



NEWSLETTER - JULY 2003



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

Lincoln Park Early-0 July 20

Cristina Luis

Come to Lincoln Park (in Tucson) nice and early on July 20 to try your hand at a "Western Mass. Rules" orienteering course. In a Western Mass. Rules course your task will be to visit a specified number of controls in any order you wish. There will be three "lengths" to choose from: short, medium and long. You will not have to decide which length you are doing (how many controls you will visit) before you start— but knowing early in the course will help your route planning! Considering the terrain at Lincoln Park I would expect there to be many fast times for the "long" course. There will also be a White course for those who are new to orienteering.

Meet director will be Ralph Prince. Please call him at 520-323-9417 if you would like to volunteer, or just offer your help the morning of the meet. All volunteers are greatly appreciated.

Directions: From Kolb Road and 22nd Street, go east about 3/4 mile. Turn right (South) on Pantano Road (NOT Pantano Parkway, which is on the east side of the bridge). Go south about 2-1/2 miles. You will see Santa Rita High School on the southeast corner of Pantano Road and Escalante. Continue south, and turn left just past the school grounds into the park entrance.

Fees: \$5/individual, \$8/team, for members of any recognized orienteering club. \$10/individual, \$15/team for nonmembers. Compasses rent for \$1. Safety whistles sell for \$1. Every person, all courses, all meets, is required to carry some type of safety whistle.

Schedule:

7:00 a.m. Registration opens.
7:30 a.m. Courses open. Beginners' clinic starts.
8:30 a.m. Last time to start a course.
10:00 a. m. Courses close. Begin control retrieval— good orienteering practice, lots of help always needed. Volunteer before 10 with the meet director.

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 before 7:30 a.m.

Route-Choice Reviews: Between 9:30 and 10 a.m., the course setter or an advanced orienteer will discuss route choices with returning participants, probably near Start/Finish area.

MORE INFO: www.tucsonorienteering.org

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

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

Family Camp-Out August 9 & 10

The date of the GPHXO annual camp-out on Mormon Mtn. (south of Flagstaff) has been changed to **August 9-10**. Someone will be there on Friday the 8th if you want to come up early. This is a social event for club members and their guests and there are **no charges** for any of the activities. We plan our campouts for August in hopes that the rains will arrive by then and the fire danger in our National Forests will be past. To RSVP, call Bob at **(623) 582-5899** or email **ulazyk@cox.net** or **gphxoc@yahoo.com** .

Bob Kuhn, one of our most active club members, is hosting this event and he is doing all the work so let's show him our appreciation. Bob will bring up a trailer, tables and canopies and will also have the portable toilets set up. Someone will be there all day Friday and Saturday so you can arrive whenever. Should we be temporarily gone, just park nearby and set up your camp. You'll know our site by the orange/white

orienteering signs. Directions will be provided in the August newsletter.

The club will provide BBQ meats, fixin's and non-alcoholic beverages for a Saturday afternoon picnic. Side dishes and snacks are pot-luck. All other meals are on your own but cooking facilities will be available. There will be donkey rides (175# weight limit) and an orienteering course near the camp.

If any of you can help with the planning and organization of kid-friendly activities, please let us know. There are lots of reference books on nature games and activities but we need someone who can take charge of it. Bring along your favorite campfire stories (please avoid scary and gruesome stories on behalf of the squeamish at heart) and songs to share at the evening campfire.

Field Checking Help Needed

Greater Phoenix Orienteering Club is making a big push this year to improve the quality of the maps we are using for meets. The process is well under way, but is approaching the time when volunteers are needed for field checking the base maps. The maps that have been identified as priorities for the next season are the maps for Thumb Butte in Prescott (site of the September 27 meet) and the First Water/Needle Vista map (planned site of our "B" meet this winter).

We are going to set up the field checking so no one feels overwhelmed by the task. There are opportunities to do a little or a lot. There will be packets of instructions provided for all volunteers. Group field checking will be scheduled which will include some group instruction. But if your schedule does not permit you to go with the group, the field

checking will be set up in a way that volunteers can go on their own.

The success of this does depend on volunteers -- no amount of time you can give will be too little. There are tasks you will be able to do even if you have not had experience with this. We just need your help.

Please respond to PAAPsyD@aol.com if you will be able to help with this in any way. It would be good to know about how much time you could volunteer, if you have a preference for location for field checking, a general idea of dates you could be available. If you are an experienced mapper, that would be good to know also.

Helping Out is Easier Than You Think!

By Mike Franklin

Although we're right in the middle of summer and our orienteering season may seem to be a long way off, it is good time to start thinking about how to make our meets more successful and more fun for everyone involved. The number of participants in our meets has been increasing at a fairly steady rate. This is great! It shows that we are putting together an activity that as more people find out about us, the more they come to our meets. The unfortunate thing is that the volunteer participation has not increased at the same rate.

One of our goals should be to spread out the work so no one has to work too long or too hard and so everybody can compete in most our meets. For each meet the only people who shouldn't compete are the course setter and the meet director. All of the other volunteers should have enough time to run a course and then volunteer for a short time or volunteer for a short time and then run a course. If a person shows up

late then they could help by collecting controls. This would work in all of our meets unless there was a "shotgun" start.

The club would need only 4 or 5 people for 1 to 1 ½ hours each. The course is usually open for 3 ½ to 4 hours. Plenty of time!

Wouldn't it be great if we had a different meet director for each meet! That way nobody would have to miss more than one meet unless they chose to do so. I've talked to a few people who were worried that the job was overwhelming. Believe me, it's not as tough as it sounds. The job is pretty much laid out in the Tucson Orienteering Club's web site as well as some other web locations. Anybody who is still unsure can also ask for a mentor and we'll find one for you. If anyone has any questions please email me at mfranklin@bandag.com or call me 480 785-9637. This is a volunteer organization.

Adventures in Washington State

The Northwest's second urban rogaine, the Seattle Night & Day Navigation Challenge is quickly approaching. It is an urban rogaine of 3, 7, or 16 hours, with a 4:00 mass start on Saturday, July 19. See www.seattlenightandday.com for details. Entries for the 7 and 16 hour events must be postmarked by July 9, or register online for a fee through July 12. You should reserve housing ASAP.

Cascade Orienteering Club is also pleased to announce Six Degrees of Navigation, an adventure race in the beautiful setting of St. Edward State Park. With a projected winning time of 4 hours, this is a great way to try your hand at the sport.

Because this race is organized by orienteers, it will use a top quality map and will emphasize navigation. The course will include flat water kayaking, trekking, orienteering, and mountain biking. Teams may consist of two or four members.

Six Degrees of Navigation will take place Saturday, August 30, 2003. St. Edward State Park is a half hour's drive from Seattle, on the northeast shore of Lake Washington. See the event web page, www.cascadeoc.org/Degrees/SixHome.html for details, or contact event director Debbie Newell at dnewel@verizon.net, 425-488-3691.

Keeping "in Shape" at Home

Because the deserts are so hot and the forests are so far, sometimes we don't get out during the summer to practice our skills. What can we orienteers do to practice in the meantime? Here's a list of some activities that will help keep your skills tuned:

- 1) Pull out some maps and become an "armchair" orienteer. Pick some points, plot a route, and study that map. Visualize your route: What are those features you'll be passing? Are you going uphill or downhill? Measure the direction of some ridges, creeks and reentrants. Compare route choices.
- 2) Pick up the Papago Park Orienteering Course map from Phoenix Parks and Rec. (2 foot contour intervals) and get out early to walk around. Measure those features and check them on the map. Practice your triangulation technique.
- 3) Read some orienteering books and learn something new. You'll find books at our local REI and Wide World of Maps, and on-line there is always amazon.com. A&E orienteering has lots of books; find them at <http://aeorienteering.com> or request a

catalog at (314) 872-3165. Go Orienteering has books, call for catalog toll free 866-GAITERS or check out their book list at <http://my.core.com/~gdt>.

4) Surf the web for great learning aids. Try <http://www.geocities.com/Colosseum/Bleachers/7089/armchair.html> for a whole set of mental exercises to do at home. Start at the US Orienteering home page and follow the links to some wonderful on-line stuff: <http://www.us.orienteering.org>

5) for you Math lovers, here's a site with mathematical research and development articles from the last 12 years which touch upon the orienteering problem of choosing a Score-O route to maximize your score (related to the traveling salesman problem):

<http://www.qoa.asn.au/rroc/omaths.html>

If you don't have internet access and something here interests you, contact us and we can print the pages and send them to you.

Interested in Orienteering in the Schools?

We've had an inquiry from a high school PE teacher at Washington High School in central Phoenix who is working on scheduling events for next year's freshmen girls PE. She wants to introduce new sports and thought orienteering would be a great one to show them. Are any of you members interested in going to the school and introducing the kids to the

sport? They do have a lot of land area on campus as well as a park right next door that would be great for some entry level instruction. If anyone is interested in helping out in this way, you can reach Coach Wendy Seaman at coachwen@aol.com or at 623-915-8414. It could be a great experience for you and for all the kids that you reach out to.

GPHXO Upcoming Event Schedule

July 20	Join with Tucson
August 9-10	(CHANGED) Camp-Out
August 16-17	Lake Mary, AZ State Champs
September 27	Thumb Butte (Prescott NF)
October 16 & 18	Fall Land Navigation Class
November 1	Lake Pleasant (Joint JROTC)
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)

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.

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

July 20	Lincoln park Early-O (Tucson)
Aug 16-17	Lake Mary, AZ State Champs
Sept 21	Greasewood Park
Oct 19	Catalina State Park
Nov 16	Highway 83
Dec 21	Cat Mountain
Feb 15	Chimney Rock

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 <http://go.to/tucsonorienteering>

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, July 15

2003 CLUB OFFICERS:

President
Vice President
Secretary
Treasurer
Newsletter
Equipment
Membership
Permits
Publicity
Volunteer Coordinator
Mapping
Webmaster

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Mike Franklin
Celia Jansen
Patricia Abbott
Sheryl Berling-Wolff
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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 (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.