



NEWSLETTER - October 2011



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

Oct 16: Coon Bluff Score-O & 5 Hr Adventure Race

******* Important - Parking Permits *******

*You are **required** to have a \$6 Tonto recreation pass to park at Coon Bluff. Parking passes are NOT for sale on site so pick one up ahead or on your way there. The list of **Tonto Pass Vendors** can be found on our web site. Many grocery, convenience and sporting good stores sell them. Stores near Coon Bluff include. Circle K (Power&Brown), CVS (Power&McDowell) and Safeway (Power&McKellups)*

Our 2-hour Score-O will have plenty of controls to keep everyone busy. The control placements are not difficult (OK, maybe one or two are) and many of you already know this area well. So think of this event as a nice, easy warm-up for the season ahead.

There is one big difference: this is Coon Bluff backwards! That's right, Coon Bluff as you likely have never seen it before! The Start/Finish area will be in the Phon T. Sutton parking lot, so the area will seem quite new. Controls at the southwestern end of the area will now be the lower-value controls. Locations that formerly were low-value will now be more difficult to access. This should make the event very interesting and a lot of fun.

Beginners and intermediates will find it easy to select enjoyable routes during the Score-O. They will visit parts of the area that we usually do not see and have a chance to score lots of points.

For those of you who prefer pre-set courses, we'll also include two Classic-O courses, a White/Yellow and an Orange/Brown, that will be interesting as

well. The Classic-O courses are not long: their difficulty comes from the vertical gain you will encounter. You may want to do a little extra training beforehand.

Race Headquarters will be located in the Phon T. Sutton parking area, at the west end of the recreation area. This is a large, paved lot with multiple facilities. It is easy to find. There is a sign on the Bush Highway at the turnoff to this parking area, and there will be an Orange and White Orienteering sign there as well. The Tonto Pass is required (\$6 for the day).

There will be water placed on the Orienteering courses. At the Start/Finish line we will have compasses and whistles for purchase or rent. We gladly welcome beginners. Just arrive early so we have time to explain Orienteering to you during our free Beginner's Clinic.

**More Details About
Both Events Inside**

Greater Phoenix Orienteering Club
gphxo.org

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

Directions to Coon Bluff:

From Phoenix, take US 60 (Superstition Freeway) east to Power Road, exit #188. Turn north onto Power Road. At about 9 miles from US 60, the road will make a sharp bend to the east. About 2.75 miles further is the turnoff to the Phon T. Sutton parking area, on the north side of the road. Look for an orange/white orienteering sign on the south side of the road. Turn left and drive about 1 mile to the parking area. Look for an orange/white O bag at the registration table. If you miss the turnoff and get to Usery Pass Road, turn around and go back about 2.25 miles.

From Phoenix, you can also take the 202 (Red Mountain Freeway) east to Power Road exit #23a. Turn north onto Power Road. The turnoff to the Phon T. Sutton parking area is about 5 miles north of the 202, on the north side of the road. Look for an orange/white orienteering sign on the south side of the road. Turn left and drive about 1 mile to the parking area. Look for an orange/white O bag at the registration table. If you miss the turnoff and get to Usery Pass Road, turn around and go back about 2.25 miles.

What to bring:

Whistle (Mandatory for all. Can purchase for \$1)

Compass (Mandatory for all. Can rent for \$1)

Sun screen There is no shade on the course.

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.

Orienteering Schedule:

Orienteering Registration Starts	08:30
Beginner's Clinic	09:00
Score-O and Classic-O Courses Open	09:00
Orienteering Registration Ends	11:00
Score-O and Classic-O Courses close	13:00

Score-O and Classic-O Costs

	(members/non-members)
Individual	\$5/\$10
Family/team rate	\$8/\$15

Orienteering Schedule Details:

Registration for the Score-O and Classic-O courses begins at 8:30 and runs until 11:00. Score-O and Classic-O courses open at 9:00. 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). The only time limit for the Classic-O courses is the 13:00 course closure time. Participants may take as much time as they like up to 13:00 to collect all controls.

NOTE: All Score-O and Classic-O participants must return from the course and check-in with the timer's table by 13:00. Anyone returning after 13:00 will be marked as DNF ("Did Not Finish"). Score-O racers returning after 13:00 will lose all points they collected. A free beginner's clinic will be held at 9:00 to go over compass skills and map reading basics. This is really worth the time to attend.

Course Setter Class Coming November/December Have you ever wanted to learn how Orienteering courses are created? Join me in December for an informal class on the basics of course planning, OCAD usage, and event preparation. You'll help design and set-up the Score-O for the Saguaro Lake event on December 11th. This is a great opportunity to test the waters and see if course setting is something you'd like to get in to. It's also a great way to improve your map reading skills and understand the thought and strategy that goes into course design. Classes will begin early November to begin planning and to familiarize you with the OCAD software. We'll also spend 2-3 weekend days out at Saguaro Lake for field checking and bag hanging. Contact **Forest Brown** at weakonrecon@yahoo.com for more information and to sign up.

5-Hour Adventure Race Details

Update 05 October 2011: Due to safety concerns from the National Forest Service, we've changed the format of our 5-hour Adventure Race.

We're excited to offer more navigation opportunities at our orienteering events. In order to keep our adventure racing friends entertained, we originally planned to offer a full adventure race at our Coon Bluff event. Unfortunately, due to safety concerns from the Tonto National Forest, we were only able to obtain a permit for the foot-O portions of a race. Our permit does not allow us to officially host any bicycle navigation.

The Coon Bluff area has many trails that are open to mountain bikes. Individual users are free to bike any of the trails on their own. Obtaining a permit for a group activity is more difficult. As access to the mountain bike trails in the Coon Bluff area can include crossing the Bush Highway, the Tonto National Forest office is understandably concerned about safety at events that include using and crossing the highway.

In order to meet the concerns of the National Forest Service, our 5-hour adventure race will now include two official disciplines - UTM plotting and freestyle navigation (Score-O). Those of you who wish to include bicycle navigation as part of your adventure are welcome to bring your bikes and explore on your own. We'll provide maps that include navigation on more than 30 km of single-track bicycle trails in the area.

You'll have time to complete the official parts of the race as well as navigate different single-track bicycle trails on your own as long as you finish by 13:00. The race starts early, the best part of the day, so get plenty of sleep. We may even throw in a small surprise or two. Please note there will be no water activities or mystery events during this race. The course will contain plenty of navigation challenges for experts but will also provide easier options for those who are new to adventure racing.

Format

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

1. UTM Coordinate Plotting. 5+ controls. All participants must plot and visit all controls. To make things more interesting, we've added a couple of twists to this portion of the race.
2. Score-O. Same course as the Orienteering Score-O. 20+ controls. All controls are optional.
3. Bicycle navigation. Participation in this training portion is left to the decision of each individual rider. Bike navigation is not an official part of the race.

Categories

Depending on the number of participants, the AR-5 will have the categories listed below. "Teams" will be comprised of 1,2,3,or 4 individuals.

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

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. This is the only mandatory section of the adventure race. If all coordinates are not visited, the participant(s) will be marked as "DNF".

3. The map scale is TBD. (to be posted Friday, October 14).
4. The UTM portion of the course is designed so that more experienced teams should be able to finish in under 1.5 hours (assuming no navigation difficulties).
5. The only time limit for UTM plotting and visiting the controls is the 13:00 course closing time. Even though this section shouldn't take much more than 1.5 hours 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).

Score-O

6. **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.
7. The only official time limit for the Score-O is 13:00, the time the course closes. Participants may use as much time on the Score-O as they wish up to the 13:00 cutoff time.
8. Top teams will be able to visit all Score-O controls in approximately 2 hours (assuming no navigation difficulties). Total Score-O distance: 9-12 km. Total number of controls: 20+.
9. 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.

Mountain Biking

10. **This portion is for navigation training only. There are no required controls to visit.** Participants are allowed to skip this portion completely in order to focus on the freestyle navigation of the course.

Important Note:

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.**

Schedule:

AR-5 Registration Starts	07:00
Mandatory Pre-Race Briefing	07:45
AR-5 Starts	08:00
AR-5 Course closes	13:00
All participants off the course, DNF for late arrival.	13:15

What to bring:

- Whistle (Mandatory for all. Can purchase for \$1)
- Compass (Mandatory for all. Can rent for \$1)
- Mountain Bike and gear, including helmet, repair kit, etc. (Optional. Mountain biking is not an official part of the race.)
- 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 no shade on the course.
- Knife.
- Emergency Space Blanket
- Survival Mirror
- Pen or Sharpie - for plotting UTM Coordinates.
- Suitable clothing for all events. You may encounter cactus, cat claw, and loose terrain, especially on the Score-O.

AR-5 Cost (members/non-members)

The AR-5 is a training event. The only cost includes the map for the Score-O. All other portions of the adventure race are free of charge.

Individuals	\$5/\$10 (the cost of the Score-O)
Teams	\$8/\$15 (same cost as the Score-O)

GPHXO Upcoming Event Schedule

Oct 16	Coon Bluff Score-O and 5 hour Adventure Race
Nov 13	Lake Pleasant Classic-O
Nov/Dec	Course Setter Class (see pg 2)
Dec 11	Saguaro Lake Score-O
<u>2012</u>	
Jan 7	Robbins Butte
Feb 12	Needle Vista Score-O
March 11	Coon Bluff
April 28-29	Bomboy Mine (TBD)

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

Tucson Club Event Schedule

Oct 7	U of A Night-O
Nov 20	Catalina State park Classic-O
Dec 18	Ironwood Picnic Area Classic-O
2012	
Feb 18-20	Southwest Spring 3-day Classic B-Meet
Mar 18	Italian Trap
Apr 14-15	Slavin Gulch
May 20	Box Canyon
Jul 15	Palisades
Sep 16	Bear Wallow
Oct 21	Chimney Rock
Nov 18	Catalina State Park Classic-O

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.

2011-2012 CLUB OFFICERS:

President	Forest Brown (acting)	weakonrecon@yahoo.com
Vice President	Tim Tablada (acting)	ttracker20@hotmail.com
Secretary	Patricia Abbott (acting)	PAAPsyD@aol.com
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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
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*)