



# NEWSLETTER - MAY 2004



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

## **ROGAINE Volunteers Needed In May**

We need you!! The World Rogaining Championship is coming up May 8-9 and we need volunteers. Being only a few hours away, you are in the perfect position to lend a hand! You can come on Friday, Saturday, or even early (and I mean early) Sunday morning and be of great help to us.

We need volunteers to stay up and cook throughout the night in shifts. We need a large group on Sunday morning as all the competitors will be arriving back at camp. The participants will be tired, cold and especially hungry! We will have close to 400 runners, so you can imagine the help we will need.

Sunday afternoon, we will need help with clean-up, if you are so inclined. There is also a great opportunity to go out and retrieve controls, so you can get some Orienteering in and be helpful to us!

A shuttle bus will be running between Sky Harbor and the event site. If you could help meet and assemble

people at the airport and ride the bus up and back, you could skip gassing up your own car and get to hobnob with the cream of world rogainers. The bus leaves Sky Harbor at 3 PM Friday and returns 1 PM Monday. Contact Peg at [pegdavis@u.arizona.edu](mailto:pegdavis@u.arizona.edu) if you'd like to join in this.

So, consider us for the weekend of the 7-9 to come to the beautiful White Mountains of Arizona. We will feed you and you'll get a fabulous t-shirt! Please call Rachel at 520-326-7504 or email me at [rgelbin2@earthlink.net](mailto:rgelbin2@earthlink.net) and tell me how you can help your sister club in Tucson!

We also would like to borrow some equipment to help run the meet. Do you have any:

Stoves

Big coolers ( or any coolers)

Lanterns or lighting equipment for the meet site.

long tables

Large pots

A cooking ring for large pot cooking

## **Need Club Secretary—Can You Help?**

Being a club, we rely on our member volunteers to help in all capacities, and right now, we really need a volunteer to step forward and take on the role of club secretary. The (all volunteer) board meets on the 3rd Tuesday evening of the month at the Tempe library. The secretary takes down the minutes of the meeting, makes copies of them and distributes them to all attendees before the next meeting. Distribution can be done via email (or snail mail if you don't have access to a computer). The secretary also creates an agenda for the meeting from input from the board members and others. Please volunteer for this very important club function.

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

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

## **ROGAINE Details**

More information and online registration at <http://rogaine.tucsonorienteering.org/index.htm>

The Tucson Orienteering Club is hosting the World Championship ROGAINE event this spring. This is not to be missed! Rogaining is the sport of long distance cross-country navigation for teams travelling on foot. The object is to score points by finding checkpoints located on the course within a specified time.

Checkpoints may be visited in any order. Only 600 people will be allowed to register for this event. Competitor fee is \$100 through April 15th, and \$150 until the event. Spectator fee is \$30. To take a look at the teams that are already registered, go to: <http://rogaine.tucsonorienteering.org/teams.htm>

The event site is about a 4.5 hour drive from Phoenix in eastern-central Arizona. Exact directions to the site will be posted on April 17th, 2004. The event site was picked by Course Setter John Maier for its walkable forest of spruce, fir and aspen with no cactus, spiny or even nasty vegetation. This is the first time this terrain type has been used in an Arizona rogaine. A sampling of what awaits you may be glimpsed in the amateur photo gallery as seen through the lens of Course Setter John Maier! See pictures at [http://rogaine.tucsonorienteering.org/photos\\_thumb1.htm](http://rogaine.tucsonorienteering.org/photos_thumb1.htm)

Here's a description of the area that will be used:

- Size: 250+ square kilometers
- Approximate Elevation: 2500-3000 meters
- Variation: 250 meters between low and high points
- Vegetation: 1/3 open (grasslands), 2/3 forested mostly with conifers (pine, fir, spruce) and aspen, no nasty vegetation
- Water: abundant, streams crossable
- Track network: heavy
- Runnability: variable
- Impediments: lumpy ground (grass tussocks) in some open areas, rockiness in some areas, a few deep drainages (less than 150 meters deep), some cliffs

- Wildlife: Elk, deer, pronghorn antelope, and wild turkey very likely to be encountered; also possible are fox, coyote, bear, wolf (Mexican Wolf release area), raptors, small mammals, etc.

### **SCHEDULE/PROGRAM**

Clocks: the event will be run on local time, for Arizona that is Mountain Standard Time (NOT daylight savings time!)

#### **May 7**

Noon: Camping opens. No hiking allowed in the area. Water provided only for cooking and drinking.

4 PM: Check in opens.

8 PM: Shuttle bus arrives (approximate)

11 PM: Check in closes for the night.

#### **May 8**

7 AM: Check in opens

8 AM: Maps distributed

11 AM: Rogaine begins

5 PM: Food service at Hash House begins

#### **May 9**

11 AM: Rogaine finishes, even if it starts late

11:30 AM: teams finishing after this time are disqualified

12:30 PM: Hash house closes

12:30 PM: Award ceremony, we hope

1:30 PM: Winners present their route

1:30 PM: control retrieval begins

5-7 PM: A simple meal is served to shuttle riders

#### **May 10**

7 AM: A simple meal is served to shuttle riders

8 AM: Bus leaves for Phoenix airport

Control retrieval continues

5 PM Camping closes

## Looking for a ROGAINE Partner?

If you need to find a partner, contact Wilkey Richardson at [wilkey\\_r@yahoo.com](mailto:wilkey_r@yahoo.com)

## March—Saguaro Lake Results

These are the results for the competitive participants. Recreational participants do not have their times/scores published.

### SCORE-O

Magnus Landstad	690
Wilkey Richardson	630
Walt Smith	500
Per Hjerrild	470
Jim ODonnell	390
Sierra Adventure Sports.com	390
Dan Hink	370
Doug McCulley	310
Weak on Recon	290
Girls with Maps	230
Samuel Eatman	140
Ketsy Smith	70

### RED

Jens Kjaergaard	1:14:25
Ludwig Hill	1:36:00
Leif Lundquist	2:04:53
Rob Morden	2:18:10
The Kelleys	2:50:10
Steve Campo	3:11:52

### WHITE

Lars Hjerrild	0:27:00
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## Fee Changes Begin June 1, 2004

Our new fee structure will begin June 1, 2004. As we mentioned in a previous newsletter, it costs us about \$20 a year per member for printing and mailing, insurance, USOF dues, etc. One way to cut costs is to allow you to print your own newsletter from the website. The new fees will show an increase of \$3 if you want to continue receiving your newsletter in the mail or a **decrease of \$2 if you prefer to receive an email letting you know when the new newsletter is available on the website.** We are intentionally avoiding attaching the newsletter to email as many spam filters and firewalls will prevent some of you from seeing it. You may renew your membership at the current rates until June 1, 2004.

### Individual Membership/year (was \$12):

newsletter via USPS	\$15
newsletter on the web	\$10

### Family Membership/year (was \$14):

newsletter via USPS	\$12
newsletter on the web	\$17

## **Orienteering (and More) Opportunities**

### **North American Orienteering Championship**

NorthEastern Ohio Orienteering Club is sponsoring 2-day **North American Orienteering Championships** on May 29-30, 2004 in Peninsula, Ohio. Saturday and Sunday are both classic distance events at 70 and 60 minutes respectively. See website *neoc.home.att.net* for information and registration forms.

### **Oceania 2005 Orienteering Carnival in New Zealand**

Go to New Zealand in January 2005 for a 7 day orienteering carnival. What better way to spend your winter vacation! North West Orienteering Club (New Zealand) is sponsoring the Oceania 2005 Orienteering Carnival, January 6-16, 2005 in Auckland, New Zealand. The carnival will include 1 score event, 6 days of traditional orienteering (incorporating on two days, the Australia/New Zealand Challenge - Individual and Relay) and 1 day of Mountain Bike Orienteering (incorporating the Australia/New Zealand Mountain Bike Orienteering Challenge). This promises to be one of the biggest carnivals of orienteering in New Zealand and will attract a large international contingent. Register at *www.geocities.com/nwocnz/Oceania.htm* to be updated as further information on the carnival becomes available.

### **Seattle Night & Day Urban Challenge**

The Seattle Night & Day Challenge is a 3, 7, or 16 hour urban rogaine, taking place July 17-18, and based in West Seattle. Foot and bike divisions are offered. Find information at *www.SeattleNightAndDay.com* or check out registered teams (click on Teams). The course includes 57 scenic controls from the ship canal down to White Center and over most of Vashon. Last year seasoned orienteers won both the Men's and Mixed 16 hour divisions, but non-orienteers won both divisions of the 7 hour race.

### **Adventure Races**

All of these events require Orienteering. More info is available at *www.SierraAdventureSports.com*

**April 17th, Desert Rage II Adventure Race** at Bartlett Lake has adventure racers going 25-30 miles through the Sonoran Desert in Tonto National Forest at Bartlett Lake. Of course they'll have the core disciplines, and look for a fresh batch of mystery events too! Kayaks will once again be provided. Volunteers needed!!! Please email *RaceDirector@SierraAdventureSports.com*

**May 1st, Kayak Orienteering at Watson Lake**, in Prescott's Granite Dells. For a cool change of pace, Sierra Adventure Sports will be holding a kayak Orienteering meet on May 1st in Prescott's Granite Dell's on Watson Lake. This is an extraordinarily beautiful place to paddle, and will be fun for competitors and recreational participants alike. They'll keep time and have prizes for the top finishers, as well as swag bags full of free stuff for everyone who participates and hamburgers and hot dogs afterward. This is also a great way to work on your map reading and orienteering. You can bring your own kayak or they'll supply you with one.

**Nov 13th, Women's Adventure Race** at Tempe Town Lake. Tempe Town Lake and Papago Park lie just north of Sun Devil Stadium, though provide a great "in-town" Adventure Racing venue. They'll have many miles of mountain biking, trail running and kayaking on a 20-mile course. Mystery events will focus on teamwork, and you'll have a supportive environment in which to try out this exciting sport. This will be a fun day for racers, and their friends and family to cheer them on.

### **Other Dates:**

**Fall 2004**, Mountain Bike Orienteering at McDowell Mountain Park

**Oct 23rd**, Desert Rage III Adventure Race at Lake Pleasant

## GPHXO Upcoming Event Schedule

April 20	Board Meeting
May 8-9	World Rogaine Championship
May 18	Board Meeting
June/July	Join with Tucson
August 14-15	Family Campout Mormon Mtn
Oct 21&23	Land Navigation Class
Oct 30	Bomboy Mine (Joint JROTC)
Dec 11	Saguaro Lake (Joint JROTC)
Jan 15, 2005	Lake Pleasant
Feb 12, 2005	First Water (Joint JROTC)
Mar 5, 2005	TBD (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 18	Silverbell
May 8-9	World Rogaine Championship
Jun 20	Bear Wallow
July 18	Lake Mary
Aug 15	Lincoln Park Night-O
Sep 19	Greasewood City Park
Oct 17	Down Route 83
Nov 21	Kentucky Camp
Dec 19	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 [www.tucsonorienteering.org](http://www.tucsonorienteering.org)

## GPHXO Board Meetings:

Board meetings are held on the third Tuesday of the month 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.

## **2004 CLUB OFFICERS:**

President	Matt Dixon	<a href="mailto:motleymongoose@yahoo.com">motleymongoose@yahoo.com</a>
Vice President	Mike Franklin	<a href="mailto:mikehike@earthlink.net">mikehike@earthlink.net</a>
Secretary	OPEN	
Treasurer	Patricia Abbott	<a href="mailto:PAAPsyD@aol.com">PAAPsyD@aol.com</a>
Newsletter	Sheryl Berling-Wolff	<a href="mailto:sherylb@cox.net">sherylb@cox.net</a>
Equipment	Bob Kuhn	<a href="mailto:ulazyk@cox.net">ulazyk@cox.net</a>
Membership	Sheryl Berling-Wolff	<a href="mailto:sherylb@cox.net">sherylb@cox.net</a>
Permits	Rita Locke	<a href="mailto:arizonarita@yahoo.com">arizonarita@yahoo.com</a>
Publicity	Tim Tablada	<a href="mailto:ttracker20@hotmail.com">ttracker20@hotmail.com</a>
Volunteer Coordinator	OPEN	
Mapping	Patricia Abbott	<a href="mailto:PAAPsyD@aol.com">PAAPsyD@aol.com</a>
Webmaster	Matt Dixon	<a href="mailto:motleymongoose@yahoo.com">motleymongoose@yahoo.com</a>

Greater Phoenix Orienteering Club  
c/o Rockledge Services  
P.O. Box 51114  
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 (602) 212-6741  
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 (or more) newsletter, have voting privileges, and receive a discount on club events and the Land Navigation class.

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NAME

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

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

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

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

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