

# THE FLORIDA ORIENTEER

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## VOLUNTEERS NEEDED

### JOIN US NOW

**FLO EVENTS ARE  
FUN, FAMILY-FRIENDLY,  
HEALTHY, OUTDOOR ACTIVITY  
FOR ALL AGES!**

**TAKE O TO THE NEXT  
LEVEL - VOLUNTEER**

***NOD – October 1***  
**Prize Drawings for Competitors**

### **UPCOMING EVENTS**, by Bob Putnam

*(DATES ARE TENTATIVE - CHECK THE WEB PAGE FOR UPDATES)*

#### **September 10 – Rock Springs Run State Reserve.**

NOTE THIS IS A CHANGE OF DATE. We were unable to obtain permission to access RSRSR on Labor Day. Not a problem. It will be later in the season so the weather will be cooler. Right? A full set of courses will be available and we can accommodate all JROTC units without any special arrangements. Out of respect for the heat, courses will tend to be a bit shorter than usual, but all courses will be passing through some new areas not used before. Bear in mind that the hurricanes of '04 and the pine bark beetle infestations have altered the look of RSRSR and make passage through some areas slow going. Most of these changes happened after the most recent map update just prior to the hurricanes. We ask only that everyone take special care to stay away from the out-of-bounds areas around the Horse Stables and to carefully avoid spooking any horses if you encounter them on the trails. Follow our usual O-signs from State Road 46 entrance. Be sure to pay the very nominal day-use fee and to display the fee tag in your windshield. Bring plenty of water to carry with you and remember that the modern toilet facilities are just down the dirt road at the Horse Barn.

#### **October 1 - Moss Park/Split Oak Forest.**

Once again we will be enjoying the nice pavilion at the north end of the park, perfect for White and Yellow Courses, but the Orange, Brown, Green and Red courses will have to hike the mile or so over to the Split Oak START/FINISH.

We should all be used to this arrangement by now, and should also be prepared to wade most of the ankle deep causeway to Split Oak if necessary. There is a \$1 per person day use fee to be paid at the entrance gate. Again, JROTC units will be accommodated without any special arrangements required. The only caution necessary, besides bringing plenty of water to carry with you in Split Oak Forest, is to remember that Split Oak is no place to become lost, so be careful about moving up too quickly in course difficulty, and remind your charges that if they compete as a group they must always, **always**, stay together as a group.

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**OCTOBER 1 – MOSS PARK / SPLIT OAK FOREST**  
**NATIONAL ORIENTEERING DAY CELEBRATION and**  
**FLO'S 4TH ANNUAL *SECOND HARVEST FOOD BANK* FOOD DRIVE**

**Of Gator Wallows, Heavy Rains and Casual Summer Events:**

Time:9:45 a.m. - The Orange course control setter emerged from the woods, happily relating a water crossing up to her chest. My outward reaction was to laugh it off and congratulate her for coming back alive. Inwardly, my heart stopped and my brain exploded.

A riot of images merged to mush in my head in those first few seconds as I frantically tried to visualize where in heaven's name I'd sent the Orange course that they would encounter chest deep water! An artesian well seep? Was it quicksand-like? A 'gator wallow? Oh, the joy of being an event coordinator.

I didn't press it, what with most Orange course entrants standing nearby waiting to start, and mercifully no one else found it, or drowned in it, during the day. Perhaps Andy Holman, after reading this, will explain just how she managed to get into, and out of, a water hole that big.

Otherwise, we were surprised and pleased that, given the weather, 79 of you actually showed up. The usual combination of factors serve to retard event attendance in June: vacations, heat, humidity, heat, humidity, and the heat. And the humidity.

But this event also followed nearly a week of un-Florida-like gray rainy days, rising river levels, and my dire warnings. Beside all that, the forecast, which turned out to be largely correct, was for more rain all day.

Still, Mike Dempsey and Ron Eaglin each brought a popup shelter and everyone else brought their sunny dispositions. So the ranger on duty will have reported that FLO folks were all well behaved, all accounted for at the end of the day and well within their permitted numbers.

I hope you all had fun. It really did stop raining for a few hours here and there, although everyone was still soaked from the grass and bushes being plenty wet.

Because a low turnout was expected, the beginner's courses, White and Yellow, were combined into a single WhiteYellow course, and the Brown course was not used. I set deliberately difficult courses, expecting mostly the (fool) hardy to show, and besides, any LBE course is half in the open fields anyway, so a compensatory level of difficulty in the forested sections is in order.

I took a little extra care to ensure that at least someone finished the Green course, as opposed to last year's 100% wipeout. All of this is reflected in the results: about half the entries on Red & Orange courses finished while four of the five Greens finished.

The water level in the river was not an issue, but when I retrieved the orange control from the 'saddle' by the river yesterday, the punch was already submerged and the control soon would have been

I think the notable results here are not just from the usual fastest veterans, like Artur Inston and Joe Maliszewski, but from the newcomers such as Jason and Maureen Cooper who were so excited after blowing away the field on WhiteYellow, they went out again on Orange and did very well.

And Jeanne Ryba, although she does not show up on the results list because she went out unofficially after helping all day, turned in a WhiteYellow time of under 60 minutes that would have been quite respectable.

Note also Laura Vedral and Sara Moorehouse, adventure racers orienteering for the first time, finished close on the heels of the Coopers, and they also went out again. Laura & Sara's time on Orange looks terrific, but they, along with Patty Lanier actually ran the Orange course with Ron Eaglin as Trainer/Guide. This was a great idea for training and should be done more.

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<b>FLO Hot Line: (407) 672-7070</b>	
<b>FLO Mail Group:</b> <a href="http://groups.yahoo.com/FloridaOrienteering/">Http://groups.yahoo.com/FloridaOrienteering/</a>	
<b>Web Pages:</b> <a href="http://www.FloridaOrienteering.org">www.FloridaOrienteering.org</a> <a href="http://www.us.orienteering.org">www.us.orienteering.org</a>	
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**JUNE - LBE RESULTS**

<b>LBE - WHITEYELLOW</b>	
<b>Name</b>	<b>Time</b>
Jason Cooper	30:40
Vedral / Moorehouse	37:00
Bob Beaman	46:04
Gusrafson / Thomas	46:46
Lonker / Uhley	51:40
McEnis / Murr	52:15
Conrad	61:30
Greissler	61:40
BSA Troop 223	68:20
Debbie Penrose	69:49
Brinkley Family	79:50
David Hall	96:28
Hill	104:13
James Innes	108:20
BSA Troop 252	110:40
Kevin Innes	DNF
Anne Marie Delahunty	DNF
Sherriff / Munier	DNF
<b>LBE - ORANGE</b>	
<b>Name</b>	<b>Time</b>
Panosso	83:14
Laura Vedral	84:50
Patty Lanier	85:05
Tim Ziegler	108:56
Missy Kaler	124:17
Walenty Prytulo	124:55
Maureen & Jason	133:30
Koualy	188:30
Liegh & Isaac	DNF
Team Price	DNF
Bob Leaman	DNF
Charlene Akers	DNF
Phillip Wyckoff	DNF
The Gatlins	DNF
Conrad	DNF
<b>LBE - GREEN</b>	
<b>Name</b>	<b>Time</b>
Joe Maliszewski	109:20
John Ide	117:12
Bret Barker	142:56
Petschauer	188:30
Johnson	DNF
<b>LBE - RED</b>	
<b>Name</b>	<b>Time</b>
Artur Intson	88:44
Crane / Hollingsworth	134:56
Jenkins / Schmidt	160:23
Jerry Sirmans	188:00
Derek Bohn	DNF
Pete & Eric Schmid	DNF
Trung / Lively	DNF
Wright	DNF

**LBE - June 2005**, continued from page 2

Artur Inston's adventure bears relating. He started early, in the rain, and even though he had a plastic bag it was a used bag with punch holes and it was raining hard anyway, so his map was soaked by control 3. The black ink is waterproof but all other colors virtually disappeared. So Artur followed the black trails still shown on his map, all the way to the finish at Barr Street, asked for another map and bummed a ride back to GWA to re-start.

We figured any advantage of his now knowing where 1, 2 and 3 were on this second run was more than offset by his having run the whole 6 km just to get to the finish the first time to ask for the re-start. He turned in a fabulous time with that fresh dry map.


**Thanks to everyone who pitched in.** Andy Holman and Ron Eaglin showed up early to set controls and then Andy ran START at Geneva Wilderness all day. Mike Dempsey brought the maps and a shelter and helped out everywhere and then didn't even run a course. John Ide helped run START/FINISH but still ran Green. Jeanne Ryba helped at REGISTRATION the whole day and only went out on WhiteYellow after I badgered her.

Patty Lanier was on hand and did everything from shuttle-driver to control-retriever and even volunteered to stay late to close up FINISH and account for everyone - and call me if they didn't come back by 4:00.

As it happened, within the space of a few minutes Patty had called me to report Jerry Sirmans had not returned; I told her don't worry it's Jerry, he knows what he's doing; she dropped off the supplies at my house; then Jerry called to say he was out of the woods. (whew)

The remote start at GWA for Green and Red was a nuisance I know, but everyone took it good spirits, once again. Thank you all for that. We muddled through with some taking shuttles to start and some driving to GWA then being shuttled back there afterward.

We believe we're making progress in getting back into the good graces of the park management in terms of permissible attendees and now we will begin working on accessing those old staging areas on Snow Hill Road once again.

Mark your calendars now for the next event: Saturday, September 10 at Rock Springs Run State Reserve. 



**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](mailto:membership@FloridaOrienteering.org)

## THE LITTLE TROLL PROGRAM

FLO has habitually referred to the Little Troll Program as the "String-O". But this may have been misleading. String-O is really only one part of the much larger Little Troll Program. Of the four levels of achievement, only the first, called **Little Troll**, is done exclusively on the String-O course. The other three, **Chipmunk, Rabbit and Roadrunner** are all done with parents on the White (or Yellow) course.

The time has come to review our handling of the Little Troll program and the String-O in particular.

In the period 1989 to 1999 FLO set up the String-O at 27 of our 50 events and drew an average of 6 youngsters per event. This turnout seems low, in light of our then- historical average of 150 people per event, and relative to the amount of work that is required for String-O seemed abysmal. So we stopped setting up the String-O about 1999.

FLO now confines the Little Troll participation to youngsters who complete the White Course accompanied by their parents. They will still be awarded stickers and they will still be placing the stickers on the color-coded cards.

Until we get a designated volunteer willing to set up and run the String-O, those holding or working on Yellow cards, The Little Troll badge, will have to qualify for stickers by doing the White course with parents, which is not strictly in accord with the guidelines.

Many past participants were not aware that the Little Troll Program involved both the String-O and White Course participation accompanied by parents. Therefore, we are re-printing below, for all of those families who may not yet be familiar with them, the Guidelines published by USOF for the Program, followed by a Parent's Guide. The key to remember is that for the time being, we will be awarding the first level, referred to as the Little Troll Patch, the Yellow Cards, for White course participation, rather than for String-O course participation.

### GUIDELINES FOR THE USOF LITTLE TROLL PROGRAM

The USOF Little Troll program was designed by USOF's Youth Committee under a grant from the U.S. Olympic Committee. The program's continuing support is funded by USOF membership dues.

The purpose of the program is to give parents a method of teaching their children to orienteer. Children participate on a String-O course alone, or while accompanied by a parent while orienteering on a White course held as part of a USOF member club regular event. Similar activities held by orienteers outside of club events or held by Scout, school or other youth groups do not qualify to receive Little Troll stickers or patch awards.

Cards and stickers are available, at no charge, from FLO. They are not available for use by any outside organization. FLO provides each child participating in the program with a new card when the child begins the program and whenever the child's card is full of stickers. The child's parent should decide the level card the child gets. FLO will help parents make an informed choice. FLO does not charge extra for Little Troll cards or stickers,

although we require the normal "meet fee" for participation in the club's event.

The Little Troll program is available to all children attending FLO orienteering events, whether they are USOF members, club members or visitors. There is no membership requirement. Each child participating in a qualifying event can earn a maximum of 1 sticker per participation day to put on his/her Little Troll card. At the time the sticker is issued, a club meet official should date and sign the child's card next to the sticker.

If the child participates in more than one course on a given day, he/she cannot earn extra stickers. Each child can hold only one Little Troll card at a time. Although the child can start at any level, all levels must be taken in order: Little Troll (yellow), Chipmunk (orange), Rabbit (green), Roadrunner (red). If a child starts at orange level, for example, he/she cannot go back later and get yellow. If he/she starts at the red level, he/she cannot go back and get any other levels. The Little Troll (yellow) and Chipmunk (orange) levels can be done on either the String-O or White Courses. Rabbit and Roadrunner stickers can only be earned by a child accompanied by a parent on the White Course.

Once a child's card has stickers for each designated sticker circle (i.e., the card is full), the child's parent can mail the card, plus a \$1 fee, to USOF, PO Box 1444, Forest Park GA 30298. The child will receive an award patch from USOF for completing the card.

If the parent so wishes, the child can be kept at a given level thru multiple cards. This should be done when the parent decides the child has not yet mastered the skills of that level. Therefore, a given child can receive multiple award patches at a given level. A child should only be moved to the next level when the parent is satisfied he/she is ready to orienteer at the next skill level. Directions for each skill level are on the back of the card.

### PARENTS GUIDE TO THE USOF LITTLE TROLL PROGRAM

The "Little Troll" program is designed so a child of any age (under about 10) can start orienteering at a level just right for him/her and progress in a safe, easy manner until he/she is ready to solo. As parents, you may be assured that your child is learning to orienteer in a program especially designed with his/her needs in mind.

The program is in 4 levels. The first level is the only one requiring a separate map and course, usually a String course. The string course consists of a short circuit, only a few hundred meters long. The child (and accompanying adult) follows a string for the entire length, visiting controls along the way. Upon completion of each different course, the child gets a sticker for his Little Troll card. After completing 5 courses and receiving 5 stickers, the card is sent to USOF for a Little Troll patch. (This is the element FLO is temporarily suspending until a new String-O Chair can be found).

Levels 2, 3 and 4 are done on the White course. They are, in ascending order of difficulty, Chipmunk, Rabbit, and Roadrunner. An adult accompanies the child on the White course and the amount of help the child receives from the adult is determined by the level the child is completing.

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## THE LITTLE TROLL PROGRAM AND STRING-O

continued from page 4

### Level 2: Chipmunk

A lot of adult help. The child is learning to:

1. Be comfortable in the forest.
2. Read the basic symbols on the map.
3. Check control codes.
4. Become familiar with meet procedures.

After 5 different courses, the child's card is sent in for a Chipmunk patch.

### Level 3: Rabbit

Some adult help. The child is learning to:

1. Know common map symbols and colors.
2. Orient the map by identifying surrounding terrain.
3. Keep thumb on the map near current location.
4. Begins to consider route choices.
5. Orienteer along a single path.
6. Be aware of basic safety rules.

After 7 different courses, the child's card is sent in for a Rabbit patch.

### Level 4: Roadrunner


Unassisted, adult follows for safety. The child should:

1. Keep map oriented during the course.
2. Make your own route choice decisions.
3. Orienteer from path to path.
4. Know safety rules.

After 7 different courses, the child's card is sent in for a Roadrunner patch.

Once a child has completed the Roadrunner level, he/she should be able to begin to orienteer on his own. Age is not critical, children can start at any age on any level and progress at any rate.

It is perfectly okay to remain at any level for as long as the child needs to learn the skills of that level. Cards and stickers will be available at club events. All youngsters are welcome to participate.

Bring your child to the next event and let him/her experience the joys of orienteering! 



**USE YOUR IMAGINATION**

**'IMAGINE THERE'S NO HUNGER'**

**The 'Imagine' Florida Specialty License Plate is available NOW: <http://www.imagineplate.com/>**

The "Imagine" specialty license plate became available at all [Florida Tag Offices](#) on May 20, 2005. **As of July 31, 953 have been issued.** ■ The \$25.00 fee goes directly to the Florida Association of Food Banks for programs directed at ending hunger in Florida.

To get your plate, go to your Tag office and tell them you want to switch to the 'IMAGINE' / Food Banks specialty license plate. Your registration renewal cost will be an additional \$37.00 (\$25.00 tax deductible annual fee for the 'IMAGINE' plate; \$2.00 annual state fee; and a one-time new plate cost of \$10.00). If your renewal notice indicates you must replace your existing tag, you do not pay the \$10.00 new plate fee.

If your renewal date is not up yet, you can still get the "Imagine" plate NOW, by paying a 'Plate Replacement Transaction' (DMV code 'RPR') for a fee of \$18.60, without renewing your registration. You will then receive your normal renewal notice at the regular date in the mail.

**"Hunger is not like a hurricane, an earthquake, or Michael Jackson's legal troubles, it's more like rust, and rust makes for lousy television."**

*Ray Suarez, Senior Correspondent, The NewsHour With Jim Lehrer.*

## **12 Easy Orienteering Tips,** from the British Orienteering Federation

### **Before you start study the map.**

Do so for as long as you can. Get familiar with the general shape of the area. You don't want to waste time during the competition trying to puzzle out what's up and what's down, what's a fence and what's a wall. Take a few sample measurements to get some idea of the distances.

### **Don't think of the competition as a race.**

It isn't, it's a time trial: it's you against your own weaknesses. That person you are trying to outrun may be going an idiotic way, or may be fresh from standing still scratching his head for five minutes while you were toiling up that hill. Even if you do outrun him, he may be a better navigator or stronger over distance. So you overtook a US Champion on 300 meters of flat path – so what? They won't stop when they come to a hill or before a difficult route choice.

### **Try not to stop.**

Take a breather if you need to, but keep moving, even at a slow walk. The difference between first and tenth is often not the speed of movement but the amount of time standing still. Add up the half a minute here and the fifteen seconds there when you weren't actually moving, and you'll realize how much time you could have saved.

### **Don't stand still even if you're lost.**

The Fairy of the Forest might appear and light your way, but she never has for me. Retrace your steps if you can. If you can't, decide on a direction – if I go east I must hit that road – and move on, keeping your eyes skinned for any feature you should be able to identify on the map. Or get to that road as quickly as you can, and start again from there. Better to spend a couple minutes running 400 meters that quarter of an hour getting nowhere.

### **Don't run on 'feel'.**

Always keep your map set, even on a track. And in the forest always run on the compass, however roughly. It's horribly easy to drift to one side or the other without realizing it and come out on the wrong path, even one at 90° to the one you were aiming for.

### **Don't rush off from one control towards the next thinking you can plan your route later.**

Move a little way and then plan. Pick a specific attack point and plan your route to it. You must know what you're doing – or when you're getting near the control you may find yourself confronted by a marsh or a hill that you should have been working your way around.

### **Don't run without counting your paces, however unnecessary this may seem.**

So you think you can see your attack point? Well maybe you can, but count anyway. It might be a similar feature 50 meters earlier or later, and even 50 meters can leave you bewildered and panic-stricken, if you don't know it's only 50 and not 200. If you count and keep your map set, you'll always know where you are.

### **Never assume that you are right, and the map and compass are both wrong.**

It's possible but highly unlikely. Preconceptions are our greatest weakness. If you 'know' it's the right re-entrant but there's no control, be humble enough to consider that it might be you that's wrong. Look at the map and find the parallel re-entrant you have madly rushed down. If you forget where you thought you were, it's surprising how often you can work out where you really are.

### **Always read the contours on the map and on the ground.**

It's easy for beginners to think of contours as those bits of spaghetti that get in the way of walls and streams. Even experienced orienteers go wrong surprisingly often, by not noticing that they should have been running downhill instead of up.

### **Don't kid yourself you can beat the superstars.**

Orienteering skills have to be learned. There's nothing magical about bearings, step-counting, contouring or map memory. But theory is not enough: being able to use them with confidence and speed can only come with practice. So if you don't train specifically for orienteering then you must be prepared to use some competitions to experiment a bit. Don't worry that you might have come in third if you hadn't tried to cut through that bit of forest. It's no good always running around the paths. For a year I rushed about covering tremendous distances, thoroughly enjoying myself, but scarcely orienteering, scarcely improving, scarcely learning anything at all, except that it's not possible to beat someone who can run and go through the forest. Here be no dragons except the dragons of panic in your head.

### **Don't think that fitness is not all that important.**

There are those near the top who don't run particularly fast but they're all very fit. It's always the fit who tell you fitness doesn't matter. They have probably forgotten how easy it is to make terrible mistakes through sheer exhaustion.



## **JROTC News,** by 1stSgt Effard T. (Toby) Henson (USMC Ret)

I have updated the LOI for the championship series. You can get a copy on the JROTC section of the FLO web site:

<http://www.floridaorienteering.org/rotc/index.htm>.


Nothing too major, however, I have lowered the team registration fees. You can also see the schedule of events on the FLO web site.

Titusville High School ROTC will again host the orienteering camp this year. The training site in Ocala forest has been embargoed for the class A event in February, so we have moved the camp to Moss Park. We slipped the date to October 7-9. There are no Hurricanes currently scheduled for that date.

Florida Orienteering is hosting a two day Class A orienteering meet here in Florida 25-26 February 2006. This event will be co-hosted by the US orienteering team. It will also be a World Orienteering Ranked Event (WRE), as well as, United States Orienteering Federation ranked event (USOF). Consequently, in addition to the US team there will be a substantial number of European elites at this event. It should be a good experience for all orienteers.

This event will be the 2006 Florida State Championships, and the championships will be a 2 day event as well. For those that are interested, I will reserve a large group camp ground near the competition site (near Paisley, FL) for a cost share fee. About \$300 split by the number of schools sharing. We might consider providing food if the interest is there. Please let me know if there are issues or concerns about this.

For those interested in getting national ranking. The Georgia Orienteering Club is having a class A event the weekend prior to this one (Feb. 18/19, 2006.) Between the two events cadets would earn enough points to be nationally ranked. I'm not sure how this ranking business works but I will look into it.

The Nationals will also be a little closer to home this year. The 2006 Interscholastic Championships are planned for the weekend of April 22-23, 2006, in the Blue Ridge Mountains of North Carolina. 


## **Perm-O Courses,** by Joe Maliszewski

I went on vacation in June with my son Paul, a senior at FSU in Tallahassee. We travelled to Virginia and Washington, D.C., combining hiking and orienteering, with sight-seeing the Smithsonian museums in D.C.

There is a good permanent O-Course located in the Prince William Forest Park near Quantico, VA., about 30 miles south of DC. Paul and I stopped at the Visitor's Center at the Park and checked out one of 23 different permanent O-Course maps that are available.

You just sign the map out and bring it back when you are done, before 5:00pm. Instead of control flags they have 5 foot high posts with a control number on them.

I also emailed the Quantico O-club 2 months prior to the vacation and ordered an O-map for the Great Falls area along the south side of the Potomac, that we set hiked and orienteered in.

Lastly, we drove over to the Shenandoah National Park and camped and hiked a bunch of trails. They have a lot of deer in the park, especially in the Big Meadows area. 

## THE FEBRUARY 2006 CLASS-A TWO-DAY EVENT, by Bob Putnam

Plan now to attend the "Goin' With The FLO" weekend.

I hope everyone else is as excited as I am about the United States Orienteering Federation (USOF) nationally sanctioned Class A event FLO is hosting the weekend of February 25-26, 2006.

This is the biggest thing to hit Florida Orienteering since - well, since the JROTC State Championships started awarding trophies bigger than I am. Be extra sure to put this on your calendar.

### Among the many reasons this event will be special:

- \* The Carnival-like atmosphere of an A-meet is unlike anything most Florida Orienteers have ever seen.
- \* Real honest-to-goodness Orienteering celebrities will be in attendance (I'll tell you who later).
- \* Half of all proceeds go to the US Team to support their participation in the annual World Orienteering Championships.
- \* Half of the proceeds will go to the FLO Map Fund to ensure we have lots of new and fully updated maps.
- \* It is now a 3-day event with the addition of Friday USOF sanctioned Sprint courses for both Men's and Women's elite classes.
- \* By competing in, this and the previous weekend's 2-day Class A event in Georgia's FDR Forest, you will qualify for official USOF national ranking in your age category, and may even win one of the coveted Gold, Silver or Bronze patches given annually by USOF to the best in each age group.
- \* The color and pageantry of just about every single person who shows up wearing running suits in every color of the rainbow, from all over the world, is a treat in itself

And remember that all this hoopla does not prevent FLO members who want to hike in groups, or just hike casually individually, from coming out for a regular day of low-key hiking as you would at any normal FLO Saturday event.

Since all these folks will not officially be part of the A-meet competition, they get a special name for the day: Wayfarers. They will pay only the regular FLO map fee and not the higher fees paid by everyone else at this event.

For those of you unfamiliar with the concept of Class A events, some background is in order. The whole point to the A-meet sanctioning is to provide a high-quality fully vetted venue for people from all over the US to compete individually on the nationwide USOF circuit of sanctioned events.

Most such events are two-day weekend affairs. Most 2-day events are themselves combined time competitions in which awards are handed out Sunday afternoon. The care and attention to course design details ensures that the competition is perfectly fair and very challenging, meaning that both the weekend awards and the national ranking points earned at such events genuinely represent everyone's true ability.

But just as importantly our care and attention means that after everyone spends all that money to travel across the country or half way around the world, they can be confident the courses will be up to snuff and they will never feel as though they've wasted their time. And from our side, we want them to feel welcome

and appreciated and we want them to go home with a warm feeling about Florida in general and Florida Orienteers in particular.

Pre-registration is a must if you intend to compete individually on the Class A courses. There will be registration links on the FLO web site as soon as we can get it set up. Wayfarers will not have to pre-register but may show up day of event just as for a regular FLO Saturday.

**To do this right, we need volunteers.** The reason your FLO Board agreed to throw in with the US Team on this event is because they have the key, experienced, volunteers to perform the critical technical jobs such as map updates, course design, registration and electronic timing & results. But of course that's only a part of the effort required. Our FLO volunteers will do the rest. No experience necessary. No one will be turned away.

To give you an idea of what is being done and what needs to be done, here follows a nearly complete list of duties, who's doing what, and where volunteers are needed as of this writing.

Meet Director - Derek Bohn (FLO Pres.)  
Co-Meet Director - Vlad Gusiaticnikov (US Team Rep.)  
IOF Event Advisor - Assigned by IOF  
USOF Event Controller - Assigned by USOF  
USOF Course Consultant - Eric Weyman  
Permits - Jonathan Linforth  
Registrar - Donna Fluegel  
Publicity - Mike & Marilu Dempsey  
Web Site - Vlad G. (assist by Mike Dempsey)  
Treasurer - Russ Steinke (FLO Treasurer)  
European Tour Liaison - Bob Putnam  
Fieldchecker Friday & Saturday maps - Joe Brautigam  
Fieldchecker Sunday map - Vlad G.  
Course Designs - Joe B. & Vlad G.  
Control/Course Veters - IOF Advisor  
Awards - Joe Scarborough  
Map & Course Pre-printing - Vlad G.  
E-punch Coordinator - Vlad G.  
E-punch programming - Valerie Meyer  
Finish & Results Chief - John DeWolf  
Sprint Results - Valerie Meyer  
Results Tent Crew Chief - Valerie Meyer  
Logistics - Eric Bone (US Team)  
Facilities (port-o-lets) - Ray Bruneau  
Traffic Control - FLO JROTC  
Control Pickup Crew Chief - Joe Maliszewski  
Orienteering North America Promo article - Bob Putnam  
Orienteering Today Follow-up article - Vlad G.  
ONA follow up article - FLO Volunteer Needed (FVN)  
Photographer - FVN  
Control Site Equipment - FVN  
Start Equipment & Setup - FVN  
Start Crew Chief - FVN  
Start Crew Members - FV's N  
Finish Equipment & Setup - FVN  
Finish line Crew members - FV's N  
Water on Course - FV's N  
Finish Line Refreshments - FVN  
Safety Coordinator - FVN  
T-Shirt/Sales/Printing - FVN  
Parking - FVN

continued on page 9



## THE FEBRUARY 2006 CLASS-A TWO-DAY EVENT,

continued from page 8

In one sense the above list suggests the majority of tasks have volunteers already. On the other hand Start Crew, Finish Crew, Control Retrievers, Water-on-Course placers and maybe the unlisted Control Setter positions all require multiple people.

Rest assured that all volunteers will be able to compete either in the Class A event or as a Wayfarer. Duties will be shuffled to ensure that happens.

The areas being used, our existing Ocala National Forest maps, have been embargoed since last March, and will continue to be off limits to anyone wishing to compete. So far the only member of FLO forfeiting eligibility is yours truly. The logistics of the event will likely mean no one else has to forfeit eligibility.

### Here is a list of things to know, be aware of, and remember about the event.

- We do not plan to host any pre-arranged dinner, as is common at many Class-A events. We figure we're going to burn up all of our manpower just making the event itself work properly.
- We do not plan to design a special T-shirt. We'll use the existing FLO design and perhaps, if a volunteer steps forward, take orders at the event for customized T-shirts to be shipped later. Ron Eaglin suggests we change from the old style cotton T-shirt to an Adventure Racing style synthetic blend shirt. We'll decide later.
- Electronic Punching will be used for all competitive entries. Wayfarers will still use control cards and needle punches will still hang from or near every control. Electronic punching involves each competitor using a personalized 'finger stick' to 'punch' into an electronic sensor at each control. The stick is worn on your finger like a ring. Permanent personal finger sticks can be purchased (about \$39) or rentals will be available for the weekend (less than \$5).
- Entry fees will be higher for individuals on the Class A courses. Entry fees will be standard FLO map fees for Wayfarers. A Junior's entry fee discount of \$5 per day will apply for all those whose 19th birthday occurs on or after January 1, 2006.
- Wayfarers will probably be restricted to White, Yellow, Orange and Green courses, but if Class A registrations permit, other courses may also be open. Wayfarers will not be able to start on a course until all Class A competitors have started.

So you see, it is a little more complicated, but when you actually arrive and go through it, you'll find it very manageable, even more fun and exciting than FLO's usual events, and something you definitely won't want to miss.

We'll keep you posted in subsequent newsletters and on the FLO web page as positions are filled and needs arise.

Please look over the list above for needed volunteers and contact either Bob Putnam ([bob.putnams@siemens.com](mailto:bob.putnams@siemens.com)) or Derek Bohn ([ctnyfl@cfl.rr.com](mailto:ctnyfl@cfl.rr.com)) to get your name on the list for

a preferred assignment or to just generally make yourself available.

You can also write to ask for details about exactly what some of these functions might entail.

And thank you in advance for your help.


**The celebrities you will likely see and meet at this event** will be most of the US Team members, both Men and Women - my advice is to get them to autograph a map - either a competition map or one you bring from home.

I'm looking forward to seeing again the legendary "Troll" himself, Peter Gagarin, perennial US Champion in the early decades who continues, at the age of 60, to compete head to head with the elite men. Many of the Officers and Board members of USOF; the people who make this happen for us, providing the umbrella under which we all enjoy this sport-for-a-lifetime, will be there and deserve your handshake of thanks.

With a little luck we'll entice the USOF Consultant, many-time USOF Champion Eric Weyman to attend; a legend in his own right. There will be the people who helped get FLO off the ground when we first started: Joe Brautigam who made our first maps, JJ Cote, who drew our first maps, from DVOA will come Kent and Caroline Ringo, the "grandparents of O' in the US", Mark and Mary Frank and family who underwrote the printing of our first color maps and hopefully Ed Scott who cheerfully packed up a hundred or so controls for FLO to use at previous Class A events.

And then too from our neighboring Georgia club, GAOC, will surely come the Shannonhouses, Robin and Steve, stallwarts of O' in the US and the Southeast for lo' these many years and cheerful supporters of those fledgling FLO events.

Internationally, we hope to again see Håkan Eriksson, himself a World Silver medalist, who already has brought to Florida previous World Champions Bernt Björnsgaard and Jimmy Birklin, and also Jörgen Mårtensson, who promises to be accompanied by many Scandanavian elites both men and women, and finally the renowned Peo Bengtsson, who has been organizing orienteering tours all over the world for decades.

I'm tellin' ya, folks: this is an opportunity to rub elbows with the classiest elbows the orienteering world has to offer! Don't you dare miss it! 

**BECAUSE HUNGER HURTS,  
FLO'S FOURTH ANNUAL  
SECOND HARVEST FOOD BANK  
DAY**

**MOSS PARK – OCTOBER 1**



**BECAUSE NO ONE SHOULD BE  
HUNGRY.**

America's Second Harvest National Food Bank Network and Second Harvest Food Bank of Central Florida conducted a study of hunger in 2001. This study confirmed with numbers what those providing food assistance have known for many years: That hunger in our community is real, it is pervasive, and it greatly diminishes all who are touched by it.

Among other things, the study found that one in ten Central Floridians finds it necessary to seek assistance with food at some time during each year. The populations found to be at the highest risk of being hungry in our society are women, children, and the working poor. In our community:

- 64% of the people seeking food assistance have household incomes of less than \$1,000 a month.
- 44% of the households seeking food assistance have at least one family member working full time.
- 28% of the people receiving food from assistance programs are children under the age of 18.

The faces of our neighbors in need are as varied as the faces of Americans themselves. They include parents worried about their children, the sick and infirm, and elderly people making the most of limited incomes. Some are homeless, and others are simply hardworking low-wage earners who have experienced a financial crisis. Most never expected to need help.



**NEEDED ITEMS** (Nonperishable food and non-food necessities)

- |                        |                           |
|------------------------|---------------------------|
| Meals in a Can         | Canned Fruit              |
| Nonfat Dry Milk        | Rice                      |
| Oatmeal                | Beef Stew                 |
| Canned Meats/Poultry   | Baby Food                 |
| Evaporated Milk Drinks | Condiments, Salt & Pepper |
| Canned Tuna            | Baby Formula              |
| Peanut Butter          | Diapers and Baby Wipes    |
| Nutritional Drinks     | Toilet Paper              |
| Dry Beans              | Laundry & Dish Detergent  |
| Canned Veggies         | Soap                      |
| Canned Soup            | Shampoo and Rinse         |
| Pasta/Macaroni         | Personal Hygiene Items    |



Second Harvest Food Bank of Central Florida serves more than 450 agencies in six Central Florida counties, serving Lake, Orange, Osceola and Seminole counties directly.

This year, due to the increased cost of fuel, Second Harvest Food Bank is having to scale back critical services. Please be generous with your donation, and if possible, consider an additional cash donation, either bring a check made out to **Second Harvest Food Bank** to the FLO Event October 1 - OR - go on-line and make a direct donation.

<http://www.foodbankcentralflorida.org/>

Your donation – no matter how small - will make a difference!

**☑ UPCOMING EVENTS,** continued from cover

**October 7-8-9 - JROTC Training Camp at Moss Park**

Contact Toby Henson [HensonE@brevard.k12.fl.us](mailto:HensonE@brevard.k12.fl.us) for more information on the event and how to register your unit.

**November 5 - Wekiwa Springs State Park.**

Parking for Registration will be at the east end of the main parking lot adjacent to the Spring boil. FLO is renting a very nice pavilion once again, close to facilities, snack bar and swimming. The courses, as before, are a long walk, or a shuttle ride, away. Sorry. The park insists. Most importantly, there are to be NO JROTC units attending this weekend. Again, because the park insists. Instead, JROTC will probably be relocated for a same-day, Nov 5, event at another venue, probably LBE, but check with the link below, and the web site, to stay current. Remember once again to bring plenty of water to drink, especially since the White and Yellow courses will walk more just getting to and from start/finish than they will on the course. We're trying to schedule additional field updates of the map prior to this event. And remember the day use fee at Wekiwa is now \$5 per carload (\$3 if you're alone).

**November 5 - JROTC ONLY – Little Big Econ State**

**Forest.** (Not finalized. Watch Web Site For Final Decision.!)  
Contact Toby Henson [HensonE@brevard.k12.fl.us](mailto:HensonE@brevard.k12.fl.us) for more information on the event and how to register your unit.

**December 10 - Kelly Park.**

This is the Big Bash Event of the year. The 2005 Florida Championships, a regular FLO event for all members, open to the public and the JROTC units will be included as well. Another fine pavilion to enjoy, next to Rock Spring swimming. All courses will be either within Kelly Park or will make use of the north end of Wekiwa Springs map. Free access to Wekiwa Springs will be via the fence line gate, but of course there is still the \$1 per person day use fee for Kelly. The Florida Championships means that anyone (including JROTC cadets) who competes individually on their course, is eligible for a snazzy FLO medal. Gold Silver and Bronze medals will be awarded to the 3 fastest male and female on each course. With a little luck the results will be available at the event and presentations can be made at about 3pm.

**January 14, 2006 - Croom Tract.**

Details are still evolving as we write this, but expect to park and start at the Tucker Hill Fire Tower. All courses. (JROTC may or may not be included this weekend. Wait and see.)

**February 25&26, 2006 – GO-WITH-THE-FLO** Holiday Weekend. **A Two-Day USOF Sanctioned Class A Event**, plus a World Ranking Event on Saturday, plus a Regular FLO Event each day. This is the MUST-SEE event of the year. Orienteers from all over the world will be there. (see page 8 for more information)

<b>FLO CALENDAR OF EVENTS</b>	
Sept. 10, 2005 Saturday	Rock Springs Run, Sanford Courses: WYOBGR. <span style="float: right;"><b>NOTE: CHANGE OF DATE!</b> CS: Bob Putnam EC: <b>Volunteer Needed</b></span>
Oct. 1, 2005 Saturday	Moss Park, Orlando Courses: WYOBGR <span style="float: right;"><b>NOD CELEBRATION &amp; 2<sup>ND</sup> Harvest Food Drive!</b> CS: Bob Putnam EC: Mike &amp; Marilu Dempsey</span>
Oct. 7 to 9, 2005	Moss Park / Split Oak Forest, SE Orlando Contact Toby Henson <a href="mailto:HensonE@brevard.k12.fl.us">HensonE@brevard.k12.fl.us</a> for more information on the event <span style="float: right;"><b>JROTC Training Camp</b></span>
Nov. 5, 2005 Saturday	Wekiwa Springs, Apopka - ( <b>Not JROTC</b> ) Courses: WYOBGR <span style="float: right;">CS: Bob Putnam EC: <b>Volunteer Needed</b></span>
Nov. 5, 2005 Saturday	Little Big Econ, Oveido - ( <b>JROTC Only</b> ) Courses: YOG <span style="float: right;">CS: Bob Putnam EC: Toby Henson</span>
Dec. 10, 2005 Saturday	Kelly Park, Apopka Courses WYOBGR <span style="float: right;"><b>2005 Annual Florida Championships</b> CS: Bob Putnam EC: <b>Volunteer Needed</b></span>
Jan. 14, 2006 Saturday	Croom, Brooksville Courses: WYOBGR <span style="float: right;">CS: Bob Putnam EC: <b>Volunteer Needed</b></span>
Feb. 18/19, 2006	USOF Sanctioned Class A Event hosted by the Georgia Orienteering Club, GAOC See their website for details: <a href="http://www.gaorienteering.org/">http://www.gaorienteering.org/</a>
Feb. 25/26, 2006	USOF Sanctioned Class A Event. Ocala National Forest, Woodpecker Hill. Courses: Individual Competitors, both days: W,Y,O,Br,G,R,BI. Individual Non-Competitors & All Groups, both days: WYO. <span style="float: right;">CS/EC: US Team</span>

**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 5<sup>th</sup> with publication scheduled for the 25<sup>th</sup>.

Send material to Marilu Dempsey: [news@FloridaOrienteering.org](mailto: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><b>Sat – Sept 10</b></p>	<p><b>Rock Springs Run State Reserve</b>  <b>Courses: W Y O B G R</b>      <b>EC: VOLUNTEER NEEDED,</b> CS: Bob Putnam</p> <p>From I-4 take exit 103, SR 46 west. After crossing the Wekiwa River, look for entrance to the preserve on your left. There will be a large fence along the south side of road.  <b>Entry Fee:</b> \$2/CAR - honor system</p>
<p><b>Sat – Oct 1</b></p>	<p><b>Moss Park/Split Oak Forest</b>      <b>NOD Celebratiopn &amp; 2<sup>nd</sup> Harvest Food Drive</b>  <b>Courses: W Y O B G R</b>      <b>EC: Mike &amp; Marilu Dempsey,</b> CS: Bob Putnam</p> <p>Go 2 miles south of the SR 528 (BeachLine Expressway) on SR 15. Turn east on Moss Park Road. Go 3 miles to park entrance.  <b>Entry Fee:</b> \$1/PERSON (age 6 and over) <b>NO PETS ALLOWED</b></p>
<p><b>Sat – Nov. 5</b></p>	<p><b>Wekiva springs – NO JROTC</b>  <b>Courses: W Y O B G R</b>      <b>EC: VOLUNTEER NEEDED,</b> CS: Bob Putnam</p> <p>From I-4 exit 94 take SR 434 west 1 mile to Wekiva Springs Road. Turn right and go 4.5 miles to the park entrance on your right.  <b>Entry Fee:</b> \$3 (driver only), \$5/CAR (otherwise)</p>
<p><b>Sat – Nov. 5</b></p>	<p><b>Little Big Econ - JROTC ONLY</b>  <b>Courses: Y O G</b>      <b>EC: Toby Henson,</b> CS: Bob Putnam</p> <p>Go 3 miles northeast of Oviedo, on Geneva Road, SR 426. Parking area is on the right.  <b>Entry Fee:</b> \$1/PERSON - honor system</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

THE FLORIDA ORIENTEER  
 c/o Marlu Dempsey  
 655 Little Wekiva Road  
 Altamonte Springs, FL 32714