



NEWSLETTER - MARCH 2003



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

Next Event: March 8 at Needle Vista

Join us Saturday, **March 8th**, at a site in the Superstitions just east of Apache Junction. Develop your land navigation skills, compete for best time, or just enjoy a day outside! Bring a bag lunch and a lawn chair and hang around awhile!

This event is a **classic** type of event where one visits the controls in a fixed order. The person with the fastest time in their category wins. Courses of different skill levels will be offered - yellow, orange and red. There is a recreation category for those who do not wish to run competitively.

People of all skill levels can participate and, of course, there will be a beginner's clinic.

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 Needle Vista From Phoenix:

From Phoenix, take US 60 (Superstition Freeway) east to Apache Junction, exit at Idaho Road and turn left (north). When you reach the Apache Trail (Hwy 88), turn right. Drive about 7.2 miles NE along Hwy 88 to the signed Needle Vista turnoff. It is about 1/2 a mile past milepost 203. Park in the parking lot and look for an orange/white orienteering bag at the registration table.

A whistle is required for all participants. Some are available to purchase for \$1. Compasses are available to rent for \$1. Your registration fee includes the map.

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.

JROTC: You will have a separate parking and start area. Major Barnes will provide you with directions.

Greater Phoenix Orienteering Club
<http://www.geocities.com/phxo>

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

February Saguaro Lake Event Results

<u>Men's Competitive:</u>	<u>score</u>	<u>club</u>	<u>Recreational Participants</u>
Andreas Haldi	90	TSN	
Mike Zampino	88	none	
Ludwig Hill	80	TSN	Greg Brown
Dave Kreider	78	PHXO	Tim Maloney
David Marks	75	none	Paul Hinson
Leif Lundquist	71	TSN	Wayne Dixon
Max Suter	62	PHXO	Colleen LaRose
Mitch Rydland	55	none	Mel Trout
Gary Thomas	43	PHXO	Leigh Ann Langley
Tim Tablada	20	PHXO	Brent Nebeker
			Joyce Wong
			Lisa Folb
			Kara Hume
			Kathryn Leonard
			Troop 797 "The Rocks"
			The Wright Family
			Brad Warner
			David Higginbotham
			Peter Neubauer
<u>Women's Competitive:</u>	<u>score</u>	<u>club</u>	
Christina Luis	40	TSN	
Peg Davis	35	TSN	
<u>Team Competitive:</u>	<u>score</u>	<u>club</u>	
Erik & Austin Ringnes	42	PHX	
Lost Girls meet City Slickers	37	PHX	
Team RMB	36	PHX	
Desert Tortoise	24	none	

February Event Wrap-Up

It was another great event with another great turnout. There were 55 participants and helpers for the Phoenix club and 107 2-person teams with the JROTC. The occasional sprinkles didn't seem to dampen the spirit of the event, though the beginner's clinic was just a bit cramped, sharing the canopy with registration.

Thank you Matt Dixon for your work on the map and course design. Thanks to Rita Locke and Richard Dewey as meet co-directors. Thanks to our setter/vetter and staff volunteers - Mike Franklin, Patricia Abbot, Jared Kuhn, Doug McCulley, Rita Locke, Chris Query and Matt and Kim Dixon. Without you, this event just couldn't happen.

Thank you all you JROTC adult staffers who stood at the side of the highway as a presence to remind all the participants to look before crossing the busy highway. Major Barnes had made "runners in the road" caution signs that were placed near our crossing. There were no incidents crossing the highway and that was a big relief.

Our next event will be a classic type of course, where one travels to the controls in a specified order, so our advanced competitors should have a bit more challenge with longer route legs and more difficult route choices. The JROTC start point will be in a separate location so there should room in the parking lot for all.

Race the Rockies Adventure Challenges

Our club is getting more participation from adventure racers so we'll try to bring you information as it comes to us. Land Navigation is a required skill for winning racers and orienteering events are excellent places to practice.

July 26/27 2003 is the "Race the Rockies" 18 Hour Adventure Challenge. Teams of 3 (mixed gender) and SOLO categories will paddle, trek, orienteer and mountain bike through the spectacular Canadian Rocky Mountains. Race the Rockies 18 Hour Adventure Challenge is one of the few adventure races in the world that allows solo athletes to race throughout the night. Registration has begun online at www.racetherockies.com.

July/August 2004 is the Race the Rockies 30 Day Challenge. Solo athletes and teams of two will paddle, trek and mountain bike a challenging 3400 km race course through one of the most beautiful and remote places on earth.

If you think you might be interested in something like this, previous race participants will tell you how critical good navigation skills are to success. If you find you need more practice "getting unlost", course setting is an excellent activity to hone your skills. To set a course for competition, you have to be absolutely certain you are where you think you are, and techniques like triangulation are invaluable. Come set a course and learn some new skills.

Semi-Annual Land Navigation Class March 27 & 29

Master the use of topographic map and compass to travel through the wilderness with skill and confidence. This class is an evening in-town session then a full day in the field at a site near the town of Superior. This class is designed for adults and is a very intensive, hands-on program.

Students walk four to five miles, with day packs, learning and practicing land navigation methods and techniques. The course covers compass use, interpreting topographical maps, and six methods of getting from point to point (walking a straight line, using checklines, contour lines, and catch features, honing in and funneling). You will also learn aiming off, pace counting, triangulation, and more.

We provide dinner at the classroom session, plus breakfast, lunch, snacks and dinner at the field session. Students must provide their own

transportation to and from the site. Students provide their own Silva Ranger 15 CL 360-degree compass. (Another model may be used if it has a baseplate, a mirrored lid with a site and a mechanical declination scale adjustment). A Silva compass may be rented for \$5.

Cost is \$100 (fully refundable until 3/20/2003). Members who have joined prior to Jan 1, 2003 get a \$20 discount. **Class alumni, if it's been awhile since you've been practicing, you may take the class again for half price (\$50.00).**

Ask any of our previous students and they'll tell you what a great class it is. As our club president, Matt Dixon, likes to say, where else can you go on a catered hike like this?

Little Rincons ROGAINE, 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; 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

For more details see:
www.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 March 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.

GPHXO Upcoming Event Schedule

Mar 1, 2003	Set and Vette for Needle Vista
Mar 8, 2003	Joint JROTC/GPHXO Event Needle Vista
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.

Learn About Arizona's Geology

Did you know that many of the rock formations visible in the valley date from nearly 2 billion years ago, from the Precambrian era?

You may be interested in learning more about our area's fascinating rock formations, geology and unique landscape. There is a good website out there now, www.gemland.com/vsmap.htm that contains some great pictures and includes lots of information about the geology of Arizona. Check it out.

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
April 20, 2003	Brady Wash
May 18, 2003	Course Setter's Choice
June 15, 2003	Course Setter's Choice
July 20, 2003	Course Setter's Choice
Aug 16-17, 2003	Lake Mary, AZ State Champs

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
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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

- 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