



Notes from the Briar Patch

Delaware Valley
Orienteering Association

March 2006
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Annual awards presented at DVOA's winter meeting



At DVOA's annual winter meeting, held in January 2006, club statistician Kent Shaw, right, presented the trophy for best DVOA woman competitor in 2005 to Angelica Riley. (The winner of the trophy for best man competitor, Eddie Bergeron, was not present at the meeting.)

In the Junior category, Hunter Cornish took first place in men 14-17, and Dylan Singley took first in the under-14 category. Allison Campbell was first among women 14-17 and her sister, Heather, was first in the under-14 women.

For a list of all DVOA's members who completed four or more events in 2005 and how they finished in the rankings, see pages 6 and 8.

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The president's corner

In orienteering, as in life, change is the only constant

Change, change, change: why change something that works? Changes are necessary for any organization to grow and be successful. Just look at some of the recent changes to DVOA. For starters, Brer Rabbit has a new look. We have a new look to our club uniforms. Last year a group of members got together and developed a new to develop our club rankings. (See the article on page 9 for an explanation of the new system.) We added another dimension to our course offerings – it's called sprints. Recently the *Briar Patch* has taken on a new look. All of these changes have come about thanks to creative DVOA members.



Those in attendance at the general meeting in January heard about proposed changes to the organization. Officers, trustees and directors in attendance made a decision to separate the secretary/treasurer position. As DVOA has grown, so have the responsibilities and tasks of the secretary and treasurer. This is no longer a role for just one individual. In the coming months, we will be looking to identify someone for the treasurer's position. As we looked at the organization on paper, we identified other new roles. For example, we decided to create a position for director of competition. We also decided to move some responsibilities from one director to another. We plan is to share all these changes prior to the next general meeting in June for feedback. Some changes may require changes to the club's by-laws and approval by the membership.

Looking ahead to the rest of the orienteering year, what's going on? As I type this message, many of us will be dusting off those O-shoes for the second annual Valley Goat at Valley Forge. Remember the great weather and turn-out last year? This one promises to be a repeat. Before we know it, it will be time for MASOC number 18: the tradition continues! Also look for a number of great local events on maps introduced last year, such as Illick's Mill, Tyler and Fair Hill. I saw another Canoe-O event on the schedule as well. In the fall a great A-meet is plan on a new map and recently updated map in New Jersey.

See you in the woods!

Ralph Tolbert

P.S. If have my dates right and did the math correctly, next year—2007—will mark DVOA's 40th anniversary! See the article on page 3 for more information.

From the archives

With the addition of Mt. Misery to DVOA's family of maps, our archivist Caroline Ringo thought this was a good time to revisit some earlier orienteering events at Valley Forge.

A history of orienteering at Valley Forge

By Caroline Ringo

In 1967, Harald Wibye came to the Philadelphia area from Norway, via Canada, on a job assignment; he was an engineer with the Turbine Division of Westinghouse. He was in the Philadelphia area only a year, from fall of 1967 to fall of 1968, but during that time he introduced orienteering not only to the Delaware Valley but also to Quantico and West Point. Harald made one map for Quantico and another for Bjorn Kjellstrom (inventor of the Silva compass), who lived adjacent to Ward Pound Ridge Reservation in West Chester County, NY. To spread the word about orienteering, Harald wrote many publicity releases and corresponded with colleges and outdoor organizations.

Valley Forge was a state park and a convenient location for Harald. Using an enlargement of a USGS topo map, he conducted three events at Valley Forge in the fall of 1967. Many of the first attendees were work associates from Westinghouse. Attendance at the first event on Nov. 5 was 42; on Nov. 26, 20; and on Dec. 10, 38. A reporter from *The Philadelphia Inquirer* attended the December event; a two-page spread, with photographs, appeared in that paper's Magazine section on Dec. 24, 1967. In January 1968, Harald was invited to speak at the South Jersey Outdoor Club in Moorestown, NJ. Kent and Caroline Ringo and their two daughters, aged 8 and 10, attended, watched the Swedish film Harald showed, and decided to try what sounded like a good family sport.

The first spring event was March 10, 1968, on the Swarthmore campus, which attracted 40 people. On April 7, an event at Earles Lake in Newtown Square attracted 41 people. Even then the bulldozers were in evidence on the site, and the area soon became a housing development, so was never used again. (It is just south of Skunk Hollow on the Willows map.) Those were the only two spring events held in the Delaware Valley, but Harald encouraged us to attend an event at Ward Pound Ridge on a three-color map he had made, and we did so, meeting Bjorn Kjellstrom, who gave each of our daughters a compass and a copy of his book.

Harald hoped to keep orienteering alive after he returned to Norway, so George Chang, a work associate, set three events in the fall of 1968 at Valley Forge. The starting point for all three was the parking lot behind Washington's Headquarters. George was involved in competitive swimming and could no longer continue with orienteering, so he turned over Harald's records to Kent and Caroline Ringo, with the hope that the sport could be kept alive.

Bob McNair, another work associate and an active member of the Buck Ridge Ski Club, continued to set events in Valley Forge while the Ringos mapped the Deep Hollow and Pakim Pond sections of Lebanon State Forest in New Jersey and, along with Dave Chamberlain, conducted the first meet there in a sleet storm on December 7, 1969. Along with Dave Jackson, the Ringos mapped French Creek and conducted the first event there on May 3, 1970.

Valley Forge was used less frequently as we added Wissahickon in Philadelphia and Rancocas State Park near Mt. Holly, NJ, to our event locations. Dave Jackson conducted two events at Hickory Run, which proved to be too far afield, with only 10 attending the first event there. Likewise for Port Clinton in Pennsylvania and Blackbird Forest in Delaware.

Colliers Mill, New Jersey, was first used in May 1974. Dave Crimmin, a member of our club who taught at a boys' preparatory school near the Delaware Water Gap, mapped Allamuch State Forest, and our club used it for several events, including the first dual meet with the Ramapo Club (later renamed Hudson Valley Orienteering, or HVO).

Our club used Valley Forge for the last time while it was still a state park on May 16, 1986. Permission for use after it became a National Historical Park was not granted until our A event on the Fatlands portion in June 1995, 19 years later. Only by proving ourselves at that event were we again allowed to return to the area we first used in 1967.

The Valley Forge Mt. Joy map was introduced at an A event in 1997. The Mt. Misery area was mapped by Mike Bertram (whose home is within the area mapped); the map was introduced in 2005 with a Valley Goat score event. This year it was the setting for a late winter event, Valley Goat 2, which also used a portion of the Mt. Joy map.

Notes on early Valley Forge events

The parking lot behind Washington's headquarters was the first registration area used. It lacked both shelter house and picnic tables. Later, we used the Fort Huntington picnic area.

The map covered both sides of the stream. At the time of our early meets, there must have been a foot-bridge that no longer exists. I don't remember, although I did several courses there. I don't think Harald Wibye would have expected beginners to wade across.

Clues were given only if it was felt necessary (not apparent from the feature circled). "No clue" was often used. Clues were not standardized. "In the thicket" and "on the hillside" were also popular as descriptors. The feature used often did not appear on the map, in which case the USOF rule was to use "the boulder" if it was on the map and "a boulder" if it was not.

Maps were not accurate, and course setters were inexperienced, so luck often played a big role in how fast and how successfully controls were located. Despite the shortcomings, we were hooked on the sport.

Happy birthday to ... us!

If you've read Ralph Tolbert's President's Corner on page 1 or the history of orienteering at Valley Forge on page 2, this should be no surprise to you:

Next year will mark the 40th anniversary of orienteering in the Delaware Valley.

Several club members have started talking about ways we might want to mark this special anniversary. What can we do at local events? At our national event? One suggestion was to change the GO control to number 40 at all events. We could include mention of the anniversary in the press releases we send out to local media about our schedule.

Your club would like to hear from you: what are your suggestions for ways we can mark this occasion? You can forward your suggestions to Ralph Tolbert by e-mail: rdtolbert@netscape.com. The anniversary celebration and your suggestions will be a topic at our annual summer meeting and picnic.

The traditional gift for a 40th anniversary is ruby. We're not looking for rubies (Dorothy's ruby slippers probably would not make good O shoes); the best gift you can give DVOA is your increased participation. Volunteer to help at an event. Volunteer to direct an event; if you haven't directed an event previously, we can find a mentor for you. Introduce a friend or family member to the sport. Remember, we're all volunteers; it's thanks to orienteers who have gone the extra kilometer that we've made it to 40 as the largest, most active orienteering club in America. It will be thanks to you if we continue that reputation.



Check it out...

Our club library has more than 190 titles in the collection. Some of the most popular items are brought to most events in two plastic boxes and usually can be found near the registration area. Sign-out is self serve on the accompanying clip board list. This is one of the privileges of DVOA membership. Please return the items as soon as you have finished with them, either to the box or to Mary Frank or Caroline Ringo. We also have games, puzzles, and videos which are not usually brought to events, so contact us for additional titles.



#192 ORIENTEERING. BOY SCOUTS OF AMERICA MERIT BADGE SERIES. 2003 (printing of 2005)

Topics include badge requirements, use of compass, topo maps, competitive orienteering, first aid for insect bites, poisonous plants, sources of resource information. (The boy shown on the cover is holding a DVOA map of French Creek Central.) Pamphlet, 77 pp, b/w illustrations and photos, color map.

GEM TRAILS OF PENNSYLVANIA AND NEW JERSEY, by Scott Stepanski and Karenne Snow. 2nd edition, 2000.

(Not in our library but available at book stores and some libraries.) This informative little book is of interest to rock hounds. It has maps showing routes to specific locations, hints for collecting, a mineral locator index, directions for building a screen box, and a glossary. There are numerous illustrations, some in color. A few of these sites are near our orienteering venues, so you might want to combine an excursion of hunting for controls with hunting for Wissahickon Valley garnets or Big Brook fossil shark teeth. Paperback, 167 pp.

Competition awards

The DVOA Board of Trustees and Executive Committee recently instituted \$500 awards to be given to DVOA members in good standing who represent the US at the Junior World Orienteering Championships (JWOC) or the World Orienteering Championships (WOC) in foot orienteering.

DVOA members in good standing are USOF members who have listed DVOA as their primary club for the previous 18 months. The awards are to be used to offset expenses incurred while traveling to or competing at JWOC or WOC. Awards are limited to a maximum of \$2000 per year; if more than four awards are earned, the DVOA executive committee will determine how to distribute the monies.

These awards were instituted to recognize and support those DVOA members who have dedicated themselves to training and have achieved the highest level of excellence in US orienteering. Go, DVOA!

E-punch update

E-punching is being used at more and more local events, and now that the equipment has been improved, it's easier than ever to use. More and more club members are learning to use the computer software which also helps.

The club purchased a second laptop to be used at A events for setting up a network. It also means that we're close to having enough equipment for two full e-punch kits.

Many of the events using e-punching are using a self-serve start for the e-punch courses. This means that fewer volunteers are needed to man the start and finish and also that courses can have a remote start and/or finish, making for better course design options.

If you're an event director or course setter and want to use e-punching contact me, Sandy Fillebrown, (sfillebr@sju.edu or 215-482-9479) to reserve the equipment. I'll also try to help with finding a volunteer to run the computer software.

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.



FRANK AND SHARON PATER

The Paters first heard of orienteering through an article in the *Wilmington News-Journal* newspaper. Frank joined DVOA in 1982 with a family membership, which included wife Sharon and very young children Frank III and Steven. They volunteered to help with registration, course setting, mapping, child care, or however they were needed or able. Two more children, son Richard and daughter Sarah, soon joined the family. During the child-rearing years, other activities such as soccer coach and soccer mom took precedence over orienteering, but now that the children are grown, Frank and Sharon are again involved. He served in the important job of registrar for our A event this past fall at Fair Hill in Maryland.

Frank is a computer analyst and, back when he first joined our club, listed handball and soccer as hobbies. Sharon is a teacher and enjoys photography. They live in Wilmington, DE.



ANDREA AND ROGER HARTLEY

We didn't have to explain orienteering to Roger and Andrea. Being from Britain, they were already familiar with the sport, so when they noticed an O' sign along the road one day, they followed it to one of our events at French Creek. This was back in 1985. They immediately got a family membership to include their young children Joanna and Eric, and became very much involved with helping with local events. Roger took over as director of the String-O for kids, serving faithfully for several years while it was being promoted on a national level. This involved storing and inventorying supplies, arriving early at events to set up a string course, and then encouraging kids to give it a try.

Roger served as DVOA trustee from 1988 to 1993 and has served many times as meet director or helper, both at local and national events, with Andrea helping also in some capacity. No one is more proficient or conscientious in using the course

printer than Roger; he has printed courses for many events. Roger was part of the Start Crew at the World Orienteering Championships held in New York state in 1993, an unforgettable event for all of those attending.

Roger is a project engineer, and Andrea is a teacher. They live in Perkasie, PA.



RICK WHIFFEN

Rick really stands out because of his enthusiasm for orienteering and his desire to spread the word to as many people as possible. Our records show that he first joined DVOA in May of 1983. In July of the same year he called me, asking if it would be possible to borrow some controls to use at an orienteering theme birthday party he was giving for his four-year-old son. Rick prepared a simple map of a local park, and seventeen children from the Woolly Bear Day Care Center in Lansdale had fun while participating in possibly the first O' event for ages four and under. A photo and an article appeared in the local newspaper, and the event was also written up in our national magazine of the time, *Orienteering USA*.

Rick is a computer analyst and has continued to publicize orienteering among his work associates. He has helped at local events and in recent years has teamed up with Udaya Bollineri as co-meet directors at French Creek West, Evansburg, and most recently this past fall at our new map of Tyler State Park.

Rick's wife, Mary, is a physician, and they live in North Wales, PA. They have three grown children: Richard, Amy and Gail.



Spring is a natural resurrection, an experience in immortality.

Henry David Thoreau, naturalist and author (1817-1862)
A Word a Day

Take care in the woods, for there are good turns and bad turns around every bend.

Joel Harrison Thomson
Los Angeles Orienteering, Nov.-Dec. 2001

Notes from DVOA's winter meeting

DVOA's winter meeting is more than just a meeting: it's fun! It's also educational: Wyatt Riley, Ralph Tolbert and Tom Overbaugh talked about the designs for their courses at the November 2005 A-event and sprint at Fair Hill, Maryland. The meeting is filling (the meeting is preceded by an abundant buffet of main dishes and desserts). It's rewarding: no one who attends leaves without a door prize! Another way it could be rewarding is if you bid on and won items at the silent-auction table to benefit DVOA's juniors.

The winter meeting is also informative; there is a meeting, after all. Topics discussed during the business meeting included upcoming A events. One is planned for New Jersey in November 2006; the event will use the newly updated Pakim Pond map and a map of a new park, Batso (watch for details). Also, the club has applied for and been granted the opportunity to host the 2007 interscholastic competition at Fair Hill.

The club also held an election of officers and a new trustee. All three current officers were re-elected for another two-year term: Ralph Tolbert, president; John DeWolfe, vice-president; and Mary Frank, secretary-treasurer. Maryann Cassidy was elected to a five-year term as trustee, replacing Mark Cornish, whose term expired.

DVOA's mapping activities continue. Projects in various stages in the pipeline include a new section of Hickory Run south of Rt. 534 and Governor Dick Park in Lebanon Co., PA.

Ed Scott, left, and Fred Kruesi talk over a box of new maps. Ed coordinates DVOA's annual schedule and is the founder and continuing event director of the popular MASOC (Mid-Atlantic Scout Orienteering Championship) held in May. Fred coordinates the Hickory Run training weekend as well as being equipment administrator and keeper of DVOA's electronic map files.



Sharon Siegler, DVOA's social coordinator, at work coordinating the buffet items



Dave Urban, Julie Keim, Janet Porter, and Petr Hartman check out the items on the silent auction table. The auction raised funds for DVOA's juniors



DVOA officers re-elected: (left to right): John DeWolfe, vice-president; Mary Frank, secretary-treasurer (along with her assistant and daughter, Michelle); and Ralph Tolbert, president.

2005 Top Ten Lists

(Based on DVOA members participating in a minimum of four events in 2005)

Top 10 men

Name	Class	Club	Score
1 Eddie Bergeron	M21	SVO	104.43
2 Clem McGrath	M21	DVOA	99.44
3 Gregory Balter	M40	DVOA	96.14
4 Wyatt Riley	M21	DVOA	95.08
5 Mihai Veres	M21	DVOA	91.05
6 Randy Hall	M40	DVOA	90.38
7 Alex Berilo	M21	DVOA	89.03
8 Vadim Masalkov	M35	DVOA	87.42
9 Florin Tencariu	M21	DVOA	86.81
10 Sergei Fedorov	M21	DVOA	81.47

Most Distance Orienteered

PI Name	Class	Club	Distance
1 Brian Supplee	M45	DVOA	232.52
2 Wyatt Riley	M21	DVOA	209.15
3 Clem McGrath	M21	DVOA	207.67
4 Vadim Masalkov	M35	DVOA	187.02
5 Randy Hall	M40	DVOA	185.37
6 Florin Tencariu	M21	DVOA	156.49
7 Mark Cornish	M45	DVOA	155.23
8 Karl Ahlswede	M40	DVOA	154.60
9 Johnny Wrongway	M40	DVOA	153.17
10 Mark Frank	M45	DVOA	146.32

Most Controls Punched

PI Name	Class	Club	Controls
1 Brian Supplee	M45	DVOA	461
2 Clem McGrath	M21	DVOA	411
3 Wyatt Riley	M21	DVOA	402
4 Randy Hall	M40	DVOA	372
5 Vadim Masalkov	M35	DVOA	358
6 Johnny Wrongway	M40	DVOA	336
7 Mark Frank	M45	DVOA	335
8 Mark Cornish	M45	DVOA	320
9 Rick Whiffen	M50	DVOA	300
10 Florin Tencariu	M21	DVOA	291

Top 10 Women

Name	Class	Club	Score
1 Angelica Riley	F21	DVOA	65.62
2 Sandy Fillebrown	F50	DVOA	58.92
3 Daria Babushok	F21	DVOA	53.12
4 Mary Frank	F45	DVOA	51.79
5 Shelley Pennington	F21	DVOA	49.53
6 Alison Campbell	F14	DVOA	49.23
7 Sandy Ahlswede	F35	DVOA	48.08
8 Anne Fitch	F40	DVOA	46.32
9 Julie Keim	F21	SVO	41.60
10 Nancy Sharp	F45	DVOA	39.58

Greatest Climb

PI Name	Class	Club	Climb
1 Brian Supplee	M45	DVOA	6537.0
2 Wyatt Riley	M21	DVOA	5855.0
3 Clem McGrath	M21	DVOA	5750.0
4 Randy Hall	M40	DVOA	5246.0
5 Vadim Masalkov	M35	DVOA	5060.0
6 Mark Cornish	M45	DVOA	4400.0
7 Mark Frank	M45	DVOA	4264.0
8 Karl Ahlswede	M40	DVOA	4230.0
9 Johnny Wrongway	M40	DVOA	4143.0
10 Florin Tencariu	M21	DVOA	4077.0

Fastest Pace

PI Name	Class	Club	Pace	Evts
1 Eddie Bergeron	M21	SVO	7:40	6
2 Clem McGrath	M21	DVOA	7:53	23
3 Gregory Balter	M40	DVOA	7:58	6
4 Wyatt Riley	M21	DVOA	8:08	23
5 Sergei Gnatiouk	M35	HVO	8:20	5
6 Mihai Veres	M21	DVOA	8:33	12
7 Vadim Masalkov	M35	DVOA	8:41	19
8 Florin Tencariu	M21	DVOA	8:47	15
9 Randy Hall	M40	DVOA	8:50	21
10 Andras Revesz	M40	DVOA	8:51	6

Age 14-17 champs

Men

Name	Class	Score
1 Hunter Cornish	M18	63.85
2 Greg Ahlswede	M16	57.56
3 Addison Cole	M18	49.89
4 Dayne Thatcher	M14	38.74
5 Jerry Zimmer	M18	29.49

Women

Name	Class	Score
1 Alison Campbell	F14	49.23
2 Jamie Hill	F16	33.61
3 Susan Cornish	F14	31.21
4 Stephanie Zimmer	F14	25.02

Under 14 champs

Men

Name	Class	Score
1 Dylan Singley	M12	38.75
2 Robert Frank	M12	26.65
3 Corey Thatcher	M12	25.33
Chase Thatcher	M10	23.85

Women

Name	Class	Score
1 Heather Campbell	F10	30.51

Top right: First-place finisher for men age 14-17 Hunter Cornish, and second-place finisher Greg Ahlswede. *Bottom right:* First-place finisher for women age 14-17 Alison Campbell, and her sister, Heather, under-14 champ for women. Congratulations, DVOA juniors!



Club Totals - 2005

Category	Total
Total Events	86
Total Orienteers	5358
Total Time (hh:mm:ss)	7074:54:20
Total Distance (km)	24380.34
Total Climb (m)	647303.00m
Total Controls	61545
Num Ranked Runners	175
Average Age of Ranked Runners	41.67

Course Totals

Course	Number	Runners
White	35	906
Yellow	37	1323
Orange	31	730
Brown	28	560
Green	28	1023
Red	28	642
Blue	12	174

Have an article, commentary or photos you'd like to contribute to the Briar Patch? Please submit them to the **Briar Patch** editor, Nancy Sharp, at njsharp@aol.com or mail to
3439 Fairfield St,
Laureldale, PA 19605

Event Summary - 2005

Note: Since this page was first created, I changed the way events are listed in the database. That makes many things easier, but results in many events on this page showing zero for the number of participants. *Kent Shaw*

Map Name	Date	Director	Designer	Participants
Hibernia	Jan 16	Ralph Tolbert & Nancy Sharp	Ralph Tolbert	0
NHS	Mar 05	John De Wolf	Randy Hall	0
Nolde	Mar 06	John De Wolf	Randy Hall	0
Myrick	Mar 12	Mary Frank	Mary Frank	0
Hibernia	Mar 13	Karl & Sandy Ahlswede	Karl Ahlswede	129
Green Valley	Mar 19	Mark Frank	Mark Frank	0
Colliers Mills	Mar 20	Bob Burg	Rick Slater	0
Warwick	Mar 20	Mary Frank	Mark Frank	0
Brandywine Creek	Mar 26	Maryann Cassidy & Bob Burg	Bob Burg	127
Holmdel	Apr 03	Bob Rycharski	Bob Rycharski	83
Ridley	Apr 10	Hugh MacMullan	Hugh MacMullan	158
Hawk Mtn	Apr 17	Dave Prine & Linda Mills	M. Cornish, Mary Frank & G. Piper, H. Co	102
Mt Joy	Apr 24	Clem McGrath and Dasha Babushok	Clem McGrath and Dasha Babushok	163
WL Gore	Apr 25	Mark Frank	Mark Frank	0
Illicks Mill	Apr 30	Steve Aronson	Eric Weyman	23
FC West	May 01	Rick Whiffen & Udaya Bollineni	Udaya Bollineni & Rick Whiffen	104
FC Central	May 08	Wyatt & Angelica Riley	Ed Scott	154
Daniel Boone	May 14	Bob Gross	Bob Gross	83
Green Lane (WY)	May 21	Janet Porter	Wyatt Riley	0
PA Sch for Deaf	May 21	William Allaband	Art Bond	0
FC East	May 22	Meyer Family	Bob Meyer	136
Water Gap	May 29	Sandy Fillebrown	Sandy Fillebrown	86
VF Fatlands	Jun 04	Mary Frank	Mark Frank	51
Pakim Pond	Jun 05	Maryann Cassidy	Bob Burg	75
FC West	Jun 12	Mark/Mary Frank	Mark Frank	104
Hickory Run	Jun 19	Rob Wilkison	Rob Wilkison	0
WL Gore	Jun 24	Mark Frank	Mark Frank	0
Nockamixon	Jun 26	Ed Scott	Ed Scott	0
Independence	Jul 03	John De Wolf	null	0
FC North	Jul 10	Ron Bortz & Janet Porter	Ron Bortz	131
Mt Misery	Jul 24	Mike Bertram & Kathy King	Mike Bertram	158
FC East	Aug 14	Mark & Mary Frank	Mark Frank	116
Hickory Run	Sep 04	Steve Aronson & Sharon Siegler	Steve Aronson	95
IKEA Challenge	Sep 06	Mark Frank	Mark Frank	0
Ft. Washington	Sep 10	Karl & Sandy Ahlswede	Karl & Sandy Ahlswede	0
Remembrance O	Sep 11	John Swaren	John Swaren	0
WL Gore	Sep 13	Mark & Mary Frank	Mark & Mary Frank	0
Hkry Run Night-O	Sep 17	Fred Kruesi	null	0
Hickory Run	Sep 18	Janet Porter	Mark Cornish	113
JMJ Home School	Sep 23	Mark & Mary Frank	Mark & Mary Frank	0
Core Creek	Sep 24	Billie Jo Miraski & Marino	Billie Jo Miraski & Marino	37
Norristown Farm	Sep 24	Bob & Sheree Meyer	Bob & Sheree Meyer	0
Warwick	Sep 25	Mark Cornish & V-crew	Mark Cornish	83
Sacred Heart	Sep 27	Mark & Mary Frank	Mark & Mary Frank	0
FC North	Oct 02	Tim Gilpatrick	Mary Frank	119
Quail Hill	Oct 02	Robert Rycharski & Jerry Smith	Robert Rycharski	88
Iron Hill	Oct 05	Maryann Cassidy	Bob Burg	71
Camp Musser	Oct 15	Mary Frank	Mary Frank	0
Baldwin School	Oct 19	Mary Frank	Mary Frank	0
WL Gore	Oct 20	Mark Frank	Mark Frank	0
Nolde	Oct 23	Cornish Family	Mark Cornish	127
Myrick Night-O	Oct 29	Jack & Flo Williams	Jack Williams	0
Wash. Crossing	Oct 30	Jerry Smith	Rick Slater	135
Tyler	Nov 06	Rick Whiffen & Udaya Bollineni	Udaya Bollineni, Rick Wiffen, Eric Weyma	190
Fair Hill Sprint	Nov 11	Wyatt Riley	Wyat Riley	0
Fair Hill A-Meet	Nov 12	Ron Wood	Ralph Tolbert	336
Fair Hill Trail	Nov 12	Nancy Sharp	Nancy Sharp	0
Fair Hill Long-O	Nov 13	Ron Wood	Tom Overbaugh	307
Fair Hill Rec	Nov 13	Ron Wood	Tom Overbaugh	20
Illicks Mill	Nov 25	Steve Aronson	Steve Aronson	30
Mt Penn	Nov 27	Eric Pevoto	Dale Parson	90
FC East	Dec 04	Mark Frank	Ed Scott	59
Nockamixon	Dec 11	Janet Porter & Denny porter	Janet Porter	58

2005 Class Ranking for All Classes

Women				Men									
Rank	Name	Class	Club	Score	Rank	Name	Class	Club	Score				
1	Heather Campbell	F10	DVOA	30.51	1	Chase Thatcher	M10	DVOA	23.85	16	Tim Gilpatrick	M40	DVOA 34.79
1	Alison Campbell	F14	DVOA	49.23	1	Dylan Singley	M12	DVOA	38.75	17	Joseph Ward	M40	DVOA 33.46
2	Susan Cornish	F14	DVOA	31.21	2	Robert Frank	M12	DVOA	26.65	18	Jeff Hanlon	M40	DVOA 32.44
3	Stephanie Zimmer	F14	DVOA	25.02	3	Corey Thatcher	M12	DVOA	25.33	19	Michael Metzger	M40	DVOA 31.19
1	Jamie Hill	F16	DVOA	33.61	1	Dayne Thatcher	M14	DVOA	38.74	20	Don Kluchinski	M40	DVOA 29.65
1	Christine Alaniz	F20	DVOA	29.71	2	Yuri Zakrevski	M14	DVOA	19.57	21	John Kalicki	M40	DVOA 20.23
1	Angelica Riley	F21	DVOA	65.62	1	Greg Ahlswede	M16	DVOA	57.56	22	Philip Salen	M40	DVOA 18.13
2	Daria Babushok	F21	DVOA	53.12	1	Hunter Cornish	M18	DVOA	63.89	1	John Campbell	M45	DVOA 76.47
3	Shelley Pennington	F21	DVOA	49.53	2	Addison Cole	M18	DVOA	49.89	2	Tom Overbaugh	M45	DVOA 76.3
4	Julie Keim	F21	SVO	41.6	3	Jerry Zimmer	M18	DVOA	29.49	3	Istvan Nagy	M45	DVOA 74.18
5	Kathy Allen	F21	DVOA	33.32	1	Patrick Wilshire	M20	DVOA	38.73	4	Mark Cornish	M45	DVOA 73.59
6	Kate Wurster	F21	DVOA	22.29	2	Eddie Bergeron	M21	SVO	104.43	5	Mark Frank	M45	DVOA 71.1
7	Deb Brady	F21	DVOA	20.15	3	Clem McGrath	M21	DVOA	99.44	6	Brian Supplee	M45	DVOA 58.68
1	Sandy Ahlswede	F35	DVOA	48.08	4	Wyatt Riley	M21	DVOA	95.08	7	Bob Gross	M45	DVOA 54.01
1	Anne Fitch	F40	DVOA	46.32	5	Mihai Veres	M21	DVOA	91.05	8	Scott Thatcher	M45	DVOA 53.72
2	Linda Godfrey	F40	DVOA	39.11	6	Alex Berilo	M21	DVOA	89.03	9	Chuck Crabb	M45	DVOA 52.57
3	Lisa Seifrit	F40	DVOA	29.2	7	Florin Tencariu	M21	DVOA	86.81	10	Fred Reed	M45	DVOA 48.33
4	Carol Kluchinski	F40	DVOA	26.37	8	Sergei Fedorov	M21	DVOA	81.47	11	John De Wolf	M45	DVOA 48.27
5	Colleen Bracken	F40	DVOA	25.51	9	Shawn Duffalo	M21	DVOA	63.32	12	Bob Rycharski	M45	DVOA 44.66
6	Patricia Miller	F40	DVOA	21.79	10	Steve Barr	M21	DVOA	62.44	13	Steve Aronson	M45	DVOA 41.68
7	Sandra Ward	F40	DVOA	21.1	11	Chris Steere	M21	DVOA	60.05	14	Kim Pelle	M45	DVOA 39.83
1	Mary Frank	F45	DVOA	51.79	12	Matt Campbell	M21	DVOA	53.83	15	Roger Broome	M45	DVOA 37.44
2	Nancy Sharp	F45	DVOA	39.58	13	Udaya Bollineni	M21	DVOA	52.06	16	Ron Cook	M45	DVOA 33.69
3	Audra Supplee	F45	DVOA	38.74	14	Valery Havaka	M21	DVOA	46.44	17	David Cramer	M45	DVOA 32.92
4	Karen Graffman	F45	DVOA	33.29	15	Joby Hilliker	M21	DVOA	40.27	18	Robert Smith	M45	DVOA 30.55
1	Sandy Fillebrown	F50	DVOA	58.92	16	Joel Allen	M21	DVOA	35.87	19	Robert Groves	M45	DVOA 30.42
2	Kathy King	F50	DVOA	35.1	17	Gregg Davis	M21	DVOA	33.38	20	Lou Thomer	M45	DVOA 29.1
3	Donna Terefenko	F50	DVOA	29.68	18	Krystian Tarnawa	M21	DVOA	29.95	21	Brian Hill	M45	DVOA 26.22
4	Karen Ort	F50	DVOA	29.56	1	Rich Whiffen	M21	DVOA	27.25	1	Ron Bortz	M50	DVOA 68.4
5	Magaret McGoldrick	F50	DVOA	29.24	1	Vadim Masalkov	M35	DVOA	87.42	2	Mike Ball	M50	SVO 60.68
6	Kathleen Geist	F50	DVOA	28.95	2	Hugh MacMullan IV	M35	DVOA	64.54	3	Robert Meyer	M50	DVOA 59.07
7	Andrea Hartley	F50	DVOA	26.92	3	Bill Mebane	M35	DVOA	47.06	4	Jim Eagleton	M50	DVOA 56.41
8	Maryann Cassidy	F50	DVOA	26.66	4	David Seifrit	M35	DVOA	41.6	5	Ralph Tolbert	M50	DVOA 52.83
9	Deb Samans	F50	DVOA	26.38	5	Eric Pevoto	M35	DVOA	38.99	6	Dale Parson	M50	DVOA 48.14
10	Sheryl Meyer	F50	DVOA	22	6	Bob Burton	M35	DVOA	33.36	7	Fred Kruesi	M50	DVOA 43.15
11	Mary Whiffen	F50	DVOA	18.7	1	Gregory Balter	M40	DVOA	96.14	8	Dave Kline	M50	DVOA 43.05
12	Pat Keim	F50	SVO	17.56	2	Randy Hall	M40	DVOA	90.38	9	Joseph Maglaty	M50	DVOA 42.31
1	Lynn Aldrich	F55	DVOA	37.84	3	Andras Revesz	M40	DVOA	77.63	10	Joe Hamer	M50	DVOA 40.96
2	Sharon Siegler	F55	DVOA	30.09	4	Karl Ahlswede	M40	DVOA	71.11	11	Robert Broussard	M50	DVOA 40.18
3	Judy Scott	F55	DVOA	26.87	5	Jim Rayburn	M40	SVO	64.33	12	Rick Whiffen	M50	DVOA 36.9
4	Kathy Urban	F55	DVOA	22.13	6	Drew Devitt	M40	DVOA	63.16	13	Ken Miraski	M50	DVOA 36.59
5	Annie Gladden	F55	DVOA	13.78	7	Petr Hartman	M40	DVOA	63.09	14	Mitch Zimmer	M50	DVOA 35.37
1	Jean O'Connor	F60	DVOA	37.59	8	Johnny Wrongway	M40	DVOA	61.39	15	Ron Barron	M50	DVOA 34.37
2	Tory Lingg	F60	DVOA	22.07	9	Ury Backiev	M40	DVOA	58.46	16	Tim Marino	M50	DVOA 33.49
1	Peg Edwards	F65	DVOA	29.48	10	Tom Olds	M40	DVOA	47.89	17	Larry Geist	M50	DVOA 29.95
1	Brenda Harder	F65	DVOA	26.1	11	Jay Wilshire	M40	DVOA	42.75	18	K. I. McCane	M50	DVOA 27.65
1	Caroline Ringo	F75	DVOA	20.7	12	Steven Getz	M40	DVOA	42.17	19	Mike Scaringi	M50	DVOA 26.36
					13	Billy Allaband	M40	DVOA	37.27	20	Mark Mace	M50	DVOA 17.99
					14	Chris Young	M40	DVOA	36.41	1	Mike Bertram	M55	DVOA 56.81
					15	Valery Roy	M40	DVOA	35.28	2	Rob Wilkison	M55	DVOA 55.67
										3	Bob Burg	M55	DVOA 54.07
										4	Bob Fink	M55	DVOA 49.72
										5	Kent Shaw	M55	DVOA 46.34
										6	Ed Niemann	M55	DVOA 40.89

(Continued on page 11)

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 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

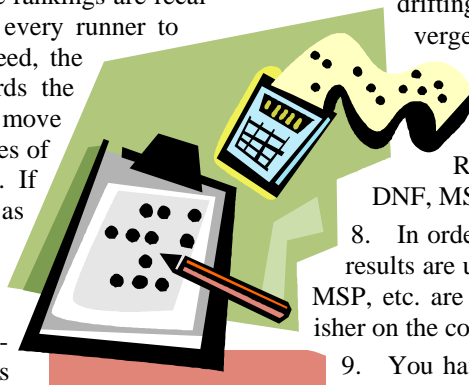
If you are on average twice as fast as somebody, you should end up with about twice their score.

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.



2006 President's Cup at Hibernia—Jan. 22, 2006

By Ralph Tolbert, president, DVOA

I'll admit I was not expecting this winter's unseasonably warm weather to continue for this event, so when it did, I was surprised and happy with the great turn out. I borrowed the Photo/Score Orienteering concept I used for the 2006 President's Cup from Kent Shaw. He used this approach at Fort Washington back in 1999, if I have my dates correct.

Both Kent and I prepared a clue sheet consisting of photographs of the control sites. One difference between the two events: participants at my event did not get a set of the photos to take with them on the course. The intent here was for the participants to figure out where the feature was based on two pieces of information: first, the control description. In addition to telling you the feature, which feature and flag placement, there was an additional piece of information: the direction of observation or the direction the camera was pointing when the



DVOA president Ralph Tolbert gives instructions on the Score/Photo-O format before the event's mass start.

Anyway, back to Hibernia: For example, the most valuable feature on the map was a 50 pointer that was not visited by anyone other than to be photographed, control hung and picked up. As described on the control description – northwestern (which) boulder 1.7 meters high, flag placement on north side, photo view direction was south. Additional info in the photo showed two (2) rootstocks directly behind the boulders. The task was then to look at the map, locate a group of two or more boulders that would require “which” one if you drew a control circle around them and that were close to two rootstocks, and you earned 50 points. You get the idea.



Kathleen Geist, left, and Sandy Ahlswede try to correspond the photo clues to actual locations on the Hibernia map.

picture was taken. The second piece of information came from the photos themselves, which not only depicted the feature but also contained background details that would help identify the control location.

Orienteering is billed as the thinking sport, and I was hoping participants would take some time to “think” about a feature's location. I sometimes find myself “looking for a flag” instead of orienteering when I'm on a course. I've found that course setting is one activity that helps me avoid what I'll call “finding flag instead of feature.” As you know, designing courses begins at home on paper, but eventually you have to visit the feature without the benefit of having a flag or streamer and be confident you're at the correct place. Setting courses in terrain that's new to you requires the course setter to identify the correct feature in the terrain and confirm it using nearby features. Going out into the woods and finding features that are not flagged or streamered can be a great confidence builder and make you more effective at orienteering. Try it without flags or streamers and keep your compass in your pocket – only use the map! (By the way, this is how one of our Russian mappers, Vladimir, teaches orienteering at the university where he works in Moscow.)



The photo above shows the control site described. Because the photo was 'busy', the text bubbles were added in hope of clarifying the features. The control circle and number shown at right were not on the maps distributed.



I want to thank Nancy Sharp for going around Hibernia on two different occasions (one in the rain) to take pictures and for editing the pictures, including adding captions and clue text. Also special thanks to Randy Hall for making control pickup a one-man show.

As for next year's event, how about Daniel Boone for the venue and something I'll call Spaghetti-O (an idea suggested by Dave Urban).

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.

Specific duties include:

Arrange for land access permission through the land-use coordinator (DVOA's secretary). Many federal, state, county, city and private landowner 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.

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 forms and clipboards.

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.

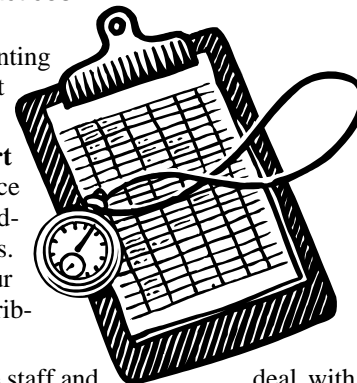
Generate results and submit to the web master ASAP, preferably within 24 hours.

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.



2005 Class Ranking—continued from p. 6

7 Michael Forbes	M55 DVOA 39.12	1 Bruce Zeidman	M60 DVOA 51.93	1 Hugh MacMullan III	M65 DVOA 54.36
8 Tim Walsh	M55 DVOA 36.41	2 Ron Wood	M60 DVOA 48.33	2 Bill Shannon	M65 DVOA 43.87
9 John T. Ort	M55 DVOA 34.88	3 Dave Darrah	M60 DVOA 44.87	3 John Edwards	M65 DVOA 38.58
10 Bob Fischer	M55 DVOA 33.94	4 Ed Scott	M60 DVOA 44.84	4 John Williams	M65 DVOA 31.46
11 Mike Borovicka	M55 DVOA 31.97	5 Alan Lopez	M60 DVOA 42.94	5 Merle Kohn	M65 DVOA 19.07
12 Rick Reynolds	M55 DVOA 31.53	6 Mark Kern	M60 DVOA 38.03		
13 Barry Landis	M55 DVOA 29.29	7 Gary Brown	M60 DVOA 29.98	1 Jim Browne	M70 DVOA 26.17
14 Dave Urban	M55 DVOA 28.96	8 Roger Martin	M60 DVOA 24.18		
15 Roger Hartley	M55 DVOA 28.54			1 Kent Ringo	M85 DVOA 15.52

Training tip

O Skills and Strategies: Route Selection

This article was extracted from *Orienteering Skills and Strategies*, written by Ron Lowry and Ken Sidney and published by *Orienteering Ontario* in 1987.

Making accurate assessments of your position and your route direction, and following those routes quickly and efficiently, is what good orienteering requires.

Navigation decisions are influenced by a great many variables: map, terrain, vegetation, weather, course difficulty and your level of fitness/fatigue. In all cases, two simple rules apply:

1. Select an attack point.

These are distinct, easily-found features, usually within 100 to 200 meters of the control.

Beginners on the easiest course (white) don't need an attack point because controls should be hung on obvious features and the routes between controls follow well-marked trails or fields.

Beginners on "advanced-beginner" course (yellow) use trail junctions, distinct trail bends, fence or field corners and other large man-made objects as attack points.

Intermediate competitors (on orange) also use path junctions, trail bends and cleared areas as attack points. More frequently, however, because their courses cut through the terrain more directly in parts where fewer trails are available, they must look for terrain features. These may include hills, re-entrants (small downward-flowing valleys), large cliffs and marshes or small ponds.

Advanced orienteers' skill levels allow them to take a more direct route, using a variety of smaller, though still distinct, features that an intermediate competitor might not find easily.

2. Choose a safe route.

The adage is particularly relevant for orienteers, beginner and intermediate participants especially. The degree of safety is directly related to your skill level. A route that is safe for one orienteer may be unrealistic and extremely risky for another.

Beginners: Stay on well-traveled trails and fields. Go out of your way to play it safe. *Don't* try short cuts; not yet!

Intermediates: Use distinct handrails and catching features to navigate.

Advanced: Use handrails if available, but more often, you'll use catching features.

Good attack points

A good attack point is a feature that you can find easily and from which you can then find the control easily. As described above, the features themselves are different for different skill levels. Good attack points share some common characteristics, however.

- There may be several good attack points near a control. Choose the one that offers the safest route.
- The attack point should be as close as possible to the control. If farther than 200 to 300 meters, it becomes increasingly difficult to find the control from it.
- Use different features. Trail ends are not distinct, for example. Neither are small details such as boulders, knolls and pits.
- Select attack points that permit the best view of the terrain to the control. If the control is on a slope, if possible, select

an attack point above the control.

- Attack points can be distinct features beyond the control. Or they can be linear features beyond the control.

Using Meets as Training

by Dennis Wildfogel, from Los Angeles Orienteering newsletter, Sept-Oct. 2001

Let's consider the fact that the vast majority of us never train for orienteering at all. How then is one supposed to improve? Answer: if the only time you ever do anything connected with orienteering is at O-meets, then the only way to get better is to learn to use O-meets as training.

Before you get to a meet (say, while you're driving there), think about one or two skills that you want to work on that day. Perhaps you'll choose pace counting, or thumbing, or running through controls. Review your objectives for the day before you get to the starting line so they'll be firmly planted in your mind. And when the event is over (perhaps on the drive home), review the extent to which you did or didn't utilize the skills that you planned to work on, and evaluate under which circumstances those skills proved most useful. This review is very important; it's where most of the learning actually takes place.

Will concentrating on one or two particular skills diminish your performance in that event? Perhaps, but that's the point I'm making here: if you want to improve and you have no opportunity to practice orienteering except at meets, that you have to "sacrifice" some meets. That is, in those meets that you use for training, you have to put the competition angle out of your mind and concentrate instead on developing specific skills that will make you better in the long run.

(Additional thoughts: unattributed, from same column)

Before a meet, I usually think about what I did wrong at my last few meets and believe me, I have a lot to think about. But I don't obsess over my mistakes; rather, I try to learn from them and make positive plans to that they won't be repeated. "Good orienteering comes from experience, and experience comes from bad orienteering."

After I finish my course, I usually have some new mistakes to "contemplate." First, I try to talk these over with someone who ran the same course and who seems more experienced than me. Orienteers love to "rehash the battle" after it is all over. I also talk to the course setter if I have time.

Next, if at all possible, I will go back out on the course to the controls with which I had the most difficulty and discover the way I would like to have done it the first time. Hindsight is always easier, but it also can be instructive when trying to correct specific mistakes.

And lastly, if I have any gas left, I'll volunteer for control pick-up. Then I will see controls that I haven't seen before, but going at a slow pace with no pressure, I can practice my techniques on how to approach them.

Training tip

The Fitness Edge

by Eric Buckley (*Reprinted From Contour Line, the newsletter of the St. Louis Orienteering Club, March 1999*)

Let's suppose that you've been actively training all winter, running three to four times a week with a weekly session of intervals. You know that your fitness has improved because your interval times have come down. You arrive at the start of your first spring meet ready to show the world what an aerobic animal you've become.

A quick glance at the map shows that the first control is in a large depression just off a trail 200 meters away. You sprint down the trail (have to take advantage of these running legs) for what feels like 200 meters (you've run enough 200m repeats to know how far that is) and look off to the side and see ... forest. Better check that map again. This doesn't look right, there should be a stream nearby. Rats! Sprinted down the wrong trail.

Not to worry, just run faster and make it up. You cut through the woods to the other trail and turn back toward the start, looking for the depression. None in sight. Maybe that wasn't really 200 meters on the first trail. Turn around, charge into the woods and find the stream. Overshot the other way! You march back up the bank and find the depression (which is a pretty good description of your mood). A glance at your watch shows that you spent over six minutes finding what should have been an easy first control. This fitness stuff is really paying off!

If that sounds a bit far fetched, I will merely point out that it is, in fact, a description of my first foot-orienteering leg. I was used to running 5k cross-country races and expected to apply the same level of effort to orienteering. I learned quickly that bringing a lot of fitness to this sport only helps if you know how to use it.

First of all, be realistic in your expectations. If you have noted a ten percent improvement in your running times, then you might expect a similar improvement in your orienteering. So, if you used to run 11-minute kilometers, you might now be around ten. Don't try to run sixes.

Know where to use your heart and where to use your head. Top orienteers often refer to this as the "stoplight" method. On each leg, look for places where you are very unlikely to get lost (trails, handrails or running towards a large catching feature). There are your "green" segments. Run these as fast as you can without losing complete track of where you are. Also look for sections where you could really mess things up. These are "red" sections and should be taken at a slow, possibly even walking pace. The remainder of the leg is "yellow" and can be taken at a moderate pace that allows you to stay in close contact with the map. Obviously, the better your navigation, the more green you will have.

Route choice is another area where fitness plays a big role. Many good runners assume that they should take longer routes on trails. This may work on the Yellow or Orange courses, but a well-designed advanced course will punish this strategy severely. Instead, look for ways to use fitness to stay close to the direct route. Remember that the longer the leg, the easier is it to get lost. Fitness allows you to run over hills, scramble along rock faces, and fight through thick vegetation, shortening the distance between you and the next control and keeping you on

the correct bearing. Of course, some obstacles should be avoided, but for the top athletes, a deviation from the direct route is the exception, not the rule.

The biggest gain from fitness comes in your approach to hills. Most recreational orienteers walk up hills. This is not necessarily bad, since the time can be used for map reading and route planning. However, walking up long hills gives away big chunks of time to those who can run them. A compromise for the reasonably fit runners is to run for 20-30 seconds, take a few steps to recover (look at your map during this respite) and then run again. This will get you to the top considerably faster without leaving you dizzy and out of breath.

Properly harnessed, fitness is a key advantage in orienteering. But they don't call this "the thinking sport" for nothing.

Truth is Stranger... Gleanings from the O'Net

Bizarre Event Problems

Bryan Teahen, New Zealand

(reprinted from *Tuscon Orienteering Club's Nov. 1998 newsletter*)

I've been involved in too many meets and seen all sorts of problems:

- The last control not put out in a multi-day event. The embarrassed organizers had to quickly run with a control and put it into place, in front of the spectators.
- Fallen trees completely covering a control and only the clipper (punch) could be seen. Most orienteers found it and went on; they thought the course designer had been trying to make it trickier for them.
- Controls moved by the criminal element: the control site was too near cannabis plots, and they removed it.
- Control in a depression completely covered by water after a downpour.
- A mapper had a 1:7,500 basemap, which he thought was a 1:10,000. For printing, it was reduced to 67 percent to print at 1:15,000. In fact, the 1:7,500 thus produced printed at 1:11,250; the apparent km times were fantastic.
- A cow got into the act: he completely licked, chewed and spit out one control. It must have looked like a salt lick.
- At one club event, the organizers ran out of maps and had to ask early finishers to allow their maps to be recycled to the later runners.
- A control was blown 400 m downhill after a very windy night before the event.
- All the courses had to be redrawn the night before the event when the pen originally used was found to be water-soluble.
- An enraged bull, stung by bees near one control, chased competitors who tried to get near it.
- A river on one course had become swollen and raging; racers were forced to swim it eight times to finish. (This event should have been canceled.)

O-Puzzle

By Jean O'Connor

This cryptic crossword puzzle contains 7 anagrams, 9 double definitions, and one homophone. Each of these types of wordplay has been featured in a previous puzzle. For this puzzle I also used 3 container clues and 4 charade clues. The wordplay of a container clue involves putting one part of the clue inside another part to come up with the answer word. A charade clue is similar, only the parts follow each other charade-style instead of being "contained" in each other. Remember that each clue contains wordplay and a definition. The definition is always at the beginning or the end of the clue. Here are examples taken from "Random House Guide to Cryptic crosswords" by Emily Cox & Henry Rathvon.

Container clue: Wise monarch wrapping present (7)
 Wise = definition = k(now)ing
 Monarch = king
 Wrapping = container indicator
 Present = now

Charade clue: Monarch succeeds in writing (6)
 Monarch = king
 Succeeds in = comes after "in"
 Writing = definition = in+king

This is my first complete cryptic puzzle. Most Americans are not used to this type of puzzle but I hope you'll give it a try. Email me at opuzzle@ksclick.com for hints or questions about the clues. There are 13 orienteering theme words in the solution. Have fun!

The answers to the homophones in the last issue are: missed mist, coarse course, root route, gorgeous gorges, bolder boulder, weighed wade, paced paste, copse cops, moose mousse

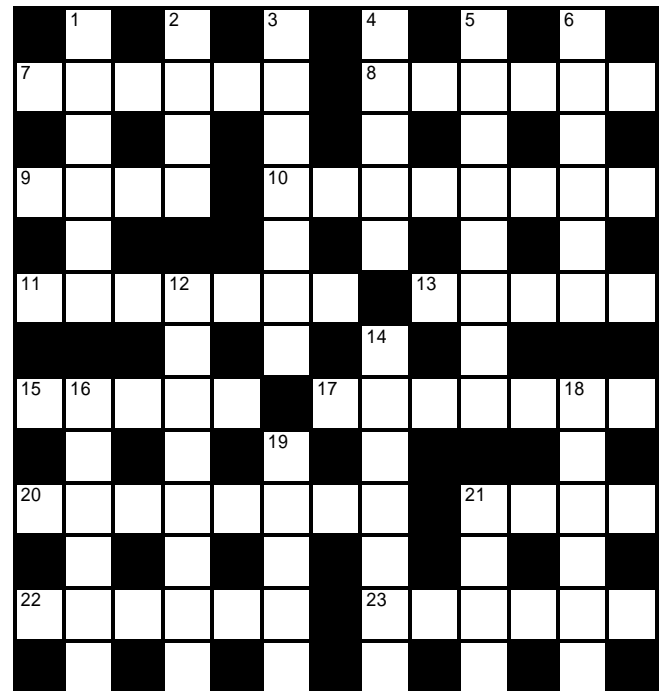
Anagrams and More

Across

- 7 The CEO entertained a "no" for the unusual event (5-1)
- 8 Ignore complicated area (6)
- 9 Deposit on the edge of the stream (4)
- 10 A light shade of red on the front of the holiday greeting - be sure to print your name clearly on it (4,4)
- 11 Chart situation providing protective cover (3,4)
- 13 Art we ruined is represented in blue (5)
- 15 It pulls your car to the tall feature (5)
- 17 Stress notes in arrangement (7)
- 20 Disturbed inert gas is the most furious (8)
- 21 Grouse or cow meat? (4)
- 22 Strangely no gear is needed for the intermediate course (6)
- 23 The fast orienteer can sometimes be found on the staircase (6)

Down

- 1 Amidst the sound of sheep, Nan found a piece of fruit (6)
- 2 Move back and forth to find the hard feature (4)
- 3 It shows the direction to go around (7)
- 4 \$1000 is luxurious (5)
- 5 The F60 lags a sec possibly (3,5)
- 6 The series of controls sounds rough (6)



- 12 Stick around the listener in the open area (8)
- 14 Characteristic orienteering landmark (7)
- 16 The proprietors may worsen terribly (6)
- 18 Do what Ed says – then you have followed the rules (6)
- 19 Not as many failed pitcher (5)
- 21 Musicians in the ring (4)

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:

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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
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Technical Director	Tom Overbaugh	302-368-8168	210 Fieldstream Dr, Newark, DE 19702-3115
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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
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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	610-917-9944	117 Oakwood Lane, Phoenixville, PA 19460
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

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!



Your help requested: be on the lookout for Giant Hogweed, an attractive but dangerous noxious weed

Hogweed is hazardous

This tall, majestic plant is a public health hazard because of its potential to cause severe skin irritation in susceptible people. Plant sap produces painful, burning blisters within 24 to 48 hours after contact. Plant juices can also produce painless red blotches that later develop into purplish or brownish scars that may persist for several years. For an adverse reaction to occur, the skin, contaminated with plant juices must be moist (perspiration) and then exposed to sunlight. Giant Hogweed has been classified both a federal and Pennsylvania noxious weed.

Giant Hogweed is a member of the carrot or parsley family and was introduced into Europe and North America in the early 1900s. It is native to the Caucasus region of Eurasia. Its massive size and imposing appearance made it desirable for arboretums and gardens. Giant hogweed soon escaped from cultivation and became established in rich, moist soils along roadside ditches, stream banks, waste ground, along tree lines and open wooded areas. In the United States, it is known to occur in Pennsylvania, Maryland, Connecticut, District of Columbia, Maine, Massachusetts, Michigan, New York, Ohio, Oregon and Washington. In southeastern Pennsylvania, it has been identified in Chester County.

Because orienteers often get to areas of parks not usually visited by park personnel, park officials have asked for help in locating this invasive plant.

How to recognize Giant Hogweed

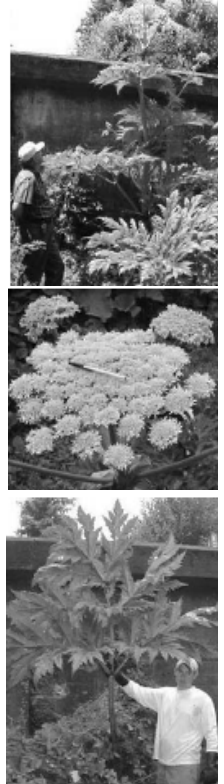
Giant Hogweed is a biennial or perennial herb growing from a forked or branched taproot. Plants sprout in early spring from the roots or from seeds.

The best time to identify Giant Hogweed is when it's blooming. It has numerous small white **flowers** in June or July, clustered into a flat-topped umbel up to 2.5 feet across. The **stems** are hollow, ridged, 2-4 inches in diameter, 8-14 feet tall, with purple blotches and coarse white hairs. The hairs are especially prominent circling the stem at the base of the leaf stalks. **Leaves** are lobed, deeply incised and up to five feet across. **Fruit** (containing the seed) is dry, flattened, oval, about 3/8 inch long and tan with brown lines.

Prevention and control

If you suspect Giant Hogweed is on your property or you spot it on public property, please call the Hogweed Hotline at 877-464-9333 or notify the park office. The Department of Agriculture staff will verify its identity and prepare a management strategy. Mowing, cutting and weed whacking are not recommended as a means of control because the plant's perennial root system soon sends up new growth. Also, these tactics are risky because they increase the opportunities for homeowners to come in contact with the plant's sap.

Giant Hogweed is spread naturally by seeds, which can be wind-blown and scattered several feet from the parent plant or may be carried by water to invade new areas. However, people are usually responsible for spreading Giant Hogweed over long distances. Seeds or young plants from a friend's garden, planted in new locations, help spread this weed quickly over distances much greater than the plant would spread naturally. The dried fruit clusters are sometimes used in decorative arrangement, and when discarded outdoors, can start a new patch of Giant Hogweed.



Information and photos excerpted from brochure prepared by the Pa. Dept. of Agriculture and the US Dept. of Agriculture



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