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www.chicago-orienteeing.org



Meet Director Course Setter Meeting

Host: Michael & Christina Collins
Location: Casa de Collins
8244 Kenneth, Skokie, IL
When: Saturday, February 3, 1:00pm
Phone: 708-642-1432

Calling all meet directors and course setters for the CAOC 2007 season!

During the meeting we will discuss the roles of both the meet directors and the course setters. If you have anything specific you want to highlight or comment on during the meeting, please reply. Dinner will be served at the meeting.

At some point in the evening, we'll split into two meetings, so that each group can discuss issues related to their areas.

For meet directors, this will include:

- *Changes to the meet directors' packet
- *Job aids for registration and start/finish volunteers
- *Supporting volunteers before, during, and after events
- *Meet accounting
- *Equipment (what we've got, what you need, how to get more)

For course setters, this will include:

- * Standards for course length and difficulty
- * Expectations for water on courses
- * Course review procedures
- * Using OCAD to prepare courses and sent to mapping director for pre-printed course maps

Before the meeting, meet directors and course setters will be sent a copy of the revised Meet Directors' Packet (which includes information for course setters). Course setters will also get a CD with the current maps files, and a demo version of OCAD 9 which can be used to create courses. Please review these materials before the meeting.

The President's Corner



- **Jim Gordon, CAOC President**

Happy New O-Year everyone!

Allow me to introduce myself. My name is Jim Gordon and I'm your newly elected club president. I live in Round Lake and have been a CAOC member since 2000 after moving to Chicago from the UK. I was originally introduced to orienteering while living in Germany then became more involved in the sport after moving to England. Just to avoid any confusion though, I should mention that I am Scottish. You'll see me around at the races so if you have any comments or suggestions, or just want to say hello, please feel free to do so.

Our previous president, Carl Larsson, (*originally from Sweden*) is still very much involved in the club and has chosen to take on the role of organizing our 2007 A-meet, which you'll be reading about in this issue. I'd like to take this opportunity to thank Carl for his many years as president and for the work he has done to make ours such a successful club.



There are several new initiatives coming this year so the following is to whet your appetite for the full stories to be found inside this newsletter. Previously our O-Year has consisted of about a dozen races evenly split between spring and fall, with a few alternative races in the extreme seasons, namely Snow, Canoe and Night O's. This year will see the introduction of a Short-O race series in the summer. This is an exciting new project for the club and will give us continuity between the seasons as well as introducing more of our members to the E-punch system.

The planning for the A-Meet in October is well underway with approval for the race having been given by our governing body, the USOF. There are several reasons for wanting to hold a national event, including contributing to the sport at a national level, raising the club's profile and having some fun at a quality event with

(continued on Page 6...see **President**)





Big Blues Ramble

- Carl Larsson, Meet Director

National spotlight to shine on CAOC in 2007

CAOC is presenting the "Big Blues Ramble", a two-day nationally sanctioned "A-meet" next October 20-21. This will be the first A-meet the Club has presented in five years. We expect to host orienteering rock stars from both coasts and Canada. The weekend's three events should provide lots of good spectating for CAOC members and a chance to compete against the best in your individual age group, earn national ranking points and see your name in *Orienteering/North America* magazine at the end of the year.

If the Big Blues Ramble will be your first A-meet, welcome! What's the difference between an A-Meet and our regular meets? First, everyone *must pre-register* well in advance of the event. This allows all participants to be given pre-assigned start times. One benefit of pre-assigned start times is that it minimizes bunching on any one course.

Another difference is that there will be *seven* courses on each day instead of the typical five. The Brown Course (shorter than Green, but just as difficult) and the Blue Course (longer than Red, but just as difficult) will join the regular White, Yellow, Orange, Green and Red courses.

A-Meets are for everyone to enjoy... not just the elites. We strongly encourage you to support the club, plan on participating and be a part of the weekend's activities.

Friday afternoon Model event. This is a practice opportunity and to familiarize people not from the Chicago area with our unique vegetation, mapping style and terrain. This is not a competitive event, rather a nice opportunity to get out and get your head into orienteering. Maps will be available at the shelter for \$5 and control markers will be hung on 12 – 15 features. People may practice taking different routes between

controls to determine which is the fastest: going through the woods, or diverting to the nearest trail.

Saturday morning Middle Distance event at Busse Woods in Elk Grove Village - winning times should be 25-30 minutes for all competitors except Blue and Red courses, which will be about 5 minutes longer.

Saturday afternoon Sprint event at Busse Woods in Elk Grove Village - winning time should be 12-15 minutes. Only two courses will be available: short and long.

Saturday evening Dinner Social. This will be an informal event allowing everyone to meet up for a gathering and some good pasta. Car-pooling placards will be posted at the Saturday afternoon event.

Sunday morning – Classic Distance event at Country Lane Woods near Palos Park. These courses will be similar to our normal local meets, except that the Red and Blue courses will be even longer and tougher, with winning times pushing 80-100 minutes.

Both the Middle and Sprint events will have numerous short legs, which will require careful, technical navigation. Route choice should not be a particularly important consideration on these events, since the controls will be so close together. However selecting the fastest approach, using intelligent speed-shifts so you do not over-run controls, and maintaining your concentration at tricky spectator controls will be the main challenges of these two events.

The Classic distance event on Sunday is designed to test concentration and endurance. This event will have several long legs allowing competitors to make different route choices in a physically demanding race. Control locations will be a bit easier than on the Saturday events; the challenge in this race will be pacing yourself across the hilly terrain of Country Lane Woods.

One of the nice aspects of an A-meet, especially for us older types, is that results are reported in 5-year age-group divisions. Therefore you have a much better chance of seeing your name near the top of the list! After Sunday's event, the combined times are totaled (excluding the sprint) and 1st – 3rd place awards are given in each division. With so many divisions, you might go home with some impressive hardware and some bragging rights!

And for those families with young children, child care will be available on both days for a modest fee allowing both parents to run guilt-free...perhaps for the first time in years!

The following Club members have volunteered to help put on the Big Blues Ramble:

Meet Director – Carl Larsson
 Course Setter Friday -- Carl Larsson
 Course setters Saturday and Sunday –
 Charlie Shahbazian and Natalia Babeti
 Registrar – Joe Sackett
 Mapping – Michael Collins
 Marketing & Awards – Kathy Bullard
 Event Treasurer – Nick Preys

(Continued on Page 6...see **Ramble**)



Annual General Meeting Recap - Joe Sackett, Secretary

We hosted our 2006 Annual General Meeting on December 2, 2006 at the Skokie Public

Library. Attendees included Jim Gordon, Michael Collins, Carl Larsson, Heather Ingram, Jeff Porter, Jeff Shaw, Viktor Nikolenko, Phil Yaffe, Diana Schnell, Natalia Babeti, Nick Preys, Joe Sackett and Charlie Shahbazian.

The minutes were read from the previous AGM held on November 20, 2005. Many of the previous year's plans were successful, including the remapping of Country Lane Woods and adoption of electronic punching.

Secretary Joe Sackett reported that the membership grew to the highest level in club history at 131 individual and 100 family memberships.

Treasurer Nick Preys reported that the club's bank account balance, although healthy, is down from the previous year due to the expensive mapping and ePunch projects.

Mapping Director Michael Collins reported that the new Country Lane Woods map will be completed in January. Michael is also looking ahead to future mapping projects in Lake County and field checking existing maps.

There are two new initiatives for 2007. These are to host more summer evening meets and also to increase the pool of volunteers who run the meets. The summer events will feature short courses of intermediate to advanced difficulty and will all be followed by a cookout or gathering at a local restaurant.

Charlie Shahbazian has created a binder for use in signing-up volunteers. This will be located at registration we encourage all of you to please sign up for a shift to help us continue to host high quality meets.

Another large endeavor is the Big Blues Ramble A-meet that we will host in October. We will welcome orienteers from all over the US and Canada, as well as local club members, to attend this challenging and fun event. Clark Maxfield completed the USOF A-Meet Petition which was approved. Carl Larsson is the meet director for the Ramble.

The club officers and board members for 2007 are:

President - Jim Gordon
Vice President - Charlie Shahbazian
Secretary - Joe Sackett
Treasurer - Nick Preys
Mapping Director - Michael Collins
Course Reviewer - Carl Larsson
Permits - Kathy Bullard
Newsletter Editor - Jeff Shaw
Webmaster - Jeff Porter
Equipment Director - Viktor Nikolenko
Publicity - Kathy Bullard

(editors note: an enjoyable post AGM dinner social was held at the nearby Village Tap in the Roscoe Village of Skokie...CAOC Board gives it a thumbs up)



Forest Preserve Appreciation - Jeff Porter

Living in an area with a population of approximately eight million, we are very lucky to have any natural spaces where we can hold orienteering meets. But thanks to the vision and hard work of many leaders and volunteers over the past hundred years, we have a total of over 130,000 acres of forest preserve in Cook, DuPage, Kane, and Lake counties.

Most of the land now in forest preserves was previously used in other fashions. A great deal was once cleared and farmed while other parts have been residential or commercial property. Parts of one forest preserve even held an experimental nuclear reactor! At first, one might think that a forest would grow back once human-made property was removed and nature was allowed to take its course. However, especially in Illinois, when nature reclaims abandoned farmland, the new lands take a much different form than they had before they were first cleared. Many areas have few native species left, the original prairie plants having been plowed under during the past century and a half. A number of foreign plant species, facing few natural restraints on their growth in Illinois, have taken over huge areas, crowding out native plants.

For the preserves in northeastern Illinois to be strong, vibrant, and diverse ecosystems, a lot of human intervention is required. A group of people with knowledge and love of native Illinois habitats, known as forest preserve stewards, work with forest preserve officials and groups of volunteers to restore and maintain our forest preserves to their pre-farming state. These groups of volunteers remove invasive species, gather and disperse seeds, and even conduct prescribed burns to mimic the natural conditions of the original Illinois prairie.

There are groups working in the forest preserves almost every weekend, fall through spring. Much of this work involves clearing unwanted vegetation, opening up the woods and grasslands. Helping out with the brush clearing (or other restoration activities) is a great way to spend time in the woods during the orienteering "off-season". It's also a great way to learn more about our environment, and meet other people interested in the outdoors. For orienteering, this work makes the map more runnable, turning dark green into white.

To show our support and appreciation for the forest preserves that we are privileged to use in Illinois, the Chicago Area Orienteering Club will be helping to restore and maintain some of our local preserves in 2007. We will be sending volunteers to work with the forest preserve stewards as they clear brush from some of the preserves where we hold orienteering events. The first workday event is scheduled for February 18th, and a second workday will be held in December. Both events will be approximately a half day commitment. Anyone interested in helping should contact Jeff Porter (jeff@freeside.com, 847-208-3701) or check the club web site for more information. Please show your support for our forest preserves while making our maps a little less "green".



Soupbone Notes

- **Charlie Shahbazian**

vice-president@chicago-orienteing.org

Meet Schedule.

As Vice President of our club, my main responsibility is to line up the club schedule and find meet directors and course setters. We need a meet director for March 4 Lincoln Park and course setters for April 22 Palos North "Goat" and May 20 Arie Crown. An experienced course setter needs to step up for the April 22 Palos North "Goat". For those not familiar with The Goat, the event includes standard White, Yellow and Orange courses with extra long distance advance courses of 14-17 kilometers and a mass start. Email me if you can help.

Meet Director Course Setter Meeting.

If you are interested in becoming a meet director or a course setter, this meeting will provide valuable information. (Please see page 1...The Next Event)

Volunteers.

There will be a binder for volunteers to sign up and help out with timing, registration, control pickup and beginner clinics. It is important that **all** club members sign up for a slot or two to help out the meet directors and course setters. We will also be hosting The Big Blues Ramble October 21-22, National A Meet and will need as many members as possible to help someway.

Club Jerseys.

The first batch of the new CAOC Jerseys are almost entirely gone. Small and Extra Small are the only sizes in stock. Cost is \$35. I'm putting together a list for the next order of both short and long sleeve shirts. In order to keep costs down, there is a required minimum order quantity for the club. Therefore we



Sporting the new Club Jerseys are Joe Sackett and Jeff Shaw at the Anza Borrego Desert-O, Jan 14, 2007

need everyone interested to preorder with quantity, size and whether you want short or long sleeve or both! Email me with your order.

Road Trips. "A" meets are a great way to improve your

skills, visit a new place, and experience quality orienteering. Having attended many "A" meets over the years, I can attest that if you have not traveled to an out-of-state "A" meet, you don't know what you're missing. CAOC often has several members attending these national meets. Typically a lively bunch, we've been known to have so much fun it borders on being legal! Just look at the USOF web site's event page for the national schedule. (www.us.orienteing.org).

To top it all off this summer, Joe Sackett and I will be headed to Finland for the World Masters Orienteering Championships (WMOC) and the Finn5. We look forward to two weeks of fantastic orienteering in orienteering wonderland.



CAOC members Gary Klaben (pictured l-r), Maricel Olaru and Charlie Shahbazian competing at the U.S. Relay Championships, part of the Cincinnati Flying Pig X, Mar 31 - Apr 2, 2006 (photos by Joe Sackett)



Map Reading Tips for the Intermediate - Clark Maxfield

In the past couple of years, the Attackpoint website <www.attackpoint.org> has become the meeting ground for English-speaking orienteers from around the world. On it you will find (1) spirited discussions of orienteering, (2) individual training logs and (3) leg-by-leg results from important orienteering races, with accompanying commentary on why particular routes were chosen, etc. I look forward each day to reading some of the commentary on the site. The following tips were linked during a recent discussion on Thumb Compass Fundamentals.

The Map Reading Tips are listed on the Falcon Orienteering website and were provided by Canadian national team coach, Ted St. Croix, a leader in orienteering training presentations.

BASICS

- Fold the map
- Lock the thumb
- Orient the body
- Many quick map glances
 - 1-2 seconds per glance
 - Repeat several times
 - Form an image in your mind

What is "Map Reading"

Mental conversion between 2 Dimensions and 3 Dimensions
What looks simple in 2D may be complex in 3D

Map Reading - Precision

- Read all details
- Run slowly or walk
- Stop if necessary
- Map read ahead
- Run straight (narrow focus)
- Look for distinct features
 - Open marsh
 - Large boulder
 - Open knoll
 - Features that stand out from common features around
 - Run on top

Map Reading - Rough

- Simplify away small details
- Run fast
- Map read ahead
- Run straight (broad focus)
- Double check (error prevention)
- Look for distinct catching features
 - Hills, slopes, valleys
 - Open marshes
 - Vegetation changes
 - Large depressions
 - Run on top

PITFALLS - Precision

- Map not oriented (wrong features read)
- Look too far ahead (open terrain)
- Micro parallel errors

Run past (now map reading features 360°)
Run too fast, lose contact and have to stop to relocate

PITFALLS - Rough

- Map not oriented (macro parallel errors)
- Look too close (slow speed)
- Run too fast (lose map contact, forced to slow down)
- Fail to double check (small error leads to large error)

GOLDEN RULES - Precision

Run only as fast as you know exactly where you are on the map
Your thumb is locked on your current location and you know which feature is coming up

GOLDEN RULES - Rough

Run only as fast as you know approximately where you are on the map
(You know which feature you are on, which feature is coming up but may not know your exact location)
Teds note: "This is still too dangerous for me, I prefer to know exactly at all times as this prevents parallel errors and 'losing map contact' type errors"

Map Simplification

How much information do I need to get from A to B
Choices

- Direct compass, run really fast and pray
- Precision, read all details, run slowly and feel safe
- Balance of precision and rough map reading

 Depends on the map and terrain
Depends on the route choice
Depends on your abilities

Map Simplification - Terrain

Grassland (rolling hills)
Vegetation/hill combo
Ridge/depression combo
Tend to use compass to get initial direction

ERROR PREVENTION - Precision

Error: Lose contact
Prevention: Redundant map checks (fast glances)
Prevention: Map read features ahead
Prevention: Beware of badly mapped features
Prevention: Slow down at the Attack point to be sure
Prevention: STOP when you lose contact - relocate

ERROR PREVENTION - Rough

Error: Lose Contact
Prevention: Map read ahead, anticipate
Prevention: Beware of parallel features
Prevention: Redundant map reading double check that the long feature you are on is the correct one (look for distinguishing features)

ERROR PREVENTION

Error: Stop too soon
Prevention: Map read ahead to large distinct features as opposed to the "relocate when you reach a feature technique".
Prevention: Know the map scale
Prevention: When map reading, ask yourself, "what features shall I see along the way?"

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ERROR PREVENTION

- Error: Run too far
- Prevention: See "Lose Map Contact" error prevention.
- Prevention: Know the map scale
- Prevention: When map reading, ask yourself, "what features shall I see along the way?"

ERROR CAUSES - Lose map contact

- Cause: Run too fast for map reading ability
- Cause: Lose concentration, get distracted
- Cause: Multitude of mapmaker errors (it should take more than 1 error for you to lose map contact)

ERROR CAUSES - Parallel error

- Cause: Map not folded or oriented properly
- Cause: Failed to perform redundancy checks
- Cause: Slight map errors that lead you astray (Remember to always double check)
- Cause: Lose concentration, distracted



(Ramble...continued from page 2)

The Big Blues Ramble is a great opportunity for all Club members to become more familiar with some aspect of meet presentation. If you've always wanted to get more involved with the Club, this is your chance. As you can imagine we need many more volunteers to pull this off...from T-shirt design, to childcare, parking management, course vetting, registration, finish line timing, and control pick-up both days. And just because you've volunteered to help doesn't mean you cannot be fully competitive and orienteer both days. For more information, call Carl Larsson at (262) 620-0393

If you are interested in previewing age-group classifications, a standard A-Meet registration form can be viewed at the USOF website (www.us.orienteering.org) by scrolling down on the Events page. Registration forms will be made available at the CAOC website and the June issue of Chicag-O.

See you out in the woods!

(editor's note: thanks to Sari Maxfield (originally from Finland) for creating the Big Blues Ramble Logo)



Pavlina Brautigam, Western Connecticut Orienteering Club (WCOC), US National Champion, (Photo: WOC2005 Organizers)

(President...continued from page 1)

competitors from around the country and Canada. There will be 3 races in different formats over the weekend so there's something for everyone.

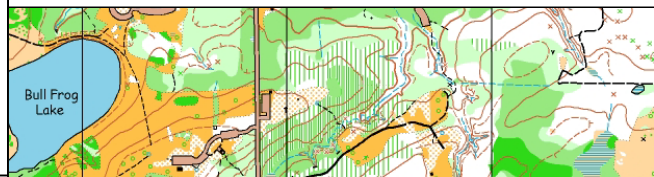
Volunteers are the club's greatest assets and for a club with over 230 members in 2006 (our highest ever) we are very reliant on a core of 30 or so volunteers to run the registration and start/finish areas. At this year's races you'll see a binder on the registration desk for the purpose of making it easier to sign up as a volunteer.

All we're asking for is about an hour of your time to support the Meet Director in running our events. You'll still be able to run your race but with the bonus of a big **Thank You** from the club.

Our mapping director Michael Collins has challenged himself to produce pre-marked maps at all events. In addition to this the White and Short courses will be scaled at 1:5000, which will give runners on those courses much more detail to work with. So no more huddling around tables looking for a pen that works to draw your course. (Just think, the time saved could be returned by volunteering at an event! Thank you.)

Other plans for the future include the club's latest venture into fashion with the technical shirts brought in during last fall. We intend on expanding the range to include long sleeve shirts (that are not burr magnets) and possibly pants. Our traveling racers have already been complimented on the design and yes, Jeff Shaw (the Editor) and I were wearing the short sleeved T in Wisconsin in December when it was 15 degrees. And yes, we were cold, but we looked good!

In summary (and to leave space for other articles) we'll be kicking things up a notch in 2007. A national level event, pre-marked maps for all, E-punching on the longer courses and a short course series in the summer. All that and a shirt to look good in. It's going to be a great year so I hope to see you at the races and in the woods.



Standard A-Meet Courses and Categories. Courses have color name designations.

Competitors are divided into categories by gender (M for male, F for female) and age as of December 31 of the current year. M or F categories followed by course color are competitive non-age specific. Gr = group.

WHITE	YELLOW	ORANGE	BROWN	BROWN	GREEN	RED	BLUE
F-10	F-14	F-16	F-18	M65+	F-20	F-21+	M-21+
F-12	M-14	M-16	F55+	M70+	F35+	M-20	
M-10	F-Yellow	F-Orange	F60+	M75+	F40+	M35+	
M-12	M-Yellow	M-Orange	F65+	M80+	F45+	M40+	
M/F-White	Gr-Yellow	Gr-Orange	F70+	M85+	F50+	M45+	
Gr-White			F75+	M90+	M-18	M-Red	
			F80+	M-Brown	M50+		
			F85+		M55+		
			F90+		M60+		
			F-Brown		F-Green		
					M-Green		

2007 Winter & Spring Event Information:

(more meet information is available at www.chicago-orienteeing.org)

Standard Meet Times

Beginner Clinic: 9:30 am

Starts & Registration: 10 am - Noon

Course Closed/Control Pick-Up: 2:00 pm

Mississippi Palisades 6 Hour Snowgain **Saturday, February 10, 2007** **Meet Director - Kathy Bullard** **Course Setter - Miikka Kairi**

This is a 2 member team Score-O event located at the Mississippi Palisades State Park in Savanna, IL. Teams have 6 hours to collect as many controls as possible. Past winning teams have finished with all the controls in less than 4 hours. CAOC club member Miikka Kairi originally from Finland is the course setter again this year. He has promised a challenging course (including a cave!) and has improved the map even more. Come test your strength early in the year. There will be pasta, bread, salad, and chocolate provided after the race. Prizes will be awarded for the first three teams.

Please contact Kathy (dcider@earthlink.net or 847-570-9158) if you plan to attend so she can bring enough maps!

Snowgain! Cost: \$15 per person (members/non-members)

Registration Begins: 8:30 am

Competitors Briefing and Map distribution: 9:45 am

Mass Start: 10 am

Course Closes: 4 pm

Course Setter's Notes (updated January 21)

Welcome back to the Mississippi Palisades Park in Savanna, IL. The Snowgain is our annual winter event in February. I can guarantee that this will be the most challenging event in the CAOC's calendar. The park is full of spurs and re-entrants and even the best runners in the States cannot beat 8 minutes per kilometer here, certainly not for three hours!

When I'm writing these notes, it looks that this year we will have the *SNOW*gain, but weather is changing really fast and we should be ready for anything from 0 degrees to ice storm or high 50's. Also, note that the Palisades is located three hours from Chicago, so weather can be very different here.

This year's course is really challenging as always. The controls are all over the park, from east to west, from south to north. Some of them are easy, some very remote and difficult. All the control points are new, not used in last two years. Typical for this year is that you really need to think your route choices; they will play a very important role. The map has been slightly updated, especially next to the controls. In the clue sheet only **pictorial symbols** are used. Like last year there will be a trick for the event. Not the same as last year, but something new, which will make the Snowgain even more challenging. There will be water and sport drink available in the start area during the

race, if you will visit there. After the race food is available as well. Welcome to the Palisades on Feb 10th! - Miikka, course setter

Driving Directions:

From Chicago: Take I-90 to Hwy 20 in Rockford. Follow Hwy 20 west to Hwy 76 and turn south. Take Hwy 76 to Hwy 64 and go west to Savanna. Hwy 64 joins Hwy 84 and passes through Savanna. Approximately 2 miles past Savanna is the main entrance to the park. Enter and park at the Ranger house to the right.

From the Quad Cities: Take I-80 to IL Hwy 84 and take it north to Savanna. Approximately 2 miles past Savanna is the main entrance to the park. Enter and park at the Ranger house to the right.

From St. Louis: Get to the Quad cities and take I-80 to IL Hwy 84 and take it north to Savanna. Approximately 2 miles past Savanna is the main entrance to the park. Enter and park at the Ranger house to the right.

From the North: Get to Galena and take Hwy 20 South/east to Hwy 84. Take 84 south approximately 15.5miles (through Hanover) to the park entrance.

Lincoln Park - March 4, 2007 **Meet Director - ?? (you can volunteer)** **Course Setter - Michael Collins**

Details:

This urban meet may include a bit of cool weather. But it will be held in downtown Chicago where warm restaurants, bistros and cafes are not far away for warmth and refreshment after your short run...or walk in the Park. Although it will require orienteering skills such as map reading and route selection, the terrain is simple, relatively flat and open, so it will give you an early-season chance to get some exercise and have some fun. Because it will involve crossing busy city streets, this meet is **not appropriate for children on their own.**

Unlike the previous years, where the Lincoln Park meet used a Score-O format, we will be using a traditional loop course format this year. Also, you won't have to answer questions of bows vs. ribbons. Instead, you will be looking for refreshing homemade controls (dressed-up soda cans) to record two-letter codes on your score card. There will be long, medium, and short courses from which to choose. **The short course will make significant use of the Zoo, however, so it should be great fun for families.**

We have a brand-new seven-color map map of Lincoln Park with an incredible amount of detail. The map was completely redone just for this event. Check out the [preview map](#).

Bring a pencil! Since no standard orienteering markers or punches will be used at this meet, participants will be required to mark their scorecard with a pencil, using information found at each control location. This is a casual meet, so there may be a few glitches. If you are looking for a more traditional meet, make sure you come to the next local meet at Waterfall Glen on March 19.

Driving Directions:

Take Lake Shore Drive or the Kennedy Expressway (I-90/94)

to Fullerton. Turn north onto Cannon Dr., which is the first street west of Lake Shore Drive. There is parking all along Diversey Harbor. Pay parking is available in the south lot across from the Nature Museum. Free parking is available in the north lot (second entrance north of Fullerton), and along the harbor between the lots. Watch for the orienteering signs to direct you to the Diversey Yacht Club where we will have registration.

Waterfall Glen West - March 11, 2007

Meet Director - Joe Sackett
Course Setter - Jeff Shaw

Details:

The first regular meet of the year will feature the standard five courses, white, yellow, orange, green and red (WYOGGR).

This meet will provide a rare opportunity to visit the southwest area of Waterfall Glen, which is normally 5 km from normal road access on the east side. It features easy-running, open forests, expansive meadows, easily-avoided thickets, and considerable topographic detail.

This DuPage County forest preserve has performed considerable work to eliminate invasive European plants and return the area to its original appearance featuring open oak forests interspersed with meadows and prairie. The forest preserve borders the north side of the DesPlaines River Valley: evidence abounds of the time when the old Illinois and Michigan Canal was an active transportation route: building foundations, and ancient earthworks are present along the southern side of the map which also features several steep cliffs.

Directions:

Take I-55 (Stevenson Expwy.) 21 miles southwest of the Loop. Take exit 271A and go south on Lemont road 2 miles. Turn left (northeast) on Bluff Road, just past the large white temple (you can't miss it). Follow the orange and white orienteering signs through the forest preserve gate, where the pavement ends and park along the east side (right) of the road from the gate to the model airplane field (and beyond). Please watch out for pedestrians on the roadway, and be sure to leave the roadway clear for other vehicles. Parking is limited: if you can carpool with other participants, please do so.

Poplar Creek Woods - April 1, 2007

Meet Director - Jeff Porter
Course Setter - Jim Gordon

The Poplar Creek map, located in the western part of the 4,200-acre Poplar Creek Forest Preserve in Hoffman Estates, features open woods, gently rolling prairie, its namesake creek, and a variety of trails. The topography is subtle with a few shallow reentrants, knolls and depressions. Ruins of old buildings and fences are common in the south and west sections of the map (including a few unmapped ruined barbed

wire fences--watch out!). At the northern edge of the map, there is a small nature preserve containing pristine, undisturbed prairie land, a rarity in Illinois.

While this area may not present the technical and physical challenges of some of our other maps, it does leave plenty of opportunity for having some fun with the course design. The standard White, Yellow and Orange courses will be offered, but the Green and Red will have a portion of Line-O included in their routes. In this style of orienteering the runner follows a route marked on the map as a flowing line which is drawn over a series of distinct features. Some of these features will have controls placed on them, while the others will not. The challenge is to follow the line accurately on the ground so that you will automatically find the controls. An excellent training method and right before The Goat as well!

Directions:

Take the Northwest Tollway (I-90) 19 miles west of O'Hare to Exit 11—Sutton Road-South (Hwy 59); proceed south 1.5 miles to turn right into parking lot a mile south of expressway.

The Goat - Palos North

April 22, 2007

Meet Director - Ed Bannon
Course Setter - ?? (you can volunteer)

Details: Standard White, Yellow and Orange courses will be offered. Goat distances will be offered for the advanced courses of Green and Red.

Directions:

Public Transportation: Take Pace bus #381 from the 95th Street Terminal (in the middle of the Dan Ryan Expressway) on the Red elevated line at either 8:30 a.m. or 9:30 a.m. Get off as the bus turns left at 88th Avenue about 40 minutes later. Walk west on 95th Street past Willow Springs Woods to turn left on Archer Avenue. Turn right on 95th street, and turn right on Wolf Rd. at the top of the hill. The start is about 1/3 mile on the right.

Driving: From the Stevenson Expwy (I-55) take LaGrange Road - South (Hwy 45) across the river and exit on Archer Avenue to the southwest. Continue for 3 miles and turn left onto 95th street. Turn right at the top of the hill onto Wolf Rd. Follow the orange-and-white orienteering signs to the start on the right at Pulaski Woods, about 1/3 mile south of 95th.

Arie Crown - May 20, 2007

Meet Director - Viktor Nikolenko
Course Setter - ?? (you can volunteer)

Details:

Because Arie Crown is so small, traditional Green and Red courses will not be offered at this meet. Instead, two Sprint

courses will be available for advanced orienteers. White, Yellow, and Orange courses will also be available.

The Sprint courses should take the top competitors about 15-20 minutes to complete.

Directions:

Take I-55 (Stevenson Expwy.) 13 miles southwest of the Loop. Exit at LaGrange Road (aka US-45, Exit 279B), and go north about a half mile to the northern entrance to the forest preserve on your left. Look for the orange and white orienteering signs to direct you to the registration area.

Public Transportation:

Take the Metra train from Union Station which leaves at 9:30 a.m. Get off at La Grange Road and walk or bike south to the forest preserve (4 miles walk/bike).

Willow Springs - June 3, 2007

Meet Director - Sari Maxfield
Course Setter - Clark Maxfield

Regular orienteering courses will be offered in this beautiful portion of the Palos forest preserves. This is the last meet offered in this section of Palos until the Club's nationally-sanctioned A-meet next October 21, which will be offered on the Country Lane Woods map, which abuts the Willow Springs map to the south. So this may be a valuable training opportunity for those interested to see similar terrain as the A-meet venue.

A new twist on June 3 will be the presentation of "Boxes and Butterflies" on advanced courses. On the Green and Red courses runners will have to navigate through various butterflies (multiple legs return to the same control point) and boxes (runners may decide for themselves which order to visit the 3-4 controls contained within a box).

So come out early on June 3 to Willow Springs Woods and try something different.

2006 CAOC CLUB CHAMPIONS

Red:

- 1) Maricel Olaru, 2) Valentas Totoris 3) Jim Gordon
- 1) (tie) Kathy Bullard & Natalia Babeti

Green:

- 1) Jeff Shaw, 2) Nick Preys, 3) Clark Maxfield
- 1) Elena Backiev, 2) Lisa Mc Nerney,
- 3) Anna Cunningham

At the AGM, Charlie presented attractive laminated o-map - place ribbon awards.

2007 Championship point scoring has been changed to reflect actual place with respect to all runners regardless if others are signed up for the series. Members interested in the club championship series still must declare eligibility.



Wild Scallion Race Report

- Nick Preys, CAOC Board Member

You may be wondering what an adventure race report is doing in an o-newsletter. As most adventure races have an orienteering portion, many adventure racers practice at our meets. And similarly, many orienteers branch out into adventure races.

Adventure races vary from three-hour urban races to seven day expeditions in exotic locales. They typically involve a team of two to four racers completing a course using disciplines such as running, orienteering, canoeing, biking, climbing, rappelling, scootering, etc. Typically, you are given a map with locations you must find and the mode of transit you are to use for that leg of the race. How you decide to get there is up to you. Also, you typically get your maps and directions the morning of the race. When you sign up for an adventure race, you usually only know roughly how long the race may take, what disciplines may be involved, and what equipment to bring.

While most adventure races take place in rural locations, there are a few urban races as well. Chicago is home to the Wild Scallion Urban Adventure Race and has put on several over the last five or six years. The organizers have also put together a grueling 24 hour race called the Wild Onion. Both events have received local and national acclaim.

While I am not very experienced at adventure races, I have done the Wild Scallion for the last three years. This was the 2006 version:

On September 23, 2006, my teammates Al and Rich joined me at Northerly Island, formerly Meigs Field. A roped off area was set up as a transition area and teams laid out their equipment and gear. After a brief course talk and a dedication to a former racer who recently was killed in a bike accident (JH), we were off.

Our first task was to run to the Sears Tower. We had to go via a checkpoint, which would make this a four-mile leg. At the Sears Tower we were directed to a stairway and began climbing the 103 flights. This was tough. There didn't seem to be any ventilation in the stairwells and 300 huffing people didn't improve things. It took about 35 minutes to get up. After getting checked off, we started back down.

Back on the street, it was a three mile run back to Northerly Island. At 12th Street Beach by the Adler Planetarium we had to enter the water and wade chest-level for a hundred yards. Then after a short scramble over some rocks we were back at the transition area.

We changed shoes and gear, refilled hydration packs, mounted our bikes and headed to Schiller Woods, 17 miles away. The maps we were provided indicated a few bike-friendly roads and we settled on Grand Avenue for most of the ride. On the way it started to rain.

We arrived at Schiller Woods for the orienteering section. We had been led to believe that the orienteering course would be a simple bearing and distance course (e.g. 147 degrees for 300 meters, then 227 degrees for 260 yards, etc.). What we discovered was an actual o-course (that had been set by one of CAOC's senior members, Kathy Bullard). The course was between a classic white and yellow in terms of difficulty. Still it gave us an opportunity to pass a large number of teams in front of us who were great runners and bikers but hadn't tried orienteering yet.

Not uncommon to adventure racing, the next leg of the race was suddenly cancelled. Originally we were to ride south along the Des Plaines River Trail for about eight miles. However, two or three of the elite teams who were way ahead of everyone else had just completed this stage and reported that parts of the trail were under the flooded river from the recent rain. So we were given an alternate section on roads to get to the next checkpoint.

We continued by bike back to Northerly Island. On the way we had to report what establishment was at the northeast corner of Lake Street and Cicero Avenue, when fall registration began at Malcolm X College, and the date of service of the Jane Addams Hull House at the University of Illinois at Chicago. It rained heavily during this leg of the race - biblical, torrential rains. This was not much fun. I started shivering whenever we stopped pedaling. And then while heading east on Roosevelt Road, the sun briefly came out and a huge rainbow appeared above the lake, seemingly ending at the transition area.

It was around 5:00 pm when we got back to the transition area. We were tired and sore and most of our gear and dry clothes were soaked from the rain. Several teams were packing it in, limping, pushing broken bikes and carrying soggy gear to the parking lot. We still had a nine mile triad section to complete. Al put on inline skates while Rich and I ran and traded a push scooter back and forth. We had several checkpoints to hit on our way to the finish line at the Lincoln Park Octoberfest party. These consisted of finding some detail on a statue at a specific location similar to our Lincoln Park o-meet. We ran and skated along the lakeshore, through the Oak Street area, the Lincoln Park zoo, the DePaul campus, and finished at the Octoberfest party.

One of the neat things about adventure races is the friendly nature of the racers. As the courses vary from year to year and teams change, finish place doesn't mean that much other than for the top three or dead last. Consequently, there is a camaraderie unlike one would find in a road race or a triathlon. On the Sears Tower climb, people on their way down are very encouraging to those struggling up. Groups ride together on the bike and make friendly conversation. Passing a slower team on the triad, one of the team members yelled out to us to "Go for it!"

Our team, Joint Pain, finished in 9:22 placing 53rd out of the 97 starting teams. The winning time was 6:03. The last finishing time was 10:54. Twenty-two teams did not finish,

which is typical for the Scallion. Final total distances: 7 miles of running, 103 flights of stairs, 38 miles of biking, 2.5 miles of orienteering, 9 miles of triad. Total distance traveled - 56 miles.

Information about the Scallion and pictures from the race are at urbanadventureracing.com.



Changing of The Guard

For many of us, the CAOC web site is the key means of keeping up to date with club activities. To find meet schedules, last-minute updates, and results, we just point our browsers to www.chicago-orienteering.org. Event schedules are available to anyone with a web browser, so visitors, too, can find out about our meets and come out for a run when they are in town.

For the past several years, the web site has been maintained by Michael Collins. In 2007, Jeff Porter will take over webmaster responsibilities, allowing Michael more time to develop new maps for the club. Michael has done a great job creating the clean style and efficient interface of our club web site, and Jeff plans to continue with the current web design, updating information as needed. Comments and feedback are always welcome. Please e-mail any suggestions or questions to webmaster@chicago-orienteering.org, including "CAOC" or "orienteering" in the subject line if possible.



Mikell Platt,
Laramie
Range
Orienteering
Club
(LROC), U.S.
National
Champion
(Photo from
Carolina
Orienteering
Club (COK))

Next Issue...

June 2007

- Big Blues Ramble Update & Application
- Australian Expedition by Kathy Bullard
- My First A-Meet by Jeff Shaw
- How I Fell in Love with Orienteering from ONA

We encourage photos & articles emailed to the newsletter editor.
Submissions due May 20.

Chicago Area Orienteering Club Membership

Mail your check with the completed form to CAOC, P.O. Box 369, Mundelein, IL 60060

Name:	Gender:	Year of Birth:
Address:		
City, State, Zip:		
Home phone:	Work Phone:	
Email:		

For family membership, please list additional family members:

Name:	Gender:	Year of Birth:
Name:	Gender:	Year of Birth:
Name:	Gender:	Year of Birth:
Name:	Gender:	Year of Birth:
Name:	Gender:	Year of Birth:

New Renewal

Individual 1-year (\$10) Individual 3-year (\$28) Family 1-year (\$15) Family 3-year (\$42)

APPLICATION FOR MEMBERSHIP IN THE

United States Orienteering Federation

P.O. Box 1444 • Forest Park GA 30298

New Member Renewal Address Change

I hereby apply for USOF membership. I understand that I am entitled to a one-year subscription to *Orienteering North America*, voting rights, and membership in the International Orienteering Federation (IOF). (This form may be photocopied.)

PLEASE PRINT. MAKE CHECKS PAYABLE TO USOF.

Name _____ F M Home phone _____

Address _____ Year born _____

City _____ State _____ Zip _____ E-mail _____

If this is a family membership, please list other family members below:

Name _____	Year born _____
_____ <input type="checkbox"/> F <input type="checkbox"/> M	_____
_____ <input type="checkbox"/> F <input type="checkbox"/> M	_____
_____ <input type="checkbox"/> F <input type="checkbox"/> M	_____

Member of a USOF chartered club? Club name: _____

\$30, individual

\$35, family

\$15, student (21 and under) school _____

\$5, junior (18 & under, no vote, no magazine) school _____

\$600, individual life

\$700, family life (incl. children under 18)

FOR MAILING OVERSEAS (except APO & FPO)

surface, \$5 extra airmail, \$25 extra

Date	2007 CAOC Events	Meet Director	Course Setter
Feb 3 (Sat)	<i>Meet Director / Course Setter Meeting</i>	Michael & Christina Collins	
Feb 10 (Sat)	<i>Mississippi Palisades 6 Hour Snowgaine</i>	Kathy Bullard	Miikka Kairi
Feb 18	<i>Forest Preserve Workday</i>	Jeff Porter	
Mar 4	Lincoln Park	??	Michael Collins
Mar 11	Waterfall Glen West	Joe Sackett	Jeff Shaw
Apr 1	Poplar Creek Woods	Jeff Porter	Jim Gordon
Apr 22	<i>The Goat/ Palos North</i>	Ed Bannon	??
May 20	Arie Crown	Viktor Nikolenko	??
Jun 3	Willow Springs	Sari Maxfield	Clark Maxfield
Jun 20 (Wed)	<i>Sprints- Churchill Woods</i>	Lenny Shatskin	
Jul 15	Canoe O / Busse Woods South	Christina Collins	Michael Collins
Jul 25 (Wed)	<i>Sprints- Linne Woods</i>	Gale Teschendorf	
Aug 1 (Wed)	<i>Sprints- Harms Woods</i>	Carl Larsson	
Aug 15 (Wed)	<i>Sprints -Miami Woods</i>	Michael Collins	
Aug 25 (Sat)	Veterans Acres Night O	Jeff La Force	Lisa McNeerney
Sep 9	Deer Grove	Steve Breese	Maricel Olaru
Sep 16	Swallow Cliff	Krista Pospisil	Anna Cunningham
Oct 7	Sprint Finals TBA	Joe Sackett	
Oct 20-21	A Meet Big Blues Ramble 2007	Carl Larsson & Asst	Charlie Shahbaziar
		Clark Maxfield	Natalia Babeti
Nov 11	Waterfall Glen East	Nick Preys	Jeff Porter
Dec ?	<i>Forest Preserve Workday</i>	Jeff Porter	

check for updates at
www.chicago-orienteing.org

President

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Kathy Bullard

Newsletter Editor

Jeff Shaw

Publicity

Kathy Bullard

Webmaster

Jeff Porter

Chicago Area Orienteering Club
P.O. Box 369
Mundelein, IL 60060-0369

We hope you will renew your membership. Your membership expiration is listed above your name.
If your membership is past due, this will be your last newsletter.