

THE FLORIDA ORIENTEER

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ATTENTION O'ers

Summer is here, Be prepared
Use sunscreen & bug spray,
and be sure to carry plenty of
water for every member of
your party.

UPCOMING EVENTS, by Bob Putnam

ANNOUNCING:

THE FIRST ANNUAL MALCOLM ADAMS MEMORIAL EVENT

June 5 at Ocala National Forest, on the Map known as Woodpecker West. Full set of the usual six courses. No wimping out during the summer months by deleting Red courses!

Just about the best orienteering Florida has to offer!

As many of you may know, Malcolm Adams, Canadian mapmaker extraordinaire, had produced all of FLO's standard IOF 5-color maps since 1997. FLO-Trivia buffs will know that his son Mark Adams produced all of FLO's IOF maps up until 1996. Malcolm passed away in 2004 after a long battle with cancer. He is sorely missed by all who knew him and you will find an "In Memoriam" biography of Malcolm on page 10.

Because Woodpecker West (WW) was the last map he made for FLO, we have now sub-titled that map 'Dedicated to the Memory of Malcolm Adams' in his honor and we are designating one annual event staged on WW as the Annual Malcolm Adams Memorial Event. This means that medals will be awarded to all winners on all courses, both Men and Women, from among those competing individually. Ray Bruneau has devised a challenging set of courses, worthy of this special event, so you'll want to come out rain or shine, hot or cold, humid or dry.

You will be pleased, we are certain, to find open woods, much of which is fire-managed, good visibility and only a very few areas with the low-lying clinging vines common to zones not recently burned. And there is the terrain: real contours, unlike most other FL venues, though all courses will still involve less than 1% climb regardless of length.

Be sure to bring plenty of water; it should be seasonably warm and humid and as usual there will be no water stops out on the courses.

Directions: Approaching from the south Go 5.5 miles north of Altoona on SR 19, turn right (east) onto CR 445 - the staging area will be on your right 3 to 4 miles east on CR445. You may also approach from the North via FL Route 40 - as Astor Park turn south on CR445 and follow 445 for about 9 to 10 miles, or at least 2 to 3 miles past Alexander Springs State Park.

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The August Event at Wickham Park is tentative upon an Event Coordinator (EC) Volunteer .

CAN YOU HELP? GET INVOLVED IN FLO TODAY. IT'S EASY & FUN!

Kelly Park in Rare Form - March, by Bob Putnam

Event Coordinator: Jonathon Linforth / Bob Putnam

Course Setter: Arild Orsleie

Oh, I hope you were there! It was perfect!

The wiregrass forest was golden and glowing in the sun. Unseasonably warm for March with a high of about 87°F. Lots of orienteers were in the 72°F water of Rock Spring at the end of the day.

Arild Orsleie set a fine bunch of courses and a near record crowd of you turned out to enjoy them. White and Yellow were entirely within Kelly Park and I believe the 139 people on those two Beginners courses have only been surpassed twice at past FLO events. The other four courses were entirely within Wekiwa Springs State Park and the nearly 200 people on those courses brought our day's attendance to 331.

Our Field-Checker, Dick Detweiler, who is re-mapping FLO's existing maps, was in town and took time out to run a red course with us. My younger daughter Anne, after not O-ing for a few years, enjoyed her run, despite being 'thicket-sick' as she says. Lots of old controlled-burned oak brush left everyone, it seemed, streaked with soot from head to toe.

Donna Fluegel, publisher of ONA magazine, left us a huge supply of complimentary copies of the latest issue. I encountered a treasure trove of ruined turpentine pots (they have a name, which I've forgotten). Ray Bruneau and a few others encountered some heavy wasp stings. Walenty Prytulo was bested fair & square by a group of 4 Boone HS JROTC cadets who had a terrific run on Orange. New members joined, some with unusual occupations, we learned. And finally, regarding the limitation of group sizes on advanced courses, the only violation was me. I took a group around on a training run, but if we don't count that, everyone is doing very well on this score. Thanks.

Later on in the day, Ron Eaglin also took a group with him on his timed control retrieval run (brown, green and red all had common controls), including late arriver Jerry Sirmans, who was about half way through red when Ron's group caught him. Jerry then ran with them but reported that it was a bit faster than his usual pace, so even though it was great fun, he was really working by the time he finished. I know how he felt - some of the younger guys in my group out-sprinted me to the finish. Take a look at the red course results. I love to see that cluster of finishers at the top like that. The top 6 finishers are within 8 minutes, with an even distribution of times all the way down the list.

Thanks go to helpers, John Ide and Russ Steinke on registration. And to the whole Titusville JROTC contingent, including parents Mari Horn and Mike McAdams, who ran the advanced start/finish table from 10:00 am to 1:00 pm.

The map is starting to show its age, so we'll be re-field checking before the next usage. The once-prominent distinct pine trees (standing dead and almost white) are about half gone and many new ones have formed. What used to be low growing thickets of oak are now taller and not at all green any more. A few new un-mapped sinkholes have formed, one of which Arild used on the advanced courses, prompting some polite discussions.


My fun was trying to talk and run and navigate at the same time, while teaching the group of 'shadows' I invited along. Everyone on the Yahoo email list was invited and I was surprised that 5 actually took me up on it. They tagged along and listened and were really good about not helping me out with all the extra eyes, so I had no unfair advantage in finding controls.

The only time I remember almost getting help was when Toby Henson said "there's a pretty good depression to the right". I ignored him because I "knew" we were 200 meters from any such depression, much less the one the control was in. After about a minute's confusion I figured out where we were and went into that same depression, and control, as I should have done at first. I learned a little myself out there. In summary: smiles all around; no heat strokes; everyone accounted for.

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Kelly Park in Rare Form - March, continued from page 2

And have I mentioned that averaging 270 people per event, as we are so far this year, means we need more and more (and more) helpers? Contact someone listed on the web page the week prior to any event, whenever you'll have an hour or more to help out. You'll never be refused and you'll learn a lot. 

RESULTS: Kelly Park (KP)

RESULTS CODE	
DNF:	Did Not Finish
NTR	No Time Recorded
OT	Over 3 Hr Time Limit
DQ	Disqualified

KP – WHITE	
NAME	TIME
BS Troop 246	20:45
M. Zehr	20:50
BS Troop 246 #1	22:00
David Warren	27:19
BS Troop 246 #2	28:50
G. Fray	37:15
Panthers Troop 225	39:15
Scorpions Troop 225	43:00
Joey Ehinger	50:48
Tyler Chapman	55:20
Besuden	62:25
WOHS #4	62:44
Peggy Fuller	65:00
Winter Park Hafford	NTR
Denny	NTR
Tiger Den One	NTR

KP – YELLOW	
NAME	TIME
Centennial #2	25:55
Zehr	30:00
J. Nowotny	35:09
Winter Park Thurn	35:49
Centennial #9	35:55
Winter Park Laporta	37:38
Winter Park Carlberg	42:00
Centennial #8	58:13
Charles Storey	58:15
Winter Park Irely	60:36
Mark Pearcy	62:45
B. Snoap	67:41
Mandil	NTR
George Fingers	NTR
GS Troop 635 #1	NTR
GS Troop 635 #2	NTR
GS Troop 635 #3	NTR

KP – ORANGE	
NAME	TIME
BHS #4	38:54
Walenty Prytulo	44:05

KP – ORANGE cont	
NAME	TIME
Pardy Party	45:54
Elaine & Bob Bates	49:40
Delinda Hood	62:35
BHS #8	67:20
Akers Family	68:14
WOHS #3	73:03
Paula Pradella	73:10
WOHS #2	75:05
Schwand	77:25
Merwin	78:20
Steinke & Berlin	79:57
Centennial #3	83:10
Steve Nemeth	85:05
Beth DeLauro	85:18
BHS #7	89:01
Centennial #7	92:03
J. Wilfong	94:13
Centennial #2	94:25
Vaughn, Christianson,Young	99:22
Richard Cale	99:25
Scioli	102:05
R, K, Hill	105:30
Centennial #9	105:57
BHS #3	107:14
Centennial #5	109:05
D, Kern	110:20
Matthews & Turner	113:00
Jim Fox	148:30
BHS #1	DNF
S. Eckes	DNF
BHS #5	DNF
BHS #2	DNF
Wilfong&Pierce	DNF
Stearns	DNF
BHS #6	DNF
W. Eckes	DNF

KP – BROWN	
NAME	TIME
Bret Barker	91:25
Centennial #1	98:48
Centennial #4	123:30
Melinda Skinner	126:00
Recondo 2	DNF
Carl Wilhelm	DNF
Centennial #6	DNF
A. Schultz	DNF
Recondo 1	DNF
Darin Jalenti	DNF

KP - GREEN	
NAME	TIME
Mitch Jarvis	82:49
Brandon McAdams	118:56
Jenkins	119:30
Schmid	120:30
Carter Secosh	122:21
Jason Reid	123:41
John Ide	123:18
Anne Putnam	132:57
Mark & Abby Rosenberg	144:32
Matthew Keys	150:20
Shantel Voorwinden	152:30
Steven Odematt	160:15
D. Wilsey	DNF
Quintero	DNF
Joe Maliszewski	DNF
Dave Cutler	DNF
WOHS #1	DNF

KP – RED	
NAME	TIME
Toby Henson*	60:32
Rich Patillo*	60:49
Bob Putnam*	63:20
Adam Johnson*	63:34
Ron Eaglin	66:41
Derek Bohn	68:53
Ray Bruneau*	73:30
Dick Detweiler	78:55
Andy Holman	87:45
Donna Fluegel	100:49
Kyle Tallent	103:38
D. Diroto	103:53
Andrew Horn	108:12
Alicia Padrick	108:20
Paul Schonker	116:00
Jeff Misa	117:07
Steve Fluegel	118:28
Shane Keys*	141:40
Thompson & Richmond	156:25
Barolet	169:38
Norman Wilson	173:50
Jerry Sirmans	NTR
Greg Lunding	DNF
James Pridemore	DNF
DNR-1	OT
Patricia & Pamela	OT
Brandon Wilson	DQ



FLO MEMBERSHIP APPLICATIONS

are available at FLO events,
on-line from the FLO web-site, or by contacting Mike Dempsey:
 655 Little Wekiva Road
 Altamonte Springs, FL. 32714
(407) 869-1266
membership@FloridaOrienteering.org

Cool Orienteers at LBE – April, by Bob Putnam

Event Coordinator: Jonathan Linforth

Course Setter: Bob Putnam / Ron Eaglin

Another one for the Oddity Archives.

Have you heard the old joke that asks "Suppose they gave a war and no one came?" Well, "Suppose they designed a course and No One finished?" Read on and see that it actually happened.

Weather was gorgeous, despite forecasts, 78°F, not too hot for April 3 with brilliant puffy white Florida clouds.

Once again, however, LBE forced us to stage out of Barr Street and as usual our permit also limited the total number of people we were allowed. So in an attempt to work within the limitations of the permit, we decided to split the field into two or three parts. The Introductory and Intermediate courses would start and finish at Barr Street while the Advanced courses would register at Barr Street and carpool to Starts at either Snow Hill Road or Geneva Wilderness Area.

But when we asked the LBE rangers, they said we could not even carpool starters to Snow Hill Road, even though all would be hiking back to Barr Street.You may be getting the same feeling I've been getting about the level of respect we enjoy in the eyes of the park administrators.

All we can do, as you know, is continue to behave as we always have, exposing more members of the public to the state forest lands, minimizing our impact, picking up all the trash we see, and generally following their rules to the letter until they soften up a little.

Anyway, our planned three staging areas shrunk quickly to two. All the Advanced course entrants were routed to GWA, where we are understandably limited in parking and toilet facilities, but they're very nice about it and also just happened to have a construction site job-johnnie convenient to the parking lot.

I could not in good conscience design a Brown course that started at GWA and ended at Barr, due to the sheer distance: over 5 km as the crow flies. So I set up only a Green and a Red. At Barr Street we combined White and Yellow into one Introductory course, but for different reasons.

So on the day, we officially had only four of our usual six courses. Everyone seemed to understand and we must commend you all on how cheerfully you take these things.

The Green and Red courses were fun to design, being able to use legs not otherwise available from the usual staging areas. I especially liked that Red course and judging from the feedback so did the Red course runners - even the four non-finishers. Congratulations to Artur Intson on a great 114 minute run, just edging out Toby Henson and a guy named Jenkins whose name I did not recognize and whose waiver sheet is not clear, so I don't know who he is. Mr. Jenkins - make yourself known please. But they all had great runs.

The Green course was a different story. Notice in the results that no one finished. Eleven entries (13 people altogether) and none of them finished.

This was a classic case of the coursesetter's familiarity with the area blinding him (me) to a terrible leg design. From Green #2 to #3 I knew perfectly well that the logical route choice would be to trail run to CR#13 (the main north-south abandoned roadbed in the middle of the map), then run south on CR13 all the way to the diagonal road trending NW toward Kolokee if necessary, looking for a clear path around to the big field where you can attack #3 from behind.

If you had, you would have discovered a new bush-hog track skirting the edge of the field, leading you to within 100 meters of the control. No one in their right mind would, it seemed to me, thrash the beeline at any point, either before or after CR13, just because of the briar/palmetto conditions in the areas mapped as rough-open.

My thought was that even if someone tried to stay on the direct beeline west of CR13, they'd still give up quickly and head into the white-mapped woods of the cypress dome (on the other side of which lay #3) and they would then discover a beautifully open, if knee deep, dome to wade through for 200 meters or so.

Reports to me after the event varied, but absolutely no one, apparently, did what I thought they should do. Most persisted in trying to hold a beeline through the worst of the junk, then even if they found #3 they couldn't find the next #4, or the next, due to general exhaustion or frustration. Heaven knows what they were mumbling about me in the midst of all this.

The finishing time of the winners on the Introductory course, 44 minutes, and Walenty Prytulo's winning time on Orange (68 minutes) tells me these were a bit longish, but reasonable courses.


Thanks to Jonathan Linforth for pitching in as EC for this event at the last minute and doing the Results. I cannot recall all the other helpers, but: Ron set the Barr Street courses, Dave Brault retrieved all controls on an after-dark AR training run, Jonathan Linforth manned the GWA start all day, Mike Dempsey, Russ Steinke and Alisha Vaughn seemed to combine somehow to handle registration and start/finish.

Special thanks go to Andy Holman who I gather functioned as chief shuttle driver to & from GWA for several trips, and also the Oviedo HS JROTC Mom and Jonathan Linforth who I believe did the same.

I also want to thank very much the Titusville Dad who served as our traffic cop all day long and miraculously managed to keep the parking arranged so that just one or two slots were always open.

Appreciation, too, for the cooperation of the JROTC bus drivers who drove off to park who knows where for the day, leaving our lot free for cars only.

Everyone in fact, cooperated so well, everyone smiled patiently through our convoluted explanations of what was happening; it just made it all worthwhile.

Thanks for coming out and enjoying the day. 

Results on page 5



Sundial

SUPER SCIENCE - Sundial

Explain to your child that many years ago people did not have clocks or watches. The sun was used to keep track of passing time. But it was difficult to tell time at night or on cloudy days, so mechanical timepieces were invented.

What you will need:

- ◆ Paper Plate
- ◆ Plastic Straw
- ◆ Sharpened Pencil
- ◆ Crayons
- ◆ Ruler
- ◆ Pushpin

What to do:

- 1) Use the pencil to poke a hole through the very center of the paper plate.
- 2) Draw a number 12 on the edge of the plate with a crayon. Using the ruler as a guide, draw a straight line from the number 12 to the hole in the center of the plate.
- 3) At noon, take the plate and the straw outside. Put the plate on the ground and poke the straw through the hole. Slant the straw toward the line you drew. Carefully turn the plate so that the shadow of the straw falls along the line to the number 12.
- 4) Fasten the plate to the ground with some pushpins. Have your child predict where he/she thinks that the shadow of the straw will be pointing in one hour.
- 5) One hour later, 1PM, check the position of the shadow along the edge of the plate and write the number 1 on that spot.
- 6) Continue each hour predicting the position and then checking and marking the actual position and time on the edge of the plate.
- 7) At the end of the day, you and your child will have a sun clock to use on sunny days.

Note: Observation, prediction and communication are all very important Science skills. Make sure your child tells you why he/she thinks that the shadow is moving.

Thanks to National Wildlife Federation - Backyard Buddies:

<http://www.nwf.org/kids>

RESULTS: Little-Big-Econ (LBE)

RESULTS CODE	
OT:	Over Time Limit
DNF:	Did Not Finish
N/A	See write-up
LBE – WHITE/YELLOW	
NAME	TIME
Pletenets	41:22
Planck	44:30
Jones & Pradella	53:05
Ormand/Littles	55:23
Titusville Fingers	87:12
Troop 237	96:59
GS Troop 27	139:04
GS Troop 1285	DNF
LBE – ORANGE	
NAME	TIME
Prytulo	68:36
Steinke, Russ	84:38
Hemness	89:22
Dempsey, Mike & Marilu	93:49
Merrill, Tony & Justin	104:26
Bates/Vaughn	104:28
Tindall	108:10
Flying Kiwis	108:26
Little family	116:00
Jones, Vallery	129:56
Boudreau	134:28
Woricheck, Chuck	138:20
Strawn, Trey & Kevin	140:37
Pelfrey, David	142:02
Poole, Greg & Theiss, Lora	148:25
Hanna, Greg	161:26
Outdoors & Active	163:00
Gibbs Team 1	169:50
Evans/Wolf	175:00
Bates/Wilson	177:41
Gibbs Team 7	178:22
Bissett, Chris	178:26
Metzenroth, Mike	OT
Oviedo HS Shultz +	OT
Holley, Rick & Rachel	OT
Gibbs Team 2	OT
Gibbs Team 3	DNF
Gibbs Team 4	DNF

LBE – GREEN	
NAME	TIME
Maliszewski, Joe	N/A
Ludwig, Tony	N/A
Seward, Vernon	N/A
Benson, E	N/A
Rosenberg, Mark & Abby	N/A
Pridemore/Mowry	N/A
McCarthy, Dan (THS)	N/A
Kopesky, K	N/A
Rodemeyer, John	N/A
Oviedo HS, Scioli +	N/A
Barker, Bret	N/A
LBE – RED	
NAME	TIME
Intson, Artur	114:22
Jenkins	118:18
Henson, Toby (THS)	118:41
Nettlow/Wysock	134:22
Holman, Andrea	137:20
Bryant/Chizlett	141:00
Tallent, Kyle	142:02
Barolet, Bill	154:20
Dirty Fish	148:45
Bohn, Derek	160:28
Richmond, Ken	167:56
Sirmans, Jerry	174:50
Akers, Scott	OT
Older Than You	DNF
Johnson, Adam (THS)	DNF
Misa, Jeffery (THS)	DNF
Gibbs Team 5	DNF
Gibbs Team 6	DNF
Mathews, D & E	DNF
Dunham, Courtney	DNF
Oviedo HS, Tindall +"	DNF

Rock Springs Run State Preserve, May 1, 2004

Event Coordinator: Derek Bohn

Course Setter: Bob Putnam

Looks like 109 total starters, counting Rodney Count's Deputy Sheriff Dog as a starter (and why not?).

Toby Henson's Titusville JROTC ran a parallel table for JROTC competition with a reported 63 starters. All in all a fair turnout for a hot 85°F+ May, with threatening thunderstorms in the forecast and rain most of the night, though far below our recent averages of 250+.

We had a really good response to our calls for helpers, making the work go easily. Promptly at 8:30, Jonathan Linforth, Arild Orsleie, Russ Steinke, Bill Barolet and the whole Titusville JROTC arrived for set-up. While Arild and Russ and I set controls, the rest arranged the equipment in two registration tables and two start/finish tables in the shade of the trees - and in the shade of two magnificent tents by T'ville.

By the time I returned from control setting, my wife Janet had arrived with Andy Holman and Ray Bruneau to help also, along with Event Coordinator Derek Bohn. So then with Jonathan running the JROTC start/finish along with one of the T'ville Moms and Russ filling in on the FLO start/finish after Andy's shift, Tami Jicha showed up to help and we had nothing for her to do but go out on a course and enjoy the day. **Thanks to all.**

Enjoying the day was easy for everyone. The weather people were wrong about the rain, though the humidity was 'seasonal'. Janet and I enjoyed a white course walk with mini-greyhound Nigel, who got pretty hot & tired in the "Big Field" that served as the main reference for white & yellow courses. I saw some high school kids run in looking as though another mile would have done them in with heat stroke but the smiles were still huge.

My jaw dropped when Bret Barker told me his heart rate was still 133 a few minutes after he finished his run, but not to worry because it had spiked in the 170's out on the course. Ah, summer in Florida! Maybe we won't give you a Red course in May anymore, but then Chris Johnson blasted the Red course, then copied every other control we had so he could run to them too, just training for the Coast to Coast AR next month. Made me tired just hearing it.

I was pleased to see only a few DNF's in Derek's results. That meant all our little tweaks and finagling of controls did not adversely affect too many of you. I moved two orange controls during the event and Arild moved a yellow control he had second thoughts on - but then we moved it back again later. There is a variation on this theme that has been tried as a novel form of O', called "Fourth Dimension O'" in which several controls are moving on a fixed schedule during the event and you have to be aware of when you will be approaching them to know where they will be.

Ours of course was not 'deliberate'. Just trying to get it perfect. The JROTC's were concerned because they had trophies on the line, but I gather all was smoothed over. We apologize for any confusion.

Speaking of JROTC, Toby Henson of T'ville headed up the effort to make this event the inaugural Annual Trophy series for JROTC. This was the 2004 Championships (I think).

If enough high schools agree to participate they will use the September through March FLO events as Qualifiers for the Annual Championships to be held in April of each year. Thus, the HS champs would follow the school year rather than the FLO calendar year, as we have been doing.

I have to mention the fact that you all just competed on the first of several updated maps, field checked by Dick Detweiler of the Rochester Orienteering Club, who stayed with FLO for a month this past Spring. If you're familiar with RSRSR, you may have noticed several major changes in the map. Heck, if you're familiar with RSRSR you noticed the devastation caused by the park's attempts to control pine beetle infestations. The map changes were necessary. Much of the white woods adjacent to Ethel Cemetery has disappeared. The big bad green triangle along Ethel Road (the dirt road you drove in on) is still a big green triangle, but now the green junk is 5 feet high and rubble-strewn (but passable).


The red and green courses visited the area west of the paved entrance road where now is shown only six gradations of palmetto vegetation symbols, modified from the original and much-celebrated dozen or more variations in palmetto mapped by Malcolm Adams in 1997. It always reminded me of Eskimos having 50 words for snow - Floridians may need twelve symbols for palmetto!

Little navigational challenge was presented to red & green in those areas, so the jury is still out regarding Dick's minimalism versus Malcolm's rigor. Speaking of the green course, it was fun to design a 5.5 km course with only 5 controls. Several competitors did a double take, thinking they'd been handed the wrong list of control descriptions. Legs were 0.9, 0.9, 0.8, 1.6, 0.7 and 0.6 KM in length.

Red was about as long as we dare to set a course at this time of year. I only let it go that long because almost 3 KM of it was on trails and almost another 2 KM was in mown fields. Less physically demanding than, say, an Ocala Forest red course, but I'd bet it didn't feel that way while you were out there.

As course designer I am very pleased to see the winning times on White (34:38), Yellow (44:18), Green (62:43) and Red (68:57) These are almost exactly what I had in mind. I think Brown, with a bigger field would have had a 45-50 minute winner, but if Walenty Prytulo wins Orange (as he usually does) with 76:25, it means it was a bit too rough.

In fact as Janet and I were walking the white course, we were a little surprised to see how much trouble White & Yellow people were having, even with the Big Field as a gigantic handrail. I spoke later with one group who actually wound up east of the horse barn. The course-setter's mantra is 'never underestimate the creativity of dis-orienteers'.

We invite competitors to share their experiences, good and bad, in this forum, for the benefit of all. Lately we've had lots of people say how much they enjoy recent personal stories, so lets hear from you. Congratulations to all, for braving the heat. See you all at the next event! 

RESULTS – Rock-Springs-Run – (RSR)

RESULTS CODE	
DNF:	Did Not Finish
OT:	Over time limit
DQ	Disqualified - mispunch
RSR- WHITE	
NAME	TIME
Jamie, Libby, Kim Abney G3	34:38
GS Troop 329 #2 G6	48:12
Denny Zahrt G5	53:13
GS Troop 329 #1 G5	55:15
Zajac & Grusauskas G2	60:05
Melissa Fry & Co G3	65:05
Chris Goodale G8	71:13
RSR – YELLOW	
NAME	TIME
Emily Zajak F	44:18
Scott Hood M	58:43
GS Troop 329 #1 G5	80:40
Tami Jicha F	81:33
BS Troop 723 #3 G4	93:52
BS Troop 723 #2 G5	123:05
Jim Bauer M	124:37
Melissa Fry F	DNF
Troop 329 #2 G6	DNF
RSR-ORANGE	
NAME	TIME
Walenty Prytulo M	76:25
Hemness G3	86:55
Bob Bates & Co G3	110:55
Kimberly Durjan F	116:55
Thomas LeClaire M	121:22
Kimberly & Scott Mowry G2	123:05
The Little Family G3	124:14
BS Troop 723 #5 G4	126:55
Hawkins & Lunt G2	139:35
BS Troop 723 #4 G2	DNF
BS Troop 723 #1 G4	DNF
RSR – BROWN	
NAME	TIME
Russ Steinke M	86:04
Delinda Hood F	89:06
RSR-GREEN.	
NAME	TIME
Mitch Jarvis M	62:43
Joe Maliszewski M	77:32
Mike Dempsey M	78:30
Mark & Abby Rosenberg G2	116:58
Bret Barker M	119:10
R Counts G2 (man & dog)	148:43
RSR – RED	
NAME	TIME
Chris Johnson M	68:57
Derek Bohn M	70:46
Arild Orsleie M	76:58
Ray Bruneau M	97:54
Andrea Holman F	99:17
Jerry Sirmans M	109:23
Greg Lundin M	113:15
Debra Gottschalk F	115:23

RSR – RED cont		
NAME		TIME
Jim Carr M		125:21
Artur Inton M		131:38
Dwayne & Lisa Jenkins G2		131:44
Bill Barolet M		149:59
David Gottschalk M		151:21
Kyle Tallent M		DNF
Torres & White G2		OT
RSR – ROTC - Yellow		
Name	School	Time
Adam Hugoboom	Titusville	36:26
Carter Secosh	Titusville	46:08
Christopher Soto	Gulf	61:30
Angel Alvarado	Gulf	61:30
James King	St. Lucie	63:55
William Nobile	Gulf	72:00
Billy Paterno	Gulf	76:18
Joseph Ramos	Gulf	77:42
Shantel Voorwinden	Titusville	84:52
Chris Overstreet	Lincoln	90:54
Heather Wainright	Parker	92:08
Crystal Powell	Parker	93:38
Stephany Wainright	Parker	95:34
Brittani Crawell	Parker	95:38
Adam Moran	Lincoln	104:34
Jeff Palmer	Ridgeview	105:00
Scott Pooly	Ridgeview	109:53
Giovanna Rossetti	St. Lucie	117:40
Kelly Wilson	Ridgeview	123:03
Ricardo Lopez	St. Lucie	129:52
Mitchell Stratton	Ridgeview	131:10
Jarrold Nissley	Lincoln	137:00
Ryan Orr	St. Lucie	137:50
Brett Israels	Lincoln	DNF
Benton Hewitt	Lincoln	DNF
RSR – ROTC - Orange		
Name	School	Time
Andrew Horn	Titusville	62:30
Jataya Taylor	Titusville	79:58
Jeffrey Misa	Titusville	100:23
Micheal Hunter	Parker	108:46
Eugene Brown	Parker	110:26
Bandoth Sok	Parker	110:46
Jesse Garner	Parker	112:28
Kyle Kipker	Lincoln	119:57
James Roth	Ridgeview	120:10
Jon Vuick	St. Lucie	125:36
David Hubbard	Lincoln	127:20
Stephen Brustowics	St. Lucie	131:00
Krystal Balark	St. Lucie	140:54
Phillip Jacobs	St. Lucie	146:55
M Grusauskas	St. Lucie	DNF
Maggie Giampauolo	Gulf	DNF
Raquel Pagan	Gulf	DNF
Tiala Beauchamp	Gulf	DNF
Isdae Martinez	Gulf	DNF
Shane Shaffer	Gulf	DNF
Billy Barnes	Lincoln	DNF

RSR – ROTC – Orange cont		
Name	School	Time
Angela Wallace	Lincoln	DNF
Courtney Asztalos	Lincoln	DNF
Kim Easton	Ridgeview	DNF
Monica Mansfield	Ridgeview	DNF
Linda Whitlow	Ridgeview	DNF
RSR – ROTC - Green		
Name	School	Time
Richard Pattillo	Titusville	72:40
Adam Johnson	Titusville	91:37
Alicia Padrick	Titusville	96:10
Dan Hudson	Gulf	113:10
Stephen English	Lincoln	117:30
C. Enriquez	St. Lucie	119:12
Hector Ezzidio	St. Lucie	151:12
Josh Paris	St. Lucie	DQ
Aleem King	St. Lucie	DNF
Luis Ramon	St. Lucie	DNF
Kenneth Landers	Gulf	DNF
Brandon Clark	Gulf	DNF
Greg Foster	Gulf	DNF
Gary Rouse	Lincoln	DNF
Justin Terry	Lincoln	DNF
Brian Warner	Lincoln	DNF
Dnfryan Gregory	Lincoln	DNF
Nate Collins	Ridgeview	DNF
Adam Covan	Ridgeview	DNF
Dennis Van Leeuwen	Ridgeview	DNF

NJROTC 2004 Championships	
YELLOW	
1ST TITUSVILLE	
2ND GULF	
3RD PARKER	
ORANGE	
1ST TITUSVILLE	
2ND PARKER	
3RD ST. LUCIE	
GREEN	
1ST TITUSVILLE	
2ND ST. LUCIE	
3RD GULF	
OVERALL	
1ST TITUSVILLE	
2ND ST. LUCIE	
3RD LINCOLN	

FLO MAP REPORT, by Bob Putnam

If you attended the May RSRSR event you know of the re-mapping done this past Spring by Dick Detweiler of the Rochester Orienteering Club. Dick stayed with us for a month and re-mapped both Split Oak Forest/Moss Park and RSRSR.

We'll be using the updated Split Oak map this Fall. We have invited Dick back to re-map all of Wekiwa Springs and possibly DeLeon Springs this coming Fall. Then someday, we'll have him do Wickham Park, but that's probably next year.

The progress on the new map at Croom District of Withlacoochee State Forest consists of having contracted with Valentin Vladimirov of Bulgaria to do the work beginning September 15, 2004 and hopefully ending October 15.

The aerial photos are currently in the hands of the stereo mapper in Scotland who should be sending them to us by the time you read this. All that will remain then is to (1) find Valentin a place to stay in the vicinity of Croom while mapping, and (2) Rent a car for his use while here, or arrange for some gracious FLO member to allow Valentin the use of a car (with fair reimbursement from FLO of course) so as not to actually have to rent one.

The problem with a visiting Bulgarian renting a car here is that he can't. Someone in FLO has to rent it and allow him to drive it. If anyone is willing to do that, or knows enough about these things to make an alternate suggestion, we are anxious to hear from you.

Any FLO members located out there within 45 minutes driving of Croom are encouraged to consider hosting Valentin for his stay. We already have one FLO member offering to serve as host and another who 'may' be able to put him up. But anything can happen to these two situations, and it would be good to have a fall back host or two.

Please give us a call or an email if you want to know more. ▣

NEW FLO MEDALS AND PATCHES, by Bob Putnam

FLO is in the planning stages of modifying the look of the medals to be awarded to winners at the Florida Championships and other events such as the Annual Malcolm Adams Memorial.

The ones we've been using are nice but they are generic orienteering medals with no connection to FLO.

So in conjunction with the JROTC Championships' unique medals, we've asked the designer to strike a sample FLO medal using our Mascot Manatee. If it looks OK, we know the price is right, so look for this to be used not only for medals but also for patches and such. ▣

JROTC PROGRAM FOR FL CHAMPIONSHIPS, by Bob Putnam

Toby Henson, the chief organizer behind the fabulously successful orienteering program at Titusville High School, has a better idea. He's begun the formative planning to establish a Florida JROTC Championship that will coincide with the school year, rather than the calendar year as we now do it.

He will need the cooperation of some minimum number of JROTC units (schools) and plans to begin this coming Fall if possible. The idea is to have each of the regularly scheduled FLO events from September through March serve as qualifying events. Then the top schools in the ranking to that point will compete in the April events for the Championship.

They will need to coordinate not only with FLO, but with the annual USOF Interscholastics as well for that April event. Ideally we would schedule the FL Champs immediately prior to the USOF Champs, but USOF is somewhat unpredictable, so we'll see how that works out.

This is a terrific idea and we urge all JROTC units, whether Army, Navy or Air Force to contact Toby. ▣

JROTC Liaison/Coordinator steps forward

I propose that we create a JROTC Liaison/Coordinator position on the FLO staff and I volunteer myself for that position. I think if we are going to implement changes next year it will simplify things somewhat.

Semper "O"

1stSgt Henson E. T.

As soon as FLO received this email the board voted to create a new board position. And just as quickly voted to accept Toby's offer to volunteer.

So on behalf of FLO I would like to welcome the new FLO JROTC Liaison/Coordinator:

1stSgt Henson E. T. (Toby)

Naval Science Instructor

Titusville High School

321-264-3115

Email JROTC@FloridaOrienteering.org

Thank you, Toby, for not only seeing a need, but for stepping forward to fill it. The JROTC units are a large part of FLO events, adding many O'ers, traffic, and of course, much competition, excitement and energy to Florida Orienteering.

Having a liaison to coordinate efforts will help FLO events run more smoothly for all. Welcome aboard Toby, and thanks again from all FLO members. ▣

2nd Annual Florida JROTC Orienteering Training Camp, by 1stSgt Henson E.T.

Sept 17 to 19 at Ocala National Forest – Doe Lake Campground. Titusville HS JROTC will again host an orienteering training camp for JROTC Units - see the FLO web site, www.FloridaOrienteering.org, for more information

This year we are offering the camp, which is all inclusive, or you can choose to attend either the training day and/or the competition. One major improvement over last year will be bus transportation to and from the camp area and the training area.

Please watch the web site for additional information and updates in early August. To aid in planning, if you know you will be attending and have approximate numbers, please e-mail them to Toby Henson at JROTC@FloridaOrienteering.org ▣

O' TRAINING TIP, by Bob Putnam

Competitive orienteers are probably interested in how to get faster. So here's an idea: Carry an orienteering map Every-Time-You-Run, and try to read it.

Orienteering is a map reading sport and if you're competitive, a race. You don't ever want to slow down any more than you have to while performing the most basic element of the sport: reading the map. If you take a map with you every time you run, then every run becomes a training opportunity for Orienteering.

Teach yourself to read the map while running. Naturally you will not be able to read the map while running full out, most people can't and don't try. But just becoming better at reading while moving, to avoid stopping altogether while on a course, will knock seconds and probably minutes off your time.

Your objective is to never stop dead in your tracks to read the map carefully to relocate yourself, to determine exactly where you are, or to figure out what that nearby landmark is. Got that? You should never need to stop dead. Everyone does sometimes and I do too, but that is the ideal objective.

Listen to the wisdom of a World Champion orienteer who said "the secret is to know when to run fast and when to run slow". Every time he was running slow(er) he was reading the map. The more carefully he was reading the map, the slower he was running. You don't need to be a world champion to gain an advantage here. You just need to practice.


Develop the ability to read the map while at least moving at a fast walk in an emergency, at a slow jog in an uncertainty, and at a reduced pace while you're keeping "in contact with the map" as we say.

While running, look at your map. You'll quickly begin to exclusively use your favorite arm (mine's the left, where the thumb compass is) and find a rhythm, but you'll still have to slow down a little. Pick a spot on the map, a trail to begin with, and visualize what you might see if you were there. How far away would landmarks be? How would the terrain rise and fall around you? How would the trail ahead twist and turn?













Don't try to read the thing all at once. You'll probably trip and fall down. Learn to read it in short bursts. A few seconds at a time. Glance-read-run-glance-read-run, etc.

You absolutely must control your thumb to keep track of the spot on the map where you will be reading. Just as you must when actually orienteering, but now you'll appreciate why. So that you can instantly find the spot on the map you're looking at every few seconds, for only a few seconds.





It requires real concentration to put the picture of the forest, and the map, the course, together on the run this way. Good. Now you're learning another orienteering tactic: concentration. You probably already knew that, but now you'll appreciate what is it that you're concentrating on: Making a picture of the terrain that you can visualize.

Another Champion has said the three rules of orienteering are visualize, visualize and visualize. The more you use this technique on your practice runs, the more you can select your 'spots' off the trails and into more detailed sections of the map. But that's another lesson... 

Control Feature Definitions

-  **Steep Bank:** ground steeper than the surrounding terrain.
-  **Spur:** elongated sloping hump above the surrounding ground.
-  **Rib:** elongated narrow sloping ridge.
-  **Re-entrant:** small valley; elongated sloping hollow.
-  **Hill:** high point shown on the map by contours.
 - **Knoll:** high point shown on the map as a brown dot.
-  **Saddle:** low point between two summits (hills or knolls) on a ridge.
-  **Depression:** hollow from which the ground rises on all sides as shown on the map by contours.
-  **Stream:** natural water course.
-  **Ditch:** artificial water course.
-  **Marsh:** area of low wet land.
-  **Thicket:** area of forest where the tree cover is so dense that it is difficult to pass.
-  **Vegetation Boundary:**
clear boundary between two types of trees or vegetation.

Control Location Terms

-  **Side:** North side shown, used where the feature extends above the surface of the ground, e.g.: thicket N side.
-  **Edge:** Northwest edge shown
 - a) the feature extends down from the surface of the surrounding ground and the control is situated on the edge of the feature at ground level.
e.g.: depression NW edge.
 - b) the feature extends over a significant area and the control is situated on the border of this area.
e.g.: marsh NW edge.
-  **Corner:** Southwest corner shown,
 - a) where the edge of the feature turns through an angle of 45° to 135°, e.g.: (1) field, SW corner. (2) forest corner where the forest juts out into a field or meadow.
 - b) the point where a linear feature turns a corner
e.g.: fence SW corner.
-  **Tip:** South tip shown, as in corner but where the angle of the corner is less than 45°, e.g.: marsh S tip.

These are only a few of the IOF Control Feature Definitions and Control Location Terms. For more definitions and terms go to the FLO web site [Tutorial](#).

We challenge you to study the terms, and take the IOF Quiz.

Malcolm Adams, Feb 18, 1932 - Feb 10, 2004

Malcolm was born 18 February 1932 in Hemel Hempstead, Herts, England. He started work at the de Havilland Aircraft Co. when he was 16, and met his future wife Judy there 3 years later. They were married in 1953 and had two children, Gail (1960), and Mark (1963).

Malcolm and family immigrated to Canada in 1964, and Malcolm started working for Pratt & Whitney Aircraft Co. (United Aircraft); he stayed with P & W until his early retirement in 1991.

After their arrival in Canada Malcolm & Judy started cross-country skiing, and soon after, orienteering. The entire family became involved in orienteering, with Mark and Gail first tagging along, and then striking out on their own as soon as they were old enough.

Around 1975 Malcolm started working on making orienteering maps. At that time the sport was in its infancy in North America, so Malcolm had to develop his own techniques. He soon became an expert; he was also a proficient orienteer and worked extensively as a meet organizer. He served as controller for a number of Canadian Championships and was joint controller with Judy in 1984 for the North American 6-day festival in New England.

Malcolm became well known and well respected as a map maker, taking on projects literally across North America, from forays to Florida in the winter time to areas ranging from the east coast of Canada to the Yukon in the north. He was sought after for his mapping expertise, not only to make maps but also to conduct clinics for others aspiring to make O maps themselves.

In the years immediately before his death, concerned that few people knew how to make orienteering maps, he gave numerous clinics and revised and updated the Canadian Orienteering Federation's Mapping Manual.

Throughout his life Malcolm was an individual marked by the passion he displayed for his various pursuits. Before leaving England, Malcolm was an avid cyclist, and played a leading role in a gardening society dedicated to propagating unique species of wildflowers. He also became an avid photographer, submitting photos to contests first in England, and later in Canada.

In Canada, in addition to continuing earlier hobbies and embarking on orienteering and cross country skiing pursuits, Malcolm became an accomplished potter, designed and built the family home and much of its furniture, became an expert orchid grower, and an expert cook.

On more than one occasion he thanked families and friends who had provided him with accommodations during his mapping trips by preparing elaborate and delicious meals based on Thai, Indian, Greek, Italian, Mexican and other cuisines.

Malcolm lost his battle with cancer and died 10 February 2004. He is fondly remembered by all that were lucky enough to know him.

G.R.I.T.S: A Class "A" Event Is Coming To The Southeast - And You Can Be A Part Of It!!

On two consecutive weekends, June 26-27 and July 3-4, our nearest O-neighbor, the Georgia Orienteering Club, is hosting USOF sanctioned class "A" Orienteering events with the annual USOF Convention and annual membership meeting sandwiched between.

All of this takes place in Cleveland, GA with the first weekend's orienteering just over the NC line near Cashiers, NC. Go to their web site at <http://www.gaorienteering.org/usof2004/> to check out the details.

All of the FLO folks who've whetted their appetites for 'real' orienteering against a full field of competitors in their age categories need to consider going to this event. Most of you have never attended a real Class A event before, so you'll be in for a surprise. The competition is tough. The orienteering is tough. The map reading and terrain navigation is a lot tougher than Florida's low relief not-really-hills.

Be ready for slightly higher entrance fees. And consider joining USOF in order to be eligible for prizes and national ranking points. But if you go you'll be glad you did. Janet and I plan to be there for the second weekend and it would be terrific if we could muster up a good contingent of FLO entries. Not only because GAOC always supports FLO Class A events, but because the camaraderie will be much enhanced if we show up as a group.

ACT FAST. YOU MUST PRE-REGISTER FOR THIS EVENT. NOTE THAT THE GRITS A-MEET PRE-REGISTRATION DEADLINE IS MAY 31. (It is unclear from the web site whether they will accept class A competitive entries after May 31.)

Also note that they will be using the new Sport-Ident electronic punching system which requires you to either purchase an SI# and key from USOF beforehand, or rent a unit for the weekend for \$2/day, to be included in your registration fee.

Give me a call at 407-366-9603, or drop me a line at bob.putnam@siemens.com if you have any questions.

VOLUNTEERS WANTED

REWARD

LOTS OF FUN!

NEW FRIENDS!!

INCREASED O'SKILLS !!!

Contact the **Event Coordinator** for any event where you are able & willing to help out.

Volunteer for one hour, two hours, an entire event, or get involved with FLO – it's easy & fun!

NEEDED:

- Event Coordinators, Course Setters & Veters
- Registration, especially 10am to 12pm
- START/FINISH & Control Retrieval
- Little Troll/String'O Coordinator

UPCOMING EVENTS – cont. from cover page

LITTLE BIG ECON SUMMER SWELTER - JULY 3:

At Barr Street. Full set of courses. Just to keep things interesting Ron Eaglin will be introducing some new twists at what has become our favorite venue - favorite at least in terms of how often we visit there.

The Red course, of course, will be retained for the summer season at the request of the Adventure Racers and a few others who sneer at those of us who were ready to keep things short and easy in the heat. Expect some extra distance or perhaps some variation on the theme we tried last time at LBE - remote starts requiring car pools. Who knows. When Adventure Racing serves as the inspiration, surprises will be the order of the day.

Expect too, that the White and Yellow courses will be combined into one Introductory course having a bit more distance than the usual White or Yellow, but the level of difficulty will still be manageable.

And as always, bring plenty of water to carry with you.


If the summer monsoons act up the water may be high in the Econ River and some rather interesting route choices may result, but that too will be part of the adventure. The important thing to remember at LBE is to remain flexible in terms of logistics, parking, and courses, and to bring along the usual supply of patience as we work around our permit restrictions for this venue.

WICKHAM PARK IS TENTATIVE - AUGUST 7

All we need is an Event Coordinator. The attendance at Wickham in August is always a little low, and the map is still not up to snuff, and the FLO veterans are all fairly familiar with this rather small park, so the historical EC's have vowed to take a break.

Watch the web site carefully to keep abreast of the PLAN, whatever that is. Cancellation is itself among the possible plans, but assume until further notice that the it will happen.

If the event is a "go", it will probably mean some twists are being contemplated to make it all interesting enough to drive down there. There are lots of variations on O' that we've tried at FLO, and dozens of variations that we haven't tried.

The park is a perfect spot to spend the rest of the day having a picnic in the shade, so bring along a picnic spread if you come. But again, be sure to keep checking the web page, or call the Hotline to keep posted on the plans for this event. 

FLO CALENDAR OF EVENTS		
Jun 5, 2004	Ocala National Forest, Woodpecker West Courses: WYOBrGR	EC/CS: Ray Bruneau 1 st Annual MALCOLM ADAMS MEMORIAL Event
July 3, 2004	Little Big Econ State Forest, Barr Street Entrance Courses: W/YOBrGR	EC/CS: Ron Eaglin unique Orienteering – uniquely Florida
(Aug 7, 2004)	Wickham Park, Melbourne Courses: FUN'O	EC: Volunteer Needed CS: Bob Putnam TENTATIVE – EC VOLUNTEER(S) NEEDED
Sept 6, 2004 Labor Day	Ocala National Forest, Billies Bay Courses: WYOBrGR	EC/CS: Volunteers Needed
Sept 17 – 19	Ocala National Forest – Doe Lake Campground An orienteering training camp for JROTC Units - see –(web site)---- for more information	Host: Titusville High School NJROTC
Oct 2, 2004	Moss Park/Split Oak Forest Courses: WYOBrGR	EC/CS: Joe Maliszewki , maliszja@yahoo.com (321) 636-6320 3 RD Annual SECOND HARVEST FOOD BANK Food Drive & FLO's National Orienteering Day Celebration
Nov 6, 2004	Little Big Econ State Forest	EC/CS: Bob Putnam & Ron Eaglin
Dec 11, 2004	Wekiva Springs - Youth Camp - Florida State Championships; JROTC at separate venue TBD	
Jan 2005	Kelly Park/Wekiva Springs	EC/CS: Donna & Steve Fluegel
Feb 2005	Croom State Forest – Inaugural - New Map - New Venue!	EC: Volunteer Needed CS: Bob Putnam
Mar 2005	Rock Springs Run State Reserve	EC/CS: Volunteers Needed
Apr 2005	Ocala National Forest, Woodpecker Hill/Shockly Ranch	EC/CS: Volunteers Needed
May 2005	Little Big Econ	EC/CS: Volunteers Needed

Events in () are tentative, always check the FLO Hotline for updates

The Florida Orienteer is published 4 times a year: February, May, August & November.

Deadline for submission of material is the 5th with publication scheduled for the 25th.

Send material to Marilu Dempsey: news@FloridaOrienteering.org or 655 Little Wekiva Rd, Altamonte Springs, FL 32714.

The editors reserve the right to edit any submitted materials and publication is on a space available basis.

UPCOMING EVENTS

<p>Sat – Jun 5</p> <p>Go 5.5 miles north of Altoona on SR 19, turn right (east) onto CR 445. Go 2 to 3 miles. Look for FLO staging area on right marked by Orienteering signs. ENTRY FEE: NONE</p>	<p>Ocala National Forest, Ocala, Woodpecker West Courses: W-Y-O-Br-G</p>	<p>EC/CS: Ray Bruneau</p>
<p>Sat – Jul 3</p> <p>Go 4 miles northeast of Oviedo, on Geneva Road, SR 426. Barr Street Parking Corral is on the right. ENTRY FEE: \$1/PERSON - honor system - place money in envelope at park entrance.</p>	<p>Little Big Econ State Forest, Oviedo, Barr Street Entrance Course: W-Y-O-Br-G</p>	<p>EC/CS: Ron Eaglin</p>
<p>Sat – Aug 7</p> <p>Go 7 miles north of Melbourne on US 1, turn left on Parkway Blvd. Go 1.5 miles to park entrance - OR - From I-95 Exit 73, take Wickham Road approx. 8 miles south. Go left on Parkway Blvd. for 1/2 mile to park entrance. ENTRY FEE: NONE</p>	<p>Wickham Park, Melbourne Courses: FUN'O</p>	<p>EVENT IS TENTATIVE - EC NEEDED EC: Volunteer Needed CS: Bob Putnam</p>

All dates are tentative. Please check hotline (407) 672-7070 or Web Site <<http://www.floridaorienteering.org/>>

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

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!



FIRST CLASS MAIL

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