



# NEWSLETTER - February 2014



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

## February 8-9: Rio Salado

We are planning a full weekend of **Orienteering at a new site for GPHXO - Rio Salado**. Because this is a City of Phoenix site, you will need to register using the City's Pre-registration page. See page 2 for instructions and codes.

### **Saturday: Beginners Clinic & Course**

A hands-on course teaching basic map and compass concepts used for land navigation and the sport of orienteering. Participants learn techniques to navigate using only a map and compass (No GPS!) and practice the techniques outdoors on an orienteering course set up specially for beginners.

### **Saturday GPHXO Sprint Series**

Sprint events include one or more courses in a single day. Individual participants will collect points for each course they complete. Sprint courses are designed to be do-able in 20-30 minutes. We'll crown winners in several categories at the end of the season based on the best three results for each participant.

### **Sunday: 2 Hour Score-O**

During a Score-O, participants take up to a designated time limit to search for controls indicated on a pre-printed orienteering map. Controls are assigned different point values based on the distance they are located from the starting point and on the navigation difficulty. Participants are not required to follow a set course but instead try to maximize their point total through their own route choice.

### **Sunday: 6 Hour Adventure Race**

Each adventure race is comprised of multiple disciplines including UTM plotting, mountain bike navigation, orienteering on foot, short mystery events, etc. While the format of each race may vary, the general concept for all races is the same. Teams of 1 to 4 individuals visit as many controls as possible in the given time limit. At times, we will offer two course lengths - a long course for our more advanced adventure racers and a short course to give those new to the sport an opportunity to experience all race disciplines. Awards are presented to the top three finishing teams.

## Participants under age 18:

All participants under age 18 are now required to have a signed parental consent form on file with the club. You can complete the form (available on the [gphxo.org](http://gphxo.org) website) before the event and either scan it and send it to us by e-mail or bring it with you to the event.

## Directions to the Event:

The Rio Salado Habitat Restoration Area is located on the banks of the Salt River just south of downtown Phoenix. Exit I-17 at 7th Avenue, (exit 196). Turn south on 7th Ave., continue 1/2 mile to the "Rio Salado Parking" sign. *Not the same thing as the "Rio Salado Office" sign!* Follow the left arrow on the sign and turn left into the Rio Salado 7th Avenue Equestrian Staging and Trailhead Parking.

## What to Bring

- water bottles & water
- whistle - required, can purchase for \$1
- compass - can rent for \$1
- sunscreen - no shade on the course
- sturdy hiking shoes and long pants

## Schedule

Saturday Beginner's Clinic:..... 9 am - 11:00 am  
 Beginner's Practice Course ..... open 11 am - 1 pm  
 Sprint Series: ..... start any time 11 am - 12:30 pm  
 ..... courses close at 1:00 pm

Sunday 6 Hour Adventure Race:  
 ..... mandatory pre-race meeting at 7:45 am  
 ..... mass start at 8:00 am  
 ..... race finishes at 2:00 pm  
 Score-O - start .....any time between 9 am - 12 pm  
 ..... you have 2 hours to run the course  
 ..... course closes at 2 pm

**Schedule** - note that courses close at 1 pm Saturday and 2 pm Sunday. If you get back to the scoring table late, you are subject to penalties or disqualification - so plan your route appropriately!

## Cost

Saturday (all events): .....\$5  
 Score-O .....\$5  
 6-Hour Adventure Race .....\$15

## How to Register:

Go to: <https://online.activecommunities.com/phoenix/Start/Start.asp>

Event barcodes:  
 Saturday (all events) ..... 103708  
 Adventure race ..... 103707  
 Score-O ..... 103706

Each participant must register *individually*, even if you're part of a team

## Results of our January event:

Congratulations to the top finishers in our January 3-Hour Score-O event at Robbins Butte (we had 57 participants!):

1. Ludwig Hill
2. Ron Birks
3. Max Suter
4. Erik Ringnes
5. Amber Naughton

Visit our website at [gphxo.org](http://gphxo.org) for full results and scores. Thank you to Glenn Haselfield, Ron Birks, Debbie Allen, Glenn Allen and Ludwig Hill for helping us make this event happen!

## GPHXO Upcoming Event Schedule

February 9	Rio Salado (new site!)
March 8-9	First Water
April 12-13	Saguaro Lake
May 3-4	Prescott area

Please visit our web site:

<http://www.gphxo.org>

...for the latest schedule and event details!

Our season ends with the April event at Saguaro Lake, but check the Tucson club's schedule for more events!

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](http://www.tucsonorienteeringclub.org)

## Tucson Club Event Schedule

### 2014

February 15-17	Catalina State Park
March 16	Cave Creek
April 19-20	Slavin Gulch

**Maryvale HS JROTC** is invited to a national meet next April in Ohio and they could use some financial help getting there. They have arranged for a discount / donation program from a local restaurant and may also be able to accept Tuition Tax Credit donations. Contact Daryl Yost, [dyost@phoenixunion.org](mailto:dyost@phoenixunion.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.*

### 2012-2013 CLUB OFFICERS:

President	Forest Brown	<a href="mailto:weakonrecon@yahoo.com">weakonrecon@yahoo.com</a>
Vice President	Tim Tablada	<a href="mailto:ttracker20@hotmail.com">ttracker20@hotmail.com</a>
Secretary	Patricia Abbott	<a href="mailto:p.abbott@cox.net">p.abbott@cox.net</a>
Treasurer	Patricia Abbott	<a href="mailto:p.abbott@cox.net">p.abbott@cox.net</a>
Newsletter	Sheryl Berling-Wolff	<a href="mailto:sherylb@cox.net">sherylb@cox.net</a>
Equipment	OPEN	
Membership	Sheryl Berling-Wolff	<a href="mailto:sherylb@cox.net">sherylb@cox.net</a>
Permits	Erik Ringnes	<a href="mailto:ringnes@cox.net">ringnes@cox.net</a>
Publicity	Tim Tablada	<a href="mailto:ttracker20@hotmail.com">ttracker20@hotmail.com</a>
Volunteer Coordinator	Forest Brown	<a href="mailto:weakonrecon@yahoo.com">weakonrecon@yahoo.com</a>
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Greater Phoenix Orienteering Club  
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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 [gphxoc@yahoo.com](mailto:gphxoc@yahoo.com)**

*(we no longer have a phone # - contact via email - thanks!)*

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)*