

THE FLORIDA ORIENTEER

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November 2004

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DECEMBER 11, 2004

hO, hO, hO,
Santa's Day at Kelly Park
AND
2004 Florida Championships
AND
2ND Harvest Food Bank Food Drive

UPCOMING EVENTS, by Bob Putnam

ALL DATES ARE TENTATIVE - CHECK THE WEB PAGE FOR UPDATES

December 11, 2004 - Kelly Park

(Note - this is a change of venue from previous schedules.)

THE POST HURRICANE CELEBRATION CONTINUES WITH OUR BIGGEST EVENT OF THE YEAR - THE 2004 ANNUAL FLORIDA CHAMPIONSHIPS, and the event where pretty much everyone in the club shows up anyway, and FLO'S 3RD ANNUAL SECOND HARVEST FOOD BANK FOOD DRIVE!!!!

Yes, it's that time again! Time to be part of the most exciting event of the Year; contribute massive amounts of food in an attempt to sprang the springs on the Dempsey's car as they haul it all away, AND to compete for the coveted honors and awards accompanying the Annual Championship event, AND to host another joint FLO/JROTC event.

FLO veterans will recall this December event drew 496 people last year (not counting the ones who simply left after seeing the crowds) at the Youth Camp in Wekiwa Springs, prompting the park rangers to say then: "Couldn't you please find another place to hold this next year?"

So we did. We found the OTHER END of the Wekiwa Springs map - the end that we use when we stage out of Kelly Park, north of Apopka. All courses will actually take place within Wekiwa Springs State Park lands, since they have been kind enough to once again grant us access thru the Kelly Park gate.

Attractions: A full slate of courses by Arild Orsleie. A freshly re-fieldchecked map, updated by Dick Detweiler visiting FLO mid-November from Rochester NY; a full contingent of JROTC units competing for qualifying berths in their school year 2004-2005 competitive series; **and this year only - A visit by Santa** - who will be arriving about noon and will be at the Main Concession Stand as part of Santa's Day at Kelly Park, going on coincidentally at the same time we are there.

And Championship Medals - the BIG new ones designed by Toby Henson (of JROTC leadership fame) will be awarded to the three fastest men and the three fastest women on each course who are competing individually. Other awards will go to the fastest Group on each course.

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FLO ANNUAL MEETING AND POT LUCK DINNER
6PM TO 10PM, DECEMBER 30 OR DECEMBER 31, 2004, OVIEDO
CHECK THE WEB SITE FOR UPDATES

2nd Annual NJROTC - O Training Camp - ONF - Sept,

by 1st Sgt. Toby Henson

Despite the hurricanes, the 2nd Annual Florida NJROTC Orienteering Camp was a success; even if we did not camp. With a lot of last minute adjustments and a few frantic phone calls we still were able to accomplish our primary objective, which was a day of training in the Ocala National Forrest.

Several schools were unable to attend because of being hit by either Frances or Ivan. Some schools were able to attend one day, but not both, because of the long drives. But, all in all, 8 schools with 83 cadets attended the training on Saturday, and 3 schools with 50 competitors attended on Sunday. This could not have happened had Bob Putnam not designed and set up the training and Jonathan Linforth had not stayed up all night printing maps at the last minute.

Saturdays' Training could not have been better. We had beautiful weather and eager cadets. Bob designed six courses:

- 1 - Memory-O
- 2 - Draw Your Own Map-O,
- 3 - Line-O,
- 4 - 1K-O,
- 5 - Compass-O,
- 6 - Guided Map Tour.

Each course was designed to take about an hour. Bob made it easy for us by not only giving us a set of instructions but also spending a Saturday marking the control locations. On the Friday prior to training I took six of my experienced cadets and assigned one to each course and had them place the markers. I don't know how long it took Bob, but it took me nearly 3 hours with six cadets.

Training started with the guided map tour. Cadet Taylor and Alicia Padrick took groups and pointed out terrain features on about a 500m loop. From there they went to the compass/pace course, where cadets Horn and Keys M. instructed cadets on how to follow an azimuth and convert a pace to meters. Cadets then followed Bob's course through the woods. The next course was the 1k, instructed by cadet Keys and George Riquelme (Fingers). The cadets then went to one of the slightly more challenging courses depending on availability. Cadet Odermatt instructed the Draw Your Own Map-O, the Memory-O instructed by cadet Secosh and the Line-O instructed by cadet Johnson B. Feedback indicated that the learning curve was very steep. After such a long day of training, I am sure that the instructors had a quiet peaceful ride home. I know I did.

Completion times for some of the courses are posted on the FLO web site. A lot of teams/groups did not turn in/or complete their cards. We have been unable to locate the 1k-O results, and to be quit honest, keeping times was not a priority. Training/learning was the objective.

Although only three schools competed on Sunday, the competition was spirited. Nease and Mandarin High Schools both had over 20 cadets and Boone returned with 5 cadets. Once again the weather was great and the cadets were eager. Only a handful of cadets tackled the challenging green course designed by Ray Bruneau. The cadets were up to the challenge with 6 of 8 completing the course. A slightly larger group tackled the orange course. They were not quite as successful and only had a 50% completion rate. The Yellow course was where the action was. Even with the majority competing for the first time we had over 60% success rate.

Trophy's were handed out to the fastest teams on the yellow course. Mandarin took 1st, Nease 2nd, and Boone 3rd. Individual medals were handed out to the top three on each course. See scores posted on the FLO web site.


Without a doubt, the most appreciated group of individuals were my parent volunteers/chaperones/cooks/taxis/DI's etc. Kevin Taylor was our head cook/storekeeper with Cheryl Whalen and Mike and Ann Shimer to assist. They served up some awesome burgers, fries and hot dogs with all the trimmings. The logistics required to feed and water over 100 hungry cadets in the middle of the woods with no facilities was not an easy task.

FLO Information	
FLO Hot line:	(407) 672-7070
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Web Pages:	www.FloridaOrienteering.org www.us.orienteeing.org
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2nd Annual NJROTC - O Training Camp - ONF - Sept, continued from page 2

Finally, thanks to all of my O-Team cadets, who I worked like slaves to put this all together. Thanks to all those schools that participated and made this camp a success.

I will again try to look into the crystal ball and schedule next years camp in-between hurricanes. 

JROTC CHAMPIONSHIP SERIES – NOV 6 - ONF

After a rocky start because of the hurricanes, the 1st Official JROTC Championship Series competition finally occurred on Nov 6, at Billies' Bay in the Ocala National Forrest.

The Championship Series will continue to run concurrent with the monthly Florida Orienteering (FLO) events, usually the 1st Saturday of each month. See the FLO web page for event schedules and information; <http://www.floridaorienteering.org>.


Because of the late start, and this being the inaugural year, and until more teams get involved, there will be a couple of changes to the Letter of Instruction (LOI). First, a team will consist of 2-5 members verses 3-5, and a teams' score will be the fastest two finishers combined. There must be two finishers to have a team score. Additionally, there will be no qualifying to get into the state competition. All are welcome.

The State 2004/2005 Interscholastic JROTC Championships will be held during the 2 April 2005 event. We will finish the year off with an O-course relay during the 1 May 2005 event.

Schools are encouraged to host these monthly events. It is nearly painless as the JROTC Orienteering Coordinator will provide you with the necessary gear, and help you get through it. Hosting primarily consists of collecting entry's, setting up the start finish, and collecting the times for awards.

FLO sets out the controls and provides the clue sheets, punch cards and maps. You can provide your own trophies and medals or make arrangements with the JROTC Coordinator to get them.

If you are interested in participating, hosting, or just have general questions, contact the JROTC Coordinator, Toby Henson at jrotc@FloridaOrienteering.org, or 312-264-3115

For more information refer to the FLO web site at: www.FloridaOrienteering.org/ROTC. 

GREEN		
Name	School	Time
JOHNSON,B	TITUSVILLE	1:33:10
PISCUCCI	CRYSTAL RIVER	1:41:00
TAYLOR,T	TITUSVILLE	1:47:38
HORN	TITUSVILLE	1:53:55
BIRCHFIELD	CRYSTAL RIVER	2:31:28
THIELEMANN	CRYSTAL RIVER	2:40:58
PISCUCCI	CRYSTAL RIVER	2:41:00
PATERNO	GULF	2:49:00
BROWN	PARKER	DQ
DORSEY	GULF	DQ
GANNEI	PARKER	DQ
MANNING	BAYSIDE	DQ
MARTIN	GULF	DQ
JAQUITH	CRYSTAL RIVER	DQ
NOBILE	GULF	DQ
PATERNO	GULF	DQ
PAYNE	BAYSIDE	DQ
WAINRIGHT	PARKER	DQ

ORANGE		
Name	School	Time
WESSENDORF	BAYSIDE	1:00:50
WHALEN	TITUSVILLE	1:09:44
GUTIERREZ	BOONE	1:14:24
ODERMATT	TITUSVILLE	1:27:23
WISNIEWSKI	CRYSTAL RIVER	1:29:18
ALVARADO	GULF	1:31:27
GONZALES	BOONE	1:34:45
STEPHENS	BAYSIDE	1:35:21
DEPUE	CRYSTAL RIVER	1:43:32
SECOSH	TITUSVILLE	1:45:42
LAWSON	PARKER	2:00:35
MIKOS	CRYSTAL RIVER	2:35:05
VANLANDINGHAM	BOONE	2:44:00
ADAMS	CRYSTAL RIVER	2:51:42
ARUIDSON	PARKER	DQ
MARTINEZ	GULF	DQ
RAMOS	GULF	DQ
SAWYER	TITUSVILLE	DQ
SZUCS	CRYSTAL RIVER	DQ
WAINRIGHT	PARKER	DQ

YELLOW		
Name	School	Time
STONEY	CRYSTAL RIVER	1:00:15
DAVIS	TITUSVILLE	1:02:58
SMITH	TITUSVILLE	1:08:50
PATILLO	TITUSVILLE	1:20:40
SASLONA	PARKER	1:22:43
GRUBER	CRYSTAL RIVER	1:31:50
BAYLE	BAYSIDE	1:40:24
PLASCAK	CRYSTAL RIVER	1:42:13
DRABEK	TITUSVILLE	1:44:08
LANDERS	GULF	1:47:17
POPESCU	GULF	2:29:35
MOSCHELLO	TITUSVILLE	2:30:01
HENRY	PARKER	2:42:25
CARTER	TITUSVILLE	DQ
CRIBBS	GULF	DQ
DEPUE	CRYSTAL RIVER	DQ
DEVLIN	GULF	DQ
HORTON	BAYSIDE	DQ
JOHNSON, N	TITUSVILLE	DQ
KERSHINGA	TITUSVILLE	DQ
KINARD	GULF	DQ
LOWMAN	GULF	DQ
MARTIN	CRYSTAL RIVER	DQ
NIELSEN	GULF	DQ
SIMUNOVIC	GULF	DQ
STAUHLMAN	TITUSVILLE	DQ
STILLWAGON	GULF	DQ
TOWNES	PARKER	DQ
ZURFELT	GULF	DQ

JROTC CHAMPIONSHIP SERIES – NOV 6 - ONE



Boone



Mandarin



Nease



Titusville



Mandarin Winner



1st Sgt Henson congratulates the winner



Nease Winner

When & How to Use a Compass,

by Alexei Azarov, previously edited by Jeff Saeger

When O'ers run a course they usually use a compass with a map for navigation. Very seldom does someone run a course without a compass. But the problem is that many people do not know how to use the compass correctly. They have one because they heard somewhere that "every orienteer must have one."

Many times when people came to their first orienteering training they asked me to give them a compass or they brought their own. I think this is a bad idea. If you were a beginner in orienteering I would not recommend you take a compass for the first 3 to 4 months of your training.

This is because there are a lot more important things for a beginner to learn. Such as how to read a map, how to read the terrain, how to orient the map, etc. The compass may interfere with technique development and prevent the beginner from getting a clear understanding of orienteering basics.

(If you used a calculator on your first lesson on calculus you would never understand how to do differentials.)

So, if you have just started Orienteering, don't use the compass before you get comfortable with map and terrain reading, and can complete any orienteering course of your level without one.

Suppose you have already passed the first stage of your orienteering career. You now understand the map and terrain, and completing an orienteering course of your level is not a big deal to you. So it is now time to take the compass.

On an orienteering course you will use the compass in 3 ways.

- To orient the map;
- for direction control; and
- to perform direct compass bearing or azimuth.

Whatever you do with the compass keep in mind that the map is the primary thing; everything else is secondary. You would not be able to complete a course, even if you use a compass, if you only get a white sheet of paper instead of a complete map.

I know there are some people who have run and won world championships without a compass, but nobody can do it without the map. So the compass is a secondary thing, but the compass is your friend who helps you to work with the map. I want to emphasize it again the compass helps you to work with a map, but never substitutes for it.

Following are the three actions the compass is used for:

1) Map Orientation: As you know it is a good idea to keep your map oriented correctly all the time you are running an orienteering course.

Two Ways To Keep your Map Oriented Correctly:

- a) Using Linear Features. Match the direction of any linear feature on the terrain with the direction of the corresponding linear feature (or symbol) on the map.
- b) With a compass - faster and more precise. All you need to do is adjust the direction of the magnetic meridian lines on the map with the direction of the compass arrow. You can do this at any time, even when there are no linear objects around.

2) Direction Control: you should know all the time exactly what direction you are going. Every time you make a turn you should control your direction. Unlike map orientation the direction control action cannot be performed without a compass.

Keep your map oriented correctly all the time, and you should see where the point that represents you on the map is located. For example, if you come to a road you should match the real road direction with the road direction on the map before you take any other action. Also check your direction when you are moving away from a control.

3) Exact Compass Bearing or Azimuth: When should azimuth be used? The answer is always when you have to run a significant distance without a linear feature.

In principle it is possible to perform azimuth using only the map, without the compass. But in practice the compass is necessary.

Azimuth is a precise action. You can't use azimuth to run from nowhere to somewhere. You must know your start and finish points exactly. This precise action consists of two almost independent actions:

- a) Azimuth Taking: (i) Impose your compass plate on the map so that it's edge line connects the start and end points of the azimuth. (ii) Rotate the compass capsule so the direction of the lines on it coincides with the direction of the magnetic meridian lines on the map. (iii) Turn the top of the compass so the direction of the compass arrow coincides with the direction of the compass capsule. Now the direction of the compass plate edge shows the direction of the azimuth where you should move. You should be able to take the azimuth while you run without slowing or stopping.
- b) Azimuth Keeping: In order to keep azimuth in the woods you prolong the compass edge line forward and then run along this imaginary line.

Remember the map is primary, and all maps are not ideal. A map is ideal if any three points which lie in a straight line on the map lie on one straight line in the forest. (No one map in the world satisfies this condition)

So if you run straight according to your compass, some objects that you should pass according to the map will appear aside of you. In this case you must come to the object and then continue your azimuth. Don't lose contact with the map when you do azimuth.

Finally, lets summarize when you should use the three actions with the compass that have been discussed.

Map Orientation: you should try to keep your map oriented correctly all the time on the course.

Direction Control: should be performed every time you make a turn.

Azimuth: should be used when you run without linear objects and don't see your destination point.

In other words, refer to your compass as often as possible. Don't be too lazy to look at the compass and don't worry that it might reduce your speed in the woods. The more you use the compass, the faster you will work with it.

Believe me, with just a little practice you can achieve the level of performing the three actions with the compass so that it does not slow your pace at all. ■

Nov 2004: National Orienteering Day at Billies Bay, ONF, by Ray Bruneau

Event Coordinator / Course Setter: Ray Bruneau

This is the event that was originally set for Labor Day, but due to the erratic, awesome hurricane season, we had to cancel. Therefore all those that showed up for this event really have O' in their blood. We had over 221 entrants on our side of the start table and maybe just as many on the JROTC side. I counted 7 buses.


On a beautiful Saturday, with temps in the dry 70's, it was refreshing to see all who came out to kick it in the woods. I managed to have all the controls set by Friday to let those early arrivals out. The crush came at the usual time - 11 AM. And we had to turn some away after the 1 PM deadline, tough love!

I was holding down the registration table, quite well I thought, until John Ide came by to offer his experience, then I saw how busy the tables had become - WOW! Russ Steinke came along later to relieve John and finished the registration. Toby Hensen loaned me a helpful ROTC mother, Angela Moschella. She managed the Start/Finish table without a hitch for most of the day, until called on for other duties. Her replacement was a willing cadet, Robert Davis, stepping in for the big rush of finishers. I don't think he knew just how many were out on courses, until they seemed to come in all at once.

We signed several new members and piqued the interest in other walkups. I put out some information on Maptech and Brunton gear but, I don't think that everyone had the chance to see it. We had some sponsored give-away items and I managed to find 7 lucky entrants drawn from the timecards. Several people picked up our newsletters and the issues of NOD.

We had a good compliment of control pickers - Jerry Sirmans, Arild and Joe Maliszewski managed to find those assigned. I heard of 2 control anomalies, probably set for a more difficult course but, everything went smoothly. Admittedly, there are areas on this map which need to be addressed. All accounted for by sunset - another great day in paradise.

When I set the staging area in the early summer, the grasses were just growing. Since we had to postpone the event until fall, those grasses were a bane when I stepped out of the car. The area had become a sea of sand spurs and I did not feel that anyone would relish that pain upon arrival so, I pulled out my push mower and did an area large enough to make it seem to disappear(almost).

Thanks to all who came out to help. GREAT JOB! 

The USOF and sponsors **Brunton and Maptech gear** were gracious enough to provide items to be raffled off on **National Orienteering Day**

All winners were picked at random,
(The criteria was open to the EC with suggestions from Bob Rycharski, USOF NOD coordinator.)

- **New FLO Competitor:** Marc Good - group of 3 (Venice, FL)
- **New FLO Competitor:** Wendel Zolyomi - group of 2; (Orlando, FL)
- **Start Time of 11 AM:** Map # 310 (3), (Boca Ciega JROTC, Pinellas County)
- **Start Time of 12 Noon:** Map # 316 (4), (Boca Ciega JROTC, Pinellas County)
- **The Youngest Competitor:** Nathan Hemness, son of Gerald Hemness; (Brandon, FL)
- **The Farthest North:** Bryan Schultz from Pace (near Pensacola)
- **The Farthest South:** Mark Rosenberg from Parkland (near Boca Raton).

The give-away items were compasses, T-shirt and CD topo. navigator (highest peak in each state). Congratulations to those entrants; hope they had fun.

<p style="text-align:center">VOLUNTEERS WANTED DEAD OR ALIVE REWARD LOTS OF FUN - NEW FRIENDS - INCREASED O'SKILLS</p>

RESULTS: Billies Bay ONF (BB)

RESULTS CODE	
OT:	Over Time Limit
DNF:	Did Not Finish
DQ	Disqualified
BB - WHITE	
NAME	TIME
Degraeue, C	25:19
Vargas, R	28:38
Patterson (F)	34:47
Mann, B	37:55
Baez, V	41:50
Mulhearn, J	44:01
Ferrer, A	54:46
Cohn, D	64:00
Neill, R	97:58
Zolyomi, R	102:51
Lorenz, B	DNF
BB - YELLOW	
NAME	TIME
Hodges, P	65:03
Ferrer, A	77:57
Baez, V	90:21
Mulhearn, J	98:20
Vargas, R	100:50
DeGraeve	107:20
Patterson (F)	108:12
Ryba, J	109:12
Feild, B	113:55
Clayburn/#3	119:40
Clayburn, D	130:08
Hewlings, S	DNF
BB - ORANGE	
NAME	TIME
Hemness, G	65:16
Bates, B	79:40
Oviedo HS	83:59
Kavanaugh, C	88:20
Schwarz, M	91:38
Prytulo, W	93:00
Bealke #3	93:00
Burkett #6	96:00
Flynn	96:07
Auburndale #4	99:13
Olivera #5	101:09
Jones, C	101:10
Webster	106:10
Jeff K.	121:00
Granobles #2	124:10
Mann, B	125:55
Corr, R	131:02
Sherman, R	140:18
McHale, P	140:30
Wickoff, P	146:15
Owens	159:30
Worischek, C	160:23
Hoopes (BC)	OT
Hawkins	OT
Parke, A	OT
Green #4	DNF
Scioli, J	DNF
Criner #1	DNF

RESULTS cont on page 7

RESULTS: Billies Bay ONF
continued from page 6

THANKSGIVING, by Bob Putnam

BB – BROWN	
NAME	TIME
Barker, B	89:20
Steinke, R	95:30
Keith, D	DNF
Cale, R	DQ
BB – GREEN	
NAME	TIME
Maliszewski, J	86:00
Dempsey, M	95:03
Akers	104:01
Neill, R	143:28
Rosenburg, M	157:00
Counts, R	163:50
Bahamon, J	DNF
Shepard	DNF
Ide, J	DNF
Handlin, J	DNF
BB – RED	
NAME	TIME
Putnam, R	57:01
Eaglin, R	66:06
Orsleie, A	67:10
Hodges, P	76:10
Bohn, D	91:04
Figjam	96:28
Schultz	103:07
Holman, A	115:25
Gottschalk, Dav	115:30
Gottschalk, Deb	119:33
Hamilton, D	122:32
Hamilton, T	137:00
Lee, C	151:26
Hemness, G	165:10
Barolet, B	OT
Good	OT
Intson, A	DNF
Hunker, J	DNF
Spencer, S	DNF
Johnson, C	DNF

November orienteering in FLO country consisted of, FINALLY, Billies Bay on the 6th. An occasion for Thanksgiving if ever there was one, because I didn't expect to be able to fit in any O' at all. The hurricanes had devastated not only much of Florida (not to mention millions of people's lives) but our Fall O-schedule. So when we finally got back on track, it seemed as if every other FL institution was also trying to get back on track that same weekend. It looked as though I would not be orienteering with you after all.

To my rescue came Event Coordinator/Course designer Ray Bruneau, who has a habit of placing controls days beforehand. Ray said all controls are in place and I could start on the red course whenever I arrived. With that promise my plan for the day could include O' after all. I was able to car pool to the event at the crack of dawn with Ron Eaglin, both of us ran the course starting at 9:00 am, after we finished we said hello to everyone we could, drove home by noon, Ron went to his family's party, I joined Janet at choir practice for our Church's Christmas Cantata, Janet and I then left practice with a gang in a van to catch a tailgate party at Tinker Field and later we watched the UCF football game in the Citrus Bowl. (Notice I managed to use 'orienteering', 'Christmas Cantata', and 'UCF football' in the same sentence. How often does that happen?)


But the point of this note is really to tell you what a treat it was to run that Billies Bay red course. Ideal weather, about 75°F partly sunny at start time, and a very manageable length of 5.8 km (remember these were the courses originally planned for hot-hot Labor Day) combined for a run that was so much fun my mind wandered a little. I was revved up to begin with knowing Ron was starting just a few minutes behind me.

But immediately I began to bask in the storm-beaten forest's brighter than usual early morning slanting sunlight and the solid footing and the clear running. At Control #2 I blasted right on by the control without seeing it, practically without even looking for it, hit the back stop trail and had to collect myself, losing a minute or so. Then at control #4 I floundered for several minutes in what I thought was the right depression, finding the control only accidentally (in the correct spot) as my search circle widened. That cost another 3 or 4 minutes, so by then I was certain Ron was going to be within sight of me at any moment.

This is important, because anytime he wants to, he can outrun me plain and simple. If we were to go neck and neck on a course, I'd never shake him. So I concentrated for a while, making good time and nailing every control until the last one, where for some odd reason I veered off my planned track by about 45 degrees. I'd love to blame the compass, but probably can't. Lost maybe another 2 minutes there

But in all I turned in a very nice time - consistent with what I'd been training for all through the hurricane-break. After it was all over, Ron came in at an easy trot, not having tried to catch me at all (robbing me of all potential satisfaction at having beaten his time). Semi-bummer. But still a terrific day and a terrifically enjoyable run, even with the progressively more annoying ground cover of wait-a-minute vines & briars later in the course. Oddly enough I saw only songbirds for wildlife, though I heard a few frightened deer. Maybe it was because of the hunters and their dogs training in the same area that day.

All controls were spot-on. I thought the course design was excellent, with good choices for control locations well beyond major landmarks and attack points required for most controls. Way to go, Ray and vetter Jonathan Linforth. And if you hadn't noticed, special thanks to Ray again for taking his lawn mower out there beforehand and mowing about an acre around the staging area, clearing that bumper crop of sand spurs.

Now I'm ready for the club championships at Kelly Park in December. Are you? ! 

FLO MEMBERSHIP APPLICATIONS

are available at FLO events, and
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



Runnin' With the Big Dawgs, July 4th weekend, 2004.

By Bob Putnam

The Georgia Orienteering Club hosted a 2-day Class "A" event near Helen, GA. The Annual Navigator Cup.

The Georgia folks don't mind being called Big Dawgs; I say it with all due respect and I was looking forward to runnin' with them. And, they were having the Bubba Goat Race. And, they were hosting the USOF Convention. It would be a rare opportunity to see old friends active in USOF and run against probably the best in the country in my age class (M 55 & older).

It turned out to be everything I'd hoped for and then some. The 'then some' part involved agony, elation, lots of climb and lots more of green-on-green vegetation. I learned a lot and will try here to share some of it.

I was a little disappointed (though only a little) that Peter Gagarin was not going to attend the convention or the event, because Peter is a legend in US orienteering, is my age and is the benchmark against whom I've rated all my class A runs for 25 years. I say 'only a little' because he would have run us all into the ground, but now the rest of us at least had a shot at gold.

If you haven't been to a USOF Class A event, make it a point to go sometime. Everyone goes to a lot of trouble to make you feel pampered as a competitor and the level of excitement is much higher than we can muster here at our local events. Besides, the rest of the country has actual terrain and climb to add to the challenge.

Here follows my "see how they (I) ran" account of the two days of the Class A event at Smithgall Woods. Day 1 was on the Chunanee Falls section and Day 2 was on the Hamby Ditch section. Follow along on the map – see next page. My actual route is shown by the hand-drawn wavy-red-line.

CHAPTER 1

Day 1: Start was only 200m off the left of map copied here, across an open field, so we only had to find the correct trail then, before going too far down the trail, contour across the hillside to #1.

1-2: On the way down the hill I skirted right of the first of the mountain laurel (ML) "colonies" I would see this weekend. Mud smudge on the map copy obscures it but it pushed me right to the first error of the day. I almost went down the wrong road; losing only a few seconds, but right away making me defensive. I don't want to go directly toward #2 because of the deep reentrant. See it? I stay as high as possible to the left, go over the spur and allow the edge of the green to lead me, right, into the control.

2-3: No avoiding this reentrant. Again I minimize climb by looping left but I can pass over the top of the spur via the saddle and drop into the big gully; I deliberately hit the gully high to the left so as to simply turn right to the control.

3-4: Back up the reentrant to the water stop.

4-5: Should have been easy: down the trail, left of the dark green blob to the leftmost knoll on the far side of the stream. But visibility was poor. I couldn't find it. Up & down the stream 3 times. Finally found it, mumbling to no-one in particular that I bet it was upstream outside the circle, but that's just me not willing to admit I blew one. Probably over 2 minutes lost.

5-6: By this time I was getting really tired. I'd had some climb and I'd learned light green is scattered ML & Rhododendron (Rh), and I'd learned that dark green is ML & Rh but thicker. The Dawgs told me later "light green is when you crouch & clamber and dark green is when you crawl". True. So by now I look carefully for white woods. I even climb a contour or two to the ridge line on my left after the vague trail runs out here. Good choice, too, because the ridge spur is distinct and its downhill light green all the way and I nail the rootstock.

6-7: This is where it got interesting. Excellent course-setting here. Diabolically delightful, but only in retrospect. Rich contour detail. Had just breezed 600m from 5-6 and now this intricate 250m, starting with a wall of green, through which you can see nothing of terrain beyond. When I break thru the dark green I see another green zone on my left beyond a gully so I know where I am and attempt a rough compass shot. I can't seem to relate any of the contour detail to the maze of ups & downs around me so after a couple of false loops I just head for the hillside where there should be an edge of green and an earth bank. I hit something like that and am still unsure, eyeballs on wide-area scan, when I spot control 40 m to my left. I figure at least another 2 minutes lost via sheer confusion/hesitation. I should have done precision compass & pace from the gully.

7-8: I punch in with JJ-Cote (friend of FLO and drafter of first 2 FLO color maps) and he's going my way, so I allow him to lead, doing the hard work of getting us out of there. We separate though, thrashing through 100m of green approaching the next ridge road. I choose to go right via big out-of-the-way trail & road to again avoid climbing across reentrants. I didn't even see the short-cut ride down to the spur/knoll. When I try to cut the corner road-to-trail, I misread which trail I hit and go 100m on wrong trail before an intersection that doesn't look right (this is the intersection I should have been arriving at, had I seen the short-cut). I then bash through ML up to correct trail and follow it until I see the sharp left. Extra climb but better attack point. The broad spur bends nicely rightward just as I'd visualized it. Less than a minute lost on that leg, I think, but later decide more like 3 minutes, having missed an obviously shorter route.

8-9: This is just a rough compass slog, trying to skirt the left side of the big green on the way up to water. I remember thinking "Man, am I tired". There is no running or even jogging up slopes any longer; just heavy footed plodding.

9-10: I see immediately the track to the right of the beeline across the stream. If I can find it I just contour off the end to 10. Wow! It worked! Feeling good.

10-11: No longer feeling good, when I see the wall of green between 10 & 11. No choice. Wade in. Just minimize distance within the green by shading left, hoping I come out someday. Hands & knees now until I come out of the green. Oops. Didn't fade left at all. About here I realize I haven't had freedom to even drink much water, though I'm carrying 20 oz. Legs are rubber. "How long have I been out?" I wonder. I must be way out of contention. Are other's having this much trouble?

The big reentrant is evident to my left but the control is deep in a head-high green gully so dark I couldn't read the control code. Figured it must be mine; what other course could possibly have a control here!

continued on page 9

Runnin' With the Big Dawgs, continued from page 8

11-12: Now we have a Real Decision to make. Again, brilliant course design: Late in the course, when we're all brain dead The direct-but-a-little-right mostly white woods route is the High Road (Rule #1 of Route Choice – attack from above whenever possible), but lots of climb and you're bushed, and it's along the edge of the map - risky. The fail-safe Low Road route is a round-about to the left, green junky stream valley with nice road for last half but a sharp climb at the end. After about 3 seconds thought I choose the High Road, evidently because all blood is in legs trying to keep them alive and no blood is in brain to think clearly. So up I go, 6 contours in 150m on all fours, regretting it more and more. (Too late to change now). Brief saddle, then 6 more contours (I must be crazy – “who said to do this?”)

Miraculously, I'm thinking straight at the top, even though I can barely move: around the very-cluttered hilltop, veering off and down to the due-east bulge to nail the saddle AND the end of the trail through the green – always risky to rely on hitting a trail “end-on” – but it worked.

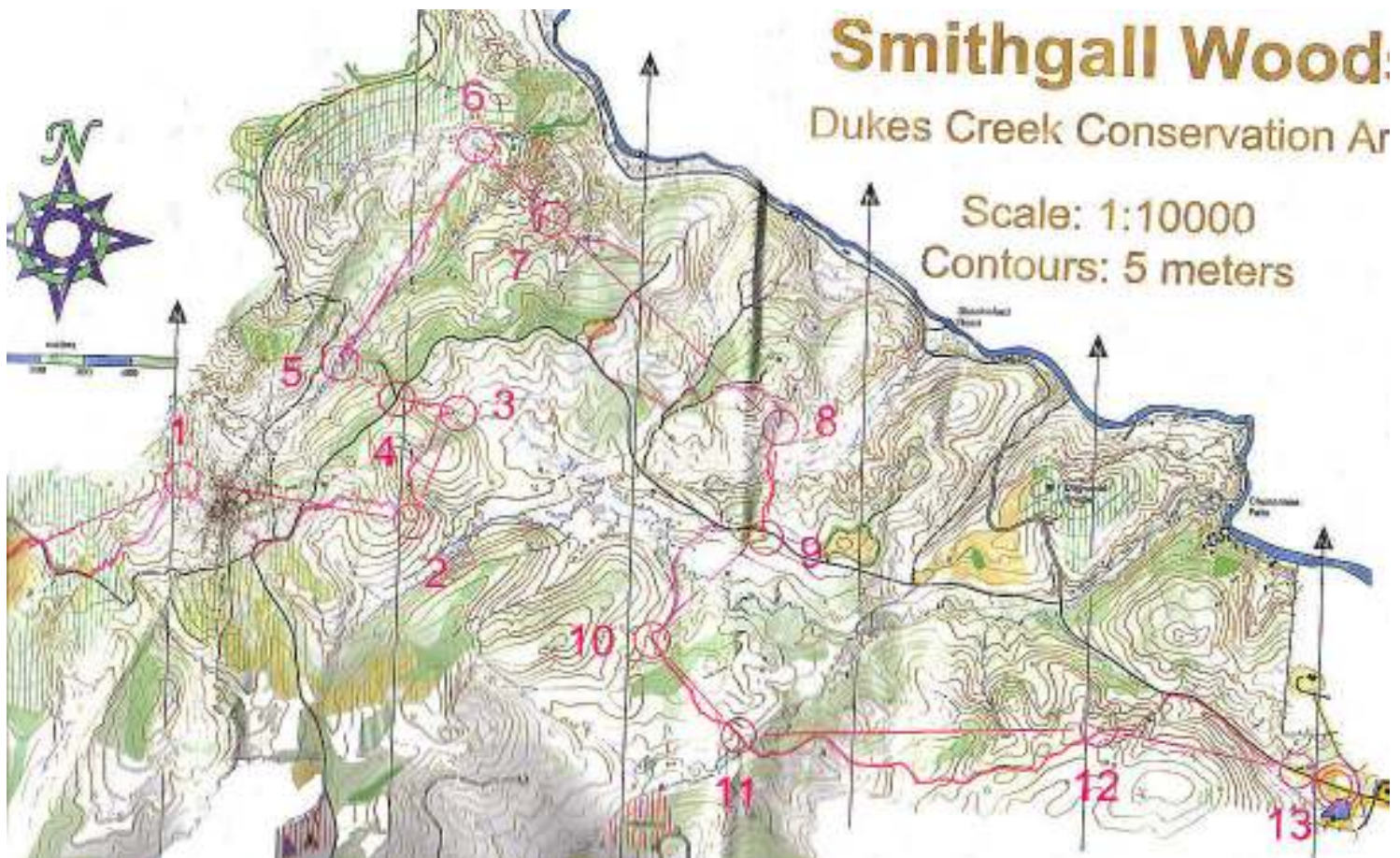
Zipped (walked!) through the green on that trail then past two nicely evident hilltops, via seemingly the first really ‘white’

woods of the day, keeping them on my left, then NE to the pit. Nailed it!

12-13: The simple contour to the trail was not at all the easy white woods shown – very tough, maybe because I can't lift my feet anymore. I hit the trail and start running downhill – however rough and rocky, out onto the gravel road, downhill on thoroughly rubber legs to final control and finish, trying desperately to simply remain upright, what with all the people watching. At the finish line is the grinning, ever cheerful course setter Bill Farrell, with whom I share my suspicion that he has just killed me.

Later I learn I've turned in the best time of the day on the Green course, 88 minutes, from among all categories, though a mere 2 minutes ahead of the closest M55 with only another minute to the next guy. This translates to about 18 minutes per km pace, probably the slowest pace I have ever turned in. But the conditions were just plain slow, slow, slow. That's just the best we could do. Bill F. promises an easier tomorrow, so we all try to sleep and rest for Day 2. ■

[EDITOR: Runnin' With the Big Dawgs, Day 2, may be available on the web site at a later date. **Congratulations Bob**, for a great second place finish at a USOF Class A Event!]



☑ UPCOMING EVENTS, cont from cover

December 11, 2004 - Kelly Park, cont:

Please remember there is a \$2 per person entry fee for Kelly Park, in addition to the usual FLO map fee.

FLO will meet in Pavilion #2, which is different than we've used before, so ask at the gate. Contact EC Mike Dempsey to volunteer: <membership@FloridaOrienteering.org>.

**January 8, 2005 - Wekiwa Springs State Park,
Main Entrance off Wekiwa Springs Road**

This, too, is a change of venue from previous schedules.

This will again be a well attended event and for that reason we are further limited by the park's rules. We cannot stage both JROTC and FLO from Wekiwa, so JROTC's January event will be elsewhere. Check the FLO web site for updates.

We, that is the FLO regular open-to-the-public event, will use the main parking lot at the spring boil. We have rented the "Sinkhole" pavilion, which is at the extreme east end of the parking lot, for registration and for post event picnics.

There is a \$3.25 per car entrance fee for Wekiwa Springs, in addition to the usual FLO map fee.

There will be a long walk to start, of about a mile, unless we have a number of volunteer shuttle drivers step forward. It doesn't have to be a van; it can be your family auto. Contact EC Bob Putnam if you are willing to shuttle.

In planning your day, allow for the extra time to walk to and from the start/finish area. The good news is you can jump into the 72°F Spring after your day in the woods.

Your cooperation and patience is much appreciated in these very difficult situations. We are victims of our own success in these overcrowding issues. The park insists we are still welcome. They simply wish to limit the size of the crowd.

I assured them making everyone walk a mile to the start and then a mile back after they finish will, in itself, limit the turnout. Email Bob Putnam to volunteer: <bob.putnam@siemens.com>.

February 5, 2005 - CROOM Tract, Withlacoochee State Forest, Brooksville,

Keep checking the web page for confirmation of this date!!

USOF Sanctioned Class B Event - NEW MAP: 1:15,000, IOF 5-color, drawn by Bulgarian Mapper Valentin Vladimirov, October 2004.

Go to the web site for the arcane directions to this rather remote site located about 8 miles, as the crow flies, northeast of Brooksville. It'll be worth the drive. There will be a full contingent of JROTC units competing for qualifying berths in their school year 2004-2005 competitive series.

This is the first use of this very large map of a very distinct area. Reportedly, it has the greatest relief of any FLO map so far.

The reason you need to keep checking the date is that we are attempting to schedule this event jointly with the annual 35/50 mile Croom Bike Ride, set to stage out of the same Tucker Hill Fire Tower area.

This could be an exciting opportunity to share the day with an event having an even larger number of participants than FLO. However, if the rangers think it's too much, one of us will have to either change venues or change dates. Stay tuned.

The inaugural use of a brand new map is the quintessential orienteering experience because you know everyone will have had no prior exposure to the area, so the playing field is perfectly level (in FL its pretty level anyway. Ha.). No one will have seen the map or the courses prior to their start time. Don't miss this one either!!

There will be an honor system day use fee of \$1.00/person, (age under 6 free) in addition to the usual FLO map fee.

Contact the Flugels to volunteer: <DonnaBF@aol.com>

March 5, 2005 - Moss Park/Split Oak Forest

This is the re-scheduled October 2004 event, hurricaned-out by all the storms.

Day use fee of \$1 per person in addition to the usual FLO map fee.

The EC/CS is Joe Maliszewski; email him to volunteer: <maliszja@yahoo.com>

As for previous events, the White and Yellow courses will all be within the friendly confines of Moss Park itself, while all other courses will require a trek across the Lake Hart causeway to the Start/Finish table within Spit Oak Forest. And remember that the causeway is sometimes ankle deep with water, depending on the Water Management Districts whims, so bring a change of shoes and socks.

There will again be a full contingent of JROTC units competing for qualifying berths in their school year 2004-2005 competitive series.

The map has recently been re-field-checked, so there may be opportunities to see areas of Split Oak forest not recently traversed. Be ready for anything.

April 2 - Rock Springs Run State Reserve

By now you've guessed - this event differs from previously announced schedules!

This will be a joint FLO/JROTC event, but the cadets will be competing on their own end-of-year Championship courses. They have spent the academic year qualifying for this event, so both schools and individuals will be vying for - wait 'til you see them - the hugest, most gigantic orienteering trophies ever!

The rest of us will be content with fine courses through the varied vegetation habitats of RSRSR and maybe, if we're lucky, we'll be permitted (they've promised to think about it) to stage the event from the Horse Barn area where you may take advantage of the commercial horse rides at the end of the day.

EC/CS Volunteers are Needed. Call now! **☑**

[EDITORS NOTE: Great events require participation from all members – if you have never volunteered - now is the time]

**BECAUSE HUNGER HURTS,
FLO'S 3RD ANNUAL
SECOND HARVEST FOOD BANK DRIVE
KELLY PARK – DECEMBER 11, 2004**



NEEDED ITEMS (Nonperishable food & necessities)

- | | |
|-----------------------|--------------------------|
| Meals in a Can | Canned Meats/Poultry |
| Oatmeal/cereal | Nonfat Dry Milk |
| Evaporated Milk | Canned Tuna |
| Peanut Butter & Jelly | Nutritional Drinks |
| Dry Beans or Rice | Canned Veggies or Fruit |
| Canned Soup or Stew | Pasta/Macaroni |
| Baby Formula | Baby Food |
| Packets of Condiments | Salt & Pepper |
| Diapers | Diaper Wipes |
| Toilet Paper | Laundry & Dish Detergent |
| Soap | Shampoo & Rinse |

BECAUSE NO ONE SHOULD BE HUNGRY.

For information about Second Harvest Food bank:
<http://www.foodbankcentralflorida.org/>

FLO CALENDAR OF EVENTS		
Dec 11, 2004	Kelly Park, Apopka – Pavilion # 2 2004 FL State Championships & Second Harvest Food Bank food drive & Santa's Day at Kelly Park	EC: M&M Dempsey CS: Arild Orsleie
Dec 30 OR 31, 2004	FLO Annual Meeting – Pot Luck Dinner – Putnam's, Oviedo Eat: 6 - 7pm, Talk: 7 - 8pm; Meet: 8 - 10pm	Nominations / Volunteers required for the post of FLO President
Jan 8, 2005	Wekiva Springs State Park, Apopka – main parking lot at the Spring Boil JROTC groups - Refer to web site for venue information	EC/CS: Bob Putnam
Feb 5, 2005	Withlacoochee State Forest, Croom Tract – New Map - New Venue! USOF Class B Event - Check out the great new location: http://www.dep.state.fl.us/gwt/guide/regions/westcentral/trails/with_croom_bicycle.htm	EC/CS: Donna & Steve Fluegel
Mar 5, 2005	Moss Park / Split Oak Forest Updated Re-field checked Map!	EC: Joe Maliszewski Note: No Pets Allowed in the Park
Apr 2, 2005	Rock Springs Run State Preserve Florida State 2004/2005 Interscholastic JROTC Championships	EC/CS: Volunteers Needed
May 7, 2005	Ocala National Forest, Ocala, Woodpecker Hill	EC/CS: Volunteers Needed
June 4, 2005	Little Big Econ State Forest, Oviedo Fun & Games O	EC/CS: Ron Eaglin & Bob Putnam

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 – Dec 11</p>	<p>Kelly Park, Apopka</p> <p>Courses: W-Y-O-Br-G-R</p> <p>From I-4 exit 92 follow SR 436 west 6.5 miles and merge into US 441. Continue North (west) for 0.7 miles to center of Apopka. Turn right on 435 (Rock Springs Road) at Walgreens. Follow 435 north 5 miles to T-junction, turn right. Park entrance is 0.2 miles. ENTRY FEE: \$2/Person</p>	<p>2004 Florida State Championships , 2ND Harvest Food Bank Drive & Santa !</p> <p>EC: M&M Dempsey CS: Arild Orsleie</p>
<p>Sat – Jan 08</p>	<p>Wekiwa Springs State Park, Apopka</p> <p>Course: W-Y-O-Br-G-R</p> <p>From I-4 exit 94 take SR 434 west 1 mile to Wekiwa Springs Road. Turn right and go 4.5 miles to the park entrance on your right. - OR - From US 441 in Apopka take SR 436 east 1.7 miles to Wekiwa Springs Road. Turn left and go 3.5 miles to the park entrance on your left. ENTRY FEE: \$3.25/CAR</p>	<p>EC/CS: Bob Putnam</p>
<p>Sat – Feb 05</p>	<p>Croom Tract - Withlacoochee State Forest,</p> <p>Course: W-Y-O-Br-G-R</p> <p>From Orlando, Take SR 50 west 3 miles past US 301 to Croom-Rital Rd. Turn right (north) on Croom-Rital Road / FR 6. Go approx. 6 miles. About 100 yards past trailhead parking area #1, keep left at the "Y" road intersection. Continue another 5 miles (past Parking Area #2 at intersection of FR 7) to the Tucker Hill Fire Tower. (Parking Area #3 is on Left). ENTRY FEE: \$1/PERSON (children under 6 free) - honor system - place money in envelope at park entrance.</p>	<p>New Map – New Venue!</p> <p>EC/CS: Donna & Steve Fluegel</p>

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