



THE FLORIDA ORIENTEER

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MARK YOUR CALENDARS

| |
|------------------------------------------------------------------------|
| JUL 12 - FLO Summer Meeting |
| SEPT 1 - Labor Day/NOD Event |
| OCT 4 - FLO 2 nd Annual SECOND HARVEST FOOD BANK Food Drive |

Experience Real Adventure at Little Big Econ, July 12, by Bob Putnam

Due to expected July temperatures and considering that in past summers we've had few White course participants, this event will offer just Yellow, Orange and Green courses.

However, fickle summer thunderstorms being what they are, there are two green courses planned – one for low water and one for high water. For those of you who recall the muddy trails even on the White-Yellow-Orange courses at the last LBE event, you could get even muddier this time. You never know.

We will be starting and staging from the Snow Hill Road entrance, on the east side of the park, right at the LBE Ranger Headquarters (HQ) building. Look for our tables to be set up behind the HQ building, that is, on the west side, away from the highway. Park either in the parking lot in front of the building, or along the shell-surfaced driveway leading to the circular turnaround that we usually use. **Park on one side only of the long driveway, so follow the lead of those who park before you, please.** We promised not to park in their wood-fenced horse-corral lot adjacent to Snow Hill Road (except for busses) so as to keep it completely open for horses.

Event will be as usual: 10:00 AM to 1:00 PM start, with normal fees. But the **FLO Summer Annual Meeting will be convening at 2:00 p.m. inside the HQ building**, so if you arrive early, you can be finished, rested and rehydrated before the meeting starts.

We are, still, limited in the total number of participants at LBE, but our historic attendance at July events has never been so high that we're going to worry about it this time. No overflow courses up at Geneva Wilderness, and no Saturday/Sunday splitting, as we have done the last few times. Please simply remember that we should all be thoroughly agreeable to whatever ranger requests might come up.

We need to be on our best behavior for the benefit of a park staff who doubt orienteering is a good thing. We'll be right under their noses but it's a chance to prove to them why they should invite us back. Maybe we'll get those daily maximum allowances increased for the November event, at least.

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WE'VE MOVED! VISIT FLO'S NEW WEB SITE LOCATION

www.FloridaOrienteering.org

March - New Map at ONF - Woodpecker West, by Bob Putnam

Event Coordinator/Course Setter: Jonathan Linforth

How did you like it? Let's hear from you!

Ocala National Forest with a New Map and Preprinted courses had been my focus for weeks! I was training hard for it. I was really looking forward to it because I knew Arild Orsleie and Dave Ousley would be fresh and ready. And I knew that Ron Eaglin would be there and in top shape. What I didn't know was that Ron would go on an all night canoeing trip or something the night before, and drag in there on no sleep and brain-fades his way through what for him was a completely blown red course. Then Arild DQ's. Oh well.

Jonathan Linforth set our courses with some gorgeous long legs and hinted before we went out that he'd done some tricky things with control placements, so to be on the lookout. I did indeed catch at least two of his tricks with controls set close-by our red controls. But when I finished and caught my breath he waited a few moments and asked if I'd gotten the last control. I said sure, right there, pointing to it. He handed my map back to me and said look again. Doggoned if the line from penultimate control to GO control didn't just happen to pass right through the finish tent and well off to the south toward the genuine last control about 300 meters away. What an effort it was to start running again, over the hill, down to that control and back to finish again.

So far he hasn't disqualified me from the results list, so my time looks pretty good. Arild Orlseie was DQ'ed by one of those tricky nearby controls on the course, so I've challenged Jonathan to reinstate Arild or DQ us both. It's likely that "Shultz" should be the Red courses winner of this first inaugural Woodpecker West event.

Lots of visitors from up north. Steve & Donna Fluegel wound up their winter stay with us and we must all apologize for laughing too hard when Donna asked if the weather was always this hot & humid the first week of March. The weather was, most of us thought, pretty nice. I'd guess about 75-80°F depending on whether you went out early with the clouds or later with the sun. And the relative humidity was only enough to break a healthy sweat. I normally carry water with me in hot weather, but didn't this day, and was sorry halfway through the course.

The turnout was terrific in light of the less-than-perfect weather forecast for the day. They said it would rain all day, but we saw only a few drips on the windshield driving out there. Speaking of driving out there. If any of you reading this were among those who could not find the staging area, I take full responsibility and heartily apologize for any confusion or frustration. I sincerely hope no one actually gave up and went home. I failed to modify the directions on the web site, resulting in lots of people reporting lots of confusion out along forest road 538 in the areas of our past events at ONF. We did place our orange and white direction signs in Paisley at the 538 entrance and another at the north end of 538 at the 445 junction. The catch was there's 5 miles of dirt road, and unoccupied staging areas, between the two. More signs and better web page monitoring was called for.

And to further reduce confusion in the future, we've decided to change the name of this new map from Woodpecker West to something else. You tell us. We've already got a Woodpecker Hill map, where the actual woodpecker nests are located. You may have noticed there were no woodpecker nests on this new map at all. Suggestions for a new map name range from Billies Bay, after the adjacent Wilderness Area north of 445, to...well, that's it so far.

We've ruled out anything 'Shockley' to avoid confusion, since we've already got Shockley Ranch, even though both Shockley Heights and Shockley Hill are the two

adjoining communities. Send in your suggestions. Maybe we'll name one of the depressions after the person with the winning suggestion.

Dave Ousley once again stayed up all night (it seems) getting the results finished quickly. I haven't done a head count yet, but it looked like 150 or so. Not bad for Ocala, but I wish more ROTC units could have enjoyed this first day map experience. As it was the Titusville cadets were the sole JROTC representatives, and did rather well too.

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FLO Information

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March - New Map at ONF

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We are aware that 11 of 24 starters on Orange failed to finish, and we don't like to see that. If you were on the 13 successful ones, pat yourself on the back, because that was perhaps one of the toughest Orange you'll see.

Helpers showed up early and made for a very low-pressure time of it at registration for a change. John Ide, Janet Putnam, and Bev Ousley registered. Jonathan Linforth had lots of help from Dave Ousley and Russ Steinke at the start/finish table.

Jay Turner helped Jonathan set controls Sat morning. Derek Bohn, Kim Durgan, and Joe Maliszewski retrieved. Thanks to all, and to all the others I'm neglecting to thank by name.

Did I mention how wonderful the forest is on this new map? Our field checker Malcolm Adams was sort of lukewarm in his reactions, reporting that the footing was not as clean as Shockley Ranch and that there were no intricate depressions like Woodpecker Hill and the undergrowth was a bit grotty, as the Brits say. But I liked it. A lot.

There are more contours on this map than on any previous FLO map. There are lots and lots of very intricate vegetation

boundaries which you will all be learning to read in the years to come because us course setters will be using them forever as control features, you can bet. The whole thing strikes me as a great place to orienteer and I had a ton of fun this first time out.

Be sure not to miss the next event out there, or any FLO event anywhere for that matter. Bring a friend next time - pay no attention to the weather or the weather forecasts. ☺

RESULTS: Woodpecker West (WW)

| RESULTS CODE | |
|------------------------|--------------------------|
| DNF: | Did Not Finish |
| DQ | Disqualified/Mis-punched |
| WW - WHITE | |
| NAME | TIME |
| Zehr | 44:20 |
| Trudi Short | 104:00 |
| WW - YELLOW | |
| NAME | TIME |
| Tom Sammet (M1) | 38:50 |
| Pradella | 42:09 |
| Myers Family (3) | 47:50 |
| Mark Laughridge (2) | 64:20 |
| Slowikowski | 73:45 |
| Naisbett (6) | 81:13 |
| Kathy Buckles (10) | 82:00 |
| Jim Taylor (3) | practice |
| Liz Kegler (4) | practice |
| WW - ORANGE | |
| NAME | TIME |
| Troop 524 #3 (4) | 71:20 |
| Troop 524 #2 (5) | 89:20 |
| Prytulo (M1) | 99:05 |
| Jeff Hunker | 101:00 |
| Bret Barker (2) | 101:50 |
| Bob & Elaine Bates (2) | 102:45 |
| Brown | 118:05 |
| Steinke (M1) | 130:32 |
| Mahnken | 134:14 |
| Paul Kavan | 134:50 |
| Titusville #6 | 137:20 |
| Weber | 171:47 |
| Hawkins/Lunt (2) | 209:00 |
| Christina Royer | DQ |
| S Braddock & A Vaughn | DQ |
| Pardy Party | DQ |
| Myers | DNF |
| Durgan (F1) | DNF |
| Troop 524 #1 (5) | DNF |

| WW - ORANGE - cont | |
|------------------------|--------|
| NAME | TIME |
| Dempsey (2) | DNF |
| Nelson | DNF |
| Santi | DNF |
| Karnehm & Hood | DNF |
| Jay Turner (M1) | DNF |
| WW - BROWN | |
| NAME | TIME |
| Kremer (3) | 92:24 |
| Titusville #2 Jimenez | 100:07 |
| Titusville #1 Odermatt | 109:25 |
| Sammet | 110:25 |
| WW - GREEN | |
| NAME | TIME |
| Cutler (M1) | 55:22 |
| Debra Gottschalk (F1) | 69:22 |
| Bohn (M1) | 77:57 |
| John Ide (M1) | 78:15 |
| Royer | 81:45 |
| C&R Tischer (2) | 83:28 |
| Titusville #4 | 91:17 |
| Titusville #3 | 91:19 |
| Titusville #5 | 108:55 |
| Clayburn (2) | 120:05 |
| M & A Rosenberg (2) | 137:00 |

| WW - RED | |
|----------------------|--------|
| NAME | TIME |
| Bob Putnam (M1) | 62:00 |
| Schultz | 78:10 |
| Ray Bruneau (M1) | 88:37 |
| Donna Fluegel (F1) | 94:09 |
| Andy Holman (F1) | 101:40 |
| Dwayne Jenkins (3) | 104:55 |
| Ron Eaglin (M1) | 107:40 |
| A. Stanley III (M1) | 112:47 |
| Kyle Tallent (M1) | 114:03 |
| Bev Ousley (F1) | 114:40 |
| Ace Gottschalk (M1) | 124:07 |
| Chad Truxall (G3) | 129:57 |
| Murphy | 133:30 |
| Crane | 138:20 |
| Arild Orsleie (M1) | DQ |
| Bill Barolet (M1) | DQ |
| Aaronson | DQ |
| Steve Fluegel (M1) | DQ |
| Joe Maliszewski (M1) | DNF |
| Fendner | DNF |



O'ing with Dad



Resting Between Controls

April - Two days at Little Big Econ,

by Bob Putnam

Course Designer: Bob Putnam

A pretty good turnout: 226 total is my preliminary count, so we assume not many of you were discouraged by the messy logistics. Most were able to take our suggestion to put all the JROTC and scout groups on Saturday, reserving Sunday for the civilians. That's pretty much the way it worked out. Roughly evenly split in terms of people.

As it happened we had no need to overflow to GWA since we were nicely distributed at LBE over the two days and did not exceed our daily quota.

With an average turnout next month at RSPSR, we will have sent out our 25,000th starter. No big to-do, or awards, or anything; just thought I'd let you know.

The weekend weather for LBE could not have been nicer. Big puffy scattered Florida clouds, 80 degrees. Something in the air - Spring, maybe - brought out some extra wildlife. I had seen the usual deer, owls, hawks, and hogs, while vetting control sites in previous weeks. A pair of swallowtail kites flew over the start/finish area on Sunday, a good variety of snakes were reported (all harmless, please note! - well, all but one), and the deer were actually running across the big field on Saturday. **I looked it up to be sure, and I can report also a Loggerhead Shrike along Snow Hill Road.** (ED: see FLOing Wild)

Speaking of Snow Hill Road - once again, I'd failed to add a note to the web page clearly indicating the site staging area. Please accept our apologies. We joke about finding the start being half of orienteering, but that was close to being true.

I recall mentioning in the pre-event notices how the advanced course difficulty level would be stepped up at this event. No one cared. At least none of the JROTC cadets backed off. Of course very few of them finished.

And the winning times on Brown, Green and Red were about 50% longer than ideal USOF guidelines. But the smile quotient remained high and complaints were (practically) non-

existent. A few people pointed out the map scale was printed as 250m between the meridians, when in fact it was the usual 500m spacing on this 1:15000 map.

There was also a vandalized control. The first control common to Brown/Green/Red was taken Saturday night. Apparently. Dave Ousley came back from his lead-off run immediately to report it Sunday AM, so we gave him a replacement control with a new code, sent him right back out without a rest, but then forgot to tell everyone else the code had changed.

I was terrifically embarrassed to realize I was forgetting to tell people, but no one actually yelled at me so all's well in my cloudy little mind. I'm fairly certain I also let a few people out early on Brown and Green without writing in the location of the final control. It was accidentally deleted from their pre-printed maps. I never heard a word about it, so I wonder what they did.

The pre-printed maps seem to be a terrific idea; quite successful. We'll do it as long as Jonathan Linforth's patience holds out. Except that at next month's event at RSRSR master maps will be used.

Feedback from the courses leads me to feel pretty good about the challenges presented, including the mud - and also including the odd dunking and more than one person telling me of that curious feeling of shivering panic that grows on you about halfway across a waist deep swamp. I smile. Some moms in the crowd seemed dismayed at the prospect of muddy, yucky, courses and I expected that, but I was surprised to sense some reluctance on the part of some teenagers to get slopped up. In any case, all the scowling happened before the event and then after they finish the courses there are only smiles above the soaked shoes & shirts.

It was good to see a full set of JROTC cadets on Saturday along with several Boy Scouts out for merit badges and First-Class qualifying. The usual contingents from distant spots like the Jacksonville area (Gottschalks) and Inverness (Cheryl & Laura) were

matched this weekend by a Boy Scout troop from St. Mary's, GA on Saturday (returning again Sunday). And then on Sunday an Adventure Racing group from Jupiter put in a real good time on red and talked of mapping Jonathan Dickinson Park down there.

We really have to congratulate all the long-distance O'ers. The regulars who do the long treks, and I've omitted lots of them here, are hugely appreciated for their dedication. Hats off to the first timers for venturing several hours' drive to try this out, not quite knowing what to expect. We can only hope we met those expectations, and hope they share their experiences with us. And return often.

Lots of talk this weekend about future mapping in areas like Dickinson, and also at Whithlacochee Forest. All we need are mappers, coordinators, maybe a few sponsors, people willing to run those distant events with a willingness to generate local interest. Just like starting orienteering anywhere. FLO has the ability to partly or fully fund the map and the hardware to run the events.

Your FLO Board of Directors have until the November 1st event at LBE to decide whether to continue the two-day format at that site. Why don't some of you let the Yahoo! Groups [FLO forum](#) know how you feel about that.

Thanks for this two-day event go especially to Bev & Dave Ousley for maximum time on site, and for doing everything both days. To Janet Putnam for Saturday Registration. To Jonathan Linforth for printing maps and running them down to our house Friday. To Kevin Jimenez's Dad, whose name I forgot to record, for helping Saturday registration. To Ron Eaglin for both set and retrieval of flags. To Mark Ritchhart for his all day Sunday help. To Russ Steinke for suddenly being there when most needed. And to Dave Brault for late-in-the-day duties, and he also helped Ron retrieve I think - since they had planned to do it after dark for AR training.

Hope you all had fun. □

RESULTS Little Big Econ (LBE)

| RESULTS CODE | |
|--------------------------|-------------------|
| NTR: | Time Not Recorded |
| DNF: | Did Not Finish |
| DQ: | Disqualified |
| DHS | Deland HS AFJROTC |
| GHS | Gibbs HS |
| OHS | Oviedo HS NJROTC |
| LBE - WHITE | |
| NAME | TIME |
| Oviedo HS team 4 (2) | 31:57 |
| Sean & Bill Byrd (2) | 42:30 |
| Karen Bates (3) | 80:30 |
| Jim Field (3) | 89:30 |
| LBE - YELLOW | |
| NAME | TIME |
| Anna & Ron Eaglin (2) | 47:40 |
| DHS team 3 (4) | 58:16 |
| Erik Gilbert (2) | 66:47 |
| DHS team 5 (5) | 67:49 |
| DHS team 4 (4) | 67:52 |
| Fred Milch (4) | 69:40 |
| DHS team 6 (5) | 72:45 |
| Lee Arvanitis (2) | 75:40 |
| DHS team 2 (4) | 88:20 |
| DHS team 1 (4) | 90:29 |
| BSA Troop 222 team 2 (5) | 93:27 |
| Roland Masyar (6) | 96:30 |
| BSA Troop 222 team 1 (4) | 98:20 |
| BSA Troop 429 (5) | 121:00 |
| DHS team 7 (4) | 134:40 |
| Josh Duke (5) | DNF |
| J. G. Fender (2) | DNF |
| DHS team 10 (4) | DNF |
| DHS team 9 (5) | DNF |
| DHS team 8 (5) | DNF |

| LBE - ORANGE | |
|----------------------------|--------|
| NAME | TIME |
| Bryan Liles (3) | 74:14 |
| Walenty Prytulo (M) | 76:35 |
| Russ Steinke (M) | 88:38 |
| John McGrath (3) | 97:17 |
| OHS team 2 (2) | 98:00 |
| D Zabin/J Ponds (2) | 99:40 |
| Roland Sampanx (4) | 100:25 |
| Akers Family (3) | 101:38 |
| Scott Myers (M) | 115:14 |
| OHS team 1 (3) | 123:55 |
| Troy Hamilton (2) | 125:58 |
| Hawkins/Lunt (2) | 134:26 |
| Mardy Parks (2) | 152:46 |
| C Flynn/L Metullo (2) | 153:32 |
| Thomas (5) | 166:30 |
| Jerry Hoover (3) | 183:54 |
| Jeff Hunker (M) | DQ |
| John Bailey (6) | DQ |
| J Hyatt/BSA-222 team 2 (6) | DQ |
| Kimberly Durjan (F) | DNF |
| Jay Turner (M) | DNF |
| A Vaughn, B & E Bates (3) | DNF |
| Tony Aguirre (4) | DNF |
| D & A Gatlin (2) | DNF |
| P & M Pradilla (2) | DNF |
| LBE - BROWN | |
| NAME | TIME |
| Bryan Liles (3) | 121:22 |
| Doug Zabin (2) | 140:20 |
| Rob Douglas (6) | 145:02 |
| Bret Barker (M) | 178:13 |
| E & D Matthews (2) | DQ |
| Jimenez | DQ |
| John, Laren, Alicia (3) | DNF |

| LBE - BROWN | |
|------------------------|--------|
| NAME | TIME |
| GHS team 2 | DNF |
| GHS team 5 | DNF |
| GHS team 1 | DNF |
| Oviedo HS team 3 (2) | DNF |
| GHS team 3 | DNF |
| GHS team 4 | DNF |
| LBE - GREEN | |
| NAME | TIME |
| Derek Bohn (M) | 110:00 |
| Mike Dempsey (M) | 145:24 |
| Rodney Counts II (M) | 160:15 |
| M & A Rosenberg (2) | 172:51 |
| Russ Steinke (M) | DNF |
| Joe Maliszewski (M) | DNF |
| Mitch Jarvis (M) | DNF |
| Jim Fender (M) | DNF |
| D Pugh & A Johnson (2) | NTR |
| LBE - RED | |
| NAME | TIME |
| Arild Orsleie (M) | 74:26 |
| J Dunlap/A Davis (G-1) | 106:42 |
| Beverly Ousley (F) | 119:34 |
| Chris Johnson (M) | 127:38 |
| David Gottschalk (M) | 138:06 |
| Susan Hewlings (G-2) | 138:36 |
| Ken Richmond (G-2) | 138:36 |
| Debbie Gottschalk (F) | 141:14 |
| Mark Ritchhart (M) | 151:20 |
| Boca - McGlary (M) | 162:56 |
| Tom Sammet (G-2) | 163:35 |
| Andrea Holman (F) | 169:28 |
| Darrs (2) | 172:10 |
| Tim Vincent (M) | DQ |
| Boca - Mann | DNF |
| David Hatten (M) | DNF |
| Benji Mann | DNF |
| Boca - Houpes/Clane) | DNF |
| Boca - Degrace | DNF |
| Boca - Mederios | DNF |
| Boca - Brown | DNF |
| Boca - Mulhern | DNF |
| Paul Schonber (2) | NTR |
| Team Dirty Fish (M) | NTR |

FAMILY FUN Making Fossil Jewelry

Take a nature walk and gather leaves, acorns, pinecones, or shells.

Mix 2 cups flour, 1 cup salt, and 1 cup water in a medium bowl.

Knead several times on a floured board. Roll dough to $\frac{1}{2}$ " thick.

Press your nature finds into the dough, and remove them, carefully so they leave their shape in the dough.

For necklaces, make a hole at the top with a toothpick.

Cut around the shapes and put them on a cookie sheet.

Bake the cutouts at 250° F. for about 1 $\frac{1}{2}$ hours, till dough is hard.

Cool on a rack. They can be decorated with tempora or acrylic paints and preserved with a coat of clear varnish.

Thread necklaces with beads on a leather cord.

from Donna Erickson
Prime Time Together... with Kids

May - Challenging Rock Springs Run State Reserve,

by Bob Putnam

Event Coordinator: Derek Bohn

Course Setter: Arild Orsleie

What a day it was! Good crowd. Good Courses. Fine fellowship. No horses were frightened. All orienteers were recovered. And no complaining rangers.

I'm trying to think up a good alternative to the acronym RSRSR, appropriate to my experience. It's hard, because neither dehydration, exhaustion, chiggers, nor itching begins with an R or an S.

I have not had so many chigger bites after an event in years.

It was warmer than I expected (understatement #1). It was funner than I expected (grammatical contortion #1).

And mysteries abound: Was Chip Delany (Notoriously famous Sci-Fi author) really there, or was it the current non-de-plume of Dave Ousley. I thought at first Dave was disguising himself as Artur Intson, the M35 from club OKZA in Riga, Latvia, but then I see that Artur really was there! And turned in a fine time, too. And finally, Andy Capp was there - No kidding; says so right here on the waiver sheet.

How hot was it? No superlatives needed. 90°F at midday, full sun. Not at all a good day for Derek B. to try out his new Treklite O-suit/gaiters designed for more northern climes. I didn't even want sleeves on my pretty, new, red, very porous, lightweight O-top after about 1 km of running, but I can't bring myself to mutilate it yet.

Coursesetter Arild Orsleie did not hang all controls really low, as he often threatens, but he did provide a memorable 1km leg across open fields - my daughter Kate gets 'field-sick' on such as those. On that leg I drank my whole supply of water, so you know the

'elephant tracks' of prior competitors through the waist high grassy parts were most welcome.

It was toward the end of that open field leg about 3km into the 6.8km red course that I was joined by old (young) FLO veteran Paul Hodges, who had already finished his red course. He was the only one to accept my offer to shadow me while I ran, talking about what I was doing and looking for. Poor Paul; by the time he reached me he had already run about 12km on the day and I was already too pooped to talk much. He graciously assured me it was worth it.

From the results I see 143 starts from 139 people. Not bad in light of the weather and having only Titusville and Cypress Creek representing JROTC's. And thanks so much to Titusville

parents who BBQ'ed enough food to provide the FLO volunteers with lunch - that was terrific.

From the results I also see: a) Shane Keys from Titusville HS handily winning Yellow, b) the Pardy Party coming in first on Orange (yet again, it seems) in what looks like a strong field of first three places, c) Kristin & Keith Caruso making their long drive from Tampa worthwhile by dominating Brown, and d) Derek Bohn, our Event Coordinator, edging out Joe Maliszewski on Green by only 3 minutes.

One very odd part of these results was having Walenty Prytulo being out over 100 minutes on Orange, bad back or not. Some discussion took place about Walenty devoting 40 minutes to Orange #4, but no protests were filed and the results stand.

One very hotly competitive part in the results is the placing of the three fastest female individuals on red: Bev Ousley, Andy Holman, and Debbie Gottschalk, clustered within about 10 minutes.

All times tended to be longish, but that only reflected the difficult conditions and the consistently challenging courses. Impressively, only about 14% of entries did not finish for whatever reason; a testament to good course design, I think.

If you visited the brown 'V' pit near the east side of the courses, those were bear bones you saw. If you thought to save a few seconds by bee-lining through the electric-fenced horse pasture, you now know what electric fences feel like. If you were the couple in front of me as I tripped over an old barbed wire fence, you know what Splat sounds like.

Thanks to the big-time travelers to this event, including Artur, Sharon Jenkins group from Bonita Springs, Andy Capp from Jacksonville, and Dave Hatton from Jacksonville Beach, Dave Duschenes and the Carusos from Tampa/St. Pete. I wonder if Paul Hodges, Dennis Godber, Matthew Ellman's group, and Bryan Barrett's group, all from Brandon, were aware of one another. Our sincere thanks for your monster drives just to spend the day with us.

Thanks to all for parking so orderly and perfectly, and so far as we can tell, paying the entrance fees so conscientiously. The park rangers will appreciate us (even) more.

Thanks to volunteers: Derek for EC'ing, Arild for course design, control placement and full time everything else, Bev & Dave for being there end-to-end, Russ Steinke for start/finish, Joe Maliszewski and Ray Bruneau for control retrieval, and I'm sure we picked on a few others to help out during the day. Thanks to all. ☐

Orienteering Training Tip, by Dennis Wildfogel, Running in the Woods

On advanced courses the great majority of your time is spent off-trail. Trying to run in such terrain requires a different sort of gait and stresses the muscles, and other body parts, differently from the way running on a trail does. Yet I'd venture a guess that most of us (me included!) never train by running in the woods. You don't need a vast area – if you can make even a 200 meter loop you can run intervals, that is run around once, take a rest, repeat.

Do this once a week and your ability to run in the forest will surely improve. And to make it really interesting once in awhile take along a map. Try studying the map, picking out route choices between controls for instance, while doing your run through the woods. Mastering this skill will shave lots of time off your runs at O'meets!

RESULTS – Rock Springs Run State Reserve – (RSR)

| RESULTS CODE | |
|--------------------------|--------------------------------|
| NTR: | Time Not Recorded |
| DNF: | Did Not Finish |
| DQ: | Disqualified - over time limit |
| RSR – WHITE | |
| NAME | TIME |
| Mathew A. Ellman (G5) | 50:24 |
| Bryan Barrett (G4) | 61:30 |
| Ginger Stamper (G4) | DNF |
| RSR – YELLOW | |
| NAME | TIME |
| Shane Keys (M) | 56:46 |
| Richard Pattillo (M) | 81:03 |
| Bob Bates (G4) | 81:25 |
| BSA Troop 452 (G8) | 84:30 |
| Sharon Jenkins (G4) | 90:40 |
| Jeff Misa (M) | 91:09 |
| Michele Monse (F) | 94:29 |
| William Thompson (M) | 97:35 |
| Christina Martinez (F) | 107:05 |
| J & R Turbot (G2) | 111:50 |
| Joe Rosier (M) | 128:20 |
| Mandy Parks (G2) | 140:10 |
| Alicia Johnson (G2) | DNF |
| Jay Turner (M) | DNF |
| RSR – ORANGE | |
| NAME | TIME |
| Pardy Party (G2) | 76:07 |
| C Flynn & L Motallo (G2) | 82:01 |
| Jeff Honker (M) | 92:10 |

| RSR – ORANGE - cont | |
|--------------------------|--------|
| NAME | TIME |
| S Braddock A Vaughn (G2) | 106:10 |
| Kevin Harrelson (G5) | 107:01 |
| Walenty Prytolo (M) | 117:07 |
| David Mahnken (M) | 121:15 |
| Charlotte Smith (G2) | 128:17 |
| Austin Quinn (M) | 136:02 |
| Adam Hugoboom (M) | 142:58 |
| Mathew Ellman (G4) | 144:31 |
| Kevin Jimenez (M) | 146:44 |
| Don Tanchin (G2) | 150:45 |
| Steven Odermatt (M) | 153:02 |
| Cypress Ck HSJROTC (G3) | DNF |
| Karnehm & Hood (G2) | DNF |
| RSR – BROWN | |
| NAME | TIME |
| Keith Caruso (G2) | 88:55 |
| James Pridemore (G6) | 107:03 |
| J, K, & R Kramer (G3) | 125:26 |
| Dave Daschenes (G4) | 157:29 |
| Bret Barker (G2) | DQ |
| E & D Mathews (G2) | DQ |
| J Taylor & D Kolb (G2) | DNF |
| Russ Steinke (M) | DNF |
| RSR – GREEN | |
| NAME | TIME |
| Derek Bohn (M) | 78:08 |
| Joe Maliszewski (M) | 81:03 |
| Scott Sloan (M) | 93:54 |

| RSR – GREEN | |
|--------------------------|--------|
| NAME | TIME |
| David Cutler (M) | 96:09 |
| Jataya Taylor (F) | 135:27 |
| John Joiner (G2) | 145:49 |
| Team Rosenberg (G2) | 149:10 |
| Andy Horn (M) | 164:34 |
| James Fendner (G2) | 166:35 |
| Kevin Schmidt (M) | DNF |
| RSR – RED | |
| NAME | TIME |
| Bob Putnam (M) | 62:03 |
| Artur Intson (M) | 73:19 |
| Chip Delany (M) | 76:48 |
| Paul Hodges (M) | 80:34 |
| Bryan Schultz (M) | 84:31 |
| Dwayne Jenkins (G4) | 91:25 |
| Mike Schmidt (G4) | 97:58 |
| Beverly Ousley (F) | 111:35 |
| Andrea Holman (F) | 113:48 |
| Team Dirty Fish (G2) | 118:20 |
| Tom Sammett (M) | 119:15 |
| Ken Miller (M) | 120:45 |
| Debbie Gottschalk (F) | 122:56 |
| Williamson, Bruneau (G3) | 133:35 |
| Kyle Tallent (G2) | 149:10 |
| Dennis Godber (M) | 166:42 |
| Bryan Davis (G2) | 168:15 |
| James Pohl (G4) | 171:05 |
| Norman Lei (M) | DNF |
| Dave Hatten (M) | DNF |

An Orienteering Birthday Party, by Rich Feldman, Hudson Valley Orienteering

My soon-to-be-seven-year-old son, Alex, was bored with the “normal” birthday parties. Neither he nor his friends could handle another bowling party. So, I was quite thrilled when he announced he was going to have an orienteering party. My first reaction was one of pleasure – we must be doing something right. The second reaction was shock – I was going to take responsibility for letting a bunch of 7-year-old boys run around in the woods?

The first step was posting a query on the HVO group on Yahoo, asking for suggestions. I got excellent ones, most were used. The party was held at Flat Rock Brook Nature Center in Englewood, NJ, on March 23. We had previously gotten park permission to set up a course for fewer than 10 participants. Party day was pretty good, the snow had mostly melted, and the mud wasn’t any deeper than the kid’s knees.

Alex and 4 friends were in attendance. They were split into 3 groups, with an older sibling paired with the poor child who ended up without a partner. (The eventual winner.) Based on the input from HVO members, we decided not to require compass work. Although compasses were provided, with water bottles and maps to all participants. I began by giving the kids a short lesson on how to orient themselves and how to use a compass to figure out which direction they were facing.

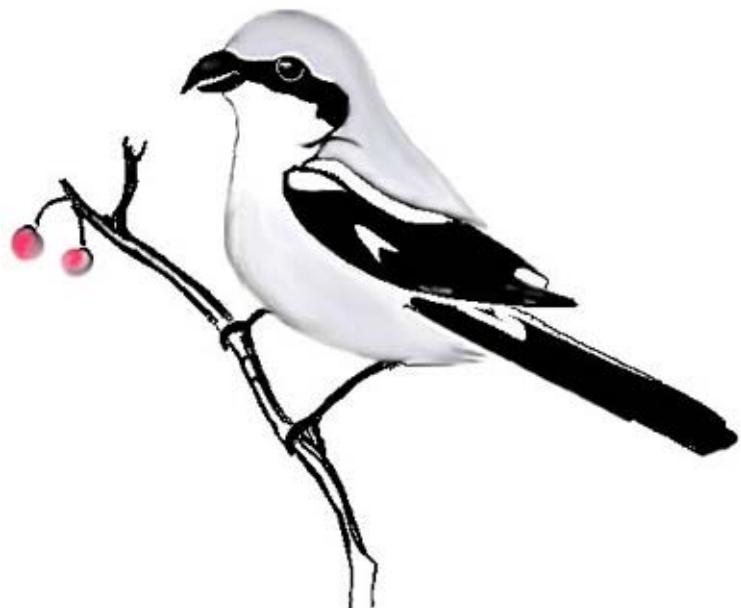
The course was marked on non-topo (not exactly to scale) park map pulled from the web. I drew circles on the map before printing copies, so the kids got pre-marked maps.

The route was about 0.7km, with an elevation gain of about 25 meters. All controls were on the side of the trails (Flat Rock policy prohibits leaving trails), and each one had an envelope with a sticker for them to place on their score card. The stickers spelled out “Alex is 7!”, which made checking easy. I also had them answer multiple choice questions at each control to try to get them to slow down and take in the scene around them. Questions included: “If you walk 10 steps south from here, what would happen?” The correct answer, “splat”, since it was at an overlook near a sharp drop-off. And “What animal made the thing you are standing on?” Correct answer “Human”, since the control was tied to the railing of wooden steps.

continued on page 8

FLOing WILD: Loggerhead Shrike, by Marilu Dempsey

December 23 is Loggerhead Shrike Day.



Description:

7" to 9" long, slightly smaller than an American Robin.

Disproportionately large, or logger, head, with a short, heavy, hooked beak that is entirely dark.

Head and back are bluish gray, under parts white or grayish white.

A broad black mask starts at the nape, surrounds the eye, and extends to and just above the beak.

Wings are black with a white patch at the tops of the primary feathers. Look for the two white wing patches when it flies.

The tail is black with white feather tips.

Male and female are similar in size and color.

What Bob Putnam spotted at The Little Big Econ on April 6th is an endangered bird; becoming more rare every year.

The Loggerhead Shrike, nicknamed "Butcher-bird," is the only known predatory songbird. Shrikes hunt like a small hawk, preying on insects and small animals, including other birds.

A masked, hooked-billed songbird, the Loggerhead Shrike compensates for a lack of talons by impaling its prey on thorns or barbed-wire. If you spot a grasshopper speared on a twig during your hike, you are probably in Shrike territory!

The Loggerhead Shrike flies with a fluttering, gliding, motion, showing large white patches on the wings. It is easily confused with Mockingbirds, which have longer tails, larger wing patches - but importantly - no mask.

The Loggerhead Shrike once had a breeding range extending from Central and Southern Canada, throughout the Continental U.S., and through most of Mexico.

Once widely distributed, the Loggerhead Shrike has aroused serious concern because of declining numbers throughout its range.

In the U.S. it is state listed as threatened or endangered in 14 states. In Canada the Eastern population is listed as endangered and the Western population is listed as threatened...

Way to go Bob!

US Fish & Wildlife Service Loggerhead Shrike Status Assessment, Nov 2000:

http://midwest.fws.gov/Endangered/birds/LOSS/LOSHSA_entire.pdf

For video-clip and audio-file of a Loggerhead Shrike:

<http://www.ronausting.com/loggerhe.htm>

An Orienteering Birthday party, continued from page 7

Heeding advice, controls were placed just past trail intersections, but still visible from the intersection. In this way, the controls naturally kept the kids from taking the wrong route at a junction. Since the park has an excellent network of color-blazed trails, all the kids had to do was look on the map, see what color trail they should be on, and follow the blazes.

I made up a silly scoring system with 1 point for each correct sticker, 1 point for each correct answer, 1 point for every piece of trail litter picked up, and 2 points for every minute below 30. The kids didn't care about the scoring, though 2 of the 3 groups ran the entire course, stopping only to answer the questions. The winning pair came in just under 15 minutes.

The park's Education Director turned out to watch. Having never orienteered, she was impressed, and wants to add orienteering to their education program.

An orienteering party is more work than taking the children bowling. But it really wasn't too bad. No one got lost, everyone had fun, a few pieces of litter were removed from the trails, and the kids learned something positive. Perhaps we seeded a new generation of orienteers. If I can be of help to anyone looking to do this, please feel free to e-mail: rich@researchlab.tv

Wickham Park, Melbourne – August 2 COME SEE WHAT HOT MEANS

If you thought July at LBE was going to be hot, wait 'til Wickham! I've been orienteering at Wickham Park in August. I know what 'hot' is. But then, isn't that the fun of it all? And doesn't it then feel doubly refreshing to wade through waist deep ditches on those very hottest days?

Not to scare anyone away by harping on this theme – but isn't it fun when your friends up north listen in disbelief as you describe to them what you've done at a typical Florida August orienteering event?

This year Joe Maliszewski will be designing a Score-O event for a little change of pace. At this writing we don't know the details as to time limits or whether more than one competition category will be involved, but keep monitoring the web site for possible updates –or show up and be surprised. This will be a great event. Even for novices. Rest assured no one needs to feel put off by a Score-O event. This is just as first-timer friendly, if not more so, than our usual cross country courses. If you're not sure how a Score-O works, go to the web page and read the description given there.

Joe M. is also serving as sole Event Coordinator in the absence of perennial co-coordinators (if that's a word) the Orcutt family, who've all been called off to a family reunion in NY. Joe has revealed that he will be using about 36 controls in the event – a pretty big number as these things go, so be ready to see every corner of the park. Wickham Park is only one mile square, less than 500 acres when you discount the King Center occupying one corner of the square, but it has a ton of trails. And most of them are windy and confusing and lots are overgrown. In other words, perfect for orienteering.

Bring along a picnic lunch to enjoy in the beautiful park setting after your run. Remember there is a swimming area to cool off after your hike. See you there! ☐

REVISED RULES for USOF COMPETITION

These rules are intended primarily for internationally sanctioned events, but serve as the basis for all national Rules.

New USOF Rules can be viewed at:

<http://www.mindspring.com/~rshannonhouse/Rules2003.htm>



FLO MEMBERSHIP APPLICATIONS

**are available at FLO events, and
on-line from the FLO web-site,
or**

by contacting Mike Dempsey:

107 Red Cedar Dr, Sanford, FL 32773.
(407) 321-6810
flo_membership@bellsouth.net

Ocala National Forest – NEW MAP National Orienteering Day (NOD) September 1

REAL ORIENTEERING – REAL CHALLENGES

The superlatives just keep coming: The kick-off event of the fall FLO season, a brand new map untouched by orienteering feet, National Orienteering Day, the very Best terrain we have, easy parking along route 445, all pre-marked maps and No Entry Fees!

Of course there are the other constants of Ocala Forest: No toilets, no water, no..... hey, those are about the only drawbacks! Not too bad! You're going to love it.

This will be the last Newsletter prior to the event, so post this on the refrigerator and don't forget. **National Orienteering Day means Bring A Friend. There will be Door Prizes – usually donated compasses, hats, etc.** We tend to be surprised at the last minute by what we get in the USOF package to give away.

A full set of courses will be offered to challenge every skill level. In Ocala National Forest "challenging" means something different than at any other FLO venue. **If you haven't heard this warning already, here it is again: This is Real Orienteering. If you get lost in Ocala National Forest, you can be really lost, and for a long time.** Please don't be the cause of an organizer's anxiety. Please come even more prepared than usual to strictly observe the 3-hour time limit and the 3:00 p.m. closure time. We urge everyone to be cautious about attempting a course difficulty beyond what you are ready for.

That said, you're going to Love It!

Our NEW MAP is called Billies Bay (that spelling is correct – no apostrophe). Further note: there is no 'bay' on the map, or any within miles – the name is taken from the adjacent ONF Billies Bay Wilderness Area. It's a five-color, 1:15,000 scale map, just like the other ONF maps. In fact it is composed of parts of Woodpecker Hill and Woodpecker West maps that have not been used before. That's our low-budget way of getting a new map.

The staging area will be along route 445 about 3.7 miles east of Route 19. There are two ways to approach this start area. East on 445 from the Route 19 intersection, which is itself 5.5 miles north of Altona, is the simplest. You may also approach from Route 42 in Paisley, via Rancho Road and Forest Road #538, but that's almost 6 miles of dirt road before you reach the pavement of Route 445, so why bother?

Staging for registration/start/finish will be along the south shoulder of Route 445, about ½ mile west of the intersection with road #538 and about 1 mile west of the entrance to Alexander Spring. That Alexander Spring is so close is good. After your not-quite-cool-weather-yet hike or run on one of our challenging (remember?) courses, it will be particularly refreshing to jump into 72° F Alexander for the rest of the day.

Mark your calendar to come spend Labor Day with us in possibly the finest forests left in Florida. Let's kick off the Fall season in fashion. ☐

SPECIAL 2003 UPCOMING EVENTS, by Bob Putnam

JROTC TRAINING EVENT – ONF – SEPT 5 to 7

Using the FLO maps Woodpecker Hill, Woodpecker West, and Billies Bay, this three day event is co-hosted by FLO and Titusville HS JROTC. Patterned after the long-running and very successful Georgia Orienteering Club Training Days, a wide variety of training opportunities are offered over the three days.

For more info contact:

1st Sgt E.T. Henson THS NJROTC 321-264-3115
HensonE@brevard.k12.fl.us

SEE HOW THEY RUN: SWEDISH TOUR 2004

FLO is currently negotiating with a Swedish tour agency to arrange for a number of (up to 50?!?) veteran orienteers to tour Central Florida in early 2004.

Hopefully, one day of this event will coincide with the scheduled FLO - February 7th - ONF event. FLO will design courses and more or less host these orienteers for three to five days of training runs. Some of them are or have been world class elite competitors, so some of the courses may be beyond what we in the US call a Blue course, the longest currently offered.

This will be their opportunity to loosen up in the warm Florida sun in the middle of winter. This could also be your opportunity to meet with, run with, and perhaps learn, from some of the best in the world. **Please contact Bob Putnam if you have any connections to FL tourist agencies or with any of the Attractions.** We, and the visitors, would be extremely grateful if anyone could arrange for extra discounts/admissions/deals for these orienteers.

Volunteers are needed to help vet, set, and retrieve controls. Thanks in advance. ☐

2003 FLO CALENDAR NOTES, by Bob Putnam

October 4 - Moss Park/Split Oak:

Due to accessibility limitations at the Split Oak Forest Parking Lot, we will be staging from Moss Park. All start/finish for all courses will be inside Moss Park. If any courses venture into Split Oak Forest (and it is very likely they will) it will be via the Lake Hart causeway, as in the past – and bear in mind that the causeway leg may or may not be part of your course and may or may not be knee deep! All part of the fun. **EC needed.**

November 1 - Little Big Econ:

Staging will be from the Barr Street Parking lot at the extreme west end of the map. Keep monitoring the FLO web site for notices regarding limitations on park access that might involve overflow courses at Geneva Wilderness or perhaps require two days of orienteering at LBE. At this writing, the plan is to orienteer at LBE only on Saturday November 1. **EC/CS needed.**

December 13 - Wekiva Springs:

Make a note because there had been some preliminary notices of the previous weekend. **The 13th is our date,** due to the state park rangers using the facilities on the 6th. FLO will again be using the Youth Camp Auditorium for registration/start/finish/parking, and it will again be both the **FLO State Championships and the FL State HS JROTC Championships.** ☐

JOIN THE USOF CLUBNET AND KEEP UP WITH O'MISCELLANY

Did you ever wonder how FLO can claim to operate our orienteering events just like any other club in the country or the world? How do we keep up with what's going on out there? One way is to subscribe to a service such as the "clubnet", an open forum for the exchange of orienteering related news in the US.

Anyone can join the USOF clubnet, whether or not you're a USOF member. The group was created to help US orienteering clubs keep in touch with USOF and one another, especially with regard to national sport promotion and issues that affect all clubs. National Orienteering Day updates are posted to this group, along with news items and announcements about upcoming events and opportunities (such as grants, scholarships, sponsors, awards, and media coverage). All members of the group are encouraged to share their ideas, stories, and experiences.

The clubnet website contains an archive of past messages, a poll feature, and a place where files can be stored for shared use (for example, a Powerpoint slide show, an event organizers' manual, or a press release). If you visit the website, consider submitting some basic information about yourself (name, club, etc.) that will appear in the member listing. That way our members can see who else is in the group and which clubs they represent.

Anyone interested in joining the group can subscribe by writing to the following e-mail address:

USOFclubnet-subscribe@yahooroups.com

To access the USOF clubnet website, you will need to register by entering an ID and password. If you tell your computer to "remember" you, you won't have to enter your ID and password every time you go to the site. Note that if you're currently subscribed to other Yahoo groups, you may not have to go through this step.

If you wish to receive messages in daily digest format or view them on the web instead, you can change your "delivery option" on the USOF clubnet website at: <http://groups.yahoo.com/group/USOFclubnet>

FLO MAIL GROUP: <http://groups.yahoo.com/group/FloridaOrienteering/>



Experience Real Adventure - LBE, continued from cover

Don't forget to stop at the honor-system entry fee box at the entrance gate to pay the \$2 per car fee. Very important!

We'll be sure the ice-cold water fountain right outside the HQ building is ready and functioning. Hope to see you there. ☐

**Annual FLO Membership Meeting - JULY 12 – 2 PM
LBE HEADQUARTERS COMMUNITY ROOM**

Imagine! Air Conditioning! What will we do? How will we react? Will it draw a larger than normal crowd, simply knowing the meeting will be cool and comfortable?

Who knows. All we know is that every year we have a wide open meeting to which anyone with an interest in orienteering is invited. **You do not even have to be a member to participate and have your voice heard.**

If we have a formal vote on something or other we may ask that only members participate, but don't expect many of those. If you've been to FLO annual meetings before you know that they are fairly low-key.

This year's meeting will convene at 2:00 p.m. in the Community Room of the HQ building, or as soon after 2 as we can muster a quorum. Hopefully all the key players and Board members will be out of the woods by then. Meetings have

never lasted more than an hour or so.

We will try to post an Agenda on the web site prior to the meeting, but the only really big items at this time are "What to map next" and "Whether to move the annual meeting to December/January."

Possible topics include: (a) Status reports on the effort to get FLO incorporated as a truly non-profit entity, (b) The state of the FLO treasury, (c) The new web page, (d) The plans for map printing in the future, (e) The plans for re-mapping areas that require updating, (f) The purchase by FLO of the computer program O-CAD, and (g) Recent outreach efforts to various groups.

There will be no elections since last summer's elections were for two-year terms by everyone. There will not even be any arm-twisting for volunteers for upcoming events, since Course Designers and Event Coordinators have already volunteered for all but a couple of slots. So you may all show up without fear of being roped into anything.

The 2004 schedule will certainly be discussed, along with the prospects of some special upcoming training events.

Bring along a few snacks to share, maybe some soda, some ideas and opinions and we'll all have a fine time seeing to it that this club continues to grow and thrive. All it takes is YOU being present. And remember that this club can't exist without YOU. So please be sure to be there. ☐

FLO CALENDAR OF EVENTS

| | | | |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------|
| Jul 12, 2003 | Little Big Econ State Forest, Snow Hill Road, Oviedo FLO SUMMER MEETING - get involved in FLO - join us after the event at the Snow Hill Road HQ | EC/CS: Bob Putnam | YOG courses |
| Aug 2, 2003 | Wickham Park, Melbourne | EC/CS: Joe Maliszewski, maliszja@yahoo.com | SCORE'O course |
| Sept 1, 2003 | Ocala National Forest, Billies Bay - NEW MAP - National Orienteering Day (NOD) event - LABOR DAY | EC: Ray Bruneau CS: Bob Putnam | WYOBGR courses |
| Sept 5,6,7 2003 | JROTC 3-day Training Camp – helper(s) needed for Sept 6th, contact Bob Putnam. | | |
| Sept 12-14 2003 | US Championships in California/Nevada. Thinking of going? Let Joe Maliszewski know: maliszja@yahoo.com It would be great to have a showing of FLO members there. | | |
| Oct 4, 2003 | Moss Park/Split Oak Forest, Orlando FLO's 2nd Annual - Second Harvest Food Bank - Food Drive. Open your hearts, Share your bounty. | EC: Volunteer Needed CS: Arild Orslie | WYOBGR courses |
| Nov 1, 2003 | Little Big Econ State Forest, Barr Street, Oviedo | EC/CS: Volunteers Needed | WYOBGR courses |
| Dec 13, 2003 | Wekiva Springs State Park, Apopka FLO State Championships and FL State HS JROTC Championships | EC: Volunteer Needed CS: Bob Putnam | WYOBGR courses |
| Jan (10), 2004 | DeLeon Springs, N.W. Deland | EC/CS: Volunteers Needed | |
| Feb (7), 2004 | Ocala National Forest - Woodpecker Hill | EC/CS: Volunteers Needed | |
| Mar (6), 2004 | Kelly Park, Apopka | EC/CS: Volunteers Needed | |

Events in () are tentative, always check the FLO Hotline for updates

The Florida Orienteer is published 4 times a year: February, May, August & November.
Deadline for submission of material is the 5th with publication scheduled for the 25th.

Send material to Marilu Dempsey: marilu_dempsey@bellsouth.net or 107 Red Cedar Drive, Sanford, FL 32773.
The editors reserve the right to edit any submitted materials and publication is on a space available basis.

UPCOMING EVENTS

Sat - Jul 12 **The Little Big Econ State Forest, Snow Hill Road, Oviedo**
Courses: YOG **EC/CS: Bob Putnam**

Go 6 miles northeast of Oviedo, on Geneva Road, SR 426. Turn right on McLain Rd and go 1/3 mile to Snow Hill Road. Turn right and go 2 miles to park entrance on the right.

ENTRY FEE: \$2.00/CAR - honor system - place money in an envelope at park entrance.

Sat - Aug 2 **Wickham Park, Melbourne**
Course: SCORE'O **EC/CS: Joe Maliszewski**

Melbourne, FL.: Go 7 miles north of Melbourne on US 1, turn left on Parkway Blvd. Go 1.5 miles to park entrance.
- OR - From I-95 exit 73, take Wickham Road approx 8 miles south. Go left on Parkway Blvd. for 1/2 mile to park entrance.

ENTRY FEE: None

Mon - Sept 1 **Ocala National Forest – Billies Bay – NEW MAP – National Orienteering Day**
Courses: WYOBGR **EC: Ray Bruneau CS: Bob Putnam**

Take US 441 North past Mt. Dora. Turn right on SR 19 (north), through Eustis and Altoona. 5.5 miles north of Altoona turn right on CR 445 and go 3 miles to start area.

ENTRY FEE: None

All dates are tentative. Please check hotline (407) 672-7070 or Web Site <<http://www.floridaorienteering.org/>>

All starts are from 10 AM until 1 PM, unless otherwise noted – RAIN OR SHINE

Pre-registration and membership not required, unless otherwise noted – events are open to ALL

IF YOU ARE NOT A MEMBER - JOIN NOW - DON'T MISS AN ISSUE!
HAS YOUR MEMBERSHIP EXPIRED? Check the expiration date on your mailing label.



FIRST CLASS MAIL

THE FLORIDA ORIENTEER
c/o Marilu Demsey
107 Red Cedar Drive
Sanford, FL 32773