

Chicago-Orienteering

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NEWSLETTER OF THE CHICAGO AREA ORIENTEERING CLUB

FEBRUARY 2013

WINTER MADNAESS: MIAMI WOODS

By Eric Olsen

We kicked off the Winter Madnaess Series at Miami Woods this year. In total we had 41 individuals/teams come out to compete (4 white, 13 orange and 24 Madnaess). Additionally, there were 90 ROTC cadets that participated in the event. The day started off damp and turned even wetter with a steady downpour after the 10 A.M. start. The racers finished soaking wet but were still in good spirits. The cold air coupled with warm, damp racers left them emitting steam from their bodies. Racers quickly cooled but had some hot cocoa at the finish to keep them warm.

The course was set by David Yang. He changed up the standard Madnaess course by adding a second Madnaess box to the course. Two boxes allowed

racers double the total amount of handicapped points. Coming in first was Kathy Bullard, finishing the course in 37 min and 40 seconds. Closely behind Kathy was Club Vice President Charlie Shahbazian, finishing just 10 seconds behind her. Overall, it was a fun meet and racers seemed to have a good time. Thanks to everyone who came out to compete and the ROTC coordinators who assist with organizing their groups.

Madnaess began in 2008. The format features a mass start with all the runners completing the same controls at the beginning and end, before entering the "Madnaess Box" where handicaps apply.

Next Madnaess Events:
Feb. 24th & March 17th



Charlie Shahbazian and Kathy Bullard



CAOC members with Eric Olsen, far right

MAPPING UPDATE

By Rich Gaylord

This year in May and in September meets will be held respectively at Poplar Creek in Cook County and Lakewood in Lake County. Since CAOC's 2012 usage, both sites have undergone significant improvements by their land managers: vegetation clearings of invasive species, fence removals and general usage improvements. Additionally, for the Lakewood event an expanded map will include approximately 2 square kilometers of newly mapped area.

Poplar Creek

Clearing and controlled burning of brush and some sections of forest have expanded the open prairies on both the North and South sides of the preserve. Much of the clearing being completed is removal - CONTINUED ON PAGE 3

SEASON PASSES

Buy your CAOC Season Pass for the 2013 season and skip registering for events all season. The CAOC Season Pass, at a cost of \$50, is less than paying for 6 events. The pass comes with a one year individual club membership and registration at all regular meets during 2013. These events include some of our more popular events: the Canoe-O, Night-O, and Madnaess events. Buy it now and we promise to have a map waiting for you.

Club memberships run through December of each year. Members' registration fees are lower and they get a copy of our quarterly newsletter, Chicago-O.

Thank you for supporting the club and making the Season Pass a success.

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FROM THE PRESIDENT

BY Joe Sackett



Happy 2013 CAOC !!

I am writing this as I look out on a cold New Year's morning and look forward to the year of orienteering ahead of me. I have a lot of training to prepare me for the many meets I plan to attend throughout the Midwest and New England. I love this sport as it has me exploring and competing in beautiful, far off locations. Great orienteering is found in Chicago as well and our club has even more to offer this year.

Our winter Madnaess series kicks off the season right away. This is a great way to get out and enjoy winter's beauty while having fun exploring and competing. If you haven't tried this before, I encourage all levels of orien-

teers to come on out.

We have a big April planned, starting with a club van trip to Bloomington, Indiana, for the Flying Pig national meet. This will be our fourth of these popular van trips. The Flying Pig is a high-quality, annual meet with great courses and good times. While normally held around Cincinnati, Ohio, this year their club will open some new maps in the Bloomington area and even host an urban race through the Indiana University campus. Join us for the weekend of fun with your club-mates. All are welcome.

That is just the beginning of April as we follow two weeks later with our club camping weekend out to Mississippi Palisades, April 13th and 14th. For those who have not been there, this is a large map covering the extraordinary hills and bluffs overlooking the Mississippi River near Savanna, Illinois. Plans currently include a night event, a long-O, and a regular meet during this event. Many will camp in the park although some of us may stay in the nearby motel. As with the club van trip, this is an opportunity to become better acquainted with great folks who love orienteering.

There is more going on as well with the assistance of some new board members and volunteers. Expect to see our maps updated and inventory grow, a more expansive youth program, and consistent newsletters and publicity. All this happens thanks to the interest and attendance at our events as well as the assistance of our many volunteers. Thanks for your part in all we do.



A Ravine in Mississippi Palisades State Park

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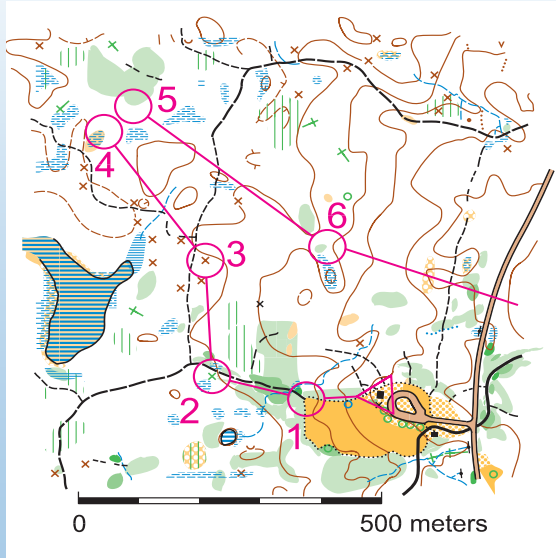
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QUIZ-O

By Michael Collins



White

How will you know if you have gone too far from control 1 to control 2?

Yellow

What does the green "X" on the map at control 2 represent, and how does it differ from the brown "X" at control 3?

7	37				
8	38				
9	39				
10	40				

Orange

About how many steps would a typical adult take to go directly from control 3 to control 4?

Green

Translate these symbolic control descriptions into English (all of these have been used on actual CAOC courses in 2012).

Red

Why did the course setter put controls 4 and 5 so close together, and why is control 6 on the East side of the thicket?

Answers: page 6

MAPPING UPDATE

CONTINUED FROM PAGE 1

of invasive species and trees marked for removal due to the impact of the Emerald Ash Borer. Most of the small copses and single trees located in these prairie areas have been removed, resulting in pairies!

In conjunction with vegetation removal, and especially on the very South side, old fences have been removed. However, be aware that there are still isolated sections of fences.

Lakewood

Recently, Lake County has improved the Millennium Trail, a planned 35 mile trail through Northern and Eastern Lake County, as it winds its way through much of the Eastern sections of the large Lakewood preserve by adding tunnels that cross under Route 176. While the two tunnels do not connect to the currently mapped areas, they do affect our mapped areas with new trail configurations and the forest clearings associated with each.

For the September meet we will be using approximately 2 square kilometers of newly mapped area. The resulting map, Lakewood South, now encompasses all the Lakewood Forest Preserve South of Route 176. While we will start at a shelter, Shelter A, located on the existing map, all of the courses for the September meet will be mostly in the

newly mapped section of the map that is reached via an existing pedestrian tunnel under Fairfield Road. The area is mostly reclaimed farmsteads with some remnants of fences, buildings, ruins and dams. With the exception of the sled-ding hill area, it is gentle rolling terrain with a few small reentrants and streams. It is mostly an equal combination of marsh, forest (pine and hardwood) and semi-open land. The large marshes and ponds in the area make for some narrow corridors with limited route choices. The area is not a designated horse trail area. However, some of the private land owners bordering the area ride horses in the area.

Some random observations:

The area has a good trail system from large to small in size. The Millennium Trail has been improved in this area to be as large as a small road.

There are many fences to be very cognizant of when running off the trails. Most of the fences are marked as crossable; however, they will slow you down.

While the same mapping standards were applied for the existing Lakewood West map, the runability in the woods and semi-open areas is not as fast.

See you in the woods!



Emerald Ash Borer



Impact of Emerald Ash Borer

FUELING FOR TRAINING: PART I, WHAT TO EAT BEFORE TRAINING

By Nancy Clark MS RD CSSD



Athletes of all sports and abilities commonly ask me what they should eat before, during and after a competitive event:

- When should I eat the pregame meal: 2, 3 or 4 hours beforehand?
- How many gels should I take during a marathon?
- What's best to eat for recovery after a soccer game?

The same athletes who worry about event-day fueling often neglect their day to day training diet. Hence, the real question should be: "What should I eat before, during and after I train?" After all, you can only compete at your best if you can train at your best.

The goal of this article is to remind you to train your intestinal tract as well as your heart, lungs and muscles. To get the most out of each workout, you need to practice your fueling as well as your sports skills. Then, come the day of the competition, you know exactly what, when and how much to eat so you can compete with optimal energy and without fear of bonking, nor intestinal distress. Here are some sports nutrition tips to help you perform faster, stronger, longer.

When and what should I eat before I exercise?

Each person has a different tolerance with pre-exercise food. I often talk with athletes who report they don't eat before they exercise because they're afraid the food might cause intestinal problems. Then, they needlessly suffer through major energy problems during their workouts. That's why they need to practice not only what they eat, but also when and how much to eat before they exercise. From Day 1, I recommend you start training your intestinal tract by nibbling on a pretzel, a cracker or other

fuel that will enhance stamina, endurance, and enjoyment of exercise.

You don't need to wait around for pre-exercise snack to digest. You can grab a small snack just five minutes pre-exercise and the food will get put to good use—as long as you are exercising at a pace that you can maintain for more than half an hour. That is, you might not want to eat much five minutes before a hard track workout, but you could enjoy a banana before you put on your jogging shoes. Research suggests you can eat an energy bar either 15 or 60 minutes before moderate exercise and gain a similar energy boost. (1)

guides for new runners, marathoners or soccer players. See www.nancyclarkrd.com and also sportsnutritionworkshop.com.

© Nancy Clark MS RD CSSD, Sept. 2010

References

Kerr, K. et al. Effects of pre-exercise nutrient timing on glucose responses and intermittent exercise performance. *Med Sci Sports Exerc* 40(5 Supplement): S77

Joint Position Stand of the American College of Sports medicine, the American Dietetic Association and the Dietitians of Canada: Nutrition and Athletic Performance. *Med Sci Sports Exerc* 41(3): 709-731, 2009

Table 1: CALORIE CONSUMPTION BEFORE EXERCISE

Time to Exercise	Grams Carbs/lb	Calories/150 lb Athlete
5 to 60 minutes	0.5 g/lb	300 calories
2 hours	1.0 g/lb	600 calories
4 hours	2.0 g/lb	1,200 calories

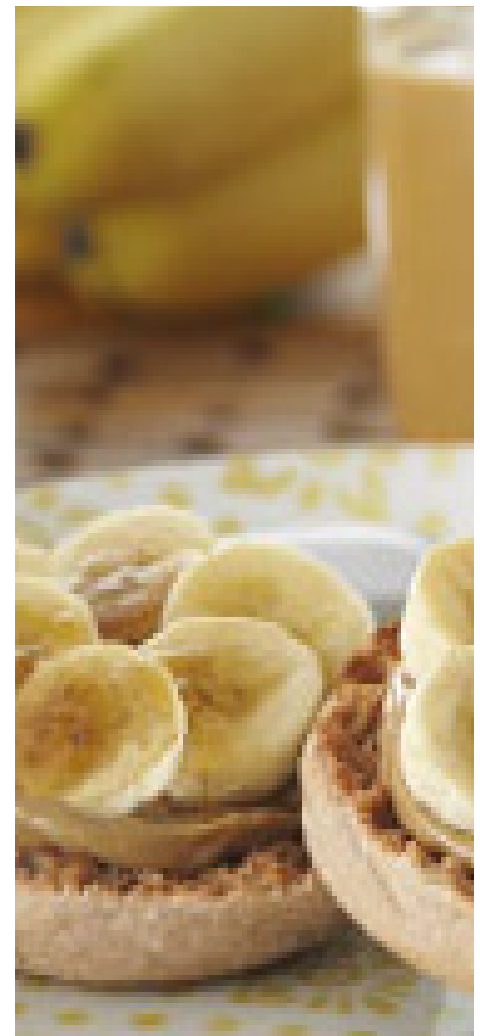
In general, most active people prefer to wait two to four hours after having eaten a full meal before they head to the gym or prepare for a team practice. The meal will have plenty of time to digest and empty from the stomach, particularly if they don't stuff themselves with high fat foods (cheeseburgers and fries) that take longer to digest than a carb-based pasta-type meal. The rule of thumb is explained in Table 1 (2).

For a 150-lb person, 300 pre-exercise calories translates into:

- Two packets oatmeal or a Dunkin Donuts-size (4 oz.) bagel within the hour before your morning run
- Four Fig Newtons and a banana at 4:30 P.M. when you plan to go to the gym after work at 5:30 P.M.

If you will be meeting your triathlon buddies for a 50-mile bike ride at 10:00 A.M., you'll want 600 calories by 8:00 A.M. That's a bowl of granola with a banana and milk, or several pancakes. It's more than many cyclists tend to eat!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her private practice in the Boston area. For fueling help, read her *Sports Nutrition Guidebook* and food



ELECTRONIC PUNCH

By Bruce Metz E-Punch Coordinator

Last year was our first full year of using e-punch on all courses and despite a couple of hiccups, it was a resounding success. For those of you not familiar with e-punch, it is simply an electronic method of recording your visit to each control on your course. Instead of carrying a paper punch card and punching in at each control, the orienteer wears a "finger stick" which contains a microchip. At each control the finger stick is inserted into an electronic control station. The control station records the



time onto the chip. Upon completion of the course, the finger stick is inserted into a download station and a printout of your time visiting each control is immediately printed out.

If you do not own an e-stick, CAOC maintains an inventory of 100 finger sticks which are loaned out free of charge. We do not ask for a deposit but we do require payment for lost e-sticks (\$35.00). Last year, only one e-stick was lost. Many orienteers prefer to buy their own e-stick. CAOC maintains a supply of e-sticks for sale, just ask the meet director. At a few meets last year there was a concern that we would run out of loaner e-sticks. If you own your own, this is never a concern and you do not have to wait in line for your loaner e-stick.

A few things to remember:

1. Prior to beginning your course, it is very important to "Clear" your e-punch and then "Check" it to make sure it is registering.
2. At each control, first check the control number to insure you are at the correct control, then insert your finger stick into the control until you hear a beep. In the unlikely event that the battery on the electronic control is

defective and you do not hear a beep, there is a pin punch attached to each control and you can just punch the bottom of your map. We check the batteries, so this is an extremely unlikely occurrence. If you are visiting a control that has drinking water, e-punch first then have your drink; otherwise you may think you've already punched. There is no penalty for e-punching the control twice.

3. Do not forget to e-punch the "Finish" control as this stops the clock.
4. Following the "Finish" control, report

to the Computer/Download area and download your finger stick. You will receive a printout of your results.

5. If you have a rental finger stick, please be sure to return it so we don't have to call you and make arrangements for the return.

If you have any questions or comments about Electronic Punching, please contact Bruce Metz via the COAC website.

CONTROL PICK-UP

CAOC needs help picking up controls at the end of meets. Picking up controls does not take much time, if there are enough volunteers. Please volunteer to help pick up controls.

CAOC is organized and operated by volunteers, ones who want all participants to enjoy the sport of orienteering. Many have been volunteering for years and some for decades. They do it because they enjoy the sport, enjoy seeing participants have fun and enjoy giving back to something that gives them so much.

If you feel the way many of CAOC's volunteers feel, please consider helping CAOC organize and operate an orienteering meet. Volunteers are always welcome.

CLUB FINANCIALS

By Peter Friddle

The Club maintains a very strong balance sheet heading into 2013. 2012 was a very successful year for the club. We implemented several major initiatives while continuing to promote the sport of orienteering in the Chicagoland area.

E-punch was rolled out to all courses with great response! It is so much more fun to be able to see your splits and really understand where route choices impacted your time. As a result of e-punch "rental" being free this year, we saw a big drop in this revenue line item. However, we did see a steady figure in the e-punch sales line, so it stands to reason that folks who orienteer regularly see the benefit of owning their own chip.

Season pass sales continue to grow. The club elected to give season passes to all volunteers. Even with these gratis passes, the revenue from season passes remained about the same. This is the simplest way to go, the pass pays for itself by attending only a few events and you save yourself the hassle of registering and paying every time. You can literally wake up on meet morning, show up, and have fun in the woods!

Administration costs continue to rise as OUSA fees climb. OUSA provides our club insurance and is also responsible for growing the sport of orienteering in the United States. Check out their website at <http://www.us.orienteering.org/>

We published two newsletters in 2012, which accounted for about 25% of our expenditures in 2012. The newsletter is expensive, but it is a great way to stay in touch with the club.

Last but not least, we work with the local forest preserves to make sure that all of our events are properly permitted. This cost is about 20% of the club expenditures on an annual basis. Working with the forest preserves, we make sure that we are environmentally responsible and safe.

The club remains in fantastic financial shape. We continue to invest strategically to improve your orienteering experience. See you in the woods!

US RELAY CHAMPIONSHIPS

CAOC had a great showing at the US Night-O, Relay, and Ultra-Long Championships in Cincinnati. Medal winners from CAOC were Chris Svoboda, Natalia Deconescu, Carl Larsson, Ivan Petrov, Stanimir Pandelov and Chuck White on Night-O. Medal winners from the Ultra-Long were Natalia, Stanimir, and Viktor Nikolenko. Dan Curley and Koert Miller also were winners in their classes. Better than medals, members bonded over the weekend while working to bring home medals. And rumor has it that CAOC members, sporting our new jerseys, were the best looking orienteers.



DO WARM DRINKS KEEP YOU WARM?

By Gordon Giesbrecht, PhD; Murray Hamlet, DVM; Frank Hubbell, DO

Will a cup of hot chocolate warm you up after a Madnaess run? Yes, but probably not for the reasons you may think it keeps you warm.

There are many variations and opinions on what is the best thing to drink to keep you warm or to warm you up when you are cold. This is one of the questions that Murray had to answer in his long career at the Army Research Institute in Environmental Medicine lab, ARIEM. It was essential for the military not only to know how to keep personnel warm, well-fed, and well-hydrated in the cold, but also, if troops became cold, what was

the most effective way to rewarm them. As it turns out, the real answer has little or nothing to do with the temperature of the liquid, but it has everything to do with the amount of calories or sugar that is in the drink. (Oh no, not those horrible, deadly, disfiguring carbohydrates.) Sugar, carbohydrates, is the log that is thrown on the fire in each cell to provide fuel, heat, and to power life. Glucose and fructose, two of the simplest sugars, are burned in the mitochondria, a small organelle in each cell, to provide that cell with the energy to drive the engine of life. I hate to say it, but without carbohydrates there is no life. Carbs are your

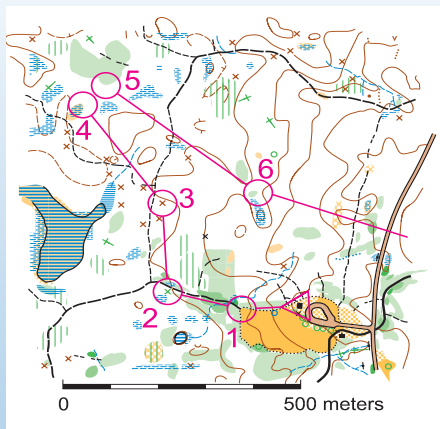
friend.

As far as the temperature of the liquid is concerned, it is more comforting to drink a warm liquid in the cold. But relative to the amount of liquid in your body, there is not enough warm liquid in a cup of hot chocolate to make a difference. So it is important to remember that carbohydrates are your friend—a small amount goes a long way. They provide the energy for life. Remember, we’re talking real sugar, not artificial sweeteners or sugar substitutes.

Wilderness Medicine Newsletter, 2004, with permission

QUIZ-O ANSWERS

By Michael Collins



White

You will know you have gone too far if you get to the trail junction.

Yellow

The brown “X” represents a rootstock, where a tree has fallen and the roots are sticking up in the air at least 2 meters. The green “X” represents a distinct living tree that has fallen down (probably without roots sticking up).

Orange

Controls 3 and 4 are 285 m apart (measuring with your fingers on the scale bar below the map should give a result of “just under 300 m”). Most adult walking steps are just under 1 m long, and most adult running steps are just over 1 m. So, a typical person will take 250-300 steps to get from control 3 to control 4. Do you know the length of your stride?

Green

Control 7, Code 37: Upper part of low spur (short ridge). Control 8, Code 38: West end of earth wall. Control 9, Code 39: Bend in Southwestern dry ditch. Control 10, Code 40: Southwest part of broken ground (uneven terrain too small to map with contour lines), with drinking water available.

Red

Control 5 is being used as a positioning control so that competitors on their way to control 6 don’t give away the position of control 4 to people behind them. Control 6 is on the East side of the thicket so a good orienteer will see the thicket (from the Northwest) before seeing the control marker itself.

7	37				
8	38				
9	39				
10	40				

FACEBOOK PAGE

CAOC debuted its Facebook page in December, 2012. In addition to "Liking" the page, you may check for events, view pictures, and post comments. Please, take a look!



2013 SCHEDULE UPDATE

By Charlie Shahbazian

To all our Club Members, the new schedule is out and posted on the CAOC web site. There are a few new events and opportunities I would like to talk about.

Mississippi Palisades

First there will be a two-day event held at Mississippi Palisades, April 13 -14. It will include a long orienteering event, 12-15 K's, plus a night orienteering event, and a regular orienteering meet.

We are planning to reserve a group campsite so everyone may campout. This will be Kathy Bullard's birthday weekend bash. You might not want to miss it.

Linne Woods

The other new event will be held at Linne Woods, June 9th, and will involve two sprints set by Natalia Deconescu, perennial US Champ, North American Champ and sometimes even World Masters Champ.

The rest of the schedule is pretty usual with a Canoe-O and Night-O in the summer.

Travel Opportunities

There will be opportunities to travel outside the Chicago area and to wear your club jerseys at National meets all around the US. Check our schedule and the OUSA schedule to see some of the great events. A great chance to visit around the country and see how other orienteering clubs run their events.

Flying Pig Van Trip

The 2013 Van trip, which seems to be getting bigger and bigger each year, is a club sponsored van trip in the European tradition, where the club members travel together to big events. This year the trip will be to Indiana for the Annual Flying Pig event. This has proved so successful that we might have another one in the fall.

Meet Directors/Course Setters Needed

I would also like to mention, if you have not already seen or heard, that we need more club members to step up and help as either Meet Director or Course Setters. We will be holding a training for these specific positions on February 24th after the 3rd Madnaess run. This represents a great opportunity to help out and pick up new skills that will help the club host as many events as we can. We have a few new members taking the challenge to be meet directors for the first time. This really can be a rewarding experience, as well as our clubs generous offer to give you a FREE Club Membership and Season Pass to all our events. As mentioned we will help train and assist you so you have a successful event. The more people who help out, the easier it will be for others to enjoy the events too.

I am always available to help and support those who volunteer, as are other club members.

FLYING PIG XVII

CAOC has sponsored a van trip to the Flying Pig for many years. This year will be no different.

Orienteering Cincinnati (OCIN), in cooperation with Indiana Crossroads Orienteering (ICO), will host 3 races over 3 days in and near Bloomington, Indiana, 50 miles South-Southwest of Indianapolis.

Races will have courses for all ages and abilities and will be open to anyone, but there will be additional Eastern States Interscholastic Championship awards for eligible individuals and teams running in the interscholastic classes for primary school, middle school, high school junior varsity, and high school varsity.

Friday, April 5: Indiana University Campus Sprint, 1:5,000 map of the Indiana University Campus, Bloomington, Indiana.

Saturday, April 6: Yellowwood State Forest Long Course, 1:10,000 map of portions of Yellowwood State Forest, 10-15 miles east of Bloomington, Indiana.

Sunday, April 7: Camp Ransburg Middle Distance, 1:10,000 map of Ransburg Scout Reservation, 10 miles southeast of Bloomington.

http://www.ocin.org/flying_pig/pigXVII/entry_info_2013.html



2013 EVENTS CALENDAR

DATE	VENUE	EVENT	MEET DIRECTOR / COURSE SETTER
January 13	Waterfall Glen South West	Madnaess #2	Valentina Dubrovka / Lenny Shatskin
February 24	Busse Woods South	Madnaess #3	Oivind Naess
February 24	Meet Director / Course Setter Meeting		
March 17	Willow Springs	Madnaess #4	Patrick Coneff / Chris Gladwin
March 24	Deer Grove	Regular	Michael Reese / Maricel Olaru
April 13, 14	Mississippi Palisades	Special Event: Long - O, Night - O, Regular - O	Kathy Bullard & Lots of Volunteers
April 21	Palos North	Regular	Lise Valentine / Chris Svoboda
May 5	Swallow Cliff	Regular	Gordan Pearce / Wangki Yuen
May 19	Poplar Creek	Regular	Dan Markham / Rich Gaylord
June 9	Linne Woods	Sprints	Victor Nikolenko / Natalia Deconescu
July 14	Busse Woods South	Canoe-O	Michael Collins
August 17	Veteran Acres	Saturday, Night-O	Jeff Luteyn / Lisa McNerney
September 8	Busse Woods North	Regular	Dave Bonilla / Joe Sackett
September 22	Lakewood	Regular	Peter Friddle / Rich Gaylord
September 29	Waterfall Glen East	Regular	Bruce Metz / Carl Larsson
October 27	Country Lane	Regular	Dan Curley / Joe Sehnal
November 10	Willow Springs	Regular	Charlie Shahbazian
December 15	Miami Woods	Madnaess #1 / Annual General Meeting	Eric Olsen / David Yang

