



THE FLORIDA ORIENTEER

SEPTEMBER 2009

IN THIS ISSUE

<input checked="" type="checkbox"/> ATTENTION... UPCOMING EVENTS	cover
FLO Info & Officers	page 2
Future Events	page 3
JROTC Orienteering Camp	page 4
FLO 2009/2010 Calendar	page 5

**Event Results & write ups
are now available at:**

www.FloridaOrienteering.org

ROCK SPRINGS RUN STATE RESERVE

Saturday - September 12 - 2009

NATIONAL ORIENTEERING DAY

ALL COURSES OFFERED
PERFECT FOR FIRST-TIMERS
DOOR PRIZES!!!

ATTENTION ONE AND ALL! by Bob Putnam

Get ready to have fun, fun, fun! in the heat, heat heat!
Prepare to be a part of history!
Mark your calendars now!

Coming up, the Saturday after Labor Day, September 12, FLO will be hosting our 243rd event, inaugurating our 19th season!

Then, sometime during the Fall 2009 season, we will send into the forest our 40,000th entry - and with a little luck, we'll get them back by 3:00 o'clock that day!

Here's the way the Fall Season shapes up:

Sept. 12, Rock Springs Run State Reserve, Sanford FL.

All courses offered: White, Yellow, Orange, Green, Red and Blue. Course designs by Will Pirnasch. We will be staging the event out of the Horse Barn area once again. Enter at the main gate, pay the iron ranger the honor-system day use fee, proceed on the paved road and take the first left toward the Horse Barn, which requires another 1.5 mile drive along a dirt road.

IMPORTANT: Parking is never to be along the dirt road shoulders. Emergency vehicle access would be impeded. Park in designated areas only off the road. O-folks will be on hand to direct you but it mostly means follow the O-signs and park next to everyone else, even if its in high grass (We're going to ask them to mow it for us, but no guarantees). If the iron ranger runs out of envelopes - and they often do - proceed to the FLO table where FLO will collect your fee for the rangers and give you a dashboard "I Paid" sign. ROTC Buses should ask when they arrive where the best place to park might be.

Remember the FLO map fee is still a separate charge. There. That's the fine print. Now for the good stuff:

continued on page 2

Coming up, the Saturday after Labor Day, September 12, 2009, FLO will be hosting our 243rd event, inaugurating our 19th season!

Sept. 12, Rock Springs Run State Reserve, Sanford FL. cont.

RSRSR is a perfect spot to bring first-timers out to try O. Little danger of becoming lost and lots of open field to keep newcomers oriented.

This will be the official 2009 National Orienteering Day, so if USOF comes through with the promised goodies, we'll have some door prizes to give away.

RSRSR can be a fast running venue, so get ready to run. The forests, where there are forests, are beautifully runnable and beautiful anyway, whether shady or grassy. Depending upon the rainfall between now and then, the lakes may actually have water in them, so those clever shortcuts across dry lakebeds may no longer be viable, or at least not optimum, route choices.

Remember sunscreen. Remember to bring plenty of water, both to carry on the course and for afterward. Remember that RSRSR's expansive fields will likely not be mown for this event as they were for the April 2009 event, so you may have to cope with eye-high dog fennel or maybe some slow slogging through the thick grass. Dogs on leash are welcome at RSRSR.

This promises to be a fabulous intro to the 2009 season. Don't miss it.

Oct. 10, Saturday Moss Park & Split Oak Forest, Orlando, FL.

All courses offered: White, Yellow, Orange, Green, Red and Blue. Course designs by Bob Putnam.

Follow signs to Picnic Pavilion #5 at the south end of the park. JROTC Buses need to call ahead to ensure correct day-use fees can be paid. The front gate cannot make change for checks, remember.

This venue is always the wildlife viewing capitol of FLO venues with turkey, sand hill cranes, fox squirrels and deer almost guaranteed and then if you're lucky a wild pig or two.

Split Oak Forest will be the site for Orange and advanced courses, while White and Yellow stay within Moss Park proper. This is a perfect setting for kids and first timers on White and Yellow, because those courses stay within Moss park where the forest is virtually manicured throughout. No getting lost here unless you're eaten by a gator.

Split Oak Forest on the other hand is a formidable challenge, not to be taken lightly by any orienteers and especially not by orange course folks, whose level of expertise is supposed to be 'medium', so they need to be extra careful over there. Review and follow Safety Rules.

All FLO folks venturing into Split Oak by the way, will see JROTC cadets taking part in their annual Training Camp, but they will not be on your courses. They will wait until Sunday Oct 11 to compete on Yellow, Orange and Green. So try not to give things away when you see them, even if they ask you which controls you're looking for...

No pets under any circumstances at Moss Park.

continued on page 3

FLO Information	
FLO Hot Line: (407) 672-7070	
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ATTENTION ONE AND ALL! continued

Oct. 9-10-11 JROTC Annual Training Camp, Moss Park & Split Oak Forest.

As noted above, and as advertised on the FLO web site. Lots of good training to be had for your JROTC group, so check it out.

If you're interested and have not signed up yet, contact Toby Henson at Titusville HS:

jrotc@FloridaOrienteering.org

Oct. 18, Sunday, Oleta River, Miami FL. Training Day.

White and Yellow Training Courses. This is the FLO outreach venue for the Miami and South FL areas, so it is assumed that everyone interested will be a first timer. Thus, a special Training Day preceding by one week the 'regular' Oleta River event. Check out the FLO web pages for details.

Oct. 25, Sunday, Oleta River, Miami, FL.

Four courses for sure: White, Yellow, Orange and Green; and maybe a Red length course, depending upon how confident Lorena Kleinmann is about the newly mapped areas that will serve to enlarge the map. This is the regular event that last week's Training Day was preparing all South Floridians for. There will be for sure lots of Boy Scouts earning their Merit Badges on a 'real' orienteering course and event - a rare opportunity for scouts anywhere, and especially in south FL.

The inaugural Oleta River event took place last March and drew 100 people, so this promises to be even larger and more successful. Any experienced FLO members who make the trek to Miami will likely be collared to serve as mentors/instructors to all the O-newbies who will be there, so don't be surprised about it, be enthusiastic over the opportunity to pass along your love of the sport.

Nov. 14, Saturday, Kelly Park, Apopka, FL.

All six courses, designed by Will Pirnasch. This event will convene at the usual Picnic Pavilion #2 within Kelly Park, but all courses will access the northern part of Wekiwa Springs State park via the graciously-opened fence gate (Thank you Wekiwa Springs) that borders Kelly.

It's only a short walk from the pavilion to the remote start/finish table at the gate. Ordinarily we keep White and Yellow courses completely inside Kelly Park, but this time, you're being set free.

Free to wander the stunningly beautiful forests making up this end of Wekiwa.

Just don't wander off course. Be especially aware of Safety Bearings and all Safety Rules.

Dec. 12, Wekiwa Springs State Park, Apopka, FL.

CS: Pangea Adventure Racing, Greg Owens and Dave Brault. All six courses again. Staging will be at the Youth Camp Rec Hall. Follow the signs from the Wekiwa Springs State Park entry booth. It will be about 2 miles from the entrance.

Course Design and Event Coordination is being handled by the Adventure Racers, and in particular Pangea Adventure Racing headed by Greg Owens.

This will be the 2009 Florida Orienteering Championships, with medals to the three fastest men and women on each course, provided they compete as individuals.

Everyone else is still welcome to come out of course, since most of FLO's orienteers hike as groups and as families anyway. This event is no different, it just offers that small subset of 'runners' their one chance during the year to earn a medal. This is one of our finest venues, so you'll not want to miss it.

IMPORTANT: Parking at Wekiwa Springs is also carefully monitored. We cannot park on any roadway shoulders. Use designated parking areas only. We are being permitted to use the Rec Hall in the Youth Camp as a gigantic favor. We must maintain our reputation as worthy, respectful guests. **Please do your part!**

See you in the Woods!

As always, be sure to bring all the correct Florida equipment with you to each event: bug spray, change of shoes & socks (heck, change of everything, usually), water, snacks, enthusiasm, friends and family.

Also, as always: **VOLUNTEER.** Make it a point to be part of the success of FLO. We could not have hosted 243 events and started 40,000 orienteers without having Volunteers turn out every time.

Be there for us, and for you, to keep FLO vital.

Do Your Part to Save the Environment

Get your newsletter fast. No more snail mail.

Save resources, for FLO & the planet; use electronic delivery. Plus, full color pictures & active web links in the e-version!

If this sounds right to you - please e-mail Mike at:

news@FloridaOrienteering.org

RE: ADD me to FLO's newsletter e-list

7th ANNUAL FLORIDA JROTC ORIENTEERING CAMP

About the Event

Titusville High School NJROTC is hosting an orienteering camp at the Moss Park campground. The camp will be held Friday 9 October to Sunday 11 October. Cadets will train on Friday and Saturday and an optional competition on Sunday. The camp is limited to the first 200 paid registrations. All others will be returned.

Point of contact is 1st Sgt Henson. Phone: 321-264-3100 Email: henson.effard@brevardschools.org

Mail to: Titusville High School, Attn: NJROTC Orienteering, 150 Terrier Trail South, Titusville, and FL 32780.
Additional information is posted on the Florida Orienteering web site: <http://www.floridaorienteering.org>

THE TRAINING

A variety of practical exercises will be used to build and enhance orienteering skills. See enclosed sample of training exercises. Different training areas will be established in order to provide familiarization and use of the widest range of skill and terrain possible. Training will be conducted in a round robin fashion. Cadets will move from training area to training area, where they will be instructed on how to complete the designated training site. Cadets should be trained in basic orienteering prior to attendance (See, FLO website tutorials). The focus of the camp is practical application.

- * Schools need to bring their own compasses, whistles and flashlights
- * All maps will be provided

*****An appropriately registered (Meets your school requirements) adult Male/Female Chaperone must accompany and remain with your cadets at all times when not on the training or competition courses *****

REGISTRATION

Early registration is before 15 Sep 2009. Deadline for camp registration is 1 Oct 2009. Early registration fees are \$40 per cadet and \$45 per cadet after 1 Oct 2009. FIRST COME 1ST SERVED! The training day only fee is \$15 per cadet prior to 15 Sep and \$20 after, plus \$4 per person map fee. For those competing in Sunday's competition only, Pre-registration prior to 15 Sep the fee is \$20 per team, \$3 individual, plus \$4 per person map fee. After 15 Sep. the fee is \$25 per team, \$5 Individual, plus map fee

The Competition and training are included in camp fee

CAMP SET UP

- Each school will be required to bring their own camping gear, ie. Tents and sleeping bags etc. Wood for campfires is not provided and must be brought with you as no cutting or gathering in camp is allowed.
- Male and female head and shower facilities are available.
- Breakfast, lunch and dinner will be provided on Saturday. Breakfast only on Sunday.

- A concession will be set up Friday evening and during Sunday's competition. Burgers, hot dogs, chips and sodas. Drinks and snacks will be available throughout.

BASIC SCHEDULE

Friday

1200-2000 Check-in camp set-up
1800-2100 Classes/training briefs
2200 Taps

Saturday

0600 Reveille
0630-0800 Breakfast --
0800-1800 Training Session's
1800-1900 Dinner
1900-1930 Survival Navigation
2000-2100 Night-O

Sunday

0530 Reveille
0600-0730 Breakfast/ camp clean-up/check out
0900-1300 Camp Competition
1400 Awards

Competitive Classes / Courses & Awards

Sunday 11 October

Competition open to all JROTC. You do not have to participate in the camp. The Championship Series LOI will be used. The safety brief will be at 0830 and competition begins 0900. Awards at 1300.

FLO MEMBERSHIP APPLICATIONS

are available at FLO events & on-line at the FLO web-site

or

by contacting Mike Dempsey
655 Little Wekiva Road, Altamonte Springs, FL 32714

FLO CALENDAR - FUTURE EVENTS – 2009/2010

Sat – Nov 14	Kelly Park, Apopka, FL. Courses: White, Yellow, Orange, Green, Red, Blue.	CS: Will Pirnasch, EC: TBD Staging at Pavilion #2
<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 (Park Ave/Rock Springs Road) at Walgreens. Follow 435 north 5 miles to T-junction, turn right. Park entrance is 0.2 miles.</p> <p>Entry Fee: \$3 (1 or 2 people), \$5 (3 or more)</p>		
Sat – Dec 12	Wekiwa Springs State Park, Apopka, FL. Courses: White, Yellow, Orange, Green, Red, Blue.	CS/EC: Greg Owens & Dave Brault. 2009 Florida Orienteering Championships
<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.</p> <p>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.</p> <p>Entry Fee: \$4 (driver only), \$6/CAR (otherwise)</p>		
December ??	End of Year FLO Meeting & Pot-Luck – to be announced – watch the web site for details.	
Sat – Jan 9	Croom, Withlacoochee State Forest, Brooksville, FL.. Courses: White, Yellow, Orange, Green, Red, Blue.	CS/EC:
<p>From Orlando: Take SR 50 west 3 miles past US 301 to Croom-Rital Rd (just past overpass). Turn right (north) on Croom-Rital Road / CR39 (FR 6). After 5.3 miles stay left at the “Y” intersection. Continue 3.8 miles to the Tucker Hill Fire Tower. (Parking Area #3 is on Left)</p> <p>From I-75: Take exit #301 onto SR 50. Go East 1 mile then turn left (North) on Croom-Rital Rd (2nd traffic signal) and follow directions above.</p> <p>From West Coast: Take SR 50 East into Brooksville (Take 50A not bypass) to join SR 98 East. <u>or</u> Take 98 East into Brooksville. Turn Left on US 41. Go approx 1.2 miles. Turn right on CR 480 (Croom Rd). Go 5.5 miles to the Tucker Hill Fire Tower. (Parking Area #3 is on Right)</p> <p>Entry Fee: \$2 / Person - Honor system</p>		
Sat – Feb 13	Ocala National Forest, Shockley, Ocala, FL. Courses: White, Yellow, Orange, Green, Red, Blue.	CS/EC:
<p>From Sanford: Take I-4 exit 103 (SR 46). Go west for 7 miles. Turn right at light onto 46A (north), 5 miles to SR 44. Turn left on 44 (west) and go 4 miles to CR 439. Turn right on 439 (north) all the way to CR 42 (8 miles). Turn right on 42 (east) and go about 3.5 miles to Paisley.</p> <p>From US 17 in DeLand: Go west from DeLand on CR 44 about 5 miles to junction with CR 42, just west of the St. John's River bridge. Turn right and go 9.5 miles to Paisley.</p> <p>From Apopka / Mt. Dora: Follow US 441 North past Mt. Dora. Turn right on SR 19 (north), through Eustis to Altoona. Turn right on CR 42 and go about 7 miles to Paisley.</p> <p>From Paisley (east side): Turn north onto Rancho Road (opposite radio tower on south side of road). Look for orange/white Orienteering signs. After 1/2 mile it turns into Forest Road 69, (dirt road). Continue on FR 69 for 3 to 6 miles to FLO staging area marked by signs on your left.</p> <p>Entry Fee: None</p>		
Sat – Mar 13	Moss Park & Split Oak Forest, Orlando, FL. Courses: White, Yellow, Orange, Green, Red, Blue.	CS/EC:
<p>See October event for directions</p>		
Sat – Apr 10	Rock Springs Run State Reserve, Sanford, FL. Courses: White, Yellow, Orange, Green, Red, Blue.	CS: Will Pirnasch, EC: TBD
<p>See September event for directions</p>		
Sat – May 08	Ocala National Forest, Billies Bay, FL. Courses: White, Yellow, Orange, Green, Red, Blue.	CS: Will Pirnasch, EC: TBD JROTC Florida Championships
<p>From Sanford: Take I-4 exit 103 (SR 46). Go west for 7 miles. Turn right on 46A (north), 5 miles to SR 44. Turn left on 44 (west) and go 4 miles to CR 439. Turn right on 439 (north) all the way to CR 42 (8 miles). Turn left on 42 (west) and go 3.5 miles to US 19. Turn right on 19 (north) and go 5 miles to CR 445. Turn right on CR 445 and go 2 to 4 miles. Look for FLO staging area marked by signs on right.</p> <p>From US 17 in DeLand: Go west from DeLand on CR 44 about 5 miles to junction with CR 42, just west of the St. John's River bridge. Turn right and go 18 miles to US 19. Turn right on 19 (north) and go 5 miles to CR 445. Turn right on CR 445 and go 2 to 4 miles. Look for FLO staging area marked by signs on right.</p> <p>From Apopka / Mt. Dora: Follow US 441 North past Mt. Dora. Turn right on SR 19 (north), through Eustis and Altoona. 5.5 miles north of Altoona turn right on CR 445 and go 2 to 4 miles. Look for FLO staging area marked by signs on right.</p> <p>Entry Fee: None</p>		
Sat – June 12	Little Big Econ State Forest, Oviedo, FL. Courses: White, Yellow, Orange, Green, Red, Blue.	CS: Will Pirnasch, EC: TBD
<p>Barr Street: Go 3 miles northeast of Oviedo, on Geneva Road, SR 426. Parking area is on the right.</p> <p>Entry Fee: \$2/PERSON, children under 6 are free - honor system - place money in envelope at park entrance. (Bring correct change)</p>		

UPCOMING EVENTS

Sat – Sept 12	Rock Springs Run State Reserve, Sanford, FL. Courses: White, Yellow, Orange, Green, Red, Blue.	CS: Will Pirnasch, EC: TBD Official 2009 National Orienteering Day
<u>From the North/East</u> on I-4 take exit 101C and turn right onto SR 46 west. <u>From the South/West</u> on I-4 take exit 101BC. Stay to the left when the exit forks (101C) and continue to SR 46. Turn left onto SR 46 west. <u>On SR 46 West</u> go about 7 miles and you will cross the Wekiwa River. About 3 miles further on, look for the entrance to the preserve on the south side of the road. There will be a tall chain link fence along the side of the road. Entry Fee: \$3/CAR - honor system		
Sat – Oct 10	Moss Park & Split Oak Forest, Orlando, FL. Courses: White, Yellow, Orange, Green, Red, Blue.	CS: Bob Putnam, EC: TBD Staging at Pavilion #5
Go 2 miles south of the SR 528 (BeachLine Expressway) on SR 15. Turn east on Moss Park Road. It is 3 miles to the park entrance. Entry Fee: \$3 (1 or 2 people), \$5 (3 or more) Note: NO PETS ALLOWED within the park, with or without leashes.		
Oct 9, 10 & 11	Moss Park & Split Oak Forest, Orlando, FL., JROTC Annual Training Camp	
Sun – Oct 18	Oleta River, North Miami, Florida, Training Day	
Sun – Oct 25	Oleta River, North Miami, Florida Courses: White, Yellow, Orange, Green, maybe Red	CS/EC: Lorena Kleinmann
<u>I 95 from the North.</u> Take exit 16, left (East) onto NE 203rd St. (SR 854) After 1.2 mile turn right (South) on Biscayne Blvd (US 1). Go 2.6 miles and turn left (East) onto NE 163rd St (SR 826). Park entrance is 1.1 mile on the right. <u>I 95 from the South.</u> Take exit 12C right (East) onto NE 163rd St (SR 826). Go about 3.6 miles (1.1 miles past Biscayne Blvd/US 1) to park entrance on the right. Entry Fee: \$4/Car (1 Person) or \$6/Car (2 to 8 persons) Note: Cabins are available for rent at \$50 for 4 persons. Camping also available.		

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

All starts are from 10 AM until 1 PM, unless otherwise noted – RAIN OR SHINE
Pre-registration and membership not required, unless otherwise noted – events are open to ALL

HAS YOUR MEMBERSHIP EXPIRED? Check the expiration date on your mailing label.
IF YOU ARE NOT A MEMBER, JOIN NOW – DON'T MISS AN ISSUE!



FIRST CLASS MAIL

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