



NEWSLETTER - MAY 2003



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

BEAR WALLOW - MAY 18

The May course will be held at Bear Wallow in the Santa Catalinas. The area is not very big, but it makes up for that in steepness! Courses will tend to be short but steep. There will be White, Yellow, Orange, and Green courses, but no Red course. There will also be a Green Memory-O, in case the Green course is not challenging enough.

A small corner of the NW of the map will be off limits, as it was burnt in the forest fires last year, but the rest of it is beautiful lush pine forest. The temperatures up there are about perfect right now. Some camping is available near the start of the courses.

Meet Director is Don Baker (520-818-1988). Feel free to volunteer your help, either ahead of time or at the meet Sunday morning. All volunteers are appreciated.

Directions: Take Catalina Highway approximately 21 miles to Mt. Bigelow Road, about a mile past Palisades Ranger Station. Turn right on Mt. Bigelow Road and look for orienteering signs. Take the left-most road at the first junction (basically straight ahead). Park along the road near the second junction.

Fees: \$5/individual, \$8/team, for members of any recognized orienteering club. \$10/individual, \$15/team for nonmembers. Compasses rent for \$1. Safety whistles sell for \$1. Every person, all courses, all meets, is required to carry some type of safety whistle.

Schedule:

8:30 a.m. Registration opens.
8:45 a.m. Beginners' clinic starts.
9:00 a.m. Courses open.
11:00 a.m. Last time to start a course.
12 noon-1 p.m. Route choice reviews
1:00 p.m. Courses close. Begin control retrieval—good orienteering practice, lots of help always needed. Volunteer before 12 noon with the meet director.

Check-In: To insure that all are safe, *everyone*, whether finished with the course or not, must check in formally at Start/Finish before leaving the meet site.

Newcomers: Go directly to Registration. Ask for instructions and introductory information. To attend the beginners' clinic, arrive between 8:30 and 8:45 a.m.

Route-Choice Reviews: Between noon and 1 p.m., the course setter or an advanced orienteer will discuss route choices with returning participants, probably near Start/Finish area.

MORE INFO: <http://go.to/tucsonorienteering>

ORGANIZATIONAL /IDEA MEETING

6:30 PM, TUESDAY MAY 20
Macayo's Mexican Kitchen,
300 S. Ash St, Tempe

This is a special re-organizational meeting to collect new ideas for the club and plan future.

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

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

Coon Bluff Wrap-Up

By Matt Dixon

Wow, what a hoot! If you were not out at Coon Bluff Saturday April 12th around 7:00pm, you missed out on a great time. Things got started at about 5:30pm with a great spread. A personal special thanks to the chocolate chip cookie and pumpkin pie providers. I'm sure that the extra carbs helped towards the end of the run.

I hope that all of you noticed a new look at the event. I would like to personally thank Pat Abbott for her hard work and many tireless hours both in the field and behind the computer screen. Because of her efforts, (with help from Mike Franklin and others), a **color map** of the area was created for our use. I think that with this first step, we are on our way to some great maps in some great locations. Any suggestions regarding the maps and locations are welcome. We are also looking for field checkers. No experience required. For all of you looking for a way to improve your Land Navigation skills in a non-threatening environment, this is a great way.

I thought for never having done a "mass start" before, Pat and Mike did a wonderful job of keeping everything organized and running smooth. Thanks to Pat Abbott, Mike Franklin and Gary Thomas for stepping up and handling the registration. We will be asking for volunteers at future meets to help out with registration duties, so come prepared.

With the registration process completed, a few last minute instructions were given and then off to the races. A few non-competitors were allowed out on the course early. (Yes, even if you're not a pro you can come out and have a good time.)

I have never really had the experience to "run" at night, so seized the opportunity and checked out the

course. It was a unique experience. As one other competitor expressed it, "It requires an entirely different skill set". I would have to agree. Night navigating is unique in that you have to pay attention to outlines of mountains and imagine the re-entrants. You depend more on handrails and catching features. At least I did. I made a few huge miscalculations (yes, I said few) that cost a lot of time but I was surprised in actually being able to "find" myself again. Yes, it was sort of a religious experience. I also learned a little about planning your route in advance. This is particularly important with a Score-O. I just grabbed a map and a control card and ran. If I would have taken one or two minutes to consider the course, I know that I could have saved at least 15minutes. (I still don't want to talk about the other mistakes.) It was fun watching all the lights dancing across the ridgelines. I would also like to thank Sheryl for manufacturing the red reflectors. They helped me out on more than one occasion.

We as the club leadership are looking for different ways to provide you with a variety of Orienteering experiences. I'm sure that we will try something like this again. If you have any suggestions there is a great opportunity for you to provide your input. The Club is experiencing some growing pains right now and our next board meeting is going to try to address some of these issues. So, please mark the date on your calendars and come help us grow. We need your help. Come and find out how. If you don't do it, it won't get done and I'm afraid that we will have to start canceling meets. We have some great things planned. I don't want to see them fall by the wayside. Thanks.

April Coon Bluff Night-O Event Results

NAME	SCORE	TIME	RECREATION PARTICIPANTS:
(Times reported only for those getting all controls)			
Erik Ringnes	67	1:13	Team Gold Miners
David Marks	67	1:23	Team Karen Berrigan
Mike Zampino	67	1:30	Lori and Jaime Zito
Andy Krebs	67	1:44	Steve Tremonti
Peg Davis	57		Dallas Lane
Team Confusion	56		Dennis Piñon
Gary Thomas	47		Luter Belk
Mark Sharp	44		Cathy Soltero
Team Terramar	42		Ron Janson
Team Tortoise	42		Peter Neubauer
Doug McCulley	32		David Piñon
Charles Weber	27		Team Deviated Septum
Team REA	21		Team GEO

Information About Map Scales

People often have questions regarding map scales. When they attend an event, the scale of the map is usually printed on it somewhere and there is always someone asking about what it means.

The U.S. Geological Survey (USGS) publishes maps at various scales. The scale used for most U.S. topographic mapping is 1:24,000. USGS maps at this scale cover an area measuring 7.5 minutes of latitude and 7.5 minutes of longitude and are commonly called 7.5-minute quadrangle maps.

Simply defined, scale is the relationship between distance on the map and distance on the ground. A map scale usually is given as a fraction or a ratio—1/10,000 or 1:10,000. These "representative fraction" scales mean that 1 unit of measurement on the map—1 inch or 1 centimeter—represents 10,000 of the same units on the ground. If the scale were 1:63,360, for instance, then 1 inch on the map would represent

63,360 inches, or 1 mile, on the ground (63,360 inches divided by 12 inches equals 5,280 feet, or 1 mile). The larger the second number is, the smaller the scale of the map.

Maps at 1:24,000 scale are fairly large and provide detailed information about the features of an area, including the locations of important buildings and most campgrounds, ski lifts, and water mills. Footbridges, drawbridges, fence lines, and private roads are also shown at this scale. Keep in mind that some maps have not been revised in years and some man-made landscape features may be out of date. Small-scale maps (1:250,000 and smaller) show large areas on single map sheets, but details are limited to major features, such as boundaries, parks, airports, major roads, railroads, and streams.

<http://mac.usgs.gov/mac/isb/pubs/factsheets/fs01502.html>

June 14 and 15th 2003 A-Meet and Pacific Region Championships

The Los Angeles Orienteering Club (LAOC) will be hosting a 2-day A-Meet and Pacific Region Championship A-meet atop of Mt Pinos. The Pacific Region Championship will include Individual, Interscholastic and Intercollegiate Championship. This event will be a barebones event. No dinner, t-shirts or childcare will be provided, in order to keep the cost of the event down. Course reviews will be held at the event center starting at 6:00pm.

Terrain, Climate and Hazard

Mt Pinos is located north of Los Angeles in the Los Padres National Forest. The mapped area ranges from about 7599' to 8500' in elevation and features mostly open runnable pine forest consisting of Jeffrey and Ponderosa Pines with little undergrowth and NO Poison Oak. The terrain is hilly to shallow hill and valley and quite runnable with scattered rock features. Expect technical orienteering with a significant physical component and fast running.

Map

The map has recently been field checked in September 2002 for our last PAC Regional B-meet by Dave Koskenmaki. All courses will be using 1:10000 scale maps. The contour interval will be 5m. The maps will be printed on a high quality laser printer, which has worked very well for this map in the past.

Electronic Punching

The sport ident electronic punching system will be used for all courses. If you do not own a Sport Identcard you may rent one for \$2.00 per day. If you do own a sportIdent card, please indicate its number on your entry form

Lodging and meals

The event center will be at McGill campground. There are toilets but no running water at the

campsites.(at this time) For a less rustic night's sleep lodging is available at the foot of the mountain.

Registration

Get registration information at www.geocities.com/Yosemite/Trails/6320/la_events/ev_03_0614_flyer.html

Entry Fees**

Register by:

	May 17th	May 31st	Event
Adult	\$18	\$23	\$28
Junior	\$9	\$11.50	\$14

**Members of USOF can deduct \$3 per day.

Optional Fees include

Compass rental (\$1 per day), Whistle (\$1)

Note: All competitors must have a whistle to compete.

Important dates to remember

May 17th	Last postmark day for entries without late fee.
May 31st	Last postmark day for entries getting pre-assigned start times.
June 13	Pick up packet at event center 3:00pm - 8:pm
June 14	A-meet registration begins 8:00am. A-meet starts begin 10:00
June 15	A-meet registration begins 8:00am. A-meet starts begin 9:00 Award Ceremony begins around 2:00pm

www.geocities.com/Yosemite/Trails/6320/la_events/ev_03_0614_flyer.html

Is There A Future For Phoenix Orienteering?

We've had record turn-outs for events and record attendance at land navigation events. Bless each and every one of you who have attended our events, help to set, vette, served as officer, registrar or timer, and every other way you contribute. Obviously, we have something that people really want. Everything is going great, isn't it? How can we even think that Phoenix Orienteering faces a bleak future?

Well, let's look at the reality. We have a small group of ever faithful volunteers who have given their hearts to serve this club, doing all those things I've listed above. Most of them have given up 2 weekends a month, first to do the preliminary work, then to run the actual event. And I hate to say it, but they are BURNING OUT. We have lost our secretary, our publicity director, and some of our officers are desperately hoping to pass on the torch at the annual meeting to some fresh volunteers. We are at a critical juncture in the life of the club and you, yes you, can actually make a difference.

We have reached that marvelous place where we can schedule events and get great crowds to turn out. But, many people are required to actually make an event happen and those people are YOU, our members. Without you volunteers, we can't actually hold events. Without you volunteers, we'll have to cut back on scheduled activities. Ask yourself, "What have I done to help out my club this year"?

Many of you think that helping at the event means you can't participate. Well, sure, if you set or vette, you can't compete, but many of our jobs still allow you to compete because we can divide the work into shifts or your job is done early. These include:

- REGISTRARS (those people who help with forms and take your money)

- TIMERS (you check out with them before and after)
- BEGINNER'S CLINIC TEACHER
- MEET DIRECTOR (once it's going smoothly, you have some time)

We have several openings right now. Most of the OFFICERS would gladly turn over their positions to fresh volunteers. Just express an interest. Regular club positions we have open (or the person wants to retire) that need to be filled are:

- EQUIPMENT MANAGER (store and bring equipment to our events)
- SECRETARY (take notes at the monthly meeting)
- VOLUNTEER COORDINATOR (ask people personally to come help)
- PUBLICITY (inform the public of our events)

So what is the future of our club? Are you going to offer to help line up volunteers, design a course, set, vette, hang controls, serve as an officer on the board, teach a clinic, register participants for an hour or so, time events at either the start or the end? We've had some wonderful people doing great things, but now it's time to share the load or we'll crash and burn. At our next board meeting, May 20th, we will be focusing on clarifying the roles and responsibilities of the various club positions. Come see how you can get involved.

ORGANIZATIONAL /IDEA MEETING

6:30 PM, TUESDAY MAY 20

**Macayo's Mexican Kitchen,
300 S. Ash St, Tempe**

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Move Up! A column for the A.O.

by Peter Amram

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

Let's reminisce. On that first white course, the first control marker (aka "the bag" or "the flag") might actually have been visible from the start line. At worst it was around the first bend in the trail. On yellow, the first control was further off, but it was still on a trail, hung high, and on your side of the boulder: a cheerful, welcoming sight, guaranteed to draw you further into the day's outing.

But enough! End of reminiscence. For you—the Average Orienteer—you who are the basic building block of our great sport, have decided that it is time to move up. Move up, that is, to orange, and beyond. For your ultimate ambition is to leave behind the many Average Orienteers on the beginning courses and join the many Average Orienteers on the advanced courses. You'll be welcome: there is a big pack of us, but there's plenty of elbow room in the woods.

So on move up day you edge into the start triangle once more, but now it's for an orange course, and you're copying the map on your race time and not before the start. Time suddenly seems to matter more than it ever did before. The trim, purposeful person at the map board next to you is wearing a tattered, but undeniably dashing, specialized O-suit, and that person has copied (it seems) a 54 km course with 507 controls in half the time it took you to reproduce shakily your eight orange controls, one of which you had to redo because it turned out that #6 was the western cliff and not the eastern one.

You rise and, after a sweaty fumble to get the map into the map case, hopefully with the control descriptions and punch card in there somewhere, you secure your compass around your neck (not your left ear this time)

and with pounding heart and moist brow you orient the map and speed off down what may actually be the correct path. The crowd (actually a handful who don't notice you) is watching. Trumpets blare. Onward!

Alas, dear Average Orienteer, you are about to become lost, panicked, discouraged, etc., etc. Because you did not take that vital first control slowly enough! You are about to "lose contact." "Contact" means that at all times you can match the map to the terrain. If you dash furiously off toward the first control, the cold, terrifying reality is that you are likely to lose contact early, if not immediately.

Every orienteering manual says it; every experienced orienteer will say it: Take the first control slowly! Be realistic. The first control can't be far away. The time lost walking instead of running is minimal. (You're going to be out for an hour anyway. If you need to be seen running, run into the finish area, where people really do watch.)

But a 15 minute miss on #1 will haunt you. You waste physical and psychological energy early, and you doubt yourself. After a miss, the tendency is to rush to make up lost time and . . . soon you are lost again. So walk to the first control. Study the map as the land goes by. Match 'em up, coolly, calmly. This column is not the place to analyze specific possible pitfalls. The point is that few activities on our planet punish impulsivity with the ruthlessness of orienteering. By slowing down to nail the crucial first control, you are guaranteed to go faster over the whole course.

And then you'll be glad you decided to move up.

GPHXO Upcoming Event Schedule

May 18	Join with Tucson
May 20	6:30 PM IDEA MTG, MACAYO'S MEXICAN, 300 S. Ash St, Tempe
June 15	Join with Tucson
July 20	Join with Tucson
August 2-3	PHXO Camp-Out
August 16-17	Lake Mary, AZ State Champs
September 27	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	some place new???
February 14, 2004	First Water (Joint JROTC)
March 6, 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

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, May 20 - 6:30 PM Macayo's Mexican Kitchen, 300 S. Ash St, Tempe

Tuesday, June 17: Tempe Library

2003 CLUB OFFICERS:

President	Matt Dixon	motleymongoose@yahoo.com
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	OPEN	
Mapping	Matt Dixon	motleymongoose@yahoo.com

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

GPHXO Newsletter May 2003

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) 706-4824
gphxoc@yahoo.com

NAME

STREET ADDRESS

CITY, STATE, ZIP

(AREA CODE) DAY TELEPHONE

(AREA CODE) EVENING TELEPHONE

EMAIL ADDRESS

- NEW MEMBER INDIVIDUAL (\$12)
 RENEWAL FAMILY (\$14)
 Yes, I can help staff a club meet. Call me.

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