



# NEWSLETTER - November 2008



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

## Nov 9th - Classic Courses at Lake Pleasant

Join us on Sunday, November 9<sup>th</sup>, 2008 just west of Lake Pleasant on the Carefree Highway only 13 miles west of I-17. This site has great terrain for orienteering and beautiful vistas of Lake Pleasant. There will be three classic courses available: White (beginner), Orange (intermediate) and Red (advanced). The White course is perfect for beginners or families with little kids. The Orange course offers more of a challenge, and the Red will hopefully give the pros a workout, mentally and physically. It's a great way to start out the Arizona winter hiking season. See you there.

### Schedule:

Registration Starts .....	9:00
Beginner's Clinic .....	9:30
Course opens.....	9:30
Course closes .....	1:00

### Cost (member/non-member):

Individual .....	\$5/\$10
Family / team rate .....	\$8/\$15

### Directions to Lake Pleasant From Phoenix:

Take I-17 to exit 223 which is Hwy 74. Turn west towards Wickenburg and drive 13.2 miles. Turn north on the black top that is across the road from a thumb butte. This is .6 miles west of mile marker 18. Look for orange/white signs marking the turn off from SR74 and at the meet site.

All participants will need a whistle. If you don't have one, some will be for sale for \$1.00. Compasses can be rented for \$1.00.

### What to bring:

water bottle(s)  
whistle (**required for all**; available for \$1)  
Compass (available to rent for \$1)

**There will be some water on the course but it is advisable to bring your own bottle(s).**

**Tucson Club's Nov 16th Meet—Catalina State Park**

visit <http://www.tucsonorienteering.org> for more  
write-up by Peg Davis

This month the Tucson Club returns to one of its most popular sites. The park is easy to reach, right on the edge of town and requires no driving on dirt roads. Both seasoned competitors and newcomers are welcome. The courses will be traditional white, yellow, orange, green, and red. Catalina tends to be challenging due to vegetation, topography and rocky ground. Vegetation is often full of stickers and lots of seeds which stick in your socks. If you have gaiters, this is the month to use them. Otherwise, bring your “throwaway” socks. Courses will be a little shorter this year, hoping to make it easier on runners and give them shorter times. We hope for comfortable weather and good fun.

**The map:** The map is new, courtesy of Ludwig, and is different in appearance from the old one. It has more detail in regard to topography and some physical features.

**Course setting:** John Pascal of Farmington, New Mexico is setting courses at Catalina. A veteran of many Arizona Rogaines, this will be John's third set of courses for Tucson's club. Jeff Brucker is vetting the courses.

**Directions:** The entrance to Catalina State Park is located on Oracle Road (Arizona 77), six miles north of the intersection of Oracle Road with Ina Road. If you come on I-10, take Exit 248 and drive east on Ina for five miles to its intersection with Oracle, then turn north for five miles. Visitors from Phoenix, take the Pinal Parkway to Oracle Junction, then travel approximately 10 miles southbound on Arizona 77 to the park entrance. Follow the orange and white O signs to the end of the paved road to reach the event start and parking. There is a \$6 per-car fee for entrance to the park, so car-pool if possible.

**Fees:** \$10/individual, \$15/team for nonmembers. \$5/individual, \$8/team for members of any recognized orienteering club. 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. Beginners' clinic starts. Do not show up late for clinic.

9:00 a.m. Courses open.

11:00 a.m. Last time to start a course.

1:00 p.m. Courses close. Everyone must return to the start area.

1:05 p.m. Control retrieval begins. Please volunteer at registration.

1:05 p.m. Intermediate skills clinic begins

**Groups:** If you are bringing a group, please contact the meet directors ( contact at [tucsonorienteering.org](http://tucsonorienteering.org) ) before the meet to guarantee enough maps for all participants.

**Intermediate skills clinic:** Find your way to a few controls with Peg for one hour. We'll talk about compass use, pace counting, route choice and how much we love orienteering. Your questions will be answered! No running, only brisk walking. Sign up for the clinic at the registration table.

**Adventure Racers:** The “Tucson Motala” is a three-stage navigation race which will provide a diversified orienteering challenge to racers to test their trekking and orienteering skills. The first stage (~4k on/off trail) will require some off trail navigation and will whet your appetite for what is to come. The second stage will be a navigationally challenging ~4k off trail stage. The third stage is longest at ~6-7k and will test your physical fortitude and mental wits. These are our Yellow, Orange, and Red courses. Your team must begin

(Cont. next page)

**(Catalina State Park Continued)**

the last leg by 11 a.m. to continue. All teams must return to the finish area by 1 p.m., course completed or not. There will be no biking or water stages. This different style of race will allow you to improve your navigational skills as a team or individual while competing with the peers you normally see only at the big races, at a modest cost. For those of you who are new to adventure racing, the ascending navigational challenges on the successive stages will allow you to gain valuable training and experience in a competitive environment, without having to commit to the travel and expense of a high-profile race.

The **Motala start window** will be 9:00 a.m. to 9:30 a.m. only. **Motala fees** for members of the Phoenix and Tucson Orienteering Clubs are \$10/person + \$5/each additional team member for each event. Nonmember motala fees are \$15/individual + \$10/each additional team member for each event.

**GPHXO Upcoming Event Schedule**

November 9	Lake Pleasant
December 14	Saguaro Lake
January 11, 2009	O-meet and GPS near Buckeye
February 8	TBD
March 8	TBD
April 9 & 11	Land Navigation Class

**Tucson Club Event Schedule**

Nov 16	Catalina State Park
Dec 21	Silverbell

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)

**2008-2009 CLUB OFFICERS:**

President	OPEN	
Vice President	OPEN	
Secretary	OPEN	
Treasurer	OPEN	
Newsletter	Sheryl Berling-Wolff	<a href="mailto:sherylb@cox.net">sherylb@cox.net</a>
Equipment	OPEN	
Membership	Sheryl Berling-Wolff	<a href="mailto:sherylb@cox.net">sherylb@cox.net</a>
Permits	Eric Ringnes	
Publicity	Tim Tablada	<a href="mailto:ttracker20@hotmail.com">ttracker20@hotmail.com</a>
Volunteer Coordinator	Forest Brown	<a href="mailto:weakonrecon@yahoo.com">weakonrecon@yahoo.com</a>
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# Greater Phoenix Orienteering Club

## ... Join Phoenix Orienteering Today ...

Send form to:  
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P.O. Box 51114 Phoenix, AZ 85076-1114

Contact us at (602) 212-6741  
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