LBE - Barr St. site for a duplicate event on Sunday. Thanks to Dave Brault and Jim Feudner for staying late Sunday to finish up and retrieve controls. Thanks to Ron Eaglin and Jonathan Linforth for journeyman duties all day Saturday.

It was supposed to be really easy for Ron and Jonathan, but... At least it was perfect weather: 75°F, sunny, and no wind. River level acceptably low; marsh/floodplain water levels pretty low.

However - Lessons, Lessons, Lessons:

- 1) The permit said 75 people max., per day. We asked you for pre-registrations. Told everyone that if they show up without pre-registering they risk not being allowed to start. In the end, it almost looked as if the pre-registrants were out-numbered. But, the rangers never came around to count heads. And, the rangers never even came around to stock the honor-system fee envelope box.
- 2) The overflow site at Geneva Wilderness was a great idea and worked well. Great Thanks to Jim Staubach's Riverview HS JROTC cadets, who ran that for us.
- 3) If I'm going to set tough courses, I ought to warn everyone beforehand. I think I DQ'd half the field by making seriously difficult courses and not warning anyone that this would not be your day to 'move up'.
- 4) All HS-JROTC cadets would enjoy themselves more, and learn orienteering skills more, if they were placed on courses they can finish. We're getting lots of JROTC DQ's. I'm concerned that there may be less enthusiasm than would otherwise be. That said, they all still love it, even though many many of them are failing to finish. So how much better could it be, I wonder. Think about it.
- 5) On days like these, with tough courses, the likelihood of people being out over 3 hours increases. I should have mentioned this in pre-event publicity. Three hours is the Overtime Limit we've always used. This limit is not imposed to cut short your fun. It is to preserve the organizers' sanity and to ensure SAFETY. Please please please pay attention to it.
- 6) I was not at the site on Saturday so I took the supplies to Ron Eaglin's house Friday night. I over planned for this event so much that I just plain forgot to include in the meet supplies some very vital equipment. Ron and Jonathan were surprised on Saturday morning to find that I had not provided any yellow control cards, had not included the rental compasses, and had not given them any pens to work with, either black pens for registration or red pens for master maps. They were all back in my garage, locked safely away. Those of you who are FLO veterans from long enough back will remember that I've forgotten the maps themselves on occasion, so should not be too surprised. (Lesson: Someone else has to do these things.)

The Geneva courses were apparently much more user-friendly than the LBE courses. Only one out of 27 entries failed to finish, the winning times were about what I'd expected, and they were in fact easier courses than usual. Open fields at LBE are not easy to run across; less so if you have allergies. Does anyone know what those millions of beautiful yellow flowers are? I know they are not Goldenrod and I'm fairly sure they are not mustard.

write-up and results continued on page 9

RESULTS: Little Big Econ (LBE) (Saturday & Sunday combined)

RESULTS CODE	
TNR	Time Not Recorded
DNF	Did Not Finish
DQ	Disqualified: over time limit
LBE. - WHITE	
No white course set at LBE	
LBE - YELLOW	
NAME	TIME
Leah Ritchhart (3)	66:30
Hamilton (2)	83:04
Joe Koerner(7)	88:40
Tom Tschopp (4)	94:00
Kidd (2)	105:40
Sunshine Club #2 (5)	119:50
Oviedo JROTC #1 (3)	123:15
Michele Morse	127:16
Troop 687 (4)	138:00
Oviedo JROTC #3 (2)	DNF
Worischek (5)	TNR
Bennet (5)	TNR
Valk Family (3)	TNR
LBE - ORANGE	
NAME	TIME
Walenty Prytulo	66:29
Oviedo JROTC #2 (3)	86:24
Schweiteman (4)	96:00
Mike & Marilu Dempsey	100:50
Akers (4)	112:22
Russ Steinke	122:35
Heather Frazier	126:45
Tammy Donaldson (2)	147:56
Dave Frazier	151:00
Dave Mahnken	DQ
J.J. Richards (3)	DQ
Kim Johnson (5)	DNF
Cathy Frazier	DNF
LBE - BROWN	
NAME	TIME
John Ide 99:03	99:03
J Taylor (TJROTC#1)	116:00
Carlson & Keyes (3)	139:11
A Padrick (TJROTC #2)	160:40
Bret Barker (2)	DQ
Zielinski (4)	DQ
Elsie Matthews	DNF
Sunshine Club #1 (4)	DNF
C Flynn & L Metallo	DNF
Karen Parady (2)	DNF
T Ludwig & S Wordell	DNF

DeLeon Springs - History & O - Jan 11,

Last year FLO shared the park with a Civil War encampment. They enjoyed having our members as an audience on their long march out the Wild Persimmon Trail and back, and we enjoyed stepping over 'dead' soldiers while out on our courses.

We've scheduled that again, so there will be lots of history to go along with our usual fun and games.

Lots of DQs at Little Big Econ, continued from page 8

Ron Eaglin took two other Adventure Racers out on the Red course Saturday night for some AR night training. It took them 4 hrs, which is pretty good. They didn't mention any particular difficulties or critter hazards, but maybe we can talk them into giving us a report.

Note: the winning times for the LBE courses are long. About 100 minutes for the winners of the three advanced courses is about as hard as they come. There was a purpose in this. Next month's 2002 Florida Championships at Wekiwa Springs. I wanted everyone to prepare for those courses, which can also be fairly classed as 'difficult'.

The design objective, assuming everyone selects the appropriate course for their skill level, is that the winning times will be:

- White: 25-30 minutes;
- Yellow: 35-40 minutes;
- Orange: 50-55 minutes;
- Brown: 45-50 minutes;
- Green: 50-55 minutes;
- Red: 60-65 minutes

Don't look at the numbers and think Orange is harder than Brown. Brown course competitors are supposed to have advanced skills, so they are being challenged with more difficult control locations.

Thanks to everyone who made it a successful two-day event. Thanks to all the HS JROTC units, Boy Scouts and Girl Scouts, who turned out.

Your patience with our learning curve is much appreciated, and we will do our best to see to it that we never have to do pre-registration again. ■

And fun-&-games it will be. Courses will be unusual, as usual. As noted in the schedule, there will be White, Yellow, plus a Score'O event. But to keep up interest in this fairly small park, used often enough that lots of FLO members are very familiar with it by now, the Score'O will have a twist. You must wait until you arrive to learn all the details, but the idea will be to make you think even more than usual. ■

RESULTS: LBE - continued

LBE - GREEN	
NAME	TIME
Henson TJROTC	110:51
A&D Gottschalk (2)	117:40
Andie Holman	126:32
Derek Bohn (2)	138:27
Patrick Paroline	142:47
Clayburn (3)	170:57
Tischer (2)	172:09
Team #119 (4)	179:01
Team #120 (4)	179:01
R. Stoner TNR	TNR
D Farrier-GAOC (2)	DNF
Dent	DNF
Bryan Stone	DNF
Gibbs #1 (4)	DNF
Gibbs #2 (4)	DNF
Gibbs #3 (5)	DNF
Gibbs #4 (4)	DNF
Gibbs #5 (4)	DNF
Gibbs #6 (4)	DNF
LBE. - RED	
NAME	TIME
Barry Hyde	105:33
Harry Wiggum	113:50
Joe Maliszewski	DQ
Schoenher (3)	DQ
Team Dirty Fish (2)	DQ
Lundin (2)	DQ
Arild Orsleie	DNF
Jim Feudner	DNF
John Ide	DNF
Mark Ritchhart	DNF
Glen Holman	DNF
Jack Cash	DNF
B Ciega #1 (3)	DNF
B Ciega #2 (2)	DNF
B Ciega #3 (3)	DNF
B Ciega #4 (3)	DNF
B Ciega #5 (3)	DNF
B Ciega #6 (3)	DNF
B Ciega #7 (3)	DNF
B Ciega #8 (3)	DNF
B Ciega #9 (4)	DNF

LBE. - RED - continued	
B Ciega #10	DNF
Dave Crane (3)	TNR
Barolet/Galloway (2)	TNR

RESULTS: Geneva Wilderness (GW)

GW - WHITE	
NAME	TIME
Keller Roskovich (2)	28:00
Biset Clouston (3)	30:30
Cottrell (3)	31:22
Dakota (3)	41:09
GW - YELLOW	
NAME	TIME
Drost-Wellbourn (2)	18:27
Rose/Ross (3)	23:24
Waura	41:09
Morelli (3)	59:15
Geary (Map #1004)	77:05
Malkowski (4)	81:41
Parcell (3)	84:30
Odermatt	87:30
Guera/Guera/Cekolin	TNR
Broome/Broome/Broman	TNR
GW - ORANGE	
NAME	TIME
Dornseif (RMOC)	30:16
Nestlebush	53:00
Hugoboom	54:00
Mason	55:00
Drost	59:14
Benoit	61:22
Schmidt	67:16
Simons	70:35
Tomasetti (4)	73:15
Schenk/Bates (4)	74:40
Milliken	78:00
Jim Feudner	89:31
Vasquez	99:59
Jimenez	DNF
NOTES:	
RMOC	Rocky Mountain O' Club
GAOC	Georgia O' Club
Gibbs	Gibbs HS JROTC
B Ciega	Boca Ciega JROTC

“The Ancient Food of Man”, Eulle Gibbons



White Oak

WHITE OAK GROUP

White Oak: Leaves are dark green, glossy top side, with blunt, rounded edges. The bark is light, and rough in upper part of tree.

Live Oak: Leaves are thick and leathery, elliptical shape with rolled edges.

Acorns are smooth inside and waxy outside. They mature yearly, and can be gathered in the fall. Ripe acorns are tan to brown in color.

Acorns are an excellent source of protein, carbohydrate, and calcium. They are perishable, use them within a few days, or freeze them for up to a year.



Live Oak

RED OAK GROUP

Black Oak: Leaves are glossy top side and fuzzy under side, with pointed edges. Lower leaves are broader than those higher on the tree. The bark is dark, and smooth in upper part of tree.

Water Oak: Leaves are dull top side, and slightly hairy under side. Bark is dark gray.

Acorns have a hairy inner surface. They germinate after a cold spell, usually every two years. Because of excessive tannic acid, the nut is very bitter.

Oaks of the red oak group are considered too full of tannic acid to make harvesting worthwhile. You can eat them, but it takes a lot of effort to leach out all the tannin.



Black Oak



Water Oak

WARNING

Tannic Acid gives a bitter taste. Eating an excessive amount of tannic acid can result in kidney failure. Before eating any acorns, leach out tannic acid.

PREPARATION

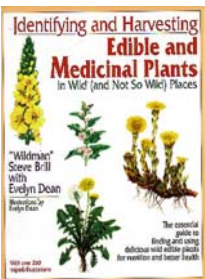
“The Wild Vegetarian Cookbook”, by “Wildman” Steve Brill

- 1) Boil acorns in water to cover for 1 to 2 minutes to loosen shells.
- 2) Drain and Cool. Cut into quarters w/ paring knife. (to make easier to shell)
- 3) Shell acorns, discard insect damaged or any that are black on the inside. (a lot)
- 4) Put 1 ½ cups in a blender. Fill almost to the top w/ water, and process until the size of rice grains.
- 5) Boil the bits for 5 to 10 minutes in water to cover.
- 6) Taste one of the largest pieces, if it has any bitterness, change the water and repeat the process.
- 7) Repeat until all bitterness is gone and water is clear.

Mike and I did not exactly follow Wildman’s directions. We skipped the blender. Soon we discovered that the nuts would take a lot (lot) more boiling. We boiled and boiled, and changed water, often. After boiling, the tannin was removed, but it seemed that any flavor was gone too. Plus the acorns were mushy.

That may be why most recipes call for crushing or grinding the nuts into meal, and using it as a substitute for flour (1 part acorn meal to 4 parts flour). It can be used in nut-bread, pancakes, or other recipes. Instead of grinding, we dried the nuts in a 200°F oven for 2 hrs. (until the nut bits are brittle). We ended up with something that looks like little coffee beans.

Maybe I am spoiled, but this is just too much work. I probably harvested a Red/White acorn blend, with too much tannin. Or maybe you just have to be pretty fast to beat the squirrels to any acorns that are worth eating. ■



Edible and Medicinal Plants in Wild (and not so Wild) Places, by “Wildman” Steve Brill

Many thanks to the Wildman, his informative books gave me the knowledge, as well as the courage, to attempt foraging. However, through research for this article, I learned how difficult it is to positively identify a plant, even ones considered easy for beginners. Mike and I have eaten two kinds of wild lettuce, masquerading as dandelion.

I will heed Brill’s advice, and take time to observe the life cycle of a plant, to be positive of correct identification. I hope to harvest (and write about) dandelion, nettles, and other wild foods in 2003. But for now I will opt for the unmistakable acorn.

Most of the information I found, in books and on the web, has been repeated from other sources. But it is evident from Brill’s writing that he lives life as a forager. His books are full of information that comes from many years of trial and error. For more information on foraging, or more recipes, go to: <http://www.wildmanstevebrill.com>

LOST & FOUND

Lost: 25 to 30 FLO controls, with punches. Sometime during the Spring & Summer of 2002, we lost track of the supply of controls.

Please check your garages, your car trunks, your attics, and anywhere else you may have stashed controls.

When you find them call 407-736-5747: make my day.
Thanks, Bob

Year-End Review: Praises And Thank Yous,

by Bob Putnam

It's always difficult to write an article about who to thank for the club's recent successes, the Course Setters, the Event Coordinators, and the helpers who make all this happen. Hard, because I know I'll leave a lot of people out.

Harder still, because it is always my intention to steadily reduce my own time spent on these activities, allowing others to step up and 'share the Joy'. So, it feels awkward to make it all sound gratifying and rewarding, while I'm in the midst of stepping back myself.

Our average attendance per event this past year was over 250 people. If you've been among the folks standing in line at some of those events to register, you can well imagine how much work it is to accommodate everyone, and how that workload needs to be distributed among lots of members.

The patience everyone has displayed during our recent rapid growth is remarkable, and most welcome. A collective THANK YOU to all those helpers at all those events, who made it happen. At the risk of overlooking and thus inadvertently slighting all those dozens of people who helped out during the past year, let me call attention to a specific few.

To my wife Janet, who not only patiently watches me do this stuff (major thanks), but is usually found behind the registration table from early beginning to bitter end – or at least until we can sometimes break away for an orangish hike of our own.

To Bev and Dave Ousley, for not only EC'ing and CS'ing their share of events, but for being there every time to pitch in and help out. As well as getting up at the crack of dawn to help set controls, hauling around a lot of equipment, and staying late or arriving early, over, and over again.

To Arild Orsleie, for his frequent CS'ing and for his constant, but ever so polite, pressure on all CS'ers to keep the quality high. Also for his willingness to stay late and often to retrieve controls, regardless of the weather, and now too, for his stepping into the FLO President's seat.

To Jonathan Linforth, for doing it all, CS & EC, whenever we venture into his backyard at Ocala Forest, as well as for his help at many, many other venues. And now for his taking over the duties of Chief Contact Person (we need a real Title for him!) for all the park permitting and insurance coverages, without which we would not be doing any of this.

To Ron Eaglin, for doing what he does best, which is just about anything asked of him, from EC to CS, to training, to webmaster, to those early morning control setting runs, to general cheerleader for the cause whatever the venue.

To Joe Maliszewski, for offering to be the designated After-Event-Control-Retriever. What a relief it is to know that Joe will be there, and he also does it regardless of the weather, which has made for some now-legendary episodes.

To The Orcutt Family, the ones who run a whole event as a family, without other helpers at all, from making the map (Wickham), to CS'ing, to registration, to everything. And then they have time to drive 2 hrs to Ocala Forest, or Little Big Econ, where they can be counted on to pitch in there as well, before driving two hrs home.

To Mike and Marilu Dempsey, who not only seem to be there exactly where help is needed at an event, but have now stepped up to Membership and Newsletter duties as well.

To Russ Steinke, who has many times put in hours, and hours, at the start/finish table, has dazzled us with his attention to detail, and whose stick-in-the-sand coat-hanger signs are still being used lo-these-many-years after.

To Sam Chancellor, Walenty Prytulo, and Tami Jicha, who either agree to do weird and far away training sessions (Thanks, Sam). Or put in hours on end at either the Start/Finish table, or in his garage making those great signs you follow (Thanks Walenty). Or spontaneously call us to volunteer after only her first event (Thanks, Tami).

And to the nameless JROTC parents from Titusville who practically ran last year's JROTC start/finish with no practice at all. Then there's Jim Staubach's JROTC group who did indeed run a whole event for us at Geneva Wilderness last month, while FLO was down the road coping with LBE.

And of course to all the helpers at every event, Thank you. But note: Even their work is no longer enough. We are a Big club with Big events - and we need lots of help. Whenever the spirit moves you, jump in, or call ahead to one of the club officers listed in this newsletter to sign up to help.

Editor's note: Thanks to Bob Putnam, for exciting events, for great write-ups, and especially for putting it all together every month. Thanks again for everything you do. ■

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.

FLO Membership Applications are available at FLO events, on-line at the FLO web site: <http://clubs.cecs.ucf.edu/flo> or by contacting Mike Dempsey at the above address.

UPCOMING EVENTS

DEC. 14, Saturday	BIG 4 in 1 -- Wekiwa Springs State Park, Apopka Annual Florida Individual & HS JROTC Championships, Bike'O, & Reg'O - Courses: WYOBGR EC/CS: VOLUNTEERS NEEDED
On Wekiwa Springs Road, 3.5 miles North of SR 436, or 4.5 miles West of SR 434. ENTRY FEE: \$3.25/CAR. Turn left at the Y - just after the entrance booth, and proceed 1.2 miles to the left turn entrance to the Youth Camp, then ¼ mile to the Auditorium and park where directed.	
JAN. 11, Saturday	History & O -- DeLeon Springs State Recreation Area, DeLeon Springs Courses: WY, Score'O+twist EC/CS: VOLUNTEERS NEEDED
1 mile West of Route 17 in DeLeon Springs. ENTRY FEE: \$3.25/CAR	
FEB. 1, Saturday	Kelly Park, Apopka — in usually inaccessible parts of Wekiwa Springs Courses: WYOG R EC/CS: VOLUNTEERS NEEDED
On Route 435 (N. Rock Springs Road), 5 miles North of Route 441 in Apopka. Turn right into park entrance. ENTRY FEE: \$2.00/PERSON (age 10 and under free).	

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

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