



NEWSLETTER - March 2005



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

March 5th: Question-O at Coon Bluff

Join us for our club's next event which will be held at Coon Bluff on March 5. This event will feature point-to-point courses with three levels – White, Orange, and Green. The Orange and Green courses will have the added twist of being in the form of a Question-O.

In a Question-O (also called a Trivia-O), the participants will have only the first control printed on the map at the Start. At the first control, they will find a map with three possible controls indicated as the second control point (A, B, and C). Accompanying the map will be a multiple choice question with choices A, B, and C. Only the control point that corresponds to the correct answer will have a control bag. At the second control point will be another map and question and so on. All the questions will have an orienteering theme. Green course questions will be somewhat more difficult than Orange course questions.

Schedule:

Registration Starts	9:00 AM
Beginners' Clinic	9:30 AM
Course Opens	9:30 AM
Course Closes	1:00 PM

Cost (members/nonmembers)

Individual	\$4/\$6
Family / team rate	\$6/\$8

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 US 60. Look for the orange/white orienteering sign 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. If you get to Usery Pass Road, turn around and go back 1.25 miles and turn right.

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)

There is a \$4 per car parking day-use fee.

VOLUNTEERS NEEDED FOR COON BLUFF MEET

We have a special need for volunteers for course taping, course vetting, and bag hanging for the Coon Bluff meet. Pat Abbott, who is setting the courses, has just had foot surgery and does not get around well. So more than usual help will be needed for taping, etc. Please contact Pat at PAAPsyD@aol.com if you can help with taping, vetting, or bag hanging.

Greater Phoenix Orienteering Club
<http://www.phoenixorienteering.org>

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

Semi-Annual Land Navigation Class April 7 & 9

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 3/31/2005). Members who have joined prior to Jan 1, 2005 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 previous club president, Matt Dixon, likes to say, where else can you go on a catered hike like this?

Needle Vista Wrap-Up and Results

In spite of the rain and the flowing creeks, we still had 25 people (and a lot of JROTC cadets) show up for the event. Of course, just about everyone who came out had a truck so I assume those with little cars that could be washed away easily stayed home. It was wonderful to see the creeks in the Superstitions flowing freely, something we don't get to see very often.

Meet director was **Bob Kuhn**, Course designer was **Mike Franklin** and setters/vetters included **Doug and Jennifer McCully, Richard Dewey** and Mike Franklin.

White Individual
No Participants

White Team
AEXP Time 1:13

Score "O" Male	Total points
Erik Ringness	650
Forrest Brown	370
David Marks	295

Score "O" Female	Total points
Windy Spillane	245

Score "O" Team	Total points
Red Energy	360
Sierra Adventure Sports 180	180
Muraski	170
Brigid O'Neil & Megan	
Gray145	145
Pack 301	50
Peter & Kris	0

What Color is That Course?

If you spend time around experienced orienteers you'll probably hear them referring to courses by color code. Additionally, you may one day participate in an event where you'll have to choose which course to run and you'll want to know what the color coding means.

Here's a primer to clarify the topic for you. Orienteering courses that require participants to go from point to point in a specific order are color coded to provide information about the distance and difficulty associated with them. Each progressive course requires additional navigational abilities and better physical conditioning.

Easy Courses will be on two features with a linear route between; for example, points might be a stream and road junction or a trail at vegetation boundary.

Medium Courses will have points on major terrain features with a close attack point, for example, on a boulder 100 meters from a trail junction. **Hard** Courses will have points on minor terrain features with no convenient attack point, for example, at the foot of a one-meter cliff in a complicated re-entrant system.

White: The beginner course (easy). Perfect for those who are unsure of their skills or have little or no topographic map experience. It is also for experienced orienteers 12 years and younger. Routes of travel are along trails, streams, and other linear features. Navigation is easy and courses are short. They should be about 2-3 km, have 4-12 points and take about 30-45 minutes to complete.

Yellow: The advanced beginner course (easy to medium) is designed for experienced 13-14 year olds and for older teens and adults with some basic knowledge of map and terrain identification. Navigational problems are easy to moderate and the competitor will be near easily identifiable re-location features. They should be about 3-5 km, have 5-12 points and take about 60-74 minutes to complete.

Orange: The intermediate course (medium) is designed for older teenagers and adults with moderate experience. On this course the competitor will spend the majority of his time off the forest's trail network and will need to use the compass extensively. Checkpoints are on major terrain features. They should be about 4-7 km, have 8-12 points and take about 60-90 minutes to complete.

Brown/Green/Red/Blue: The expert courses (hard) are all of the same difficulty but vary in length. The navigation is very tricky with few re-location features. These courses are designed for older teens and adults with extensive previous experience and good physical conditioning. Brown should be about 3-5 km, have 8-12 points and take about 60-90 minutes to complete. Green should be about 4-7 km, have 8-12 points and take about 60-90 minutes to complete. Red should be about 6-10 km, have 8-15 points and take about 80-120 minutes to complete. Blue should be about 8-14 km, have 10-18 points and take about 80-120 minutes to complete.

For more information about course design guidelines, check out the USOF web page at <http://www.us.orienteering.org> and follows links to topics of interest.



*Go to the United States Orienteering Federation (USOF) website and click on "education" to find web resources and publications about orienteering.
<http://www.us.orienteering.org/>*

Adventure Racing Upcoming Events

You can get information about these events at <http://www.sierraadventuresports.com/>

March 19th Desert Rage II Adventure Race - Camp Verde. Approximate Distance: 20-25 miles, 4-8 hour finish time. Format: Solo, 2, 3 or 4 person teams of mixed or same gender. Disciplines: trekking, orienteering, mountain biking, paddling on moving water, & mystery events looping in & out of a single transition area.

April 9th Adventure Racing Retreat - Lower Salt River Canyon. Want to try Adventure Racing though feel you could use some practice as a confidence

booster? Think you could improve by learning a few new race strategies from an experienced racer? Are you a newcomer who wants to get off on the right foot? Ready to improve and take your racing to the next level? Sierra Adventure Sports and team Monster Energy have teamed up to bring you just that.

4-23-05 Night Race - Saguaro Lake - 4-8 hour

10-22-05 Desert Rage III - Lower Salt River Canyon (Mesa)

11-12-05 Women's Adventure Race

Club T-Shirts and Mugs Available



Our T-shirts are white with a two-color screened print in green and brown. The front logo is in the upper left and the back logo covers much of the back. Ceramic mugs have a small picture and the club name. **Items will be available for sale at events.**

Cost is \$12 for T-shirt and \$5 for mugs.



If you want to have T-shirt(s) sent to you, send your **name** and **mailing address** along with **size(s)** you need and a **check** for the cost plus postage

(see table at right) to:

GPHXOC,

P.O. Box 51114

Phoenix AZ 85076-1114

USPS Shipping Costs:

- 1 T-shirt add \$3.50
- 2 T-shirts add \$3.95
- 3or 4 T-shirts add \$5.20



GPHXO Upcoming Event Schedule

Mar 5	Coon Bluff Recreation Area (JROTC at Bomboy Mine)
April 7&9	Land Navigation Class
June 11-12	Lake-2-Lake Hike
August ???	Annual Family Campout At Mormon Mountain
Sept 17-18	Picketpost Mtn Campout
Oct 8	Annual Meeting and Awards

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

March 20	Cave Creek
April 17	Slavin Gulch
May 15	Rim Event
June 19	Palisades
July 17	Lake Mary
Aug 21	Lincoln Park Early-O
Sep 18	Greasewood
Oct 16	Silverbell—State Champs
Nov 20	Kentucky Camp
Dec 18	Catalina State Park

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

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 in the Scottsdale Community College library. Call Richard for specifics or to confirm meeting: 480-831-0331 (Home) and 480-236-5706 (Cell).

March 8

April 12

May 10

2005 CLUB OFFICERS:

President	Mike Franklin	mfranklin@bandag.com
Vice President	Richard Dewey	richard.dewey@cox.net
Secretary	Patricia Abbott	PAAPsyD@aol.com
Treasurer	Kristina Krulikowski	vroomeuphoryay@hotmail.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	Tim Tablada	ttracker20@hotmail.com
Volunteer Coordinator	OPEN	
Mapping	Patricia Abbott	PAAPsyD@aol.com
Webmaster	Ron Birks	birksr@aztecfreenet.org

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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 RENEWAL

CHOOSE: *mail me the monthly newsletter:*

FAMILY (\$17) INDIVIDUAL (\$15)

OR: *download/view newsletter on website:*

FAMILY (\$12) INDIVIDUAL (\$10)

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

NAME

STREET ADDRESS

CITY, STATE, ZIP

(AREA CODE) DAY TELEPHONE

(AREA CODE) EVENING TELEPHONE

EMAIL ADDRESS (*required for web membership discount; we will email you when the new newsletter is on the website*)