



Notes from the Briar Patch

Delaware Valley
Orienteering Association

Spring/Summer 2008

Vol. 31 Issue 1

Déjà vu all over again: Tim Walsh, DVOA president

What??? I'm president? Again! I do not know if it is true, but someone told me I am the first person to be president of DVOA twice without consecutive terms. The fact that it has not happened before speaks volumes about the depth of our club. We always need fresh ideas and foster new people into leadership roles to make the club vibrant. Those are the basic tenets of my presidency.

After a long, stressful week at work, I look forward to being out in the woods for a

few hours. Anyone who knows me knows that I am not into orienteering for the competition. Speed is not my thing. While orienteering well is a big plus, getting some exercise and a little adventure are the major draws for me. The beauty of orienteering is that there is room for the recreational as well as the very competitive orienteer.

I look forward to March as the beginning of a season when I can get into the woods almost every weekend. So I look at the calendar to see where I am going this week. What, there is no event going on this week? How can that be? Maybe I have been spoiled by a long history of having orienteering almost every weekend. We have been fortunate to have had a number of people who love the sport so much that they frequently volunteer to run an event. Most clubs in the United States have three or four events in the spring and another three or four in the fall.

DVOA has been at the forefront of orienteering in the United States. We have quality local events. The quality is better than some of the A-level events put on by other clubs. We are fortunate to have a large number of experienced event personnel.

This year there seem to be fewer events than usual. I want to change that. Every year the president of the club encourages DVOA members to get involved in an event. I guess this column is no different. We need your help. We especially need event directors. This need not be a daunting task. There are a number of club members more than willing to help you before, during and after the event. Just ask. We will be happy to put you in touch with someone who will work with you to make your event a success.

I would like to hear from you. What do you think we should do to make Delaware Valley Orienteering Association better? My email address is timpeg@verizon.net. I also welcome your phone calls at 610.446-3255.

Now let's get into the woods and have some fun!

Tim Walsh

Stop me if you've heard this one

The dog ate my homework.

I was lost in the woods

As an orienteer, I should be able to come up with a more believable excuse for why there was no March issue of the *Briar Patch*.

But one not-so-good reason for my not coming up with that issue is lack of material. With the increased use of the DVOA web site and the decision some time back to not include event results in the *Briar Patch*, I have received fewer and fewer submissions for the club newsletter.

Some people recently suggested that we stop mailing the *Briar Patch* and just make it available on the web.

Though I believe it works better as a marketing and communication tool to have a hard copy in hand, my concern is more with the content and less with how it's distributed.

In the past I've pulled training articles from other orienteering newsletters.

I can continue to do that.

But as the largest orienteering club in North America, we should have enough talent in our membership to fill a couple of pages.

I know I've heard some good stories at the finish table.

I thank Jean O'Connor for her clever puzzles and Caroline Ringo for her many contributions.

So if you've got something to say about orienteering—how to do it better, for instance—please consider sharing that story here in the pages of the *Briar Patch*.

I'm always looking for a good story.

Even if it's about getting lost in the woods...

Articles, photos, puzzles or good yarns can be submitted to nsharp@aol.com

The Ringos' Annual Service Awards:

Recognizing those who advance the sport of orienteering

In 1993 Kent and Caroline Ringo established an annual award to honor outstanding service to our club. Speed and orienteering prowess are not the criteria; the intent is to honor some of those who, by their dedication, inspiration and hard work, have contributed to the growth of DVOA.



Steve Aronson and Sharon Siegler

Steve joined DVOA in 1993 and Sharon joined in 2000. Steve is a carpenter, and Sharon is an engineering librarian at Lehigh University. One of their hobbies is working at Celtic Festivals in Bethlehem.

According to Ed Scott's records, Steve and Sharon have directed 24 events separately or as a team. Steve was the event director for the 1995 US Short O Championship at VF Fatlands / US Relay Championships on the French Creek Central map. It was his first experience as an event director, and everything went like clockwork. They organized the first DVOA Canoe O event and since 2003 have organized the club Long O championships. At present they are much involved in planning and course design for our spring A event at a new location at Lehigh University and Hickory Run.

Sharon is listed as the official social coordinator for our club. You may have noticed her organizational skills in the kitchen at the winter meeting, but perhaps the contribution for which many of you know Steve and Sharon best is their culinary skills at feeding over a hundred and fifty hungry orienteers at the annual training weekend at Hickory Run. The food is always good and plentiful. Even the bears come by, hoping for leftovers!



Ralph Tolbert

Ralph first heard about orienteering while in the Army. He became involved with Boy Scouts in Chester County and joined DVOA in 1995. He is employed by Agilent Technologies, a company that manufactures test and measurement equipment. His hobbies include orienteering, trap shooting and fixing stuff.

Ralph has directed or co-directed 23 local events, including the first DVOA local event to be officially advertised as an e-punch event. This was on August 20, 2000. He helps with scout events, does course vetting, has done course design for A events and can be depended on to help however needed. He has been especially active in our A event efforts in Maryland and at Reading. He also maintains Set #2 of our equipment, another important and at times frustrating job.

Ralph served as vice president of our club from 2000 until 2004 and then served as club president from 2004 until 2008. He is also the alternate representative to the United States Orienteering Federation from the Mid-Atlantic region.

Ron and Ali Bortz

Ron first became involved with our club through Boy Scout Troop 529 and joined DVOA in 1992. He is a retired contractor. Ali has been a bookkeeper and is also an exercise guru, with special interests in bicycle spinning and kick boxing. Their hobbies include reading and outdoor activities.

According to Ed Scott, who keeps careful records on events, Ron and Ali have directed five events for our club and Ron has designed courses for several more. They have both volunteered as helpers at many events. Ron is currently serving a term as one of our club trustees.

It was Ali's idea to plant 40 trees to celebrate our club's 40th anniversary and, at the same time, give something back to one of the parks that we use frequently. She kept the ball rolling until the deed was accomplished at French Creek last fall. A write-up of that event appeared recently not only in our own club newsletter but also in the national magazine *Orienteering North America*.



2007 Top Ten Lists and Club Rankings

Compiled by Kent Shaw, DVOA club statistician

2007 Class Ranking for All Classes

Rank	Name	Class	Score
1	Sierra Billingslea	F10	18.07
1	Nikki Singley	F12	28.87
2	Bailey Reed	F12	26.58
3	Heather Campbell	F12	25.82
1	Sarah Hartman	F14	25.04
1	Alison Campbell	F16	53.98
2	Susan Cornish	F16	31.00
1	Angelica Riley	F21	70.82
2	Daria Babushok	F21	59.13
3	Corinne Porter	F21	55.73
4	Kerry Shannon	F21	48.81
5	Kathy Allen	F21	36.59
6	Megan Ross	F21	30.02
7	Amy Whiffen	F21	26.07
1	Sandy Ahlswede	F35	50.34
1	Tracy Acuff	F40	36.47
2	Colleen Bracken	F40	31.52
3	Carol Kluchinski	F40	27.92
1	Mary Frank	F45	47.03
2	Lisa Nugent	F45	28.30
3	Pat Burton	F45	23.51
4	Mary Scaringi	F45	20.67
1	Sandy Fillebrown	F50	53.47
2	Audra Supplee	F50	36.43
3	Nancy Sharp	F50	35.45
4	Linda Ahern	F50	34.82
5	Susan Engard	F50	31.93
6	Kathleen Geist	F50	30.45
7	Donna Terefenko	F50	27.09
8	Mary Whiffen	F50	20.03
9	Christine Hertzog	F50	16.80
1	Bev Hartline	F55	44.89
2	Meg McGoldrick	F55	32.86
3	Karen Ort	F55	31.02
4	Maryann Cassidy	F55	24.19
5	Deb Samans	F55	23.28
6	Tory Lingg	F55	22.96
7	Mary Plunkett	F55	22.35
1	GeeGee Blair	F60	30.52
2	Judy Scott	F60	27.49
3	Sharon Siegler	F60	27.26
4	Kathy Urban	F60	23.61
1	Brenda Harder	F65	24.85
1	Caroline Ringo	F80	15.13
1	AJ Riley	M10	25.34
2	Peter Zakrevski	M10	22.97
1	Brandon Helliari	M12	44.02
2	Chase Thatcher	M12	38.08
3	Anthony Knarr	M12	37.18
4	Caleb Acuff-Passi	M12	23.79
1	Dylan Scaringi	M14	45.29
2	Dylan Singley	M14	42.22
3	Zac Barker	M14	41.99
4	Nathan Ohrwaschel	M14	40.05
5	Corey Thatcher	M14	35.76
6	Jacob Helliari	M14	34.73
7	Robert Frank	M14	23.91
1	Dayne Thatcher	M16	52.69
2	Sam Reed	M16	41.55
1	Greg Ahlswede	M18	63.60
1	Hunter Cornish	M20	72.20
1	Wyatt Riley	M21	101.76
2	Clem McGrath	M21	101.37
3	Sergei Zhyk	M21	93.19
4	Florin Tencariu	M21	76.83
5	Sergei Fedorov	M21	74.76
6	Chris Gross	M21	68.99
7	Brent Houck	M21	66.02
8	Matt Ross	M21	58.82
9	Udaya Bollineni	M21	58.03
10	Mike Adams	M21	57.43
11	Shane Campbell	M21	52.13
12	Joby Hilliker	M21	40.02
13	AJ Beitler	M21	37.66
14	Xin Wang	M21	33.44
15	Michael Forbes Jr	M21	31.77
1	Vadim Masalkov	M35	89.76
2	Jonathan Neely	M35	59.46
3	John Billingslea	M35	46.36
4	Joel Allen	M35	38.72
5	Bob Burton	M35	35.20
6	Gregg Davis	M35	32.47
7	Burke LaShell	M35	30.47
8	Karl Green	M35	29.04
1	Gregory Balter	M40	83.69
2	Randy Hall	M40	79.22
3	Hugh MacMullan IV	M40	63.62
4	Johny Wrongway	M40	53.33
5	Steven Getz	M40	37.87
6	John Simkiss	M40	37.24
7	Chris Young	M40	37.12
8	Art Bond	M40	36.18
9	Don Kluchinski	M40	30.10
10	Jeff Hanlon	M40	27.75
11	Neil Dolinger	M40	27.52
12	Douglas Freudenrich	M40	26.76
1	Tom Overbaugh	M45	81.38
2	Andras Revesz	M45	77.34
3	Istvan Nagy	M45	71.79
4	Karl Ahlswede	M45	70.44
5	Petr Hartman	M45	65.66
6	Ury Backiev	M45	56.37
7	Scott Thatcher	M45	53.20
8	Fred Reed	M45	53.15
9	Ron Cook	M45	50.45
10	Billy Allaband	M45	46.35
11	John De Wolf	M45	44.29
12	Kim Pelle	M45	41.29
13	Steve Aronson	M45	41.17
14	Tim Gilpatrick	M45	40.30
15	David Helliari	M45	40.05
16	Jim Puzo	M45	34.92
17	Jay Wilshire	M45	33.55
18	Tim McDade	M45	30.53
19	Michael Metzger	M45	28.62
20	David Cramer	M45	28.09
1	Eric Weyman	M50	90.45
2	John Campbell	M50	72.97
3	Mark Cornish	M50	71.98
4	Mark Frank	M50	62.86
5	Brian Supplee	M50	58.64
6	Robert Meyer	M50	54.01
7	Ralph Tolbert	M50	53.89
8	Jim Eagleton	M50	48.22
9	Ron Mavus	M50	46.20
10	Bob Gross	M50	45.15
11	Dale Parson	M50	44.18
12	Ron Barron	M50	43.37
13	Dan Barker	M50	42.72
14	Mike Ahern	M50	39.40
15	Mike Scaringi	M50	37.69
16	Bob Rycharski	M50	36.42
17	Dennis Porter	M50	36.33
18	Joseph Maglaty	M50	30.73
19	K. I. McCane	M50	28.21
1	Ron Bortz	M55	66.24
2	Rob Wilkison	M55	53.01
3	Bob Fink	M55	50.45
4	John T. Ort	M55	39.11
5	Rick Whiffen	M55	36.75
6	Tim Walsh	M55	36.44
7	Fred Kruesi	M55	35.87
8	Rich Plunkett	M55	35.35
9	Ken Miraski	M55	32.07
10	Mike Borovicka	M55	30.42
11	Frank Pater	M55	28.98
12	Larry Geist	M55	28.72
1	Bob Burg	M60	57.16
2	Francis Hogle	M60	53.79
3	Bob Huebner	M60	52.58
4	Ed Scott	M60	46.69
5	Dave Darrah	M60	44.27
6	Carl Marcus	M60	43.49
7	Harvey Lape	M60	37.81
8	Michael Forbes Sr	M60	36.55
9	Mark Kern	M60	34.62
10	Carl Peterson	M60	34.45
11	Fred Hartline	M60	30.85
12	Roger Hartley	M60	30.41
13	Roger Martin	M60	27.40
14	Dave Urban	M60	27.35
15	John Ludwig	M60	24.39
1	Bruce Zeidman	M65	48.24
2	Ron Wood	M65	47.69
3	Hugh MacMullan III	M65	46.04
4	Bill Shannon	M65	42.81
5	Alan Lopez	M65	38.13
6	Theo Zaharia	M65	32.70
7	John Williams	M65	29.34
1	Merle Kohn	M70	20.40
1	Kent Ringo	M85	18.76

Place	Name	Class	Score
2007 Overall Leaders			
Men			
1	Wyatt Riley	M21	101.76
2	Clem McGrath	M21	101.37
3	Sergei Zhyk	M21	93.19
4	Eric Weyman	M50	90.45
5	Vadim Masalkov	M35	89.76
Women			
1	Angelica Riley	F21	70.82
2	Daria Babushok	F21	59.13
3	Corinne Porter	F21	55.73
4	Alison Campbell	F16	53.98
5	Sandy Fillebrown	F50	53.47
Age 14-18 Champions			
Men			
1	Greg Ahlswede	M18	63.60
2	Dayne Thatcher	M16	52.69
3	Dylan Scaringi	M14	45.29
4	Dylan Singley	M14	42.22
5	Zac Barker	M14	41.99
Women			
1	Alison Campbell	F16	53.98
2	Susan Cornish	F16	31.00
3	Sarah Hartman	F14	25.04
Under 14 Champions			
Men			
1	Brandon Helliari	M12	44.02
2	Chase Thatcher	M12	38.08
3	Anthony Knarr	M12	37.18
4	AJ Riley	M10	25.34
5	Caleb Acuff-Passi	M12	23.79
Women			
1	Nikki Singley	F12	28.87
2	Bailey Reed	F12	26.58
3	Heather Campbell	F12	25.82
4	Sierra Billingslea	F10	18.07

Club Totals - 2007		
Category	Total	
Total Events	78	
Total Orienteers	4862	
Total Time (hh:mm:ss)	6381:07:58	
Total Distance (km)	21937.96	
Total Climb (m)	631305.00m	
Total Controls	57406	
Num Ranked Runners	178	
Average Age of Ranked Runners	41.62	
Course Totals		
Course	Number	Runners
White	33	896
Yellow	37	1039
Orange	27	824
Brown	23	492
Green	26	941
Red	25	544
Blue	11	126

How the rankings are calculated

By Kent Shaw (excerpted from DVOA's web site)

Over the winter of 2004/2005 DVOA formed a committee to examine the rankings process and to make recommendations for improving the formula. Hugh MacMullan, Wyatt Riley, Clem McGrath, Randy Hall, John De Wolf and Kent Shaw served on the committee. Following analysis of the old formula and investigation into other approaches, the committee recommended using a formula that is very similar to the formula used by USOF.

The primary difference between the USOF formula and DVOA's is that for DVOA all runners will be ranked together regardless of which course they run. In this system larger numbers are better. An orienteer with a score of 50 points is roughly half as fast as an orienteer who scores 100 points.

What makes this system work is that it is iterative. All the scores are calculated and then recalculated over and over until there are no changes in the rankings. As the rankings are recalculated over and over again, it compares every runner to every other runner. As the iterations proceed, the faster orienteers gradually gravitate towards the top of the rankings while slower orienteers move towards the bottom. In this system, the scores of the top three orienteers will average 100. If your score is 50, then you are about half as fast as the top orienteer.

A key component of the process is having at least a few orienteers running on different courses. When this occurs, the formula is able to compare all the runners across all the courses.

While the old system had the advantage of being easier to understand, there were a few serious inequities. The new system addresses those problems but is more difficult to understand. The details of the system are presented below.

As before, there are some general non-math related rules:

1. Orienteers must participate in at least four events to be included in the rankings.
2. For every five events in which you participate, the worst score will be discarded. Participate in ten events, and two will be discarded, etc.
3. Running as part of a group does not count.
4. If you run more than one course at an event, only the most difficult course for that event will count.
5. Orienteers must be a member of DVOA, SVO, or POC in order to be listed in the rankings.
6. Orienteers must be a member of DVOA in order to win.
7. Did Not Finish (DNFs) do count in the rankings. They are assigned a time equal to 2 times the slowest finisher for that course.

The basic rules are:

1. Your overall ranking score is the average (arithmetic mean) of all your scores for individual events.
2. Your score for an individual race is the course difficulty divided by your time in minutes.
3. The course difficulty is the average (harmonic mean) of the

personal course difficulty experienced by every finisher of the course.

4. The personal course difficulty for a finisher is the ranking result of that person, multiplied by their finish time in minutes.
5. The scores are normalized (multiplied by a constant) so that the top three finishers average 100 points.
6. Rules 1-4 are circular, i.e. in order to get the overall ranking score you need the scores, for which you need the course difficulties, for which you need the personal course difficulties, for which you need the overall ranking score. Where do you start? Everybody starts with 100 points for their result and then you loop through the rules again and again. The solution always converges, and is almost non-drifting. The iteration stops when the numbers converge (stop changing from one loop to the next.)
7. In order to do the final determination of course difficulties, all valid finishes are used, and all scores are averaged for the Result. Valid finishes are times (not OT, DNF, MSP, etc.).
8. In order to do the final determination of results, all results are used, except DNS. Results such as OT, DNF, MSP, etc. are scored at 10% slower than the slowest finisher on the course.
9. You have to run in four or more events in order to be ranked.
10. For every five events you run, the slowest result will be discarded. If you run in ten events, the two worst scores will be discarded, and so on.
11. Events in which you run as part of a group will not count in the rankings.

Additional notes

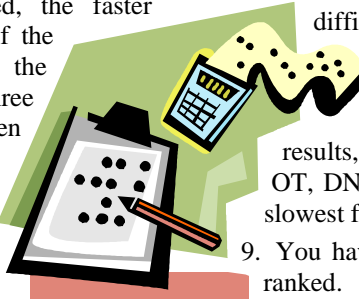
If you are on average twice as fast as somebody, you should end up with about twice their score.

As with most rankings systems, it is possible to end up ranked lower than someone who you beat every time in which you ran the same race.

Say Charlie beats Albert by 1 minute in the only race they run directly against each other. Then in a second race, Albert beats Bob by 10 minutes, and in a third race, Bob beats Charlie by 10 minutes. By implication from the second and third races, Albert is much faster than Bob, who is much faster than Charlie, so Albert is much, much faster than Charlie. The result of the first race suggests that Charlie is slightly faster than Albert.

To reconcile the two apparently conflicting implications, the math averages things out, and between "Albert is much, much faster than Charlie," and "Charlie is slightly faster than Albert", lies the average "Albert is faster than Charlie".

Therefore, Albert would be ranked above Charlie, even though Charlie beat Albert the only time they ever raced head-to-head. The math in rules 1-4 does all of this transparently.



Event Director's Job Description

From *Orienteering San Diego* March-April 2004, with revisions based on DVOA's practices

The purpose of this article is to give some idea to those of you who are just thinking about volunteering as event director but do not know exactly what the job description is. It is essentially a check list of duties and could also facilitate the job of event director for those who have already done it before.

You can find additional information and resources on DVOA's web pages.

The event director (ED) manages the meet on the day of the event, delegating as many specific duties as possible and ensuring proper meet execution. The ED makes sure the other things are happening and follow up on all aspects: courses, maps, permits. The ED may or may not be the course setter; doing dual duty is entirely optional.

Specific duties of the ED include:

Arrange for land access permission through the land-use coordinator (DVOA's secretary). Many federal, state, county, city and private landowners require at least a 30-day notice and a permit application along with proof of insurance in order for us to receive land permission. The club often needs to pay a fee or deposit for land use. It may also be desirable to pay for a shelter. Generally, the land-use coordinator/secretary will fill out the permit paperwork for most events and send a copy of the completed permit to the event director. Park officials may ask to see the permit on the day of the event.

Coordinate with webmaster. Work with the webmaster to ensure the meet is advertised accurately. Be sure the date, time (if different than the standard time) and location are correct. Add or update driving directions. If known, list courses offered.

Coordinate with the course setter. This usually involves coordinating the event logistics, such as the locations of the start and finish areas. Also, if there are any land usage concerns (restricted areas), communicate them to the course setter.

Coordinate with volunteers. Contact club secretary at least two weeks before event for list of volunteers in the area of the park. Contact volunteers to determine their interest and availability. Coordinate where and when to meet at the event.

Obtain event supplies. Check equipment schedule on the DVOA website. Supplies include tables, ED box, cash box, punch cards, pens, staplers, tents (if needed), directional signs, registration, start and finish forms, club banner.

Post road signs. The morning of the event, place road signs to the event site in accordance with the website driving directions. Road signs are usually hung with attached string. Be sure to confirm arrows are pointing in the correct direction and that the signs are visible.

Set up registration, start and finish areas. In accordance with the course setter's guidance, place or set up tables. Start set-up at least one hour before registration opens. Distribute clipboards and forms, which include express and regular registration. The course setter generally provides course setter notes and clue sheets for the courses offered; these should be posted on or near the registration table.

During event: Coordinate staff and deal with any problems

that arise.

After event:

Check that all participants are back safe and sound.

Event clean-up: Ensure all participants, staff and supplies are accounted for before leaving area. Be sure to pick up road signs. Take control flags and extra cups and water with you as well.

Close out cash box. Count the cash. Return to the box what was there to begin with (marked on the lid of the box). Keep the remainder; you will write a personal check for that amount.

Pass along event supplies (kit) to the next event director and course setter. Report any missing or damaged items to the equipment coordinator.

Generate results and submit to the web master ASAP, preferably within 24 hours.

Fill out event report form. Collect appropriate information. Submit as noted on the form. Do not forget to record names of volunteers, especially those who were drafted during the event (usually control pick up).

Submit new membership info to the secretary.

Settle finances. Submit one copy (by mail) of event report form to the Treasurer, along with expense receipts, registration list, checks collected at registration, and a personal check for the cash collected at registration, minus your expenses. All checks should be made out to DVOA and sent to the club treasurer.

Write an article for the *Briar Patch*. The editor will work with you on this. Please submit something, even if it's just a short thank-you to your volunteers. See past issues for examples. Submit by e-mail to njsharp@aol.com.



A-Event Director Vadim Masalkov works with registrar John De-Wolfe. The responsibilities of an A-Event Director are similar to those of a local event director, only there are more of them!

Orienteering in Arizona

Nancy Sharp

I wasn't sure what to expect. I had agreed to go orienteering in Arizona in February because I thought it would be warmer--and sunnier--than Pennsylvania in mid winter. But the event director's notes warned that there had been snow in the area in year's past.

I checked the long-range forecast: sunny and low 60s for the Tucson area. I packed both my warm and colder weather O gear: short- and long-sleeve tops, gloves, ear-muffs. (I left the long underwear at home.)

A couple of other cautions the ED issued: drink plenty of water; dehydration is a common complaint at that elevation (2400 feet, compared to about 350 feet in Reading, PA). Sunscreen: at that elevation, too, the sun is strong. And there's not much protection from trees. The sample maps we saw online were dominated by one color: yellow (open and rough open land).

We've traveled to a couple of "away" A-events in winters past: Florida and Texas, to name a few. It's quite a treat to escape from temperatures in the 20s and 30s to temperatures in the 50s, 60s, 70s. (Although one year, we went to Georgia and needed to find those chemical hand warmers because the area had a cold snap, with the unusual winter "treat" of snow just a few miles away. And we try to take a couple of days on either side of the event to do some sight seeing.

We started our orienteering adventures by participating in a Trail O event at Arthur Pack Regional Park. Organizers usually try to keep Trail O events near the main event, but the landscape didn't lend itself, so this event was moved into Tucson.

We stayed at the event center, a hotel about 45 miles from the event site: 45 miles of highway, that is, followed by about five miles of dirt road that, which each turn, grew narrower and narrower.

We eventually made our way to the event site, on the Kentucky Camp map. The area was grassland, dry grass, with the west's version of greenbriar: cat's claw, "a particularly vicious acacia" according to the course-setter's notes.

Another feature we saw that we don't normally see in our part of the country, in addition to the spiny vegetation: barbed-wire fence. According to the event notes, if you were long-legged, you might try pulling down the top strand and stepping over it. Or you could get down on the ground and roll under it. One tip: the bottom strand of wire fencing was not always barbed, so the lower crossing wasn't quite as treacherous as it might have been.

At 2400 feet, the air seemed thinner; maybe it was just psychological, but the thinner air did seem to affect some DVOAers (namely, me). Even though the terrain was mostly open grassland, about mid-calf high, I didn't feel I had the lung capacity to run full-time.

The dominant land features were "down:" reentrants, or spur-and-gully systems. And what trees there were (some kind of oak and mesquite) were primarily in the reentrants. And the maps represented that area as run-able woods.

You needed to stay in touch with the map, because it was easy to get misled by parallel features (those spurs



Ralph Tolbert runs into finish at the sprint at the Tucson Orienteering Club's A-event in February 2008

and gullies).

Sandy Fillebrown and Valerie Meyer provided e-punch service, so that part of the event was just like being at home.

The green courses were 5.6 km, with 150 meter of climb on Day 1, 4.8 km with 175 meter of climb on Day 2.

A number of people did camp at the event site. And they had a huge campfire next to the parking area. It was nice to come in from my course and smell wood smoke.

Some of the benefits of going to an "away" event: It's a good mental exercise to get into a park--and onto a map--you haven't seen a dozen or more times. DVOA is also blessed by a large number of people who volunteer to help at events. As one of the visitors, I found it a nice to not have any other responsibilities besides running my course.

A-events let clubs put their best face forward--and it's nice to experience the camaraderie of orienteering.

Your Help Needed: DVOA By-Law Revisions

Rob Wilkison has drafted revisions to DVOA's by-laws to conform with the Pennsylvania requirements to make DVOA tax exempt. This document includes two major changes to the current by-laws. It more clearly specifies the responsibilities of the club's trustees (called the Board of Directors in the document) and it also establishes a new club officer: the Treasurer.

Please look at the proposed revised by-laws on DVOA's web site. If you have any suggested revisions, please send them to me, Tim Walsh, at timpeg@verizon.net or call me at 610/446-3255.

Your suggestions will be incorporated into a final draft that will be available in the late fall. The new by-laws will be considered at the DVOA Winter Meeting in January 2009.

2008 Presidents Cup at Warwick

Ralph Tolbert, Event Director and Course Setter

Weather conditions are usually a factor to consider when planning an event in January. Fortunately, the mild winter we are experiencing this season carried through for the President's Cup event.

Once I'd identified the location (Warwick County Park), the next decision was what format to use? Several factors influenced my thinking as I looked at the Warwick map. In no particular order: white woods, the number of a particular feature (three guesses as to which that was and the first two don't count) located on or near trails as well as in the woods. When I did some field checking it quickly became apparent that the orange and white flags on this feature would be visible for 100 meters or more in the "winterized" woods.

So how could I make this a little more interesting and challenging? After more thought and brainstorming other ideas, I recalled a conversation with one of our Russian mapper, Vladimir Zuev. During his stay while mapping Fair Hill, I learned that he teaches orienteering at a university in Moscow (and gets paid to do this, which is pretty cool). Vladimir went on to say that he does not allow the students to take a compass with them while on a course. Imagine going out on French Creek East without a compass.

Talk about feeling naked in the woods! I've done this on a few venues (definitely not FCE!) such as White Clay, Fair Hill and Fatlands, for example. Actually, I took a compass, but it was in my pocket – just in case.

So I applied this concept at Warwick and the event became "no flag" on the feature. I, of course, got an opportunity to test this out when I checked the visibility of each platform depicted on the map. The coating of snow did help distinguish platforms, especially if approaching them from the down hill side, where the build up portion (or what I'll call the lip) stands out nicely.

There were a couple of platforms that were not as distinct as others, but they were near a linear feature and would not be difficult to locate. Using all the same feature made for easy course printing. I over-printed the start and finish and put control circles on platforms obscured by other features like buildings. Clue sheets were even easier – none needed!



As for the day of the event, I could not have asked for better weather in late January: sunny and cool and perfect for getting out in the woods! Thanks to everyone who in came out to do some platform hopping. Thanks to the following for helping at the event: Dawn Singley at registration, Nancy Sharp with finish and punch pickup. The following folks saved me another trip out into the woods by picking up punches: Bob Gross, Steve Aronson, Sharon Seigler, Mark Frank, Petr Hartman, Tracy Acuff and Ron Bortz.

Warwick's Charcoal Interpretation Trail Opens In Spring 2008

This trail in Warwick County Park will allow visitors to imagine what the woods looked like in the 1700s when charcoal was being produced there. Each stop along the trail is an actual charcoal hearth. The Coventry Iron Works three miles east of the park was founded in 1717 and was the first of 37 documented forges and furnaces built in northern Chester County between 1717 and 1800. (*This information is from Nature of Things, publication of the Chester County Parks and Recreation Department.*)

Happy 50th Anniversary to Chester County Parks & Recreation Department

This year the park system is celebrating its 50th anniversary. In 1962, Nottingham County Park was the first park dedicated within the Chester County Park System. Hibernia was added in 1962, then Warwick in 1973, Springton Manor Farm in 1988 and, most recently, Black Rock Sanctuary in 2003. The department currently manages 4,500 acres of public parkland and offers many educational programs for children and adults. (*From Nature of Things, publication of the Chester County Parks and Recreation Department.*)



John Campbell's New Year's posting

Editor's note: Although New Year's Day 2008 is now just a memory, some things are worth revisiting, including this posting that appeared on DVOA's e-board.

A Happy New Year to everyone. It is that time when one reflects on the past year and makes those resolutions for 2008. 2007 was an amazing year for DVOA with our 40th year being celebrated with many successes. I'd like to touch on a few:

- ❑ **Juniors:** This last two years have seen a lot more active juniors in the club. We seem to have hit the critical mass which encourages others to join, create some competition between them and build friendships. The fact that they also put on an event is also an excellent learning experience. It is important that we encourage them and provide training to increase their skill levels. They are the future of our sport. A large portion of this growth is due to the efforts of Janet Porter and other dedicated parents, plus the outreach programs that attracted them to the sport in the first place.
- ❑ **Community Outreach:** The tree planting at French Creek was a wonderful way to celebrate our 40th year. A lot of the success of our club is due to the behind the scenes outreach programs Mark, Mary and many others provide throughout the year.
- ❑ **US Team:** Clem being selected for the US team for the second consecutive world champs. Great stuff - here's to a 3rd time with Wyatt, Angelica and Christine joining you.
- ❑ **Club Success:** Two teams represented DVOA in the "Jukola" relay event in Finland. We had great success in the US Relay Champs and the US Individual Champs.
- ❑ **Getting to know club members better:** Hickory Run is typically where we get the chance to know each other more. I enjoyed the car pooling to the US Relay Champs in the Fall as it provided a chance to get to know fellow mem-



bers a lot more. With the price of gas, more car pooling should be encouraged to A-meets. Also the T-N-T (not explosives!?!), Tuesday night training at Wissahickon and Thursday night training in Media) provide a good opportunity to train and socialize - just avoid going over on your ankle!

- ❑ **Organization:** DVOA has incredible leadership, organizational & technical skills and a webmaster extraordinaire. The fact that members are willing to volunteer to help make it all tick is also critical. We have seen what happens in other clubs when it is left to 1 or 2 people to do all the work. You folks are amazing.
- ❑ **Club Gear:** There is no doubt we have one of the best club gear. Great design by Hunter and others and thanks John DeWolf for putting it all together. Ditto the Jukola gear. Thanks also to Steve and Sharon for organizing the 40th anniversary gear. We look and feel like a real sports club.
- ❑ **Seeing Eric Weyman competing again:** Eric has done a tremendous amount of work over the years behind the scenes providing technical expertise and advice. It is great to see Eric competing again, even if it now means I never have any chance of winning the US Champs in my age class again!
- ❑ **Seeing Caroline and Kent Ringo on a course with smiles on their faces:** It says it all. 40 years ago they were one of the founders of our club and they are still enjoying the sport.

I am sure I have forgotten some things, but I just wanted to say thanks to everyone for a great 2007. As for the new year resolutions, I intend to get in shape and volunteer to plan some courses.

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	Tim Walsh
Vice President	Vadim Masalkov
Secretary/Treasurer	Mary Frank

Trustees:

Ron Bortz
Karl Ahlswede
Maryann Cassidy
John Campbell
Bob Fink

Term Expires

2009
2010
2011
2012
2013

"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. Send articles to the **Briar Patch** editor, Nancy Sharp, at njsharp@aol.com.

DVOA's good—but always opportunities for improvement

Another posting from DVOA's website;
Dasha Babushok wrote:

Reviewing the events of last year highlighted for me why DVOA is such a great club. I cannot say this better than John Campbell, who had eloquently described the multiple accomplishments of the club in his post on the e-board from Jan 2. (See accompanying article.)

DVOA made great leaps in junior development with the leadership of Janet Porter, the Singleys and the Thatchers; DVOA community outreach in educational initiatives and tree planting; our super-duper-award-winning webmaster and club website; competitive representation of DVOA at WOC (and, we hope, JWOC! Go Hunter!); twice-weekly training TNT training events that celebrated their second anniversary last November; DVOA's success in the international arena at the relays of Jukola and Venla; and our club gear with the new DVOA uniforms, anniversary racing shirts and sweat shirts.

Most importantly, none of this would be possible without DVOA leaders and members volunteering countless hours to make DVOA a success. Many of these accomplishments grew from ongoing work and initiatives, and some of these were conceived at the 2007 winter meeting, with the brainstorming session of how to celebrate DVOA's 40th

anniversary. With the brainstorming came the initiative and dedication bringing these ideas into life. It is this ability of our club to recognize our strengths, expand and build on them, and to continue to seek and incorporate new ideas that makes our club great and unique.

With this in mind, I was thinking that we could continue this tradition of brainstorming in order to build on DVOA's strengths and accomplishments in the coming years. Some of my ideas for this year are below. Please feel free to strike them down or modify them.

1) Perhaps we could establish a tradition of winter recap and brainstorming on what worked well and what could be better.

2) I support Eric Weyman's idea that he brought up at the winter meeting: to expand the role/powers of DVOA trustees to make them more like a Board of Directors who would oversee DVOA's long-term health.

3) Candidates for DVOA leadership positions could be nominated by mid to late fall with the candidates' brief biographies (e.g. their name, photo (for those who may not know them), years in DVOA, any relevant experience, their views of DVOA, and their goals for their position) to be publicized by the end of December in the Briar Patch and on the website prior to the winter meeting,

along with the brief agenda for the winter meeting.

4) To expand the participation of the greater DVOA membership, voting for the candidates could be done prior to the winter meeting (Jan 1st to the day before the meeting) online via a unique identifier for each current club member. Those unable to vote online could cast their votes at the winter meeting, where the winners could be announced. As an additional benefit, this could offer an incentive to renew the club membership before the winter meeting.

5) To facilitate annual membership renewal, this service could be offered via an online form on the DVOA website. This could be in addition to the traditional mail-in membership renewal.

6) It would be great to have a utility on the DVOA website for submission of event and course feedback for the event director and course setter. This utility could be offered on the website for one week after each event, and at the end of the week could be emailed to the course director. This would provide another forum for constructive feedback that many course setters and event directors may not receive otherwise.

Thanks for listening, and I hope to see all of you a lot in the new year!

Go DVOA!

O-Puzzle

by Jean O'Connor

Thanks for all your comments on the puzzles. Here's one I'll call "mapagrams". Unscramble the italicized words to find the orienteering maps. (Comments to opuzzle@ksclick.com)

1. The event was well-attended in spite of the Veterans Day fall golf tournament.
2. Coursesetter notes: New brickyard ENE of the start.
3. Avoid private property – if you err, icky dog will bark or bite!
4. The sight of lost orienteers wandering around bode no milestone ahead.
5. Somehow, I got on an unmapped part of the park.
6. Completely lost, I sat, hot, frowning.
7. The control must be close – the ground feels trod on.
8. Can't find the control? Er...check fern.
9. Caught in the brambles – will my hair be in a mess?
10. Superman cheats! Clark Kent peeks at the map before the start.

Solution to last O-Puzzle:

A	B	E	S	P	A	S	T	L	U	N	C	H
S	O	B	O	T	H	R	U					
H	A	I	R	F	I	L	A	M	I	N	B	
		E	A	R	A	C	U	P	O	L	A	
E	M	M	A	E	L	M	N	O	N	D		
	E	C	D	E	C	A	C	H				
A	L	O	H	A	C	O	L	D	H	O	R	S
	L	T	R	A	I	N	E	O	A	R		
M	O	T	H	S	S	T	E	A	D	L	R	
	W	E			H	A	S	H	L	I		
D	Y	E	R		L	E	S	L	I	E	I	N
J	A	Y	I	N	D	U	N	E	S	L	A	N
S	P	E	D		U	R	I	S	P	A	D	E
		G		P	I	N		A	T	O	P	
		R	E	C	E	D	E	S	P	E	S	T

Where Are They Now? An occasional series catching up with DVOA members

Rec-O-lections of DVOA

Bob Putnam (DVOA President, 1982-1984)

In the beginning there was the woods.

And children played in the woods but did not know what game would be best.

And in the fullness of time, the Swedes said, "Lemme show you something".

And they invented Orienteering.

And many years went by before *Reader's Digest* printed an article by someone living in New Jersey who had attended an event hosted by Hudson Valley Orienteers. Soon thereafter I read it. Time passed.

Autumn 1975. Friday evening. Driving home from work in Reading, PA I heard Jack Holcomb's radio announcement of an Orienteering event (Hey, I know what that is!) to be held the next day at French Creek State Park, three miles from the house. Janet was to visit in-laws with baby Kate, so I'd be home alone. "Time to play," I thought.

So, knowing nothing of O' beyond the *Digest* and owning no compass, I spent two hours constructing a cardboard sundial/compass I could carry with me – it would have worked perfectly, too, but I

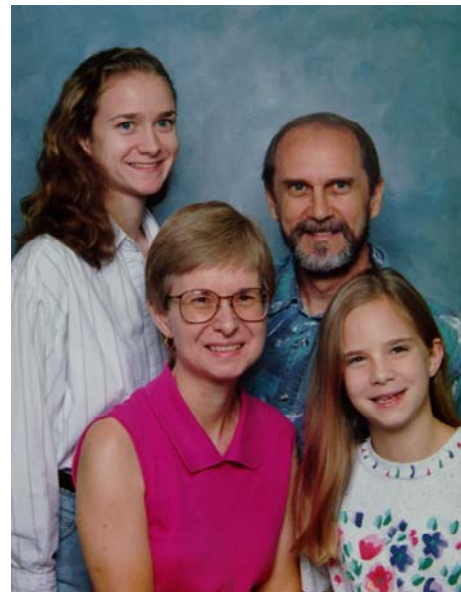
found they had compasses to loan/rent at the event.

I recall no names, no course length, no elapsed time, no final placement, but distinctly recall never having been so winded or exhausted, or exhilarated, in my life. Well, in the woods anyway. I told Janet that night, and a few thousand people since, this was the game I'd been trying to invent growing up in remote Pennsylvania. I do recall about a hundred minutes of heedless headlong brush-crashing, devoid of strategy. I also recall a black & white contour map that prompts a bigger grin with each passing year, and also some cryptic control descriptions such as "hillside," for a control located somewhere part way up the mountain I knew later as Fox Hill.

That was 32.5 years ago and its still fun – yes, even in Florida.

Janet and I, with daughters Kate and (later) Anne, were part of DVOA from 1975 to June of 1991. I lost track of how many events we attended, or how many I had a part in setting courses for, but there was never a break. I served as president of DVOA for two years in the early 80s and may have had the most fun devising the scoring systems. I say systems, plural, since every year it seemed either some-

one had a suggestion or I actually had a better idea. I carried daughter Kate in a backpack for those first few years, usually hiking the red course. Then I started



The Putnams: Kate, Janet, Bob, Anne

training a little, so I could run on my own. Like many others in those early years, I gauged every run against Hugh MacMullan's performance. I remember helping Mark Frank and John Overton, in small ways, at the U.S. Champs French Creek A-meet. After our second daughter, Anne, was born, she too saw courses from the backpack.

All this had to change when I learned in 1990 my job was being eliminated, and I had to look for work elsewhere around the country.

We came away from DVOA with undying respect for the way the Ringos infused their spirit of welcoming friendliness into the club and set the tone for DVOA in all its efforts. We hoped to bring that same spirit to Florida, but coming from DVOA we had a few other folks to emulate as well. There were the MacMullans, Franks, Scotts, Edwards, that guy Kusko, and Eric Weyman. All DVOA-ers reading this are so lucky to have foundation stones like these underpinning your organization.

In leaving DVOA we could have gone either to Boston (home of NEOC), or Seattle (home of COC) or Florida (home of ??????). Those who thought we



Melissa Yeadon (center) leads instruction for Scout Leader Mark Rienzo's (wearing the "do-rag" scarf) Troop 225 from Coral Springs while everyone ignores the example control hanging from a wooden statue made to look like Bob Putnam. And yes, that is the Putnam VW Vanagon in the photo, from the DVOA era, but we have since sold it (sniff, sniff) due to growing repair bills.

might be considering orienteering clubs in our moving decision were helpful enough to say “Whatever you do, don’t go to Florida.” So we did. Although I would not recommend the strategy, I went to Florida at Thanksgiving and left Janet and the girls in Pennsylvania to finish the school year.

Just prior to my leaving Pennsylvania, I telephoned the only orienteering contact USOF could provide in Florida: Dave Veech, an ROTC instructor at Stetson U. He seemed happy that another avid O’er would be around to help him. He had already made three black & white maps of local parks and teaming up with Frank Kuhn, an old college buddy of long-time O’er Don Hall from NEOC, had staged a public event and a several training days for his ROTC cadets. They had not yet formed an official club but were planning another public event.

As soon as we got together after I arrived, Dave informed us he was being reassigned, so Dave was gone by the time Frank and I ran our first event as an official USOF club. We made use of Dave’s venues, and his maps served as base maps for a new set of black-&-white maps that I drew. And so Florida Orienteering (FLO) was born. Frank Kuhn was the administrator and I was the techie. By the time Janet and the girls arrived in June, we’d already held four events. From that point on the routine at FLO consisted of Frank’s front-of-counter greeting, Janet on registration and me doing instruction.

In short order we picked up some real helper/volunteers, made some color maps, developed a few more venues and average attendance rose to 150 within the first two years, at about 10 events per year. It’s grown steadily to about 250 since, and we have hosted three Class “A” events over the years, so we count FLO a success. We can say confidently that much of that success stems directly from a deliberate attempt to emulate DVOA in the running of the club.

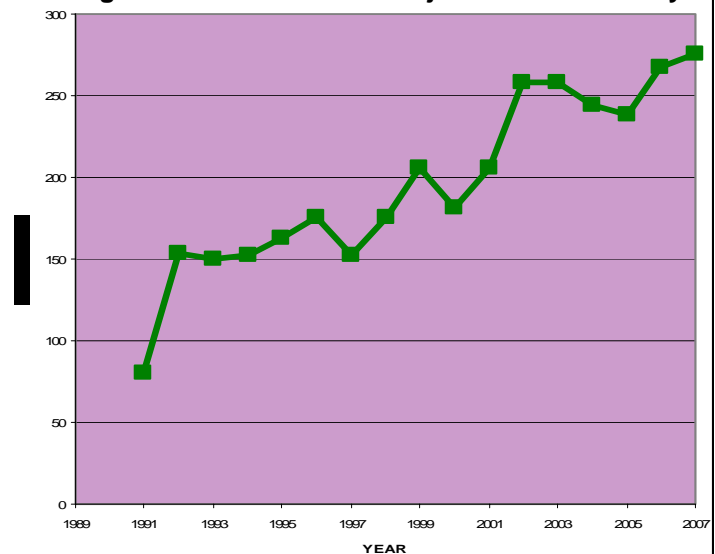
As for what has become of the family, I’m still working as a noise-control engineer, but am looking toward retirement in a few years. Janet, besides remaining the most reliable constant in FLO event registration, seems to be preparing for that retirement of mine by enrolling us in classes at UCF and taking others on her own. Together we’ve become fairly active in our local church, Janet in choir and a special-needs ministry and me in developing and teaching adult studies.

Both our daughters graduated from UF: Kate in 1996 and Anne in 2007. The same two years, by the way, that UF won the NCAA football title. Kate is my career-choosing example when I talk to school kids because she told us in 8th grade she wanted to be a geographer and that’s in fact what she is: graduating in Geography and working as a cartographer ever since, here in Central Florida. She’s married and her two step-children are our first grandchildren.

Anne graduated with a degree in English and immediately signed up for Americorps, where she is currently serving at a variety of sites all over the east half of the US, based out of Maryland. Both daughters were fairly accomplished orienteers, attested by a nicely decorated trophy room, disguised as a den right now.

Here’s the best part. Janet and daughters Kate (born 1974) and Anne (born 1984) have come along with me (the real fanatic, the map-freak) more or less cheerfully, sometimes eagerly, sometimes begrudgingly, to literally hundreds of events over the years. Most have been in Pennsylvania and Florida but have also included at least a dozen other states, if I’m not forget-

Average Event Attendance—Major FLO Events Only



Landmarks in Florida Orienteering History

- First Event: March 10, 1991
- 230th Event: May 10, 2008
- Total number of people starting a course in FLO's history = 36,222 as of April 12, 2008
- First IOF 5-Color Map: Wekiwa Springs (Mark Adams) 1992
- First Hosted Class “A” Event : February 18-19, 1995
- Approximate number of courses designed by B. Putnam: 640 as of May 10, 2008, including both DVOA and FLO – and still going.

ting too much in my old age. Here’s another best part: Janet and I have together been a pretty integral part of the success of the Florida Orienteering club (FLO) for the past 17 years. See side box for stats on the club, of which we are immensely proud.

The good news about orienteering in Florida is that it’s pretty interesting after all. There are no contours and no boulders, of course, and precious few point features for a course setter to work with, but we manage. We found that much of the “good” forest that was here in the beginning had either been taken by developers long ago or stripped for pastureland by the first settlers. Then too, the remaining forest has been fire-suppressed for so long that palmetto is now the predominant ground cover in most remaining forest where previously shin-high wiregrass had ruled. But we have found a few gems among the rubble left by civilization.

If you visit to orienteer, you’ll see some of the better pieces of forest that have not been clear cut or paved over and have been rescued by some of the more far-sighted Florida preservationists (peace be upon them). The travel brochures will have you believe that whatever in Florida is not swamp is only beaches or water or attractions. That’s not completely true. Most tourists miss the best part of wild Florida: the upland forests that are slowly being restored via controlled burning to the way it used to be. Come visit Florida Orienteering, and we’ll show you the “real” Florida.

Where are they now: Matt Scott

Matt Scott, son of Ed and Judy Scott, was introduced to orienteering at the 1982 US Champs, when he went out in a recreational group with the Putnam family. He participated in nearly every DVOA event from 1982 until 1992. When Matt was still in college, he sometimes was able to attend a few DVOA events and was seen at most of the New England area A events, but after graduating from the University of New Hampshire in 1996, he began to travel and work in various parts of the world, including a three-month stint camping on the ice in the Antarctic studying springtails, the only insect that lives there.

Then Matt settled in New Zealand, where he has earned a doctorate specializing in plant and invertebrate life in alpine environments, or, in his words, a "Doctorate in Ecology, specializing in plant-invertebrate-microclimate interactions at the fine scale in an alpine environment."

Matt still does lots of orienteering as well as Rogaines and some very intense trail and off-trail runs. In orienteering he was ranked 19th in M21E in 2007, and was 6th in the middle distance and 11th in the long in the New Zealand champs held in March 2008. He was recently awarded a spot on the New Zealand men's orienteering team. This year he also did a 67 K trail run in a bit under 8 hours, and a very physical 20 K off-trail run with 2040 meters of climb in 3:09. He lives in Christchurch on the South Island with Lara Prince, who is also a very competitive runner and a member of the New Zealand woman's orienteering team.

Here are a couple web sites to see Matt's (and Lara's) results.

The 67K Trail Run is at <http://www.stjamesultra.co.nz/default.asp?PageID=14038>

The 20 K Cross Country run is at

http://www.sportzhub.com/site/index.php?option=com_content&task=view&id=4115

The guy in the red cap going through start is Matt

The PDF of the course map of the 20 K run is at

<http://new.paardekooper.co.nz/assets/pdfs/mt%20lyford%20-%20vasque%20challenge%20-%20med.pdf>



Matt Scott studying springtails



Matt Scott and Lara Prince on the trails in New Zealand.

Where do you fall on the grid?

Appropriate navigation skills: ↓	Experience level		
		Intermediate	Advanced
Map orientation	With terrain	With compass	Automatic
Route choice	Pick obvious	Safety	Safety/efficient
Planning	Rough idea	Immediate details	Details way ahead
Linear Features	Obvious lines, intersections	Edges, high points, imaginary	Ridges, drainages, offsets, aspects
Awareness/looking	Thumb progress	Acknowledge all decision points	Mental map at all times
Estimate distance	Under 100 meters	100-200 meters	Over 200 meters
Relocation	Big picture, safety	As defense	As Offense
Contouring	Not applicable	Level	Level, up/down
Simplifying	Don't simplify, identify everything	Linear features	All features

Reprinted from Tuscon Orienteering Club's May 2007 Newsletter

Fair Hill 6 Hour Rogaine

Sunday, August 31, 2008

Hosted by Delaware Valley Orienteering Association (DVOA)

Proceeds to benefit the DVOA Juniors

ROGAINE is an acronym: **R**ugged **O**utdoor **G**roup **A**ctivity **I**nvolving **N**avigation and **E**ndurance. A rogaine is a long-format orienteering event where you choose which control sites to visit. Each control is worth a certain number of points; for this event, you will have six hours to get as many points as possible. You may enter as an individual or as part of a team. Teams may have up to five members and must stay together at all times.

Location: Fair Hill Natural Resource Management Area, Elkton, Maryland. Parking, registration, start, and finish will be at the Walls Activity Center, which is on the west edge of the park. Use the park entrance on Md. Rte. 273, just east of the intersection of Rtes. 213 and 273 and follow the O-signs.

Map: The event will use the 1:15,000 orienteering map of Fair Hill that DVOA has used in the past. To familiarize yourself with the area before the event, a preview map (with an old course printed on it) may be ordered on-line for \$5 when you register. The club has also used three overlapping 1:10,000 maps of the park, and you may order copies of these as well at \$5 per map. You may use these maps during the event but they are not needed. Maps will be mailed if payment is received by August 22; otherwise they will be distributed in the registration packets. There is also a park map that can be purchased through the park office.

Scoring: SportIdent electronic punching will be used; the electronic punch cards will be provided, and you must use the ones provided. Further details about scoring, electronic punching, overtime penalties, etc. will be announced at a later time.

Categories (ages as of Dec. 31, 2008):

SOLO	TEAM
Male	Male (all members male)
Female	Female (all members female)
Masters (50 or over)	Coed (at least one male and one female)
	Masters (all members 50 or over)
	Junior (all members 19 or under)
	Youth (at least one member 14 or under)

Categories will be combined and/or split if registration warrants. Awards to top three in each category.

Equipment: There is no mandatory equipment. However, it is suggested that each competitor have a watch, safety whistle, compass, and their own food and water. There will be limited water on the course; however, it would be very much appreciated if competitors brought their own water for filling hydration packs at the start/finish area.

Hash House: Food will be available at the start/finish area beginning around 2:00pm until 6:00pm. Family and friends accompanying competitors may register just for the food.

Registration: On-line registration and payment is strongly preferred. You may also register on-line and mail your payment or mail both your registration and payment. A paper entry form is available.

Entries and payment by mail must be postmarked by August 15.

On-line entries with on-line payment may be made up until August 22 with no late fee.

Entries after these dates will have a \$10 late fee and will be at the discretion of the event director and only if maps are available.

Fees:

\$25.00 per person - includes map, map bag, electronic punch and post-race food

\$12.00 per person for just the food

\$10.00 late fee

\$5.00 per map for preview maps

Schedule for Sunday, Aug. 31:

7:30 am - Registration opens*

9:15 am - Mandatory briefing

9:30 am - Maps distributed

10:00 am - Competition starts

4:00 pm - Competition ends

4:30 pm - Awards

*All members of a team must be present for team packet to be distributed. All participants will be required to sign a waiver.

Questions: Please email the event director, [Sandy Fillebrown](#)



cairn (kairn) noun

A heap of stones set up as a landmark or a memorial.

[From Scottish Gaelic carn (pile of stones).]

It is an ironic habit of human beings to run faster when we have lost our way.

-Rollo May, psychologist (1909-1994)

et tu, Johnny Wrong Way?



Orienteering Tool Kit

A list of navigational aids and techniques for Intermediate and Advanced Orienteers

Compiled by Tom Overbaugh; reprinted from Briar Patch December 2001

Aiming Off – Deliberately aiming to the right or left of a feature so that you know which way to turn as you approach it. Particularly useful if a control is located on or near a linear feature.

Attack Point – An obvious and easy-to-find feature located in the vicinity of a control used to help locate the control.

Bailing Out – Abandoning an approach to a control when it becomes apparent that the control will not be successfully located in an acceptable amount of time. Bailing out involves retreating to a known point and carefully re-attacking.

Catching Feature – A strong feature located just beyond the control which will “catch” the runner if they overshoot the control. Catching features are a common design element for Intermediate level courses.

Collecting Feature – Significant features located along a route that can be used to determine position and are “collected” as the route is navigated.

Contouring – Moving along a line of constant elevation. A skill used frequently (in areas with adequate relief) when origin and destination are located along a common contour.

Control Flow – The process of fluidly approaching, punching, and exiting a control

Control Magnification – Extending the circle around the control to consider other major features nearby which will aid in locating the control. Particularly useful if the control is a small or indistinct point feature.

Convergent Route – A route choice that will funnel the runner toward an intended destination. For example, an uphill route will typically converge on a hilltop.

Divergent Route – A route choice that can cause the runner to stray unintentionally from the intended route. For example, a downhill route can result in divergence as the hillside broadens with decreasing elevation.

Fine Orienteering – Precise navigation with constant map contact, careful dis-

ance estimation, and use of compass.

Following – Tailing another runner on a course. Following is NOT an acceptable navigation technique and is considered illegal in an Orienteering competition.

Green-Yellow-Red (Traffic Light Orienteering)– The process of adjusting your speed and navigation technique between controls. As the runner leaves a control, they are in the “Green” zone that calls for fast speed and rough navigation. As the runner approaches the attack point, they enter the “Yellow” zone where they slow down and increase map contact. As the runner nears the control, they enter the “Red” zone where they slow further and practice “fine orienteering.”



Handrail – A strong linear feature (trail, fence, stream, etc.) that can be used to guide the runner along a known line.

Indirect Route Choice – Navigating around an obstacle instead of proceeding along a straight line path. Choices often are “over or around” when a hill lies along the straight line route or “through or around” when vegetation or other impedance lies along the straight line route. Course designers frequently include an indirect trail route along a leg. A good rule of thumb is that the trail route will be quicker if it is less than 50% longer than the straight line route.

Island Hopping – Moving from one known feature to another as you navigate a route. Island Hopping essentially breaks a leg down into a series of “mini-legs.” This technique is used frequently at French Creek, where runners bounce from one charcoal platform to another.

Map Memory – The process of selecting large and distinct features 100- 200 meters in front of you and locating them as you navigate your route. Use in combination with Terrain Memory.

Map Simplification – The process of quickly discerning the major features along a route so that the runner can focus

on them as they navigate the route, eliminating map clutter and noise.

Micro-Orienteering – Careful map reading/navigation in an area of abundant detail. The runner will typically reduce speed to adjust for the high degree of detail.

Pace Counting – The process of counting steps to determine distance traveled. Some orienteers pace count nearly all the time, others almost never. Pace counting can be particularly beneficial in bland areas which lack reference points that would help determine distance covered. Pacing is frequently used in combination with precision compass bearings.



Planning Ahead – Planning the route for a subsequent leg (or legs) while navigating the current leg. Runners should always plan at least one control in advance and should always look for opportunities on a course (such as a long trail run) which lend themselves to planning ahead.

Post Mortem – Comparing notes with fellow orienteers after completing a course.

Precision Compass – Taking a precise compass bearing from a known point to the intended destination and then following the route indicated by the compass. A precision compass bearing requires three steps:

- 1) Line up the side of the compass housing along the intended line of travel on the map.
- 2) Rotate the movable compass housing until the lines inside the housing are parallel with the North lines on the map.
- 3) Rotate your body until the magnetic needle is parallel to the lines located on the movable housing. The arrow on the non-movable portion of the housing will now point in the desired

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To join the US Orienteering Federation, print the form below, fill it out, and send it with appropriate payment to:

US Orienteering Federation
P.O. Box 1444
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direction of travel.

Re-Attacking – Abandoning an approach to a control and retreating to a known point to make another attempt.

Relocation – The process of re-orientation when a runner becomes temporarily dis-oriented (lost). A useful technique is to locate a prominent feature on the ground and then try to locate the feature on the map. Relocation can also involve “bailing out” to the last known point and re-attacking.

Re-Tracing Your Course – After the conclusion of a course, drawing your actual line of travel on the map to determine where you made good and bad route choice decisions or encountered navigational problems.

Rough Compass – Using a compass

without following a precise bearing. (e.g., traveling in a general westerly direction).

Rough Orienteering – Fast navigation with limited map contact and emphasis on gross terrain features. Usually used at the beginning of a leg.

Route Planning – Developing a strategy for navigating from one control to the next. Successful route planning involves selection of the appropriate navigational tool for the given terrain variables. The runner should always devise a plan for every leg on a course and never rely merely on blind navigation.

Running on the Needle – Rough compass without taking a bearing – running at an approximate angle to the north-south needle on the compass.

Setting the Map – Folding the map and holding it so that the features on the map match the features on the ground.

Straight Lining – Following a straight-line path from one control to the next. While straight lining represents the shortest distance, it is often not the quickest route.

Terrain Memory – The process of discerning major terrain features as you navigate a leg and locating them on the map to help you gauge your progress. Use in combination with Map Memory.

Thumbing – The process of folding the map to allow the runner to concentrate on the current leg and moving the thumb along the direction of travel so that the current position can be determined with a quick glance at the map.

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