



# NEWSLETTER - FEBRUARY 2003



**Greater Phoenix Orienteering Club - Getting There is ALL the Fun!**

## Next Event: Feb 8 at Saguaro Lake

Join us Saturday, **February 8th**, at a site near Saguaro Lake, northeast of Phoenix. Develop your land navigation skills, compete for best score, or just enjoy a day outside! Bring a bag lunch and a lawn chair and hang around awhile!

This event is a **Score-O** type of event where the goal is to find as many controls as you can, in any order, in the time allowed (2 hours max). Points are assigned to each control and the challenge is to maximize your score through strategic route planning. People of all skill levels can participate and there will be a beginner's clinic.

You may start anytime after the course opens and competitors have up to 2 hours to finish the event. Everyone, including non-competitors, must be off the course by 1:00 when the course closes.

### Schedule:

Registration Starts .....	9:00
Beginner's Clinic .....	9:30
Course opens .....	9:30
Course closes .....	1:00

### Cost(member/non-member):

Individual .....	\$4/\$5
Family / team rate .....	\$6/\$7

**Directions to Saguaro Lake From Phoenix:** There are two routes; the Beeline Hwy (87) is 4 lanes, direct but not very scenic and the Bush Hwy is 2 lanes and winding, but the scenery is great once you get past north Mesa. For the Beeline (87): from Loop 202 and Country Club (the Beeline), go northeast on the Beeline (past Fountain Hills) 22 miles and turn right at the Saguaro Lake/Bush Hwy turnoff. Our site is 0.2 miles on the right. Look for an orange and white orienteering "sandwich board" at the turnoff to our site.

For the Bush Hwy: From Power road and the Superstition (US60), go northeast 22 miles (Power turns into the Bush Hwy). You'll pass the Usery Pass turnoff in 13.5 miles, but stay on the Bush Hwy. When you see the sign that says "Junction 87 - 1/2 mile", turn left into the big open area about 0.3 miles after the sign. Look for an orange and white orienteering "sandwich board." Go slow, it's just a short dirt entrance into the area.

### What to bring:

water bottle(s)  
whistle (**required for all**; available for \$1)  
compass (some available to rent for \$1)  
your lunch  
Your registration fee includes the map.

**Water will be available only at the parking area so bring a water bottle to have with you on the course.**

## January Bomboy Mine Event Results

Men's Competitive Class Red:

Andreas Haldi	1:02
Mike Zampino	1:12
Max Suter	1:37
Ludwig Hill	1:41
Tim England	2:08
David Marks	DNF
Jim O'Donnell	DNF

Men's Competitive Class Orange:

Ron Jansen	1:56
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Women's Competitive Class Red:

Peg Davis	2:13
Christina Luis	DNF

Team Competitive Class Red:

Team MRB	DNF
Matt & Jodi Dixon	DNF

Team Competitive Class Orange:

Bill, Lisa and Rich	DNF
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Recreational Participants

Rich Beier
Cougar Patrol
Richard Dewey
Steven, Irene & Tyler Edgett
Michael & Emilie Grant
Dave Higgenbotham
Team Hink
Team Kestrel
Doug McCulley
Brent & Neil Nebeker
Peter Neubauer
Team Panthers I
Team Panthers II
Prentis Wilson & Miriam Park
Ringnes Family

## Event Wrap-Up

It was another great event with another great turnout. There were 61 participants and helpers. If we keep getting this kind of turnout, we'll have to begin offering more courses at our events!

Thanks to our setter/vetter volunteers - Mike Franklin, Patricia Abbot, Jared Kuhn, Marion Kappelmann, Doug McCulley, Dallas and Colter Lane. Without you, this event just couldn't happen. Thanks to control hangers Mike Franklin and Sheryl Berling-Wolff, and more thanks to control picker-uppers Dave Higgenbotham, Jarmo Monttinen, Matt Dixon and any I may have missed. Thanks to Celia

Jansen, Jared Kuhn and Jarmo Monttinen for help with registration and timing.

Special thanks go to Mike Franklin and Patricia Abbott for all the work they did for this event, designing the courses, setting, hanging and acting as co-meet directors.

We offered White, Orange and Red courses at this event. All the courses had numerous participants. It's good to see that we now have enough advanced orienteers participating that we can offer more advanced courses. Let's keep moving up our members to those more skilled levels!

## Little Rincons ROGAIN, March 15-16, 2003

Rogaining is the sport of long distance cross-country navigation in which teams of two to five members visit as many checkpoints as possible in twenty-four hours. Teams travel entirely on foot, navigating by map and compass between checkpoints in terrain that varies from open farmland to hilly forest. A central base camp provides hot meals throughout the event and teams may return at any time to eat, rest or sleep.

There will be two events held at the Little Rincons, both starting midday March 15. There will be a 24 hour rogaine and a 12 hour rogaine. The 12 hour rogaine will be 12 consecutive hours, finishing at 12 midnight. There will be a non-competitive 6 hour event, also starting at midday March 15, that will be available to people who volunteer to help in the Hash House or administering results.

The Little Rincons rogaine will be about one hour drive east of the city of Tucson in part of the Coronado National Forest. The elevation of the course will be 4000 to 6000 ft, which should be pleasant around March in Southern Arizona. The event center, or Hash House, will be accessible via 2WD. The last ~10 miles of the road is unsealed. There may be some slippery

clay patches and shallow creek crossing depending on recent rainfall, though nothing too difficult.

Other Stuff: Camping will be available around the Hash House from Friday night, March 14. The map provided to competitors will be on weather proof Teslin. The scale will be 1:24,000 and the contour interval 40 feet. All participants are cordially invited to remain in the area after the rogaine and help with the control retrieval.

Teams: A team shall consist of two, three, four or five members. A team that has a member under fourteen years of age shall also have a member eighteen years of age or over. **Looking for a partner?** Email [yenc@dakotacom.net](mailto:yenc@dakotacom.net); include details that may help such as your experience, level of fitness, how hard you want to go at the Little Rincons. A "partners wanted" page will be started as soon as there are a number of replies.

Registration will only be done online at [www.active.com/event\\_detail.cfm?event\\_id=1034160](http://www.active.com/event_detail.cfm?event_id=1034160)

For more details see:  
[ww.lpl.arizona.edu/~mc/rincon/index.html](http://ww.lpl.arizona.edu/~mc/rincon/index.html)

## Volunteer to Set/Vette For More Practice Time

If you check out our schedule, you'll notice that we now schedule a setting/vetting event the Saturday before each competition. We have many members who want to go out with experienced people to improve their skills and here's their chance.

Our next gathering is Saturday Feb 1st. We will meet at 9:30 AM at the site to which directions are given on page 1. Call Rita at 480-985-0914 to tell her you're coming so she has a map for you.

We'll gather, divide up into teams, setting points out in the field and then vetting (verifying) points that others have set. This is much more challenging because there are no controls to find - you must be sure by skill alone that you are in the right location.

If you help set the course, obviously, you are ineligible to compete the following week, however, many of our setters come back for the big event and try to find the points they didn't make it to the week before, for that little bit of extra practice.

## Move Up! A column for the A.O.

by Peter Amram

(Used with permission, New England O.C.)

It's more important for us Average Orienteers to learn (1) to hold the map correctly—parallel to the ground, in the “weak” hand, thumb on present position, oriented so the objects on the ground match the symbols on the map—and (2) to read contour lines accurately, than it is to worry about how fast we're going. The time on the course is going to be what it is; best to focus on getting from point to point and having fun. As bumper stickers should read: “Run the woods, not the numbers.”

Nevertheless, some arithmetic consideration is both interesting and helpful in assessing performance. Consider course length. As you have doubtless already learned, orienteering depends heavily on the illusion that manmade precision can be imposed upon the natural world. (This is known technically as “mapping.”) Well, the grim reality is that the length of your course is not what is stated on the daily menu board. It's longer, friend, always longer.

Courses are computed, from the map, “as the crow flies.” That is, the course setter measures straight from the start triangle to each control and on to the finish circles, and then adds up the total. No consideration is given for obvious barriers like ponds and impassable cliffs, or more logical route choices like the trail around that high hill. Also, no consideration is given for climb, i.e., the amount of vertical travel needed. Usually, climb is listed separately on the course menu, although it may be omitted at a relatively flat venue like Hammond Pond or Regis College.

The Received Wisdom in orienteering is that 10 meters of vertical climb is the equivalent of 100 meters of distance on the flat. But there's another little detail. By convention in the sport, the listed climb is only counted upwards. So, to take an example selected not at all at random, if you were to start an O-course at

the top of Mount Wachusett and finish at the bottom, there would have been no official climb, but try telling that to your quadriceps on Monday!

Further, climb is measured by the course setter along what he/she considers the most efficient route. The chances are that you will follow different routes than did our calm and rational course setter.

(Incidentally, the rules require climb to be no more than 4% of the stated length of the course, e.g., a 4 km course should have 160 meters of climb or, as is usually the case, much less.)

So let's add it up. The menu says that today's Orange is 3.4 km. But add a conservative 30% for normal deviation from the straight-line measurement. And don't forget the stated climb of 80 meters = 800 meters distance. That makes an effective minimum of 5.2 km, ignoring the inevitable “down” climb and some good old-fashioned wandering around in the underbrush.

As an advanced exercise, compute your pace by dividing time on the course in minutes by the stated course length, and write both the total time and your pace on the day's map. Noting the pace (19 min/km, for example) is more useful than your order of finish, which is largely a function of your competitors' performances and therefore beyond your control.

In time, you can see which maps are inherently “faster” than others because of a friendly trail system or uncomplicated terrain. Also, pay special attention to the races where you make few mistakes. On a 4 km course, a single 12 minute mistake will balloon your pace by 3 minutes a kilometer. And three such mistakes . . .

After you leave Orange for Green or Red, you will want to use a lap watch to time each leg and further gauge and refine efficiency. But don't get too caught up in the numbers. It's interpreting the contours on the (properly held) map that will really help you to move up!

## GPHXO Upcoming Event Schedule

Feb 1, 2003	Set and Vette Saguaro Lake
Feb 8, 2003	Joint JROTC/GPHXO Event Saguaro Lake
Mar 1, 2003	Set and Vette for Needle Vista
Mar 8, 2003	Joint JROTC/GPHXO Event Needle Vista (Tentative)
Mar 27&29	Spring Land Navigation Class
April 5	Set and Vette for Coon Bluff
April 12	Night-O at Coon Bluff

Events can't happen without volunteers from the club. Volunteer today to help staff or set up for a meet. We'll be there to help you through your first, second, even tenth time so you don't have to go it alone.

We encourage our members to participate in the Tucson club events as well as our own. Not only is it an opportunity for more orienteering experience fairly close to home but they have some really great folks that we can learn a lot from while we enjoy their company.

## Tucson Club Event Schedule

February 16, 2003	Slavin Gulch
March 15-16, 2003	Little Rincons - Rogaine

Did you know that GPHXO O.C. members get the "member" rate for Tucson O.C. events? For details about the Tucson Club events, check their web page at <http://go.to/tucsonorienteering>

## GPHXO Board Meetings:

Board meetings are held monthly to discuss the business operations of the club and to plan for upcoming events. They are open to all members. Unless otherwise noted, all meetings are at 7:00 PM at the Tempe Library, downstairs in one of the study rooms.

Tuesday, Feb 18  
Tuesday, March 18  
Tuesday, April 15

## **2003 CLUB OFFICERS:**

**President**  
**Vice President**  
**Secretary**  
**Treasurer**  
**Newsletter**  
**Equipment**  
**Membership**  
**Permits**  
**Publicity**  
**Mapping**

**Matt Dixon**  
**Mike Franklin**  
**Rita Locke**  
**Patricia Abbott**  
**Sheryl Berling-Wolff**  
**Bob Kuhn**  
**Sheryl Berling-Wolff**  
**Rita Locke**  
**Michele Hermansen**  
**Matt Dixon**

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Phoenix, AZ 85076-1114

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# **Greater Phoenix Orienteering Club**

**... Join Phoenix Orienteering Today ...**

Send form to:

**Greater Phoenix Orienteering Club  
c/o Rockledge Services  
P.O. Box 51114 Phoenix, AZ 85076-1114**

**Contact us at (480) 659-2091  
[gphxoc@yahoo.com](mailto:gphxoc@yahoo.com)**

NEW MEMBER       INDIVIDUAL (\$12)  
 RENEWAL       FAMILY (\$14)

Yes, I can help staff a club meet. Call me.

Members receive a bi-monthly newsletter, have voting  
privileges, and receive a discount on club events and the  
Land Navigation class.

NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

(AREA CODE) DAY TELEPHONE \_\_\_\_\_

(AREA CODE) EVENING TELEPHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_