



NEWSLETTER - Dec 2009



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

Saguaro Lake Score-O Sunday Dec 13th

On Sunday, December 13th, come out to Saguaro Lake and enjoy a nice Score-O. People of all skill levels can enjoy this course. Pick your own route, select your own controls to go after, and be as ambitious as you want. Participants will have two hours to find as many controls as they can to rack up points. There will also be a white course for beginners, kids, and anyone who wants to take it easy.

The terrain is rolling hills with patches of rocky ground on mostly open grassland. The majority affords clear running, but watch for loose rock and the occasional cactus. Water stations will be available on the course and at the timer's table.

People of all skill levels are encouraged to participate. A free beginner's clinic will be available for new participants and those needing a refresher. You may start anytime after the course opens at 9am until 12pm. Everyone, competitors and recreational participants alike, must be off the course and checked into the timer's table by 1pm when the course closes.

Schedule:

Registration Starts.....9:00am
Beginner's Clinic.....9:30am
Course opens.....9:30am
Last Time to Start a Course.....11:00pm
Course Closes.....1:00pm

Cost (member/non-member):

Individual.....\$5/\$10
Family / Team.....\$8/\$15

Directions to Saguaro Lake from Phoenix:

There are two routes: the Beeline Hwy (87) and the Bush Hwy. For the Beeline (87): from the Loop 202 head Northeast on Country Club Road, which turns into the Beeline Hwy. Continue on the Beeline Hwy 22 miles (past Fountain Hills) to the Saguaro Lake/Bush Hwy turnoff. Turn right and follow the Bush Hwy 0.2 miles to the event site on the right side of the road. Look for the orange and white orienteering signs marking the pull off to the parking area.

For the Bush Hwy: from Power Road and the Superstition Freeway (US60), go North 22 miles (Power Road turns into the Bush Hwy). You'll pass the Usery Pass junction in 13.5 miles, but continue heading North on the Bush Hwy. When you see the sign that says "Junction 87 - 1/2 mile", look for the orange and white orienteering "sandwich boards" marking the parking area on the left. You can also reach Power Road from the 202 now. Just exit the 202 at Power Road, turn left, and head North past Usery Pass junction and onward until you see the GPHXO sandwich boards.

What to bring:

Water bottle(s), food.
Whistle (required for all: available for \$1)
Compass (available to rent for \$1)

Volunteers:

We need volunteers to help with setup, registration and timing tables, and with bag pick up after the meet. Please contact Forest Brown (weakonrecon@yahoo.com) if you can help.

Greater Phoenix Orienteering Club
gphxo.org

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

Lake Pleasant Wrap-Up by Erik Ringnes

If you missed Lake Pleasant this year, put it on your calendar for next year. The second Sunday in November is typically very nice, and no exception this year. Sunny and high in the 80s.

In addition to the locals, a few folks came up from Tucson. With the I-17 widening up to Carefree highway nearly finished, the trip to the Northwest Valley should be smooth as can be next time you go. Just don't get distracted by the rising balloons in the morning.

The competition on the Red course was fierce as always. Ron Birks squeezed out a narrow victory, with Ludwig Hill a close second. Cristina Luis of Tucson wasted some valuable time early on the course and could not beat the guys despite the expectations. Perhaps the recreational shooting in the area got her focusing on not being a target rather than the course? Seriously, there unfortunately are some areas that the course designer has decided to avoid for next year just to make sure there are no conflicts. There is plenty of virgin terrain available. The target practice is concentrated at the end of the blacktop.

The Orange course was a bit simpler and shorter than Red, but provided perhaps too much of a step up from White. Ludwig Hill made sure he got his victory with a super fast run. Some runners decided to take a short cut skipping a few controls. So for next year, we'll make the Orange shorter. Let's just make it Yellow.

The White course started off easy, but had a challenge at the end. The last control was on top a hill, but with the staging area in view. Comments were positive as this provided a little extra bushwhacking for beginners. The Rockstars got the fastest time and may be ready for Orange at the next event which is Dec 13 at Saguaro Lake.

Besides controls, Austin Ringnes also ran into a few baby javelinas. Fortunately he wasn't confronted by mommy javelina, but you know she was watching. Forest, Ed, and Austin also helped a tarantula cross the road before it got run over. Why they undertook this operation is not known. Most people want to kill spiders. I guess it is a testament to how environmentally conscious orienteers are. See you at Saguaro Lake.

Thanks to our Volunteers—Can't have meets without them

Course Setter:	Erik Ringnes
Meet Director:	Erik Ringnes
Bag Hangers:	Erik Ringnes, Glenn Haselfeld, Valerie Ringnes
Water Station Setup:	Erik Ringnes
Equipment Hauling:	Forest Brown
Setup/Tear-down:	Erik Ringnes, Forest Brown, Austin Ringnes
Registration Table:	Erik Ringnes, Austin Ringnes, Anya Ringnes
Timing Table:	Erik Ringnes, Austin Ringnes, Anya Ringnes
Beginners Clinic:	Glenn Haselfeld
Control Retrieval:	Erik Ringnes, Ron Birks, Ludwig Hill
Tabulating Results:	Erik Ringnes

Lake Pleasant Results

RESULTS:**Red Course**

<u>COMPETITOR</u>	<u>TIME</u>	<u>RANK</u>	<u>Team Members</u>
Ron Birks	1:17:52	1M	
Ludwig Hill	1:20:05	2M	
Cristina Luis	1:28:07	1F	
Arild Orsleie	1:39:17	3M	
Derreck Beracy	1:39:53	4M	
Forest Brown	1:52:17	5M	
Tim England	2:08:58	6M	
ASU Trackers	Rec	---	David Hensley, Garry Jagers

Orange Course

<u>COMPETITOR</u>	<u>TIME</u>	<u>RANK</u>	<u>Team Members</u>
Ludwig Hill	1:03:26	1M	
Austin Ringnes	DNF	---	
Team Tango	DNF	---	Ed Tankersley, Ian Tankersley
Tisha Taylor	DNF	---	
Melissa Trout	Rec	---	
Lee Craven	Rec	---	
Debra Allen	Rec	---	
Lisa Spear	Rec	---	

White Course

<u>COMPETITOR</u>	<u>TIME</u>	<u>RANK</u>	<u>Team Members</u>
Rockstars	0:44:00	1T	T.J. Kuhn, Maggie Kuhn
Team Tango	1:18:20	2T	Ed Tankersley, Ian Tankersley
Kathi Douglas	Rec	---	
Doug McCulley	Rec	---	
Lee Craven	Rec	---	
Carla Brandt	Rec	---	

Cat Mountain Dec 20, 2009

With Tucson O. C.

by Cristina Luis of T.O.C.

West of the city, tucked away in the Tucson Mountains, lies a beautiful basin filled with Sonoran Desert goodness - cacti, dry washes, boulders, trails, and plenty of room to run around! Join us in December to take advantage of the cooler "winter" weather to orienteer down at desert level. Cristina Luis and Melissa Trout are setting (at least) three classic courses on the Cat Mountain map.

Find out more at www.tucsonorienteingclub.org

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

Dec 20	Cat Mountain
Jan 16-18	Anza Borrego S.P., CA
Jan 19-22	Saguaro U. Training Week
Jan 23-24	Ironwood 2-Day Classic-O
July 20	Palisades
Feb 21	Empire Ranch
Feb 28	Catalina State Park Training Event
Apr 18	Greaterville Classic-O
May 16	Bear Wallow Classic-O
Aug 22	U of A Street-O
Sep 19	TBD Street-O
Oct 17	Sweetwater Photo-O

GPHXO Upcoming Event Schedule

Dec 13	Saguaro Lake
Jan 10	Buckeye
Feb 14	Coon Bluff
Mar 14	First Water
April 10-11	Bomboy Mine? Land Nav?

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.tucsonorienteingclub.org

2009-2010 CLUB OFFICERS:

President	Forest Brown (acting)	weakonrecon@yahoo.com
Vice President	Tim Tablada (acting)	ttracker20@hotmail.com
Secretary	Patricia Abbott (acting)	PAAPsyD@aol.com
Treasurer	Patricia Abbott (acting)	PAAPsyD@aol.com
Newsletter	Sheryl Berling-Wolff	sherylb@cox.net
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Permits	Eric Ringnes	
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Volunteer Coordinator	Forest Brown	weakonrecon@yahoo.com
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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*)