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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. 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 - Carl Larsson
- Webmaster - Jeff Shaw
- 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 were 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 claims 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 being 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”.

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Soupbone Notes
- Charlie Shahbazian
  vice-president@chicago-orienteering.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 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.orienteering.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.
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 standout 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 360o)
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)

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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)

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(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.

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2007 Winter & Spring Event Information:

(more meet information is available at www.chicago-oriententeering.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 Snowgaine
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!

Snowgaine! 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 Snowgaine 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 SNOWgaine, 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 Snowgaine 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 (WYOGR).

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).

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**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.

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**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 Onions. 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.

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**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 McNerney,
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.
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 Oktoberfest 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 Oktoberfest 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.
# Chicago Area Orienteering Club Membership

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

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**For family membership, please list additional family members:**

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**New**  ☐  **Renewal**  ☐  **Individual 1-year ($10)**  ☐  **Individual 3-year ($28)**  ☐  **Family 1-year ($15)**  ☐  **Family 3-year ($42)**  ☐
<table>
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<tr>
<th>Date</th>
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<th>Meet Director</th>
<th>Course Setter</th>
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<tr>
<td>Feb 3 (Sat)</td>
<td><em>Meet Director / Course Setter Meeting</em></td>
<td>Michael &amp; Christina Collins</td>
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<td>Feb 10 (Sat)</td>
<td><em>Mississippi Palisades 6 Hour Snowgaine</em></td>
<td>Kathy Bullard</td>
<td>Miikka Kairi</td>
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<td>Mar 4</td>
<td>Lincoln Park</td>
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<td>Michael Collins</td>
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<td>Joe Sackett</td>
<td>Jeff Shaw</td>
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<td>Apr 1</td>
<td>Poplar Creek Woods</td>
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<td>Jim Gordon</td>
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<td>Apr 22</td>
<td><em>The Goat/ Palos North</em></td>
<td>Ed Bannon</td>
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<td>May 20</td>
<td>Arie Crown</td>
<td>Viktor Nikolenko</td>
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<td>Willow Springs</td>
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<td>Clark Maxfield</td>
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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.

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