



NEWSLETTER - June 2006



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

June 17-18 in the White Mtns of AZ

COME JOIN US AT 9000 FEET FOR A COOL TIME
IN THE WHITE MTNS - JUNE 17-18, 2006

-- Wolfsong

What's cool about it? First off, the temperature. But that's just for starters. If you were there in 2004 you know why the scenery got rave reviews. This rogaine-style event is on the highly acclaimed map of the 2004 World Rogaining Champs. Same terrific terrain but a very different event. Your map will be an aerial photo with contours - an additional level of challenge from the normal O-map. You may carry a GPS but I doubt it will help much unless you get lost. Lat and long data will not be given for the controls. You do not need a partner and must register individually though you may run with anyone you choose or follow anyone you like if you can keep up.

Categories:

The two categories are 4 hours Saturday + 2 hours Sunday or 6 hours Saturday + 3 hours Sunday with scores tallied cumulatively for the weekend. There may also be a fun night-O if the area we are using isn't cluttered with other campers.

YOU MUST PREREGISTER—Although Forest Service anticipates that this area will remain open at the

time of our event, it has been the driest of years so we need to know who to contact if the situation changes and how many of these special maps to make.

PREREGISTRATION REQUIRED

Contact Peg Davis by June 14th to register for the event at 520-628-8985 or pegdavis@u.arizona.edu.

DIRECTIONS NOTE

Directions to the site will be posted at www.tucsonorienteering.org one week before the event. We are planning to use a site several miles from the Big Lake campground south of Springerville, AZ. We suggest driving up to camp out on Friday.

Schedule

Sat

9:30

Map handout

10:00

Mass start

(8:00 PM

Night-O)

Sun

8:10

Map handout

8:30

Mass start

Fees:

Members - \$10 for one day, \$15 for two, \$3 night-O

Non-members - \$20/ day, \$5 for night-O

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

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

Get out of the Heat -Indoor Orienteering Practice

{If you don't have web access, call or mail us and we'll print you copies of the pages -ed}

Individual: <http://www.geocities.com/Colosseum/Bleachers/7089/armchair.html>

Armchair Orienteering: Often we spend several hours each week training our bodies to be able to run faster, but we tend to neglect the mental side of our sport. If you set aside 15 minutes a couple of times a week to do exercises to help the mental side, you will find your orienteering times improve rapidly. Here are a few exercises to try.

Indoor Group Activities: http://www.britishorienteering.org.uk/documents/coach_indoor_exercises.pdf

From the British Orienteering Federation, these exercises are designed to train specifically one or more skills useful in orienteering, such as map reading, route selection, feature memory, special awareness, identification of significant features on a route. They generally combine these with physical activity, typically running from one side of the hall to the other.

Orienteering Tips from the British O Federation

Try Not to Stop.

Take a breather if you need to, but keep moving, even at a slow walk. The difference between first and tenth is often not the speed of movement but the amount of time standing still. Add up the half a minute here and the fifteen seconds there when you weren't actually moving, and you'll realize how much time you could have saved.

Don't Stand Still Even if You're Lost.

The Fairy of the Forest might appear and light your way, but she never has for me. Retrace your steps if you can. If you can't, decide on a direction—if I go east, I must hit that road—and move on, keeping your eyes open for any feature you should be able to identify on the map. Or get to that road as quickly as you can, and start again from there. Better to spend a couple of minutes running 400 meters than a quarter of an hour getting nowhere.

Upcoming Adventure Races

For lots more information, go to <http://www.sierraadventuresports.com>

7/15/06 at Coon Bluff and 8/12/06 at Dreamy Draw Park: The *Extreme Heat AR* summer series will be a series of 2 short (Approximately 15-20K) adventure races that will each have 2 core disciplines (paddling, mountain biking, hiking, adventure tubing), and a few mystery events thrown in. They will start early in the morning and are designed to be completely finished within 3 hours, though leaders may finish between 60 & 90 minutes.

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.

GPHXO Upcoming Event Schedule

June 16-18	Join TOC at Mogollon Rim or White Mtns
July 15-16	State Champs at Lake Mary
Sept ??	Thumb Butte??
Oct 7	Annual Dinner & Meeting
Oct 12 & 14	Land Navigation Class
Nov 11-12	B-meet First Water
Dec 10	Coon Bluff
Jan 14, 2007	Lake Pleasant
Feb 11, 2007	mini-ROGAINE at Bomboy Mine
Mar 11, 2007	Saguaro Lake

Tucson Club Event Schedule

June 17-18	Big Lake, White Mtns
Jul 15-16	Lake Mary—State Champs
Sep 17	Palisades Ridge
Oct 14-15	Box Canyon (sprint & night-O Sat, classic-O Sunday)
Nov 19	Catalina State Park
Dec 17	Kentucky Camp West

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).

June 13—Richard’s Home

2005-2006 CLUB OFFICERS:

President	Richard Dewey	richard.dewey@cox.net
Vice President	Peter Neubauer	pneubauer@bluerwhite.org
Secretary	Patricia Abbott	PAAPsyD@aol.com
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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 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*)