



NEWSLETTER - February 2009



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

Feb 8th Score-O at Bomboy Mine

The Greater Phoenix Orienteering Club is pleased to announce a two-hour Score-O event to be held on Sunday, February 8, 2009 at the Bomboy Mine area east of Phoenix. The Score-O will include a large number of controls spread across several square kilometers of desert terrain. Unlike classic orienteering events where controls must be collected in order, participants in the Score-O will navigate to as many controls as possible in any order during a two-hour period. Points are awarded for each control based on the difficulty of navigation and the distance from the starting point.

All competitors will participate on the same course. There will be plenty of easy controls for beginning orienteers. Expert orienteers will be challenged by more difficult navigation located further from the starting line. We may even add a surprise or two to the course layout to make sure everyone is paying attention to the map.

Participants may search for controls for up to two hours. A ten point per minute penalty will apply for each minute that the participant takes over the two-hour limit.

Cost (member/non-member):

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

Schedule:

Registration 9:00-11:00
Beginner's Clinic 9:30
Course starts..... 9:30-11:00
Course closes 1:00
Score-O Time Limit.....2 hours

Directions to Bomboy From Phoenix:

Take the Superstition Freeway east through Apache Junction, towards Globe. About .4 miles past milepost 222 and immediately after crossing the Queen Creek bridge, turn left onto Hewitt Station Rd (Forest Road 357). If you reach the Boyce Thompson Arboretum you have gone a half mile too far! Cross the cattle guard and continue straight ahead. After about 1.5 miles on FR357, you will cross a wash with two 10 foot high drainage pipes under the railroad tracks on the right. Turn right on to FR 252, which is .2 mile after the wash. Our site is about $\frac{3}{4}$ mile down the road, at a road junction. Look for an orange and white orienteering bag or orange cone at the last turnoff and at our site.

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).

Greater Phoenix Orienteering Club
gphxo.org

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

Robbins Butte Orienteering/Geocaching Wrap-Up

Our January 11 event held in the area southwest of Buckeye had several “firsts” for our club; our first time on a new map area; the first time allowing the use of a GPS receiver on an orienteering course; and our first dual event that involved geocaching.

The weather was perfect, and we had a good turnout from both the orienteers (36 participants) and geocachers (31 participants). The geocaching was treated as a separate event from the orienteering—although the focus of the geocaching seminar was in interpretation of topographic maps for route finding, as well as going back and forth between the map and GPS coordinates.

Geocaching Event

The geocaching event consisted of the training seminar followed by a “mult-cache”, which is a series of steps or puzzles that eventually lead to a cache. In this case, the challenge wasn’t in finding the controls, but in deciding which-of-many controls were the right ones successfully complete the course. To do this, participants had to choose the correct map feature to go to, based on the control description and interpreting the map. The geocachers had mixed results in negotiating the multi-cache course. Those who stayed for the entire training seminar had good success with the multi-cache. Some others, however, seemed to have difficulty for a variety of reasons—some were not familiar with their GPS units, and some didn’t finish out the seminar and might have missed out on the instructions for following the course properly. The good news is that those who completed the course enjoyed themselves, and said that they learned a lot from the navigation seminar. Who knows—maybe some will return for future orienteering events...

2-hour Score-O

This new map area is more open with less vegetation than most of our other areas, making for faster navigation. In some cases (especially when re-using

controls from the geocaching course) this made the Score-O controls visible from a long way away, so speed was an important factor for performing well on this course. Ludwig Hill and Ron Birks both completed the course with perfect scores of 910, with Ludwig edging out Ron by less than two and ½ minutes! The third place finisher with 900 points was Bobby Alexander, with 900 points and a time of 1:56:20. Ron and Bobby were covering some parts of the course at about the same time, and Ron offers this perspective of comparing a GPS-aided orienteer against our traditional methods:

“During the Score-O event, GPS navigators were able to use their skills to find their way through the same course as the orienteers. This gave us a great example of a head-to-head comparison of GPS navigation vs. straight map and compass navigation used by orienteers. I personally spent much of the day seeing Bobby Alexander (a very good GPS navigator) find the controls more efficiently than I was finding them. The main advantage that I could see with the GPS navigation was the minimal amount of searching once we arrived in the control circle. While I spent time wandering around looking for several of the controls, Bobby was pretty much spot on. We both used the map and compass to navigate to the controls, but the GPS seemed to minimize the wandering around. In the end, the only advantage I had was speed - I was running as fast as I could. When the route between controls was flat, I was able to speed up and cover ground more quickly. I have no doubt that if the speed between the GPS navigator and the orienteer were equivalent, the GPS navigator would have the advantage.”

We may occasionally try allowing GPS receivers during future events, but we will probably try to apply a reasonable handicap to the GPS users to offset the typical navigation errors and uncertainties encountered by orienteers using map & compass.

Results—Score-O

Name	M/W/T	Time	No. Controls	Time Penalty	Net Score
Ludwig Hill	M	1:39:27	31	0	910
Ron Birks	M	1:41:50	31	0	910
Bobby Alexander	M	1:56:20	30	0	900
Max Suter	M	1:57:17	30	0	890
Tim Stefek	M	1:54:14	27	0	830
Windy Marks	W	2:00:04	21	10	770
Dave Marks	M	2:02:53	24	30	760
Erik Ringnes	M	1:59:20	26	0	720
Brian Karasek	M	1:55:05	18	0	670
Bob Badgett	M	1:56:49	21	0	630
Paul McDonald	M	1:58:08	16	0	560
James McDonald	M	2:00:17	22	10	500
S&S	T	1:58:00	22	0	450
Cobras	T	1:53:00	11	0	240

Recreational orienteers on the Score-O course included:

Mary Hartwig & Lisa Hammel

Damian Green

Wendy Badgett

Tina Stefek

Team Teton

Doug McCulley

Sharon Fairchild

Results—White/Yellow Course

Name	M/W/T	Time
Rick Eastman	M	0:35:00

Recreational orienteers on the “Whellow” course included “Troop 3”:

Linda Gillham

Joel Loreda

Cristian Ramos

Jorge Avila

Paul Stithem

Andrew Stithem

Matthew Stithem

Move Up! A Column for the A.O.

by Peter Amram

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

Orienteering isn't just a run through the woods. Whether strolling a white course or scampering along on red, the orienteer is engaged in an activity whose complications and implications go far beyond trying to find the foot of a 3-meter cliff on the north side of the hill.

Orienteering starts with the making of a highly specialized map and doesn't end until the last control has been brought in at the end of the day's event. Staging an event requires extensive effort. People have to design the courses, obtain permissions, prepare control description slips, gather and deploy a welter of equipment, not forgetting details such as plenty of bottled water and enough change for the cash box. And everyone is a volunteer with a busy non-O life as well.

Events are managed by an amateur work force which — and this is the point of today's tutorial — should include you, dear fellow A.O.

"What?" you say, startled. "Me? Hey, I'm only an Average Orienteer. What do I know about putting on an event? I've got my hands full trying to find a little orange-and-white bag at the foot of a 3-meter cliff on the north side of the hill. Forget the big picture. Where's that cliff?"

Steady there, partner. Helping to stage an event will not only enhance the club's overall program, but also help you to be a better orienteer, more capable of a move up to yellow, to orange, and beyond.

Orienteering combines physical and mental challenges, of which the more difficult is the mental. Orienteering can be very intimidating psychologically. The clothing is odd. The jargon is off-putting. You seldom see your competitors. Mistakes are often literally incomprehensible. It

can be lonely in the woods, especially when (inevitably) you get lost. You are on your own; this isn't a team sport. A lot of folks try once or twice and quit for good.

But working at an event is a team experience. You are part of a group with a communal task. It's a great opportunity to get the gestalt of the sport: the organization of an event, the placement of start and finish, the technical differences among the courses, how controls are hung and retrieved and, especially, the surprisingly varied range of skills and motivation of the participants. You can talk to useful people, ask technical questions and, sometimes, answer questions from people who know less than you. (You may even learn to define the term "reentrant" in a single sentence without using gestures.)

Specifically, you pore over all the day's master maps, and: ask the course designer what he/she intended as the best route from 6 to 7 on orange; observe the trail loops upon which white and yellow are built; examine the various #1 controls to see how they anticipate the relative difficulties of the courses; notice that controls on which drinking water is offered tend to be "shared" by several courses. Of necessity, a "water" control is geared to the easiest course, and is probably near a trail or road, the easier to lug in the bottles — a potentially useful piece of information.

Orienteering is so complicated that it cannot be learned in a linear sequential way. Working at an event can reduce the "blur," give you some theoretical grounding, and increase your confidence that you can move up. Merely retrieving the white bags at day's end will pep up your O-ego. As a bonus, event workers participate free that day. Why not save some money, have fun, and help yourself and your club at the same time?

Volunteers - Thanks to all the volunteers. We cannot have meets without volunteers.

Course Setter:	Glenn Haselfeld
Meet Director:	Rick Eastman
Bag Hangers:	Dianne Haselfeld, Glenn Haselfeld
Water Station Setup:	Glenn Haselfeld
Equipment Hauling:	Dave and Windy Marks
Setup/Tear-down:	Dave & Windy Marks, Glenn Haselfeld, Dianne Haselfeld, Rick Eastman
Registration Table:	Dianne Haselfeld
Timing Table:	Rick Eastman, Glenn Haselfeld
Beginners Clinic:	Glenn Haselfeld
Control Retrieval:	Glenn Haselfeld, Ludwig Hill, Max Suter, Ron Birks, Rick Eastman
Tabulating Results:	Glenn Haselfeld

GPHXO Upcoming Event Schedule

NOTE: Not much is going to happen in 2009 unless we get some volunteers to be Club Officers! They plan events and attend to club business. Please consider stepping up.

February 8 **Score-O at Bomboy Mine**

March 8 **TBD**

April 9 & 11 **Land Navigation Class**

Tucson Club Event Schedule

Events are held on the 3rd Sunday of the month. For details about Tucson club events, visit their website at www.tucsonorientering.org

Did you know that GPHXO O.C. members get the "member" rate for Tucson O.C. events?

2008-2009 CLUB OFFICERS:

President	OPEN	
Vice President	OPEN	
Secretary	OPEN	
Treasurer	OPEN	
Newsletter	Sheryl Berling-Wolff	sherylb@cox.net
Equipment	OPEN	
Membership	Sheryl Berling-Wolff	sherylb@cox.net
Permits	Eric Ringnes	
Publicity	Tim Tablada	ttracker20@hotmail.com
Volunteer Coordinator	Forest Brown	weakonrecon@yahoo.com
Mapping	Patricia Abbott	PAAPsyD@aol.com
Webmaster	Ron Birks	birksr@aztecfree.net.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

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OR: *download/view newsletter on website:*
 FAMILY (\$12) INDIVIDUAL (\$10)

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

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