



NEWSLETTER - APRIL 2003



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

April 12 - Potluck and Night-O at Coon Bluff

NOTE: THE GATE TO ENTER THE COON BLUFF RECREATION AREA IS LOCKED AT SUNSET. PLAN TO ARRIVE BEFORE THEN! Trying to enter through the exit gate after hours will damage your tires. Day-use fee is \$4 per vehicle Camping is available for a \$6 per vehicle fee (outhouse available but no water).

Join with us Saturday night, April 12 for a potluck dinner followed by a night orienteering course. There will be a nearly-full moon but you'll want to be sure to have a flashlight and spare batteries to make sure you can see where you are walking. Always watch out for loose rocks and nasty critters when desert hiking. Coon Bluff is bordered on 3 sides by roads and 1 side by river so it's nearly impossible to get really lost. We'll have a score-o type event, where you can find controls in any order. We'll put plenty of controls close in for those who don't want to venture too far, but we'll be sure to put a few some distance away for those who need a challenge.

FOR THE POTLUCK: bring a hot or cold dish or dessert to share and bring your own table service. We will provide water and punch.

Schedule:

Potluck Dinner.....	5:30 PM
Registration Starts	6:15 PM
Beginner's Clinic.....	6:30 PM
Mass Start.....	7:00 PM
Course closes.....	9:00 PM

Cost(member/non-member):

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

Directions to Coon Bluff From Phoenix:

Take US 60 (Superstition Freeway) east to Power Road, exit #188. Turn north onto Power Road. The turnoff to Coon Bluff is on the north side of the road, about 12 3/4 miles from US60. Look for an orange/white orienteering bag on the south side (about 1 mile past the Phon D. Sutton Recreation Area turnoff). Turn left and drive about 1.25 miles to the parking area. Look for an orange/white O bag at the registration table. If you get to Usery Pass Road, turn around and go back about 1.25 miles and turn right. **The entry gate is locked at sunset so plan to arrive before then.**

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)
Potluck item and your own table service
Your registration fee includes the map.

There is a \$4 per car parking day-use fee. Overnight camping is available for \$6 per vehicle.

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

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

March Needle Vista Event Results

<u>Men's Red Individual:</u>	<u>time</u>	<u>club</u>
Andreas Haldi	0:51	TSN
Mike Zampino	1:15	none
Erik Ringnes	1:31	PHXO
Matt Dixon	1:35	PHXO
David Marks	1:51	none
Rob Morden	2:19	PHXO
Davy Calkins	2:40	none
David Wright	DNF	PHXO
Cory Hove	DNF	PHXO

<u>Men's Orange Team:</u>	<u>time</u>	<u>club</u>
William & Shasta Bryant	3:05	none

<u>Men's Orange Indiv:</u>	<u>time</u>	<u>club</u>
Mark Cichonski	1:41	none
Brant Wilson	2:39	TSN
Dave Parrish	DNF	PHXO

<u>Women's Orange Individual:</u>	<u>time</u>	<u>club</u>
Christina Luis	1:54	TSN
Lauren Terefenko	2:21	none
Donna Terefenko	2:23	none
Melissa Trout	DNF	TSN
Lost Souls	DNF	PHXO

Recreational Participants

- Andy Krebs
- Doug McCulley
- Michael Keating
- Peter Neubauer
- Ron Jansen
- Panthers 1
- Panthers 2
- Panthers 3
- UFAF
- The Wrights
- Katherine Christensen
- Cathy Soltero & Luther Belk

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).**

Volunteering Makes for a Healthy Club

By Matt Dixon, Club President

The other day while I was in the process of updating the schedule on the web site, it occurred to me that just when the club gets rolling, it's time for the "summer break". I don't know, maybe you are not interested in Orienteering during the summer, but has the thought ever occurred to you why we break at this time? If you are interested, read on, otherwise just jump right to the next paragraph. My own personal opinion is that the select few that are actually "working" the meets don't have the time to sponsor additional meets in the summer. This is especially true in the summer because when it's hot, you need to travel some distance to get into the cooler climes to Orienteer. The current volunteer base cannot support quality events in the high country.

Whatever the reason, our current schedule reads "join with Tucson in the mountains" for most of the summer months. Bob Kuhn, our equipment manager, has tried to encourage summer participation by personally sponsoring a family camping event with the opportunity to casually orienteer if you so desire. In the past the club has sponsored a Lake-to-Lake Hike that was preceded by some informal instruction on land navigation. This gives you a chance to enjoy the outdoors and learn about land navigation in a non-threatening environment.

As officers in the club, we would like to see the club grow to where everyone can enjoy the benefits without

a whole lot of effort. One of the ways I see this happening is if everyone took it upon himself or herself to volunteer to help with one or two events during the year. I'm not trying to "rope you in". I would just like to have a little fun myself. I'm not saying that volunteering isn't fun, it's just that we "volunteers" have had just about all that kind of fun that we can stand without a break.

You have a great opportunity at the April meet. The next meet was planned such that everyone can have the chance to come out and get to know other club members and do a little orienteering at the same time. It's a potluck with a mass-start night score-o. Think about it, when was the last time you volunteered to do something for an event? Why don't you make plans to come out and hobnob and find out what you can do to help with the club growth? The other club officers and I are not going to "put the screws" on you to volunteer. I would just like to see a great turnout at something a little different and get your help and suggestions for future events.

If you have recently volunteered and helped with club functions, I thank you. If not, please help with the future health of the club and volunteer for something. I promise that the club won't ask you to do something again until next year.

New Club Secretary Needed

Sometimes, our lives just get too busy and something has to give. Our club secretary, Rita Locke, has resigned her post in order to focus more on the extra demands she faces at work. We are very sorry to see her go, but this does open an opportunity for someone else to volunteer. Remember, we are a club, and that

means that everyone needs to help carry the load to make it successful. The club secretary attends the monthly meetings, prepares our agenda (based on input from the officers), takes notes, and distributes the minutes. Please think about taking on this very important role. You will be appreciated.

Move Up! A Column for the A.O. **(the Average Orienteer)**

by Peter Amram

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

It's not just the outfits. Orienteers talk in a rather distinctive fashion too. Have you ever stood around the results area listening to the post-race chitchat and wondering, "What are they talking about?" Well, today's lesson will clarify some of it, I hope.

Contact. Contact is the relationship in the orienteer's mind between what she or he sees on the map and in the surrounding terrain. The runner who is "in contact" knows exactly which knoll the one on the right is, and consequently can project ahead that the desired boulder cluster will be on the left in 75 meters. Constant contact is the hallmark of a top orienteer! On a challenging course, especially off-trail, loss of contact is a prelude to disaster. Good contact is the result of experience, realistic observation, frequent consulting of the map, and formidable concentration.

Contour. This term is first learned with reference to the brown lines that show the shape of the land. But contour is also a verb. To "contour around" is to move along the side of a hill without changing elevation. It is what the Appalachian Mountain Club guidebooks call slabbing, i.e., traveling across a slope. The ability to contour cleanly is important on orange and above, because the tendency (for us A.O.s, at least) is to drift downhill (i.e., lose contact). At Wachusett Mountain and in the more rugged Hudson Valley venues, I sometimes end up on a trail a cool 300 meters below . . . well, below.

Lost distance. Not the same concept as lost time. Lost time is the 27 minutes you spent looking for the wrong boulder on the wrong ridge. By contrast, lost distance

is the length a runner can go without thinking, i.e., without maintaining contact. If the next leg is 800 meters, but all you need do is run north to hit the trail and then turn right to the creek and follow it, you are in a cross-country race and not an orienteering event. Orienteering is "cunning running" — you should have to pay attention the entire time. Otherwise, you wouldn't be having fun, would you?

Dog leg. Another error in course design. Also known as a dead end, a dog leg occurs when runners looking for a control can see earlier runners leaving it. The newcomers gain time advantage but lose the challenge that is the point of our sport. A dog leg would result if you can use the same line of cliffs to enter and exit the control circle.

Bingo control. More bad news. A bingo control is one whose finding is more a matter of luck than skill. Orienteering is supposed to be 50% physical and 50% mental; wandering around in the underbrush doesn't exactly qualify. A typical bingo control might be a pit in a brushy flat area.

Vetter. The vetter is the person who checks course design for suitability and errors. The noun is formed from the verb "to vet," a Britishism that is in turn derived from another noun, veterinarian. If the veterinarian comes out to check the health of a herd, he vets it. By extension of meaning, one can vet a report for accuracy, or a job applicant's references to see if they are legit. NEOC's admirable policy is that all our events are vetted by an experienced orienteer other than the course setter. That way the bag really is placed at the top of the cliff and not the bottom, and the yellow course is not 6 kilometers long, and, incidentally, there will be no dog legs, lost distance, nor bingo controls.

Setters Needed For Palisade Event

Course setters are needed for the Palisade Event (to be held on June 15). You will need to go to the area prior to the event to do this, but there is camping nearby if you want to make a real trip out of it. If you can help, please contact Matt Dixon at motleymongoose@yahoo.com or (480) 807-0208 to let him know and he'll provide you with more detail. The Palisades are in the Mt. Lemmon area outside of Tucson.

GPHXO Upcoming Event Schedule

Mar 27&29	Spring Land Navigation Class
April 5	Set and Vette for Coon Bluff
April 12	Night-O at Coon Bluff
May 18	Join with Tucson in Mtns
June 15	Join with Tucson in Mtns
July 20	Join with Tucson in Mtns
August ??	PHXO Camp-Out
August 16-17	Lake Mary, AZ State Champs
September 13	Thumb Butte (Prescott NF)
October 16 &18	Fall Land Navigation Class
November 1	Lake Pleasant (Joint JROTC)
December 13	Bomboy Mine (Joint JROTC)
January 10, 2004	TBD
February 14, 2004	First Water (Joint JROTC)
March 13, 2004	Saguaro Lake (Joint JROTC)

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

April 20	Brady Wash
May 18	Carr Canyon
June 15	Palisades
July 20	Bear Wallow
Aug 16-17	Lake Mary, AZ State Champs
Sept 21	Greasewood Park
Oct 19	Italian Trap
Nov 16	Highway 83
Dec 21	Cat Mountain

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, April 15

2003 CLUB OFFICERS:

President	Matt Dixon	qwiksilver@impulsedata.net
Vice President	Mike Franklin	mfranklin@bandag.com
Secretary	OPEN	
Treasurer	Patricia Abbott	PAAPsyD@aol.com
Newsletter	Sheryl Berling-Wolff	sherylb@cox.net
Equipment	Bob Kuhn	ulazyk@cox.net
Membership	Sheryl Berling-Wolff	sherylb@cox.net
Permits	Rita Locke	arizonarita@yahoo.com
Publicity	Michele Hermansen	gengonushi1@prodigy.net
Mapping	Matt Dixon	qwiksilver@impulsedata.net

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

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... 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