



NEWSLETTER - OCT / NOV 2003



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

Nov 1st at Lake Pleasant

Join us Saturday, November 1st, at a site near Lake Pleasant for our next meet. Develop your land navigation skills, compete for best time, or just enjoy the day outdoors! Bring a bag lunch and a lawn chair and hang around awhile!

This is a **classic** type event where one visits the controls in a fixed order. The person with the fastest time in their category wins. Courses of different skill levels will be offered – white, yellow, orange, and green. There is a recreational category for those who do not wish to run competitively. This is a joint event with the JROTC.

People of all skill levels can participate and, of course, there will be a beginners' clinic. Everyone, including non-competitors, must be off the course by 1:00 PM when the course closes.

At this event we will also be introducing another of our new color maps which are being developed for our orienteering sites. This map for Lake Pleasant is still in development, but color maps will be available for all participants.

Schedule:

9:00 AM Registration opens
9:30 AM Beginners' clinic starts
9:30 AM Courses open
1:00 PM Courses close.

<u>Fees:</u>	(member/nonmember)
Individual—single event	\$4/\$5
Family/team—single event	\$6/\$7

Directions from Lake Pleasant to Phoenix

From Phoenix, take I-17 north to State Route 74/Carefree Highway – ext 223. Turn west (left) on to State Route 74 and proceed 13.2 miles. Turn right on an unnamed road .6 miles west of milepost 18. (It's 1.5 miles west of the Lake Pleasant visitor center turnoff.) There is a prominent thumb butte on the south side of the highway at the turnoff. Look for orange/white O-bags, signs or O-cones marking the turn from SR74 and at the meet site. This is a joint event with JROTC, but we will have separate registration tables.

A whistle is required for all participants. Some are available to purchase for \$1. Compasses are available to rent for \$1. Your registration fee includes the map.

What to bring: water bottle(s)
 whistle (required)
 compass (some to rent for \$1)

Route choice reviews: Between 1 PM and 2 PM, the course setter or an advanced orienteer will discuss route choices with returning participants. You can learn from others and they can learn from you. Please plan to stick around and socialize afterwards.

Greater Phoenix Orienteering Club
<http://www.geocities.com/phxo>

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

Thumb Butte Results and Wrap-Up

<u>COMPETITIVE CLASSES:</u>	Time	<u>RECREATION CLASS</u>	
<u>MENS INDIV— Red</u>		Kim Eilert team	
Jens Kjaergaard	1:18	Doug McCulley	
Ludwig Hill	1:37	Peter Neubauer	
Jeff Brucker	1:40	Kevin Abney	
Rich Fisher	3:50	Team Uncharted Destiny	
Walt Smith	DNF	Team Inskeep	
Mike Leonard	DNF	Gary Larson team	
Dave Kreider	DNF	Laurie Kellerman	
Chip Weber	DNF	Team Stossel	
Matt Dixon	DNF	Felice Wortman	
<u>MENS INDIV – Green</u>		Cliff Schweigert team	
Cliff Schiegert	1:33	Team UFAF	
<u>TEAM — Green</u>		Tim Overman Team	
Eric & Valerie Ringnes 2:01		Team Murray	
Team Spartans	DNF	<u>NIGHT O RESULTS</u>	Points
Team Warriors	DNF	Jeff Brucker	620
Team Punks	DNF	Ludwig Hill	510
<u>MEN INDIV—Yellow</u>		David Marks	500
Eric Wright	0:43	Mike Zampino	480
<u>WOMEN INDIV—Yellow</u>		Matt & Kim Dixon	390
Adria Smith	1:11	Richard & Rita	350
<u>MEN INDIV—White</u>		Walt Smith	320
Lars Hjerrild	0:41	Rich Fisher	270
		Rick Inskeep	240 tie
		The Schweigerts	240 tie

The Thumb Butte Orienteering event was awesome. We had a good turnout (despite the 100 mile drive to Prescott), with 51 participants combined, and also received several positive comments on the choice of terrain, the quality of the maps, and the course layouts. We are well on the way toward our goal of achieving “B-meet” standards. Although the weather was 10 degrees warmer than usual, the temperature in the shade was quite nice, and once participants cooled off a bit, the forest setting became quite comfortable. Many folks stayed all afternoon for the Night-O event, and we had a fun time just hanging out around camp and talking at length about orienteering—and enjoying Bob Kuhn’s cooking.

The Night-O event began around dusk, with a shotgun start for a two-hour Score-O. The night was very dark

(no moon) and many of us were humbled by the experience of navigating through the darkness. We were very impressed indeed when Jeff Brucker came in well under the two-hour limit having visited all 20 controls!

Thanks to all the people who contributed to this event—Chris Query, Mike Franklin and Pat Abbott for helping with the mapping, field checking and vetting; Rita Locke and Richard Dewey for helping out at the registration table; Bob Kuhn for setting up equipment, helping with registration, and providing hot dogs and burgers to a hungry crowd; and to Pat Abbott, for creating and printing those impressive looking maps. You guys are making us a better club!

Oct 19, Tucson Club's Catalina State Park Score-O

If you are like us, you often find that the more orienteering you can do in a day, the better. That gives a major appeal to the Rogaine, a 24-hour orienteering event, with shorter versions for those of us who might like that much "rugged outdoor group activity involving navigation and endurance," but whose bodies keep declaring a more realistic message.

As part of the Tucson Club's involvement in hosting the next World Rogaining Championship, they are offering a series of mini-rogaines during some of their regular third Sunday meets. This meet begins the series with a long Score-O, which is similar to a short mini-rogaine.

There will be 35 controls set up at Catalina State Park, from beginner's placement to intermediate, with a total potential distance of 15 kilometers (or less if you choose more climb). A preprinted 1:15,000 map will be given to each participant at the start, and scoring (if you choose to be competitive) will be based on the number of controls that you visit, in four categories: 10 controls, 20 controls, 30 controls, and all 35 controls. Teams will not be required for this mini-rogaine. Individuals may participate. Starts begin at 9 a.m. (or before if they are set up), and participants must be in by 2 p.m. There will be Beginner's clinics at 8:30 a.m. and throughout the day as needed.

Directions:

The entrance to Catalina State Park is located on Oracle Road (Arizona 77), six miles north of the intersection of Oracle Road with Ina Road. From Phoenix, take I-10 East to Ina Rd. exit 248, go east 5 miles to Oracle Rd. (Hwy 77), then north 5 miles to the park. From the East Valley (Florence Junction) take Hwy79 south to Oracle Junction, take Hwy 77 south 9mi to the park. Start and Finish will be located in the major car park near the head of the Romero Canyon and Sutherland Trails. You reach this area by driving from the ranger station for 1.5 miles straight to

the end of the paved road. The State Park day-use fee is \$6 per car. Carpoolers can use the Honeywell parking lot (just south of the park) to save on the park's entry fee of \$6 per car.

Schedule:

8:30 AM Registration opens, beginner's clinic starts.
9:00 AM Courses open.
12:00 PM Last time to start a course.
1-2 PM Route choice reviews.
2:00 PM Courses close.

Fees:

	(member/nonmember)
Individual	\$5/\$10
Family/team	\$8/\$15

Check-In:

To insure that all are safe, everyone, whether finished with the course or not, must check in formally at Start/Finish before leaving the meet site.

Newcomers:

Go directly to Registration. Ask for instructions and introductory information. To attend the beginners' clinic, arrive between 8:15 and 8:30 AM.

A whistle is required for all participants. Some are available to purchase for \$1. Compasses are available to rent for \$1. Your registration fee includes the map.

What to bring:

- water bottle(s)
- lunch
- whistle (required, some available for \$1)
- compass (some available for rent for \$1)

Route-choice reviews: Between 1 PM and 2 PM, an advanced orienteer will discuss route choices with returning participants, near the Registration area. This is a good opportunity to improve your orienteering skills and meet other members of the group.

Save Saturday Evening, Nov 15 for the Annual General Meeting of the Phoenix Club—Details Next Newsletter**ROGAINE, Sunday Nov 16th, near Tucson**

The November meet of the Tucson Orienteering Club on Sunday the 16th will be a 2, 4, or 8 hour mini-rogaïne south of Tucson on Route 83. A rogaïne is a massive Score-O where one finds as many controls as possible in any order, returning to the finish before racking up penalties for being late. We would like participants in the 8 hour event to preregister. Two and four hour people can just walk up and register on Sunday. Find the registration form and further details at: www.tucsonorienteering.org Please let your adventure racing friends know about this event. It's perfect navigation and endurance training for them at a fraction of the price of an adventure race. Not that they'll actually beat the orienteers.....

A - Meet, Dec 6-7, outside L.A.

On December 6 & 7, the Los Angeles Orienteering Club will hold an A meet. This is the most formal O meet format held. National ranking are calculated using A meet results. If you really want to get a taste for orienteering on a national level, I encourage you to attend this meet. The map quality will be superb and the courses polished. You will be assigned a start time- so no time wasted hanging around the start. The meet site is Vasquez Rocks, just outside LA. Those of you who have seen the live action movie "The Flintstones" will recognize the wild rock formations. It's a fascinating area to orienteer in.

What if you're not competitive at a national level and feel a little intimidated? Go anyway. There will be lots of recreational runners and everyone there will be an orienteer anyway: friendly, thinking people just like you. You may even find that attending a meet like this will make you a better orienteer; exposure to the elite tends to have that effect. See them run like blazes! Hear their expert course postmortems! Bask in their encouragement! More details about the meet at: <http://www.geocities.com/Yosemite/Trails/6320/>

3 Day Fiesta of Orienteering, Jan 17-19, San Diego

There will be a fairly informal three day fiesta of orienteering in the Anza-Borrego Desert over Martin Luther King Day weekend January 17-19. While this unfortunately conflicts with the regular Tucson meet, you might want to consider making this trip. Hosted by the San Diego club, at last year's edition we orienteered five times for less than \$20. The terrain varies from flat desert (pace count and compass) to steep cliffs (map reading and prayer). The site is about 60 miles northwest of El Centro, only about a six hour drive from Tucson. If you've never orienteered out of town before, this is an excellent way to see what other clubs do. If you just don't get to orienteer enough, this is a great opportunity to almost get your fill. For more details or carpooling, call Peg at 520-628-8985 or email pegdavis@u.arizona.edu.

GPHXO Upcoming Event Schedule

October 16 &18	Fall Land Navigation Class
October 21	Board Meeting
November 1	Lake Pleasant (Joint JROTC)
November 15	Annual General Meeting
November 18	Board Meeting
December 13	Bomboy Mine (Joint JROTC)
January 10, 2004	some place new???
February 14, 2004	First Water (Joint JROTC)
March 6, 2004	Saguaro Lake (Joint JROTC)

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

Oct 19	Catalina State Park
Nov 16	Highway 83—mini rogaine
Dec 21	Cat Mountain
Jan 18	Italian Trap Tank
Feb 15	Chimney Rock
May 8-9	World Rogaine Championship

Events can't happen without volunteers from the club. Volunteer today to help staff or set up for a meet. We'll be there to help you through your first, second, even tenth time so you don't have to go it alone.

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.tucsonorienteering.org

GPHXO Board Meetings:

Board meetings are held monthly to discuss the business operations of the club and to plan for upcoming events. They are open to all members. Unless otherwise noted, all meetings are at 7:00 PM at the Tempe Library, downstairs in one of the study rooms.

Tuesday, October 21
Tuesday, November 18

2003 CLUB OFFICERS:

President	Matt Dixon	motleymongoose@yahoo.com
Vice President	Mike Franklin	mikehike@earthlink.net
Secretary	Celia Jansen	crjansen120@cox.net
Treasurer	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 (480) 706-4824
gphxoc@yahoo.com

NAME

STREET ADDRESS

CITY, STATE, ZIP

(AREA CODE) DAY TELEPHONE

(AREA CODE) EVENING TELEPHONE

EMAIL ADDRESS

- NEW MEMBER INDIVIDUAL (\$12)
 RENEWAL FAMILY (\$14)

Yes, I can help staff a club meet. Call me.

Members receive a bi-monthly (or more) newsletter, have voting privileges, and receive a discount on club events and the Land Navigation class.