



# Notes from the Briar Patch

Delaware Valley  
Orienteering Association

December 2006

Vol. 29 Issue 4

## The president's corner Looking back, looking ahead



2006 turned out to be another great year for orienteering in DVOA land. Looking back over the '06 schedule, I see that events were held at venues from Assunpink to Warwick and just about every place in between. To highlight a few that come to mind for me (in no particular order):

- Scout O Championships at French Creek
- The Batona 500 A-Event in New Jersey
- DVOA winning the Mid-Atlantics

Not only were the venues varied, but the formats offered during the year were an orienteering smorgasbord. They included Canoe-O, Spell-O, Photo-O, Night-O, Remembrance-O, Stumbles and Goats, to name a few. Sprinkled in the schedule were a healthy dose of sprint events as well. Variety and number of events aside, one thing stands out: the dedication, drive, enthusiasm and talents of our members that made 2006 another great year for orienteering. Thanks to everyone who contributed their time and effort in 2006.

Now let's look ahead to 2007. To get the proper perspective on 2007, we need to get in a time machine and go back 40 years (that's right, 40) to 1967. Do you know...

- Who was the President of the United States?
- What team won the World Series of Baseball?
- What team won the Super Bowl?
- What movie won the Oscar for best picture?
- What two (2) organizations were founded that year?

2007 promises to be another exciting year for orienteering in DVOA land. Early in the year, DVOA will host the US Interscholastic Championships at Fair Hill. Look at the web site for details. The schedule is filling in with opportunities to apply and improve your orienteering skills, catch up with friends and get out there.

See you in the woods!

*Ralph Tolbert*

PS: To check your answers to the above questions, look at p 3.

## Valley Forge Park: 225 years old, still changing

Last year the administration at Valley Forge National Historical Park announced a series of construction projects that began in the fall of 2006 and will extend over the next several years.



*(Editor's note: DVOA'ers planning to hold events at Valley Forge may want to check in on the progress of construction over the next few years. Source: <http://www.nps.gov/vafo/index.htm>)*

### **Rehabilitate Support Facilities at Washington's Headquarters for Visitor Use**

This project includes changes to existing parking lots.

Fall 2006: Phase I of this project included the removal of a number of trees from the village vicinity; demolition of a walkway; demolition of the road that runs between the major parking lot and the train station; and part of a non-historic wall. Clean fill for this and other projects will be stockpiled in the field between the amphitheater building and County Line Road.

Spring 2007: Phase II of the project will include demolition of the existing River Road parking lot and construction of a larger parking lot in its place; construction of a restroom adjacent to the new parking lot; construction of a universally accessible path from the parking lot to the Train Station; construction of handicapped parking at the Train Station; completion of underground utility work; and landscaping.

Future: The final phase, which is not yet scheduled, will include new plantings, paths and interpretive features.

### **Rehabilitation of Park Routes and Parking Lots**

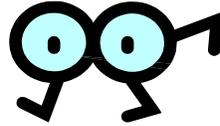
This project includes:

- Replacing a former connector road between Inner Line Drive and Outer Line Drive;
- Overlaying and/or rehabilitating Inner Line Drive and Redoubt 4 Road, including related pull-offs, parking lots, and drainage rehabilitation and improvements;
- Removing Conway's parking lot, Huntington's Overlook parking lot, and Washington's upper parking lot A and restoring landscape of those areas;
- Removing Tower Road and its parking lot and restoring the

*(Continued on page 10)*

## Aging "O" Eyes

By Kathleen Geist



Most of us will find, or have already found, that above the age of 40, the 1:15,000 maps require a lot of squinting. Are you one of those with less agile eyes? Do you lose time due to needing to take longer to get the map in focus, or make navigation errors due to map-reading mishaps? I for one am very happy the club is printing more maps at the 1:10,000 scale, and I've been experimenting with a variety of ways to enhance my ability to read the maps accurately.

I used to pride myself in my fast-focus 20-15 vision. You know the saying, "pride goes before a fall." Mine came in French Creek, in the dim woods. On a longish leg I chose a trail crossing in the woods as an attack point. When I came to the crossing I carefully set a bearing, paced out the distance, and found – no control. I re-calibrated where the control should be based on where I thought I was, attacked again – and again – and again, for a half-hour. Afterwards, in the sunshine, I rechecked the map. The "trail crossing" on the map was a fence-trail intersection; in the dim light I'd been unable to see the little hash marks that indicated the one line was a fence and not a trail. The trail crossing I'd actually set my bearings from was at least 50 meters to the east, leading to a massive series of parallel errors!

Well, next I tried using a compass with a magnifying lens in the base plate. That worked fine for seeing the details of the map, though it required squinting with one eye and only magnified a small portion of the map. The problem was, if I wanted to set a bearing or measure the distance between controls, once I'd laid the compass on the map, I could no longer clearly see the feature that I wanted to line up on the compass edge!

To be able to magnify and use the compass at the same time, I began using reading glasses. Wearing both a compass and a glasses cord around my neck led to annoying tangles, so I tried looping the compass string around my wrist instead. This was fine unless I fell; then I had to be careful not to land on my

compass (I damaged various areas of my body, but I saved that compass!) I also found my compass string getting tangled in briars and branches. As for the glasses, I often found myself in the woods wearing only the neck cord, having lost the glasses entirely. The remedy for this was shortening the cord so that it was less likely to get snagged on a branch and pull the glasses off. Also, I began buying reading glasses at the Dollar Store. At \$1 a pop, I could better afford to lose a pair of glasses, or two, or three.

However, I still didn't like fumbling to get the glasses on and off (running with reading glasses on is definitely not an option!) The next thing I tried was a credit card-sized Fresnel magnifying lens. I used a paper punch to put a hole in one corner, attached it to my compass cord, and began wearing my compass around my neck again. This made it possible to magnify the map and use the compass at the same time, though it required some juggling with my hands. It worked fairly well in good light, but looking through a Fresnel lens with its concentric etched lines while in the dim light of the woods was sort of like looking through a lens smeared with Vaseline. I've seen another orienteer toting a large clear Sherlock Holmes-style lens attached to a coiled cord, but this only works if your pants have pockets.

I finally decided to give up the Fresnel lens after switching to a thumb compass. I found that the lens by itself on a neck cord with no compass was so lightweight that it tended to fly behind my neck if I ran, which led to a lot of fumbling when I needed to use it. Now that I'm not going to have a compass or lens on a cord around my neck, I'm at the point of trying reading glasses again – I'd better carry one pair around my neck and a back-up pair in my fanny pack! Once I saw a club member with flip-down reading lenses attached to a terry headband. I'd love to try those, if I could find them. I'm also open to any other workable suggestions from other orienteers with aging eyes issues – what works for you?



### Training Tips

## Don't Loiter at the Controls

by Evan Custer, BAOC

Do you want to cut 10 minutes off your time at your next orienteering event? One of the easiest ways to do that is to improve your technique of approaching and leaving a control. The typical beginner finds the control, punches the card and then, while standing at the control, looks and sees where the next control is, decides what route to take, which direction it is, refolds the map, checks the bearing to it, and heads off in that direction. Meanwhile, one or two other orienteers may have come running into the control, punched their cards, and immediately headed off in the correct direction to the next control.

If you don't do any advance planning before you get to the control, you can easily spend a minute trying to decide what to do next. Multiply that minute by the typical 10 controls on the course, and you have lost ten minutes already.

How do you improve your technique? The main thing is to plan ahead before you get to the control. When should you do that? One good time is when you are running on a trail and the navigation is minimal. Another time is when you are slowly chugging up a steep hill. Ideally, before you punch the control to which you are heading, you have looked at the next control and have a general idea of how to approach it. Then, when you see the control you are looking for, rather than make a mad dash towards it (and incidentally tip off anybody else who is wandering around looking for it), check again which way you are going to exit the control, refold your map, get your bearing, all while you are still running to the control.

Know before you get to the control what the code number should be and have your punch card ready. All of this should only take a few seconds, rather than minutes.

Besides, it is poor form to linger at the control. You are helping runners behind you by providing a big beacon as to where an otherwise well-placed control flag may be hung. Although I will take

*(Continued on page 5)*

**O-Puzzle** by Jean O’Conor

The Last Control

**Across**

- 1. Matched
- 6. Funny Dame
- 10. Madras Mr.
- 14. " \_\_\_ goes there nowa-days, it's too crowded" (Yogi Berra)
- 15. Stagger
- 16. Yemeni port
- 17. Quite a lot
- 19. Objectives
- 20. Prison official
- 21. Salty affirmative
- 22. Smoothing tool
- 23. Contradict
- 25. Scatter
- 26. Famous cookie maker
- 30. Not so smart
- 32. An oyster is one
- 35. Italian dish
- 39. Start in from the edge
- 40. Jelly ingredient
- 41. Possible jelly ingredient
- 43. 16th century jackets
- 44. Violate copyright, perhaps
- 46. Edinburgh resident
- 47. Money substitute
- 50. Vicious
- 53. Flair
- 54. Footwear for winter orienteering
- 55. Be a go-between

- 60. Type of pants with pockets
- 61. Discussing
- 63. Not kosher
- 64. Wrinkly fruit
- 65. Brow lines
- 66. Medieval laborer
- 67. Beat
- 68. Lakes

**Down**

- 1. Chew
- 2. Bit
- 3. Physicist Niels
- 4. Blyton, creator of Noddy
- 5. Star of Cygnus
- 6. Stray
- 7. Imprison
- 8. First holiday
- 9. Succulent plant
- 10. Resources
- 11. Firefighter Red
- 12. Southern beauty
- 13. Take out the stitches
- 18. Used up
- 24. \_\_\_-M-Aid
- 25. Cut off
- 26. Islamic commander
- 27. Gram starter
- 28. Auto manufacturer Ransom

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17					18						19				
20							21				22				
					23		24			25					
26	27	28	29				30			31					
32				33	34			35				36	37	38	
39										40					
41							42		43						
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47	48	49				50			51	52					
53						54				55		56	57	58	59
60						61			62						
63						64					65				
66						67						68			

- 29. Recovering from a hangover
- 31. Scruff
- 33. Square
- 34. Jail
- 36. Psych ender
- 37. Short floor covering
- 38. Prt. of MIT
- 42. Wrap
- 43. Parisian play
- 45. Musical ornaments
- 47. Amish and Shaker
- 48. Irish county
- 49. Less available
- 51. Inventor Whitney
- 52. 12 in. (not sq. in.)
- 54. Ticket receipt
- 56. Ancient Greek marketplace
- 57. Welsh composer Novello
- 58. Stitched
- 59. Sea eagles
- 62. Young fox

Thanks to Tom and Caroline for sharing their solutions to “Featured Words”. There was no single set of correct words – any words that fit were correct. Here is one set that works: dwelling, farewell, inkwell, Orson Welles, Achilles, chill out, Hillary, shilling, hospital, spiteful, respite, decrepit, spurious, scavenge, despondent, accruing, marshmallow, empathy, cornflakes, strident, sunflower, offspring, supertime, broadcast. [zle@ksclick.com](mailto:zle@ksclick.com)

Answers from the questions posed in the President's Column (page 1). In 1967...  
 President of the United States: Lyndon Johnson  
 World Series: won by St. Louis Cardinals  
 Super Bowl: won by Green Bay Packers  
 Oscar: Best Picture won by *A Man for All Seasons*  
 Two organizations founded: PBS and DVOA  
 Source: <http://www.infoplease.com/year/1967.html>

# Lehigh River Canoe O - 7/23/06

Event Director: Steve Aronson Course Designer: Rick Reynolds

At the Nockamixon Picnic last year, I heard some people complain that it was not a real canoe O. As I was talking to Ed Scott about it, I decided that the Lehigh River and Canal would present a nice circular route that would allow for a simple way to return the canoes and to get back to the cars.

Since I have been trying to coerce Rick into being more involved in DVOA, this seemed like an easy way to rope him in. Rick also works with computers a lot more than I do, so I knew he would be better prepared to create a map.

The next big item would be to arrange for the usage of the canoes. I have known about The Wildlands Conservancy and their offshoot, Bike & Boat, for a while, but I had never spoken with them. I found an e-mail address for them and was quite happy when they told me there were eager to cooperate.

Rick found several maps of the area online, including USGS, City maps and Topozone. Although we had some that had nicer colors, the Google aerial pictures had the most definition. It took some trial and error, but we figured out how to overlay the Topozone contours on the photos, and it started to look okay. I posted our "map" on the website so that no one was expecting an IOF map. Several people noted that it was hard to read the vegetation, so I was glad that Rick kept the orienteering to a minimum.

As the spring progressed, the rains stopped. In June my lawn was as brown as it should be in August, and the river level was falling. How could I deal with that? Not to worry; we had torrential downpours the last week in June. I went out on the river for the first field check,



and I had never seen the water so fast. Now I was concerned about a novice getting hurt! July calmed down, and the river was perfect for the event.

I had instituted a mandatory personal flotation device (PFD) rule, which almost everybody agreed to. The state does not mandate PFDs in a canoe (the water has to be deep enough for the jacket to flip you over), but I took a better-safe-than-sorry attitude. One entrant wanted to start with his PFD in the boat, but I insisted that he have it on. I did confess that once he left the start, I could not monitor anything.

A few hours later, I was surprised to hear about a boat that had overturned. Bill Shannon told me that he had been finding the flag series on the island. When he got to the north end, he could not find his wife, who had gotten caught in the swift waters and overshot the island. When he did spot her, she was too far downstream to paddle back, and the water was too swift for him to swim.

Soon he heard some orienteers who on a nearby island. He asked them to give him a lift and started to swim to their island. When he was halfway across, some one yelled to him that something in the river was coming straight at him. First he saw a PFD go by, then a paddle. Finally he saw a canoe that was upside down. He was able to catch the boat, which still had a paddle tucked inside, and he parlayed that into a ride over to his wife. Good job, Bill! I think that losing the boat would have been a high price to pay for not wearing the PFD.

All in all, the day went well. The weather was great, and the company was wonderful. I was surprised at the speed of the top teams. It seems that they found it quicker to cut the lower half of the course off by dragging their boat from the river side, through the weeds and brush, to the canal side, then run down the tow-path to the other flags. It probably saved them fifteen to twenty minutes.

Special thanks to all of the helpers;

- Planning and purchasing: Sharon Siegler
- Flag hanging and pick-up: Rick Reynolds, Sharon and myself
- Starts: Janet Porter, Sharon, Sally Reynolds
- Finish: Rick and Daniel Reynolds
- Boat rentals and cleaning: Kevin from Bike & Boat

*Steve Aronson*



# Fair Hill, MD - October 1, 2006

Event Directors – Ralph Tolbert and Ron Wood      Course Designer – Ron Wood



When the Susquehanna Orienteering Club asked DVOA to combine our meet with their Stumble, we agreed. SOC would design the courses for and run the Stumble, and DVOA would design White, Yellow, and Orange courses to be run on the same day as the Stumble. This way there would be courses for everyone. By popular request, a Brown course was added late for the non-Stumble participants.

With rain, at times heavy, on Saturday night and early Sunday morning, there was a concern that the meet might be “rained out” or the attendance would be much less than normal. However, by 9 a.m. on Sunday morning, the sky had cleared and the temperatures warmed. While the overnight rain did hold down attendance somewhat, those who attended agreed the day turned out to be a near-perfect day for orienteering.

While the overall results were posted on the DVOA web site, special

mention should be made of the top finishers on each course. The White course results proved quite competitive, with less than two minutes separating the top three finishers. Mark and Tyler Downey and Tim Hoopes, a group of three, finished first with a time of 39:35. Alex Wilshire and Eric Downey finished second and third, respectively, with times of 40:37 and 41:16.

The Yellow course apparently was a little more difficult than usual, with Graham Harrison finishing first with a time of 43:17. He was followed by Marilee Ball with a time of 57:10 and the Austin Haley family with a time of 68:23.

As a warm-up for the Stumble, Andy Green ran and finished the Orange course with a time of 37:32. Mike Scaringi was second at 66:22, and AJ and Dave came in third with a time of 66:40.

Steve Levin completed the Brown course with the low time of 48:30. Tak-

ing a break from registration, Mary Frank finished second with a time of 55:17, and Daniel Barker was third with a time of 59:49.

As usual, DVOA members came out and helped at the event. Nancy Sharp helped us set out the controls. Nancy and Mary Frank worked Registration, Phylis Wood the Start, and Tom Overbaugh the Finish. Ed Scott and Andy Green helped us with the control pickup as well as several unknown SVO and QOC members, who also collected the Finish equipment. Of course, Mark and Mary Frank not only supplied some of the equipment needed but, as noted earlier, Mary helped at Registration and Mark helped with instruction.

We would like to thank all of the above and any we may have missed for helping at the meet.

*Ralph Tolbert and Ron Wood*

## Training Tips: Don't Loiter (Continued from page 2)

all the help I can get, I really enjoy it more when I can navigate to the control using the map and terrain, rather than someone standing there studying their map and trying to figure out which way to go. One way to get used to the technique of running through the control is after you see the control, stop before you get there, do your planning, refold your map, get your bearing, then run into the control. After some practice, you will be able to eliminate the stop and do this on the move, if not at a fast run, at least a steady jog.

Remember, one way to improve your time in orienteering is to try to keep moving and keeping he hesitations and stops to a minimum. And if you do have to stop to figure out what to do, don't do it at the control! Be an orienteer, not a control loiterer.



Scenes from Orienteering at Nolde Environmental Education Center: Top left: Vadim Masalkov, Udaya Bollinenei, and Bob Meyer; top right: Dale Parson (seated) and unidentified person); left: John Campbell.



# Quail Hill BSA Camp, Manalapan, NJ - Oct 15, 2006

Event Director: Bob Rycharski

Course setters: Bob Rycharski (Brown/Red), Bruce Wentworth (OJ and beginners courses)

Weather: Nice, sunny and 65 degrees.

Meet helpers: Jerry Smith, Caroline Ringo, Kathy Urban, Nate (BSA leader Crew 71), Jim Puzo, Guy O, Bob Burg, Andrea Lane and Mary, her friend (T145), and Scouts W Villa / R Demaree / R Presley (T145) and Dave Seibel, Chris Daubert + Will (T110, and one leader), the latter three helping with O Control set out (White Course) and also manning Finish for a bit while learning the ropes.

Details: In the AM, I met Bruce W (CS) and three Scouts from local T110, and they helped us set out some White controls while partially meeting the requirements for an O Merit Badge. All controls but one errant one were out by 10 am; sorry I forgot about the Green #5 O Flag until 10:45. (Tired; apologies to early runners. I had accidentally left the circle off my master map so did not notice until later).

We had quite a high turnout, more than 240 participants, and more than 190 were local Scouts, about 40 of whom camped at this BSA camp.

There were some stellar runs, with tight finishes on the Red and Orange courses. There were some minor debates over the route choices to the Brown course #8 control (line pole). Please note: I stayed high and dry both times I visited that tower con-

trol (field check and flag set). I do admit that a misstep here or there on the wet ground at full speed might make someone slip into the muddy stream, but I think the terrors of the wet ground (mostly dry if one was careful) were overstated.

Both Scouts and DVOA members had a great time, and the second use of the new 2006 O map of Quail Hill was very exciting. On the Red course, DVOA's S Gnatiok beat Wyatt Riley by five seconds, quite a close race over 8 km (Red was Brown then a Green course with map exchange). Mike Freei was best on the 4.4 km Green Course, Tim Starn was fastest on 3.6 km Brown, Ron Mavus again won the Orange course honors. Local MAST High School students Dean Hakim, Erica Linnell and Allison Linnell (team of 3) won the 3.0 km Yellow short course, and DVOA member Jueryen (spelling?) won the regular 3.6 km Yellow course with a fast 8.4 km per minute pace. (I traditionally have two Yellow courses with some shared controls, to give the Scouts some choices.) White course was won by mixed BSA Scouts from Pack/Troop 145.

Well-done to all runners.

I enjoyed setting the advance controls and complement Bruce Wentworth for his White, Yellow(2) and Orange course designs.

## Take time to explore

By Caroline Ringo

How many of you stopped in at the Visitor's Center at Washington Crossing State Park after you finished your courses? A 20-minute film is shown several times a day, plus fascinating exhibits of over 900 artifacts from the Revolutionary War. Across the Delaware River on the Pennsylvania side, but still on your O map, are more exhibits, including a replica of one of the boats used in the crossing on Christmas night in 1776.

Several other orienteering locations have attractions often overlooked but worth a visit. Many are of special interest to children. Among them is Hopewell Village National Historical Site, just east of Hopewell Lake on the French Creek maps. The village has been restored to its original condition, and there are interpretive exhibits about the early iron industry, whose furnaces were fired with charcoal made on those ubiquitous charcoal-burning terraces we use for control sites.

Ridley Creek has a Colonial Plantation, open during the summer, with demonstrations of early American crafts and farming procedures. Animals and orchards have been bred to be similar to those of colonial days. Adjacent to Ridley Creek is Tyler Arboretum, with hiking trails and horticultural collections.

Daniel Boone Homestead has tours of the childhood home of Daniel Boone. A map is available at the visitor's center, suggesting a walking tour that includes several buildings. Sheep often wander freely around the meadows, to the delight

of young visitors.

Hibernia Park in Chester County has a 19<sup>th</sup> century restored mansion open for tour. It was built for a prosperous ironmaster and later became the country estate for a wealthy Philadelphia real estate lawyer.

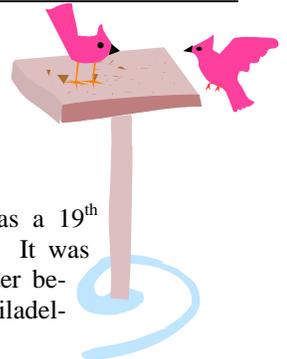
Brandywine Creek State Park in Delaware has a nature center with exhibits and a picture window overlooking several bird feeding stations. There's always activity there, and it's a favorite spot for the kids.

Nottingham Park is situated atop an outcropping of serpentine stone nearly six miles long and two miles wide. Over half of the park is referred to as "the barrens" because of the stunted growth of vegetation and infertile soil. It was once the center of a thriving feldspar and chrome quarrying industry, and mine openings, sink holes and abandoned quarries are still in evidence.

Although east of the portion of the park we have mapped, the Boulder Field at Hickory Run State Park is well worth a side trip. This is an area 400x1800 feet, devoid of vegetation, with boulders measuring as much as 26 feet long. It has been declared a National Natural Landmark.

The next time you orienteer at one of these parks, allow a little extra time for exploring.

*Reprinted from Dec. 1994 issue of The Briar Patch*



## Batona 500: Thanks for making it possible

I'd like to thank the volunteers at BATONA 500 who made this event possible. To all our helpers: Thank you VERY much. With such a large attendance, help was the most essential element of the BATONA 500 meet, and you all did a wonderful job! To those whom I have left out (and I'm sure I have, since there were so many volunteers), please accept my thanks, too. Once again, DVOA members excelled and showed the club's true colors with all their help and encouragement.

Here is list of helpers with a caveat: I simply couldn't record all the helpers and help that was given, so please, if your name is omitted, we are still very, very grateful and I apologize for the omission:

Thank you for your time and efforts.

*Vadim Masalkov*

BATONA 500 meet director

Eric Weyman - mapping, courses consulting, maps printing, field team

Vladimir Zherdev - mapping, control pickup

Fred Kruesi - map printing

Bob Gross - logo design, T-shirts, maps printing, start crew

Mary Frank - permits, finances, finish crew

Mark Frank - publicity, finish crew

Rick Slater - course setter (Day 1), field crew, pickup crew

Bob Burg - course setter (Day 2), field crew, pickup crew

Karl Ahlswede - vetter, field crew, pickup crew

Sandy Ahlswede - awards

Ralph Tolbert - field crew, pickup crew chief

Jerry Smith - field crew, pickup crew

Kent & Caroline Ringo - headquarter, Friday night packets pickup

Jim Eagleton - field crew



*Event registrar and DVOA vice president John DeWolfe, left, reviews the registration list with event director Vadim Masalkov at the Batona 500.*



*Sandy Fillebrown, who handled e-punching for the Batona 500, models the event logo on the souvenir T-shirt and travel bag.*

Hugh MacMullan - field crew

Sandy Fillebrown - e-punching

Valerie Meyer - results

Bob Rycharski - camping, beginners clinic

John De Wolf - registration

Angelica Riley - babysitting

Wyatt Riley - babysitting

Ed Scott - start crew chief

Steve Aronson - start crew

Rob Wilkison - start crew

Francis Hogle - start crew

Tim Walsh - start crew

John Campbell - start crew

Sharon Siegler - start crew

Judy Scott - start crew

Roger Martin - start crew

Mark Cornish - finish crew chief

Susan Cornish - finish crew

Hunter Cornish - finish crew

Petr Hartman - finish crew, pickup crew

Mike Bertram - finish crew

Kathy King - finish crew

Scott Thatcher - finish crew

Dawn Singley - finish crew

Pat Burton - finish crew

Bob Burton - finish crew

David Urban - parking management

Kathy Urban - parking management

Mary Plunkett - parking management

Rich Plunkett - parking management

Tom Overbaugh - pickup crew

James McGrath - pickup crew

Flavius Craciunas-- pickup crew

Maryann Cassidy - pickup crew

Dave Cramer - general help, pickup crew

Be like the bird, who halting in his flight / On limb too slight,  
Feels it give way beneath him, yet sings / Knowing he has wings.  
*Victor Hugo, writer (1802-1885)*



*Delaware Valley Orienteering Association presents...*

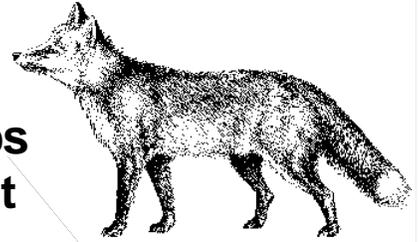
# Fox Chaser 2007

## Interscholastic Orienteering Championships & 2-day classic-length orienteering A-event

Fair Hill Natural Resource Management Area, Maryland

Saturday, March 31, and Sunday, April 1

No fooling (*at least, not before the event!*)



Fair Hill is a 5,613 acre natural resources management area bordered by Pennsylvania to the north; Delaware is less than one half mile to the east. The terrain is rolling Piedmont, with irregularly shaped open fields and pockets of wood; more than 80 miles of trails criss-cross the area.

Fair Hill was formerly owned by William duPont Jr., an avid equestrian who acquired the farmland for horseback riding as well as fox chasing. The state of Maryland purchased Fair Hill from duPont's estate in 1975.

Fair Hill is still a robust equestrian center. Kentucky Derby winner Barbaro was trained here. Fair Hill's attractions include a turf course, where steeplechase, timber course and flat races are held, and an historic, rustic covered bridge.

The area's past and present uses provide interesting orienteering challenges, including uncrossable fences nicknamed the Superfence and several unusual ways to get horses—and people—across roadways.

The event will feature two overlapping maps at 1:10,000, with 5-meter contours. The maps are separated by the uncrossable Elk Creek. A 1:15,000 map of the area was used for the Long-Course Championships held in Nov. 2005.

Events:	Friday, March 30	Sprint: 1 to 3 p.m.
	Saturday, March 31	Competitive starts: 10 a.m. to 1 p.m.
		Recreation courses (W,Y) starts: 12 noon to 2 p.m. (two-hour time limit)
		DVOA 40th anniversary dinner (proceeds benefit US Junior program)
	Sunday, April 1	Competitive starts: 9 a.m. to 12 noon
		Recreation courses (W, Y) starts: 11 a.m. to 1 p.m. (two-hour time limit)
Registration deadline:	Last day to register without penalty: March 9	
	Last day to register: March 19	

**DO YOU HAVE  
WHAT IT TAKES?**



**Event Director:** Nancy Sharp

Phone: 610-921-1133 □ E-mail: njsharp@aol.com

**Registrar:** Sandy Fillebrown

Phone: 215-482-9479 □ E-mail: FairHillRegistrar@yahoo.com

*Information and registration forms can be found at [www.dvoa.org](http://www.dvoa.org)*

**2007 marks DVOA's 40th anniversary.  
Please join us at this event to celebrate the occasion.**

# Orienteering Techniques

*Excerpted from the Canadian Orienteering Federation Level I Coaching Certification Manual (copyright 1983)*

Orienteering consists of both physical skills (moving rapidly through the terrain) and technical skills (navigating efficiently from one point to the next).

Orienteers who aspire to proficiency should be certain to give priority to developing the technical skills, since navigational ability must at least match running ability before consistent success will be possible.

Finally, bringing one's full physical and technical potential into play in an orienteering competition demands a high level of self control and judgment—attributes that the orienteer must constantly strive to develop.

## Orienteering the Map

You should always orient your map **before** attempting to read it or relate it to the surrounding ground. The map is oriented when north on the map is aligned with north in the terrain. There are two methods of achieving this:

1. With the terrain
  - Locate a linear feature in the terrain (e.g., road, path, fence stream) that is relatively straight.
  - Locate the same feature on the map.
  - Align the map feature with the terrain feature, then adjust the map so that the nearby features are also positioned correctly.
2. With the compass
  - Place the compass on the map, keeping both horizontal.
  - Hold the compass and map firmly together, turn your body (map and compass as a unit) until the magnetic needle is aligned with the map's meridian lines and the red end of the compass needle points toward north on the map.

## Map Reading by Thumb

It is essential that you know your location on the map at all times. This is accomplished by having the map oriented and reading the map "by thumb" along the chosen route.

Map reading by thumb means that you place your thumb nail on the map to mark your position (e.g., if you're standing at the stream junction, you place your nail just below the stream junction

on the map so you can see it clearly). There are many details on the map to confuse the eye when you glance at it. IF your thumb is at the last point where you knew where you were, then your eye is immediately drawn to that spot. The thumb acts as a "you are here" arrow. A glance at your thumb, and you can quickly pick out the features in front of you on the map and prepare yourself for what will be coming up in the terrain.

To recap:

- fold your map so your thumb can comfortably rest on the desired location. Be sure that the selected route and also the surrounding area are visible.
- Hold the map so it is oriented to the landscape
- Follow your route by moving your thumb to the next recognizable feature as you proceed along your chosen route.

## Basic Route Choice

Orienteering is a problem-solving activity, the problem being to navigate the distance (legs) between the controls that make up the course. To solve the navigational problem, the orienteer chooses a route that breaks a leg into a sequence of shorter, easier portions. There are many techniques or aids to consider when choosing a route; three basic ones are described here.

**Handrail** – A prominent feature beside or along which the orienteer can travel with minimal map reading, e.g. a road, path, stream, pond, fence, field edge, power line or even the base of a steep hillside.

**Catching feature** – A large distinct feature situated across the line of travel on the route to or beyond the control. It must be easy to recognize in the terrain, e.g. a large pond, field, power line, road, wide trail or fence. When situated in front of the control, the catching feature alerts the orienteer that s/he is nearing the control. When situated beyond the control, the feature prevents the orienteer from traveling too far past the control by "catching" him.

**Attack point** – A distinct and relatively easy to find feature close to the control from which the orienteer can navigate carefully to the control.

## Putting it all Together

The orienteer who runs off into the woods hoping that the control will find him or her will not be successful. Novice orienteers should be cautioned that accuracy is more important than speed. Speed will come naturally as skills develop. An appropriate slogan is "First Smart, Then Swift." *Remember the tale of the tortoise and the hare.*

For a given leg, following a pattern of steps such as those listed below will increase the level of success. Developing a methodical approach also teaches self-control: an essential ingredient for success in orienteering!

1. Orient the map and hold it comfortably, with the thumb marking your present location. Examine the control and surrounding area.
2. Select an attack point.
3. From that end point, analyze the leg, looking for navigational aids such as handrails and catching features.
4. Select a route that will safely and quickly lead you to the attack point. Keep aware of the **THREE Ds**: distance covered, direction traveled and details in the terrain.
5. Recheck the map orientation to ensure that you're getting started in the right direction.
6. Follow the route to the chosen attack point; read the map by thumb and mentally check off handrails, catching features and terrain detail long the way. Adjust your speed to match your ability to remain in contact with the map. Practice "traffic-light orienteering." The experienced orienteer breaks up each leg into different speed categories. Green light = fast running, yellow light = slowdown/caution; red light = slower yet, because of difficult map reading for locating the control. (Most orienteering navigation errors occur when you are getting close to the control.) The inexperienced orienteer often travels the entire leg at the same speed. S/he slows down to read the map at the point that the experienced orienteer is running freely along a handrail or to a prominent catching feature. When the experienced orienteer

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## Valley Forge Park: 225 years old and still changing

landscape of this area; and

- Reconfiguring Artillery Park parking lot, Redoubt 3 parking lot, and the Von Steuben parking lot for more efficient utilization of available parking.

In the fall of 2006, the affected parking lots were demolished, some trees were removed, and the historic stone gutters were cleaned.

The second phase of the project will begin in second or third quarter of FY07 and will include overlay of roads and the replacement of currently non-functional drainage features. Sections of Inner Line Drive again will be closed to the public at various times during the four-month construction period.

### **Replacement of Betzwood Bridge**

Construction of the bridge will last approximately two years. It will include the following phases:

**Fall 2006:** Move overhead utility lines along Trooper Road and Route 23 underground.

The trail connection from the Route 422 bridge to Trooper Road (south of the river) will be eliminated and will be relocated to the shoulder of 422, entering the park at the intersection of the 422 off-ramp and Route 23. Once the replacement Betzwood Bridge is completed, the trail connection will be returned to the area adjacent to Trooper Road, on a new multi-use trail.

**Beginning in Summer 2007:** Construc-

tion of the bridge will begin on the north side of the river:

The current boat-trailer parking area will be closed to the public during the construction period and that area will be used for construction staging.

Numerous trees will be removed on the slope between Trooper Road and the boat-trailer parking area. New trees will be planted at the end of construction.

**Beginning in Spring 2008:** Construction of the bridge will begin on the south side of the river:

Trooper Road will be closed to all public and park use for the duration of construction.

Clean-up of asbestos and other toxic wastes will take place between the intersection of County Line Road and Route 23 and the existing outfall structure just north of Cinder Lane.

Additional large trees will be removed along Trooper Road and in the area between the railroad and the river. New trees will be planted at the end of construction.

**Beginning approximately August 2008**

The intersection of Route 23 and Trooper Road will be rebuilt.

County Line Road will be permanently closed to public use. A gate will be installed at the intersection. County Line Road will be available for park use only.

Route 23 will be widened between the Ironmaster's House and a point between the Nichols and Haney Houses to

accommodate turning lanes. The road will be regraded to ensure safer movements around the curve. A traffic signal will be installed at the intersection of Trooper Road and Route 23.

**Beginning approximately March 2008**

At Betzwood, the existing Trooper Road bridge over the Schuylkill River Trail will be rebuilt. The bridge will be closed to traffic.

The newly constructed Betzwood Bridge will be available as a detour allowing access to the Betzwood portion of the park and to the Riverview development.

Access to the Louglin House and Catfish Lane will continue to be available on Trooper Road from the north.

### **Widening of the Turnpike**

The turnpike will be completely reconstructed and widened from four to six lanes from the Valley Forge interchange westward approximately six miles. The work will take place on turnpike commission property, but will have impacts to the park and neighboring properties.

2007 to 2008: To accommodate reconstruction of the turnpike bridge over Route 252, Route 252 will be closed to all traffic just south of the driveway to the airplane field. Closure will last up to one year. The detour will utilize Route 23 through the park.

2008 through 2010: Reconstruction of the turnpike itself

## (Continued from page 9) - Orienteering Techniques

teer is slowing down near the control (looking left and right to spot the flag), the novice often continues at the same pace s/he used along the trail and runs right by the flag.

7. From the attack point, recheck orientation and proceed with extra caution, reading the map carefully to the control.

The importance of using extra caution and safer-than-normal routes to the first couple of controls must be emphasized. Initial success builds the confidence necessary to run a good course.

In addition, during the first minutes of a course, the orienteer must compare the map to the terrain and judge how accurate the map is. (For instance, are the open woods on the map easy to run through?) This judgment will influence the choice of techniques for the remainder of the course.

### **A Final Word of Caution**

Occasionally an orienteer will become annoyed with either the map or the course. It must be emphasized that the orienteer should learn to accept both map quality and course quality during a race; if the orienteer is mentally criticizing the map and the course setter while orienteer, an inevitable drop in performance will result. All mental energy should be expanded in completing the race in the best manner and shortest possible time.

The **Delaware Valley Orienteering Association** is a non-profit organization founded in 1967 for the purpose of providing education and organized events in the support of recreational and competitive orienteering in New Jersey, Delaware and southeastern Pennsylvania. DVOA is a mid-Atlantic regional member club of the United States Orienteering Federation (USOF) and the International Orienteering Federation (IOF). Inquiries about orienteering should be sent to DVOA, 14 Lake Drive, Spring City, PA 19475-2721, or use the DVOA telephone hotline (610) 792-0502 ( 9 a.m. to 9 p.m. EST) or e-mail at Frankdvoa@aol.com

**Officers:**

President	Ralph Tolbert	610-255-4181	410 Gypsy Hill Rd, Landenberg, PA 19350
Vice President	John DeWolf	610-692-3632	1033 S. New St., West Chester, PA 19382
Secretary/Treasurer	Mary Frank	610-792-0502	14 Lake Drive, Spring City, PA 19475-2721

**Trustees:**

## Term Expires

2007	Bob Meyer	610-489-0875	274 Level Rd, Collegeville, PA 19426
2008	Bob Gross	610-404-1185	2668 Plow Rd, Birdsboro, PA 19508
2009	Ron Bortz	610-987-9766	50 Bull Rd, Oley, PA 19547
2010	Karl Ahlswede	215-887-0377	169 Greenwood, #B-5, Jenkintown, PA 19046
2011	Maryann Cassidy	610-446-6574	5205 Arrowhead Lane, Drexel Hill PA 19026

**Other key personnel:**

Publicity	Maryann Cassidy	610-446-6574	5205 Arrowhead Lane, Drexel Hill PA 19026
Education & Clinics	Mark Frank	610-792-0502	14 Lake Drive, Spring City, PA 19475-2721
Training	Fred Kruesi	610-363-7459	703 Brooke Rd., Exton, PA 19341-1918
	Wyatt Riley	610-491-9179	540 Stevens Dr, Apt 208, King of Prussia, PA 19906
Scout Activities	Ed Scott	610-582-2128	1608 Cocalico Rd, Birdsboro, PA 19508
Mapping	Jim Eagleton	215-283-0137	2507 Navajo Path, Ambler, PA 19002
Technical Director	Tom Overbaugh	302-368-8168	210 Fieldstream Dr, Newark, DE 19702-3115
Statistics & Ranking	Kent Shaw	802-888-1640	90 Hayford Rd., Wolcott, VT 05680
Teaching Kits	Mary Frank	610-792-0502	14 Lake Drive, Spring City, PA 19475-2721
Equipment Admin.	Fred Kruesi	610-363-7459	703 Brooke Rd., Exton, PA 19341-1918
Equipment Set #1	Tim & Peggy Walsh	610-446-3255	554 Strathmore Rd, Havertown, PA 19083
Equipment Set #2	Ralph Tolbert	610-255-4181	410 Gypsy Hill Rd, Landenberg, PA 19350
Equipment Set #3	Mark & Mary Frank	610-792-0502	14 Lake Drive, Spring City, PA 19475-2721
Equipment Set #4	Gerry Smith	732-922-8125	27 Oxford Dr, Ocean, NJ 07712
Equipment Set #5	Ed & Judy Scott	610-582-2128	1608 Cocalico Rd, Birdsboro, PA 19508
String-O Coordinator	Victoria Lingg	610-286-0327	2386 Conestoga Creek Rd, Narvon, PA 17555
Archives & Library	Caroline & Kent Ringo	856-429-2677	212 Westover Dr, Cherry Hill, NJ 08034
Briar Patch Editor	Nancy Sharp	610-921-1133	3439 Fairfield St., Laureldale, PA 19605
A-Event Coordinator	Mike Bertram	610-783-7036	1763 Hamilton Dr., Phoenixville, PA 19460
Junior Coordinators	Janet Porter	215-679-7829	438 Main St., Red Hill, PA 18076
	Mark Cornish	610-404-0317	4923 Apple Dr., Reading, PA 19606-3442
Web Master	Kent Shaw	802-888-1640	90 Hayford Rd., Wolcott, VT 05680
Permanent Courses	John DeWolf	610-692-3632	1033 S. New St., West Chester, PA 19382
Social Coordinator	Sharon Siegler		

**USOF:** The United States Orienteering Federation membership entitles you to reduced rates at national events, national ranking points for "A" class participants, and receipt of Orienteering North America™ eight times a year. Contact DVOA secretary for membership forms and information on nationally sanctioned two-day events.

USOF Exec Dir Robin Shannonhouse 404-363-2110 PO Box 1444, Forest Park, GA 30298  
E-mail: rshannonhouse@mindspring.com

Regular Club Rep	Jim Eagleton	215-283-0137	2507 Navajo Path, Ambler, PA 19002
Alternate Club Rep	Ralph Tolbert	610-255-4181	410 Gypsy Hill Rd, Landenberg, PA 19350

**"Notes from the Briar Patch"** is DVOA's official newsletter. It is published four times a year and is sent to currently enrolled members. Its purpose is to communicate information and serve as a forum for the exchange of ideas and opinions. Articles and letters are welcome and should be sent to the Briar Patch editor, who retains the right to print, edit or reject submitted material on the basis of its appropriateness to this publication and space limitations.

**DVOA Hotline: 610-792-0502 (9 a.m. to 10 p.m. EST)**

**Visit DVOA on the world-wide web at [www.dvoa.org](http://www.dvoa.org)**

What will you find there? Schedule of upcoming events, with event director's phone number and e-mail and directions to the event as well as list of courses offered... results from past events (more than five years' worth)... e-board, an electronic message board on which DVOA members can post questions, comments, suggestions and others can respond... a whole section for event directors to make their job easier: guide, checklist, reports, signs to use... links to other web sites of interest to orienteers, including USOF, other O clubs... a list of the permanent O courses (looking for a way to entertain out-of-town guests?)... AND MORE!



## DVOA Help Wanted Ads

In order to continue to grow and thrive, your club needs your talents and time to fill important positions. All positions are for a two-year term.

### Club Librarian:

Keeps, maintains, recommends additions to, brings library to events and/or coordinates to get requested books / items to individuals.

Interested or want to know more? Contact: Mary Frank or Ralph Tolbert

### Publicity Coordinator:

Notifies local media – newspapers / publications of upcoming orienteering events. Database set up. Help needed to send notices to the media.

Interested or want to know more? Contact: Maryann Cassidy

### Uniform Manager:

Keeps, takes orders, makes club's uniforms available at local / national events club inventory of uniforms.

Interested or want to know more? Contact: John DeWolf

### E-punch Coordinator:

Primary person to keep, maintain and program club's e-punching equipment. Recommends purchase of additional / new equipment.

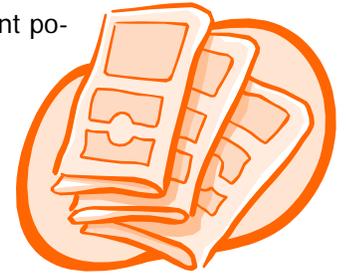
Interested or want to know more? Contact: Sandy Fillebrown

### Club Treasurer\*:

Manages club funds to include: depositing event receipts, making disbursements (writing checks), reporting on income and expenses, and coordinating annual audit. Also does necessary paperwork to maintain club's tax exempt status as a (501c) organization.

Interested or want to know more? Contact: Mary Frank or Ralph Tolbert

\* *Note: the first term for this position will be approved by club officers.*



## DVOA Winter Meeting

A DVOA 40<sup>th</sup> anniversary event

Saturday, Jan. 27, 2007

2 p.m. (approximately) Afternoon sessions:

E-punch: how to run an electronic event

40 ways to celebrate the 40<sup>th</sup>

Junior discussion: setting goals

Course reviews: Batona 500

5:30 p.m.—Covered dish

Meeting—immediately following dinner



## President's Cup

A DVOA 40<sup>th</sup> anniversary event

Hibernia Park

Sunday, Jan. 28, 2007

Registration: 11 a.m.—11:45 a.m.

Instructions: 11:50 a.m.

Mass start: 12 noon

Pre-registration is appreciated



14 Lake Drive  
Spring City, PA 19475

First-Class Mail  
Forwarding service requested