



NEWSLETTER - March 2012



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

Coon Bluff - Sunday March 11, 2012 Score-O and 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)*

Please join the Greater Phoenix Orienteering Club at Coon Bluff on Sunday, March 11th for a day of thigh burning action. Even the easy to find controls will require some serious hill climbing. You'll share the course with wildflowers, wild horses, and probably some wild orienteers in this convenient location just minutes from east Mesa.

In addition to a 2-hour Score-O, we're also offering a 5-hour Adventure Race. The two events together will provide participants with plenty of opportunity to practice their navigation skills. The two hour Score-O will have 25 controls strewn throughout the Coon Bluff Recreation Area. The 5-hour Adventure Race will include UTM plotting, distance/bearing, and the 2-hour Score-O.

Cost for Score-O and AR-5

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

Schedule:

Adventure Race Registration Begins	07:00
Mandatory AR-5 Pre-Race Briefing	07:45
AR-5 Begins	08:00
Orienteering Registration Begins	08:30
Orienteering Course Opens	09:00
Beginner's Clinic	09:30
Orienteering Registration Ends	12:00
5-hour Adventure Race Ends Last Time to Finish Score-O	13:00
Participants Marked as "DNF" for arrival after this time limit.	13:15

**More Details About
Both Events Inside**

Greater Phoenix Orienteering Club
gphxo.org

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

What to Bring

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

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

Water. There will be water at the start/finish and one or two water stations on the course. However, you are strongly encouraged to bring your own water bottles or a camelback.

Sun screen. little or no shade on the course.

Sturdy hiking shoes and long pants recommended. You may encounter cactus, cat claw, and loose terrain, especially on the Score-O.

UTM Plotter. Adventure racers need this to plot points on their maps.

Pen or sharpie. Adventure racers will be plotting points on their maps

Directions to Coon Bluff From Phoenix:

From US 60: Take US 60 (Superstition Freeway) east to Power Road, exit #188. Head north on Power Road (Power turns into the Bush Hwy) about 12.5 miles and look for the turn-off to Coon Bluff on the north (left) side of the road. It will be marked by an orange/white orienteering sign on the south side (about 1 mile past the Phon D. Sutton Recreation area turnoff). Turn left and drive about 1.25 miles to the parking area. If you get to Usery Pass Road, turn around and go back 1.25 miles and turn right.

From the eastbound 202: Take the 202 east to the Power Road exit (exit 23A), then head north on Power Road. Follow the above directions to Coon Bluff.

The Tonto Pass is required (\$6 for the day). It can be purchased at the Circle K on the corner of McKellips Rd and Power Road. Or you can buy the Pass at Big 5 stores, hiking stores, some Danny's stores, etc.

2-Hour Score-O

The 2-hour Score-O will include controls in a variety of locations for both the beginning orienteer as well as veterans. For beginners, we'll have plenty of less difficult controls to keep you entertained. We'll also have a free beginner's clinic at 09:30 to go over

basics and answer any questions. More advanced orienteers will find enough to keep them challenged for most if not all of the two-hour period. Points are awarded based on difficulty and distance. In general, the closer the control is to the start/finish point, the lower the point value.

Registration will begin at 08:30. The Score-O opens at 09:00. The course will close at 13:00 sharp. There is a 2-hour time limit for the course and a 10-point penalty for every minute a participant takes over the 2-hour limit. Participants returning after 13:00 will lose all points and will be marked as DNF ("Did Not Finish").

5-Hour Adventure Race (AR-5)

The 5-hour Adventure Race will include 3 different activities. The race will start with participants plotting 6 UTM coordinates on a 1:10,000 map, then visiting the controls in any order. Participants must visit all 6 UTM controls to be considered official finishers of the adventure race. After finishing the UTM plotting portion of the race, participants will then try their luck finding a number of controls using only distance and bearing from a reference point. All distance/bearing controls are optional. Finally, we'll send everyone out on the same Score-O course used by the other orienteers. Unlike the Score-O, where controls are given a weighting based on their navigational difficulty and their distance from the start/finish line, adventure racers will be given one point for each control visited.

We'll have a mandatory pre-race briefing for the adventure race at 07:45. The adventure race itself begins with a mass start at 08:00. You can start the race late, but please note that the adventure race ends promptly at 13:00. A penalty of one point per minute is applied to those arriving after 13:00. All points are lost and the participant is marked as "DNF" if they arrive after 13:15.

Due to permit restrictions, we do not plan on offering a bicycle portion to our adventure race. Sorry.

Needle Vista Event Write-Up

We had a great turnout for our Needle Vista event. Thanks to all of you who came out and spent some time with us. The only real satisfaction we get out of putting on our events is to see your smiling faces and to share in your excitement about doing the events.

As you know, putting on an orienteering event is very time consuming. Creating the course itself can take several trips to the event site. The day of the event requires setup, registration, event execution, and tear-down. As a club sport, we don't organize events to make money.

As far as our adventure races go, you won't find a better deal than the \$5/\$8 per person we charge for a 5-hour event. We're really happy when you all join us for some good navigation fun. Please feel free to tell all your friends about all the fun you have doing our orienteering and adventure race events.

As we arrived at the Needle Vista parking lot on Sunday, we were a little worried that attendance might not be very high. Our events in the last few months have had limited par-

ticipation, partly due to conflicts with other sporting events, partly due to weather concerns. For our Needle Vista event, we were pleasantly surprised when starting at about 07:15, cars started pulling into the parking lot.

We really can't stress enough how excited we are when all of you come out to do our events. In total, we had 38 participants; 29 for the Score-O and 9 who participated in the adventure race. We'd like to thank each and every one of you for participating in the Needle Vista event.

The weather for the event was really nice. We've had a very mild winter this year and today was no exception. The day was sunny with a high in the low 70's.

For some, the 5-hour adventure race and 3-hour Score-O may have been a little long. However, if you're willing to drive the distance to come to our events, we'll provide you with enough navigation experience to make it worth your time.

Score-O and Adventure Race Results And Writeups Appear on Pages 4-6

5-Hour Adventure Race Writeup & Results

The adventure race consisted of three disciplines. Participants started by plotting 6 UTM controls on a 1:10,000 map, then visiting the controls in any order. To be considered official finishers, participants had to visit all 6 controls. Next, the racers were asked to find 6 controls using nothing but a distance and bearing starting at a reference point. Finally, the adventure racers were sent off on the same Score-O course setup for the other orienteers.

The UTM plotting didn't seem to present any special difficulties. Wendy and David Marks completed the UTM portion of the race in just over 1 hour. Team "I have No Idea" were close behind.

The distance/bearing course proved to be a little trickier. Without the benefit of a map, small errors in either the distance or bearing can cause a participant to be 20 or more me-

ters off per 100 meters of distance. The distance/bearing navigation helps racers practice searching for a control when they think they have already arrived at the correct location. Participants must slow down and search in concentric circles around a point they think is correct. All participants were able to find the 6 distance/bearing points.

The third portion of the race sent racers onto the Score-O course with 28 controls. To clear all controls would have taken over 15 km and over 600 meters positive elevation change. Dave and Windy did a great job by visiting 23 of the 28 controls. Tim, Tina, and Kristen were close behind with 20. Kevin Adams from Flagstaff was a little off his normal navigating game but still managed to find 14 controls.

Adventure Race

UTM:	6 controls, 3.8 km, 183 meters climb
Distance/Bearing:	6 controls, 0.95 km, 25 meters climb
Score-O:	28 controls, 10.1 km, 602 meters climb
Total Participants:	9

Entry Name	UTM Elapsed Time	UTM Points	Distance/Bearing Elapsed Time	Distance/Bearing Points	Score-O Elapsed Time	Score-O Points	Total AR-5 Time	Total Points	Team Members
Out of Control	01:09:00	6	00:25:00	6	03:05:21	23	04:39:21	35	David Marks, Wendy Marks
I Have No Idea	01:13:00	6	00:41:00	6	02:48:27	20	04:42:27	32	Tina Stefek, Kristen Peers, Tim Stefek
Kevin Adams	01:15:00	6	00:41:00	6	02:24:52	14	04:20:52	26	
How's My Driving	01:34:00	6	00:35:00	6	01:21:40	11	03:30:40	23	Cooper Parkinson, Gary Parkinson
Mike Zampino	01:14:00	6	00:37:00	6	01:26:21	5	03:17:21	17	

Score-O Event Writeup

The Score-O course proved to be difficult even with the 3-hour time limit. The straight line distance was only around 10 km, but with 600+ meters of positive elevation gain, the course was difficult for all but the most hardy orienteers to finish. Ludwig Hill once again showed his fitness and mastership of navigation by clearing the course in 2:33. Ludwig has really come on strong recently - we think he's been training more. Not far behind was Erik Ringnes. Erik didn't mention any particular navigation difficulties but was unable to get to two outlying controls in the given time. Max Suter took time off his European travels to join us in the nice Arizona weather and place third.

We had quite a few visitors come up from Tucson for the event. Besides Max and Ludwig, Jeff Brucker did the course with his grandson Jonas. They had a strong finish and won the team category. Leif Lundquist and Mike Cagle also braved the two-hour drive for the event. GG Larington and Nancy Jenkins seemed to have a good time finding 10 controls. I unfortunately forgot to tell them that we didn't have a recreational category. They didn't know we were keeping their time and score so they weren't in any hurry to complete the course.

Kathi Douglas also went out on the course

and was able to find one control with the help of her two dogs. With little navigation experience, we're just excited when Kathi is able to find her way back to the start line. Although the control she found was only about 200 meters from the start, we think she drifted off to look at flowers she saw along the way.

We had some reports of map inaccuracies. In general, the contours on the map are correct, but the angle on some of the fences isn't completely accurate. There are also some newer trails that aren't included on the map. At some point, the club should redo the Needle Vista map. At this point, we are a small club with few volunteers to organize the events, so map upgrades will have to wait until later.

Thanks once again to everyone who participated in the Needle Vista event. As I said before, the only satisfaction we get out of our events comes from people taking the time to enjoy the courses we've setup. We hope you'll all spread the word to all your friends about our events.

Score-O Results Appear on Page 6

SCORE-O RESULTS

Total Points Possible: 770;

of Controls: 28;

Straight Line Distance/Climb: 10.1 km / 602 meters climb;

Total Participants: 29 + 9 from AR-5.

Note: We categorized results for adventure racers in the table above. Unfortunately, we didn't tell the racers we were going to include their score/time for the Score-O too. The goal during the adventure race was to find the most controls in the 5-hour time limit. There was no weighting for their Score-O controls. Each control was worth one point, so adventure racers were simply trying to visit as many controls as they could. We include their scores here just for an interesting comparison.

Overall Place	Name	Total Points	Penalty	Final Points	Number of Controls	Time	Category	Rank	Team Members
1	Ludwig Hill	770	0	770	28	02:33:39	M	1	
2	Erik Ringnes	690	0	690	26	02:50:45	M	2	
3	Max Suter	660	0	660	23	02:56:15	M	3	
4	Forest Brown	530	0	530	20	02:47:35	M	4	
5	Tim England	530	10	520	20	03:00:34	M	5	
AR-5	Out of Control	560	60	500	23	03:05:21	T	AR-5	David Marks, Wendy Marks
6	Leif Lundquist	490	0	490	16	02:55:32	M	6	
7	Gary Hickey	460	0	460	19	02:47:20	M	7	
8	Glenn Haselfeld	460	0	460	16	02:49:10	M	8	
AR-5	I Have No Idea	450	0	450	20	02:48:27	T	AR-5	Tina Stefek, Tim Stefek, Kristen Peers
9	Scorpions	430	0	430	18	02:56:38	T	1	Jonas Burnett, Jeff Brucker
10	Ryan Brokaw	360	0	360	15	02:56:00	M	9	
11	Jack London	330	0	330	16	02:32:43	M	10	
12	Walt Smith	330	0	330	11	02:33:03	M	11	
13	TYM	290	0	290	14	02:36:48	T	2	Tatiana Fedyk, Yuri Fedyk, Masha Fedyk
14	Brooke Santos	270	0	270	10	02:56:14	F	1	
AR-5	Kevin Adams	270	0	270	14	02:24:52	M	AR-5	
AR-5	How's My Driving	260	0	260	11	01:21:40	T	AR-5	Cooper Parkinson, Gary Parkinson
15	Thunderbirds	230	0	230	10	02:50:30	T	3	Amy Zelezen, Matt Werner
16	Deb Allen	200	0	200	7	02:26:05	F	2	
AR-5	Mike Zampino	140	0	140	5	01:26:21	M	AR-5	
17	Team Goofballs	130	0	130	10	02:49:20	T	4	Mike Dale, Matt Dale, Moose Dale
18	Mike Cagle	230	100	130	8	03:09:23	M	12	
19	Team Bowman	40	0	40	4	02:01:00	T	5	Susie Bowman, Gary Bowman
20	Kathi Douglas	10	0	10	1	00:46:00	F	3	
21	Purple Pom-Poms	130	150	-20	10	03:15:35	T	6	GG Larrington, Nancy Jenkins

GPHXO Upcoming Event Schedule

March 11 Coon Bluff
April 28-29 Bomboy Mine (TBD)

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.

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

Course Setters:	Ron Birks
Meet Directors:	Ron Birks
Bag Hangers:	Ron Birks
Water Station Setup:	(none)
Equipment Hauling:	Ron Birks, Kathi Douglas
Setup/Tear-down:	Ron Birks, Kathi Douglas, Gary Parkinson, Cooper Parkinson, Max Suter
Registration Table:	Kathi Douglas
Timing Table:	Ron Birks
Beginners Clinic:	Ron Birks
Control Retrieval:	Ludwig Hill, Leif Lundquist, Gary Hickey, Ryan Brokaw, Erik Ringnes, Deb Allen, Jack London, Ron Birks
Tabulating Results:	Ron Birks

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

Mar 18 Italian Trap
Apr 14-15 Slavin Gulch
May 20 Box Canyon
Sep 16 Bear Wallow
Oct 21 Chimney Rock
Nov 18 Catalina State Park
 Classic-O

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
Treasurer	Patricia Abbott (acting)	PAAPsyD@aol.com
Newsletter	Sheryl Berling-Wolff	sherylb@cox.net
Equipment	OPEN	
Membership	Sheryl Berling-Wolff	sherylb@cox.net
Permits	Erik Ringnes	ringnes@cox.net
Publicity	Tim Tablada	ttracker20@hotmail.com
Volunteer Coordinator	Forest Brown	weakonrecon@yahoo.com
Mapping	Patricia Abbott	PAAPsyD@aol.com
Webmaster	Ron Birks	birksr@aztecfreenet.org

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

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Greater Phoenix Orienteering Club

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c/o Rockledge Services
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