



NEWSLETTER - March 2011



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

March 13, 2011 Two events at First Water: Score-O and 5-hour Adventure Race

We have a special treat for our upcoming First Water event. Not only will we offer a standard Score-O, but for our adventure racing friends, we'll offer a 5-hour adventure race. We hope the two separate events will provide more people with an opportunity to come out and practice their navigation skills.

During the Score-O, participants will have 2 hours to find as many controls as they can. Each participant can visit the controls in any order they choose. Points are awarded based on the distance a control is from the start and its navigational difficulty. Controls that are more remote and difficult to find are worth more points. We'll have a number of difficult controls to challenge the more experienced orienteers. There will also be plenty of easier controls to provide beginning orienteers enough to practice their navigation skills.

Registration for the Score-O begins at 8:30 and runs until 11:00. The Score-O course opens at 9:00. A free beginner's clinic will start at 9:00 to go over compass skills and map reading basics. There is a 2 hour time limit for the Score-O and a 10 point penalty for every minute over the limit (all times rounded up to the next minute). **NOTE: All Score-O participants must return from the course and check-in with the timer's table by 1:00.** Anyone returning after 1:00

will be scolded, lose any points they collected, and be marked as DNF ("Did Not Finish").

This event is open to everyone. You do not need to be a club member or have any previous experience with orienteering. Participants of all skill levels and ages are welcome, though the younger kids should be accompanied by an adult.

Schedule:

Score-O Registration Starts	08:30
Beginner's Clinic	09:00
Course Opens	09:00
Score-O Registration Ends	11:00
Score-O Course closes	1:00

Score-O Cost (members/non-members)

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

Directions and more details on Page 2. Adventure Race Details pgs 4-6

More Details for the Score-O

What to bring:

- Whistle (Mandatory for all. Available for purchase for \$1)
- Compass (Mandatory for all. Available for rent for \$1)
- Water. There will be water at the start/finish . We will also have one or two water stations on the course. However, you are strongly encouraged to bring your own water bottles or a camelback.
- Sun screen. There will be little or no shade on the course.
- Sturdy hiking shoes and long pants are recommended. You may encounter cactus, cat claw, and loose terrain, especially on the Score-O.

Directions to First Water From Phoenix:

From Phoenix take US 60 (Superstition Freeway) east to Apache Junction. Take the Idaho Road exit (SR 88) and turn left. Head north on Idaho Road (SR 88) for about 5 miles. !!!!!!! Head toward Canyon Lake !!!!!!! After about 5 miles, and 1/4 mile past the entrance to Lost Dutchman State Park, turn right onto FR 78, the First Water Trailhead Road, which is an all-weather dirt road. Proceed about 2.5 miles to the horse staging area (the overflow parking area). If you get to the trailhead, go back about 1/2 mile to the meet site. There is no Forest Service parking fee for this area.

One-Day Land Navigation Class Saturday April 2nd

There is a brochure on the club website with a registration form inside. When we receive your form and check, we'll send you lots of specifics about the event.

Participants meet **Saturday, April 2nd** near the town of Superior (about 30 miles east of Apache Junction) for a full day hands-on field session. Breakfast will be available at 7 AM and the class will run 8 AM until dusk. Primitive car camping is available Friday night at the meeting site.

Students will walk about four miles, with day packs, learning and practicing land navigation methods and techniques. The course covers compass use,

interpreting topographical maps and route planning. You will also learn aiming off, pace counting, triangulation, and more.

Students must 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.

We will provide breakfast, lunch and plenty of snacks in the field. Students must provide their own transportation to and from the site.

\$100 includes topo map, course materials and meals.

Results From Saguaro Lake Feb 13, 2011

Categories: M - Male, F - Female, T - Team

Name	Type (Size)	Comp/Rec	Time Out	Time In	Elapsed Time	Total Score	Penalty	Final Score
Johan Boeni	M	C	9:15	11:23:00	2:08:00	600	-80	520
Erik Ringnes	M	C	9:33	11:33:55	2:00:55	490	-10	480
Ludwig Hill	M	C	10:08	12:05:49	1:57:49	450	0	450
Christina Luis	F	C	9:43	11:42:34	1:59:34	440	0	440
Windy Marks	F	C	9:37	11:36:18	1:59:18	430	0	430
Team Arizona								
Tom Fleck, Brandon Mann	T (2)	C	9:45	11:43:20	1:58:20	370	0	370
Tim Stefek	M	C	9:49	11:49:07	2:00:07	360	-10	350
Glenn Haselfeld	M	C	9:55	11:52:06	1:57:06	330	0	330
David Marks	M	C	9:41	11:48:46	2:07:46	370	-90	280
Gary Hickey	M	C	9:35	11:30:58	1:55:58	270	0	270
L & B	T (2)	C	10:37	12:33:42	1:56:42	270	0	270
Mike Zampino	M	C	9:19	11:15:18	1:56:18	250	0	250
Jeff Brucker	M	C	10:10	12:24:37	2:14:37	400	-150	250
Walt Smith	M	C	10:14	12:09:24	1:55:24	210	0	210
Debra Allen	F	C	10:24	12:22:00	1:58:00	200	0	200
Brooke Santos	F	C	9:10	11:09:23	1:59:23	180	0	180
Antoniya Petkova	F	C	9:10	11:09:10	1:59:10	180	0	180
Kristen Peers	F	C	9:53	11:59:35	2:06:35	250	-70	180
Paul & Max								
Paul Boeni, Max Boeni	T (2)	C	9:17	11:02:15	1:45:15	170	0	170
Tina Stefek	F	C	9:51	11:59:49	2:08:49	250	-90	160
Bob Wolf	M	C	10:35	12:41:15	2:06:15	220	-70	150
Kevin Adams	M	C	10:28	12:42:28	2:14:28	280	-150	130
Matt Zeilman	M	C	10:28	12:42:35	2:14:35	280	-150	130
Jess Driscoll	F	C	9:47	11:33:34	1:46:34	120	0	120
Leif Lundquist	M	C	10:12	12:34:12	2:22:12	340	-230	110
Hinds & Dietz								
Laura Hinds, Robert Dietz	T (2)	C	10:30	12:48:00	2:18:00	240	-180	60
Anthony & Belinda								
Anthony Boydston, Belinda Boydston	T (2)	C	9:31	11:42:09	2:11:09	100	-110	-10
Arild Orsleig	M	C	11:02	13:30:00	2:28:00			DNF
Life Is Good								
Mareena Sweat, Cameron Giovanniello	T (2)	Rec	9:12					
Team Chris								
Chris Query, Mark Pappas, Shana Machin	T (3)	Rec	9:28					
Sharon Fairchild	F	Rec	9:39					
Michael Cagle	M	Rec	9:57					
Eric Edney	M	Rec	9:59					
Eagle 76								
Gary Zimmermann, Barb Zimmermann	T (2)	Rec	10:01					
Team C & C								
Claudia Schmitz, Christine Escobar	T (2)	Rec	10:03					
Team Fedyk								
Tatiana Fedyk, Maria Fedyk, Yurii Fedyk	T (3)	Rec	10:05					

* Ten points were deducted for each full minute over the 2-hour time limit.

Five-Hour Adventure Race (AR-5)

The AR-5 is a new addition for the Greater Phoenix Orienteering Club. We've had various Bike-O and Score-O options in the past, but rarely have we offered a complete adventure race. Since our adventure race friends comprise a good 40-50% of the participants at our events, we decided to offer something specifically for them.

The AR-5 will take individuals and teams through the foothills surrounding the Superstition Mountains. Participants will enjoy a number of adventure race disciplines, including UTM coordinate plotting, bicycle navigation, and navigation on foot. There will be no water activities or mystery events during this race. The course will contain challenges for expert individuals and teams but will also provide easier options for the novice adventure racers.

Format

The exact details of the AR-5 will not be communicated until the day of the race. The general format of the race will consist of the following three parts:

1. UTM Coordinate Plotting. 5+ controls. All participants must plot and visit all controls.
2. Bike-O. 20+ controls. All controls are optional.
3. Score-O. Same course as the Score-O. 20+ controls. Two-hour time limit. All controls are optional.

Categories

Depending on the number of participants, the AR-5 will have the categories listed below. Teams will be comprised of 2,3,or 4 individuals.

1. Male
2. Female
3. Team-Male
4. Team-Female
5. Team-Mixed

Schedule:

AR-5 Registration Starts	07:00
Mandatory Pre-Race Briefing	07:45
AR-5 Starts	08:00
Last time to start Score-O and still get full 2-hours to complete.	11:00
AR-5 Course closes	13:00
All participants off the course, DNF for late arrival.	13:15

AR-5 Continued

Directions to First Water From Phoenix:

From Phoenix take US 60 (Superstition Freeway) east to Apache Junction. Take the Idaho Road exit (SR 88) and turn left. Head north on Idaho Road (SR 88) for about 5 miles. !!!!!!! Head toward Canyon Lake !!!!!!!! After about 5 miles, and 1/4 mile past the entrance to Lost Dutchman State Park, turn right onto FR 78, the First Water Trailhead Road, which is an all-weather dirt road. Proceed about 2.5 miles to the horse staging area (the overflow parking area). If you get to the trailhead, go back about 1/2 mile to the meet site. There is no Forest Service parking fee for this area.

AR-5 Pre-Registration

If you're interested in participating in the adventure race, please pre-register by sending an e-mail to the race organizer (birksr@aztecfreenet.org) or use the email link on the club webpage. Race-day registration will be available. Pre-registration will greatly speed the race-day preparation.

AR-5 Cost

Individuals	\$20
Teams	\$20 per person
Discount	\$5 returned to those who help retrieve controls after the race.

What to bring:

- Whistle (Mandatory for all. Available for purchase for \$1)
- Compass (Mandatory for all. Available for rent for \$1)
- Mountain Bike (Mandatory for bike leg :-).
- Helmet (Mandatory for bike leg).
- Bicycle Tool Kit
- Tire Repair Kit.
- Bike pump or inflation kit.
- First Aid Kit. (One per team)
- Water. There will be a couple water stations on the course. However, you are strongly encouraged to bring your own water bottles and camelback (capacity 3 liters).
- Sun screen. There will be little or no shade on the course.
- Knife.
- Emergency Space Blanket
- Survival Mirror
- Pen or Sharpie - used for plotting UTM Coordinates.
- Suitable clothing for all events. You may encounter cactus, cat claw, and loose terrain, especially on the Score-O.

Adventure Race Rules:

1. The goal of the race is simple: Visit as many controls as possible. Winners are determined first by the number of controls visited and next by the amount of time taken to visit the controls. In case of a tie in the number of controls visited, the team that visited the controls in the least amount of time wins.

UTM Section

2. Participants are required to plot and visit all UTM coordinates. The map scale is TBD. (to be posted Friday, March 11). If all coordinates are not visited, the participants will be marked as "DNF".

3. The only time limit for UTM plotting and collection is the 13:00 course closing time. Even though this section shouldn't take more than 90 minutes to complete, participants can use the entire 5 hours to plot and visit the controls in the UTM portion of the race. Penalties apply for arrivals after 13:00 (see below).

Bike-O

4. There is no minimum number of controls required to visit during the Bike-O. In fact, participants are allowed to skip the Bike-O completely. Participants are official finishers as long as they complete the UTM portion of the race.

5. During the Bike-O, participants may visit controls by bike or on foot.

6. The only official time limit for the Bike-O is 13:00, the time the course closes. Participants can use as much time on the Bike-O as they wish up to the cutoff time, but other time limits are in effect for other parts of the course. Penalties apply for arrivals after 13:00 (see below).

Score-O

7. There is no minimum number of controls required to visit during the Score-O. In fact, participants are allowed to skip the Score-O completely. Participants are official finishers as long as they complete the UTM portion of the race.

8. There will be a strict time limit of 2 hours for the Score-O. One point will be deducted for every minute that participants arrive after the 2-hour time limit.

9. After starting the Score-O, participants will not be allowed to go back to the Bike-O. The Bike-O map must be turned in before the Score-O can be started.

10. During the adventure race, points on the Score-O will not be awarded based on distance and difficulty (like they are during the regular Score-O competition). Instead, one point will be awarded for each Score-O control visited. Adventure racers will therefore try to maximize the number of controls visited rather than maximize the point value of the controls visited.

11. There will be a strict cutoff time of 13:00 for completing the race. One point will be deducted for every minute a participant arrives after 13:00. All points will be deducted and the participant(s) will be marked "DNF" if they return to the finish after 13:15.

Thanks to our Volunteers at Saguaro Lake:

Course Setters:	Derrick Beracy, Martin Dimitrov
Meet Director:	Forest Brown
Bag Hangers:	Derrick Beracy, Martin Dimitrov, Forest Brown
Water Station Setup:	Forest Brown
Equipment Hauling:	Forest Brown
Setup/Tear-down:	Derrick Beracy, Martin Dimitrov, Forest Brown, Gary Hickey, Glenn Hasselfeld
Registration Table:	Martin Dimitrov
Timing Table:	Derrick Beracy
Beginners Clinic:	Forest Brown
Control Retrieval:	Derrick Beracy, Forest Brown, Gary Hickey, Debra Allen
Tabulating Results:	Derrick Beracy, Forest Brown

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

Mar 6	Univ of Arizona Sprint
Mar 20	Kentucky Camp Score-O
Apr 17	Greasewood Park Score-O
May 15	Greaterville Classic-O
Jun 19	Tucson Street-O
Sept 18	Bear Wallow
Nov 20	Catalina State park
Dec 18	Ironwood Picnic Area

GPHXO Upcoming Event Schedule

Mar 13	First Water
Apr 2	Land Navigation Class
Apr 10	Bomboy Mine (TENTATIVE)
May 21	Prescott Bike-O

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.tucsonorienteeringclub.org

2010-2011 CLUB OFFICERS:

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GPHXO Newsletter March 2011

Greater Phoenix Orienteering Club

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c/o Rockledge Services
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Yes, I can help staff a club meet. Call me.

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