



NEWSLETTER - October 2012



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

Oct 13-14: Coon Bluff Orienteering Weekend

***** Important - (SUNDAY ONLY) Parking Permits *****

*For Sunday, 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).*

After a long summer break, we're excited to begin our 2012/2013 season with two days of navigation fun in the Coon Bluff area north of Mesa. We hope you'll all find time to join us for one or more of our events.

Saturday, October 13: Two Sprints, One Night-O

On Saturday, our two sprint events and the night-O will start from the gravel parking area located at the intersection of the Bush highway and the Phon D. Sutton access road. It is right off the highway—do not go down the road into the park's parking area.

Registration for the sprint events will begin at 03:00 PM Saturday afternoon. You're welcome to try one or both of the sprint events for the same \$5 entry fee. Each sprint will be ~2 km long. The fastest competitors will take 15-30 minutes to finish each course. Recreational participants will be able to finish each sprint course in under an hour.

Sunday, October 14: Four Classic-O Courses 5-Hour Adventure Race

Registration for Sunday's AR-5 will begin at 07:00. The adventure race will start at the west parking lot in the the Phon D. Sutton Recreation Area. We'll have a **mandatory** pre-race briefing at 07:45. The adventure race will begin with a mass start at 08:00. The race will include 3 different sections: a short ~4 km course involving UTM coordinate plotting, a regular Classic-O course, and a Score-O.

Our 4 Classic-O events will start at the same location as the adventure race. Registration for the Classic-O events begins at 08:30. Courses open at 9 am and close at 1 pm.

**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.

Good hiking shoes and long pants recommended.

Saturday Schedule:

Orienteering Registration Starts	15:00
Beginner's Clinic	n/a
Sprint Courses Open	15:30
Sprint Courses Close	18:00
Night-O Registration Begins	18:00
Night-O Mass Start	19:00
Night-O Course Closes	21:00

Sprint-O Costs (members/non-members)

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

Night-O Costs are the same as for the Sprint-O, but are a separate fee.

Orienteering Schedule Details (Saturday):

Sprint-O: the fastest competitors will be able to complete each Sprint-O course in 15-30 minutes, and even recreational participants should be able to finish in under an hour. Each Sprint-O course will be about 2 km in length. The sprint courses close at 6 pm, and we need all participants back at the timing table by then.

Night-O: Registration begins at 6 pm, with a mass start at 7 pm. The night course will be a Score-O event with 10-15 controls over 4-5 km distance. The Night-O course will close at 9 pm, with scoring penalties who return later than that time.

See the following pages for Schedule details for Sunday's Adventure Race and Score-O event.

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 9th. This is a great opportunity to test the waters and see if course setting is something you'd like to get into. 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

We're excited to offer more navigation opportunities at this year's Coon Bluff event. The Five Hour Adventure Race (AR-5) will include three sections, all on foot: a ~4 km section involving UTM plotting, a ~3 km point-to-point Classic-O course, and a 6+ km Score-O. We'll also throw in a few mystery events just to keep things interesting.

Unfortunately, due to safety concerns from the Tonto National Forest, we were not able to obtain a permit to include a bike section to the race. We also will not include any water activities. We hope the number of controls available to visit on foot will keep you sufficiently entertained.

Format

The AR-5 will include the following sections:

1. UTM Coordinate Plotting. To be an official finisher of the AR-5, participants must plot and visit all UTM controls. Map Scale: 1:10,000. A 1:10000 plotter will be useful to mark UTM coordinates on your map. Number of Controls: 10 Straight-Line Distance: 4.1 km Positive Elevation Change: 85 meters
2. Classic-O. In order to officially finish the AR-5, all participants must visit each of the Classic-O controls in the pre-defined order. Map Scale: 1:10,000 Number of Controls: 7 Straight-Line Distance: 2.82 km Positive Elevation Change: 110 meters.
3. Score-O. All controls are optional. Map Scale: 1:10,000 Number of Controls: 17 Straight-Line Distance: 6.38 km Positive Elevation Change: 210 meters
4. Mystery Events. They're secret. That's why they're called mystery events. You'll find out more about the events when you stumble over them during the race. Aren't you excited?

Categories

"Teams" will be comprised of 1,2,3,or 4 individuals.

1. Team-Male
2. Team-Female
3. 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.
2. UTM Section
Participants are required to plot and visit all UTM coordinates. If all coordinates are not visited, the participant(s) will be marked as "DNF".
3. There is no official time limit for the UTM section of the course. However, participants must complete both the UTM section and the Classic-O section to be considered official finishers.
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. Classic-O
Participants are required to visit all controls on the Classic-O course. If all controls are not visited, the participant(s) will be marked as "DNF".
6. The Classic-O controls will be easy to find for experienced navigators. Controls will be located at road intersections, on the top of prominent hills, in major re-entrants, etc.
7. The only time limit for the Classic-O course is the AR-5 finish time of 13:00. All participants who complete the Classic-O by 13:00 will be considered official finishers.

8. Score-O

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 and Classic-O portions of the race.

9. 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.

10. Top teams will be able to visit all Score-O controls in under 2 hours (assuming no navigation difficulties). Total Score-O distance: 6-7 km. Total number of controls: 17.

11. Each Score-O control will be worth one point.

12. Mystery Events

We won't divulge any rules at this time. I'm sure the anticipation is almost more than you can handle.

13. Important Note:

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.**

What to bring:

- Whistle (Mandatory for all. Available for purchase for \$1)
- Compass (Mandatory for all. Available for rent for \$1)
- 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.

Five Hour Adventure Race 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

Costs: (members/non-members)

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

Classic-O Courses

Our 4 Classic-O events will start at the same location as the adventure race. Registration for the Classic-O events begins at 08:30. Courses open at 09:00.

For our beginner orienteers, we'll offer a ~2 km white course with controls placed in fairly easy-to-find locations. Intermediate orienteers can try our Yellow (~3 km) or Brown courses (~4 km). We'll have a longer 6+ km Green course for our more advanced competitors.

Participants on all courses must return to the finish by 13:00.

GPHXO Upcoming Event Schedule

Oct 13-14	Coon Bluff Weekend: Sprints, Night-O, Classic Courses and Adventure Race
Nov 11	Lake Pleasant
Nov/Dec	Course Setter Class (see newsletter for details)
Dec 9	Saguaro Lake Score-O Orienteering Course Setter Class
<u>2013</u>	
Jan 6	Robbins Butte
Feb 10	First Water
March 10	Bomboy Mine
April 14	Saguaro Lake
May ???	Prescott

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 21	Chimney Rock
Nov 18	Catalina State Park Classic-O
2013	
Jan 19-21	Anza-Borrego O-Fest
Feb 16-18	Southwest Spring 3-day Classic B-Meet Catalina State Park

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.

2012-2013 CLUB OFFICERS:

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