



# NEWSLETTER - Sept 2006



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

## Two Big September Events Sept 16-17 Thumb Butte & Sept 23-24 State Champs

Come join us for a weekend of camping and Orienteering in the cool pines near Prescott. Temperatures will be mild, with a typical day being clear with highs in the upper-70's and lows in the upper-40's. Primitive campsites are available in the general area of the start of the orienteering courses.

There will be classic courses on Saturday (White, Yellow, Green, Red and possibly Orange) and we will have a Night-O Saturday night (Yellow/Orange and Green courses). The map is in a process of being updated to show more terrain features—hopefully, this will enhance the orienteering. The terrain is mostly open Ponderosa pine forest, with occasional regions of thick brush or logging debris.

After the daytime events, gather around the campsite and exchange stories about our adventures, or just relax and enjoy the afternoon. There are primitive campsites (no water, power, or rest rooms) for camping along FR 373 and FR 51. There are no fees for the campsites; camping must be in designated sites.

On Sunday, we'll try something new—bike orienteering. The idea is the same as in "Foot-O",

except that you ride a mountain bike on trails (no cross country travel is allowed) between controls. This will be a Score-O with a mass start, and a 2 hour time limit. The navigation is easier than Foot-O (all controls are located within sight of a trail or road), but the challenge is in route choice and navigating at speed. The riding will vary from wide jeep trails to narrow single track. There will be some options for controls that don't require great physical stamina or expert riding skill—take care that your route choice matches your skill level.

As in the Foot-O, no GPS receivers or distance measuring equipment (i.e. bike computers) are allowed. As always, volunteers are appreciated. We will need some help on retrieving controls on Saturday afternoon so that we will have enough for the Bike-O. Also, if you plan on staying Saturday night, but are not interested in the Bike-O, we could use some help retrieving Foot-O controls on Sunday morning.

**Schedule and  
Directions Inside**

Greater Phoenix Orienteering Club  
<http://www.phoenixorienteering.org>

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

## Thumb Butte—Additional Information

The meet director for this event is Forest Brown.

### **Directions:**

From Phoenix, take Interstate 17 and State Highway 69 to Prescott. Stay in the left lane as you approach the intersection with Highway 89. The road turns into Gurley Street and goes by Courthouse Square and Whiskey Row (Mile 0). Follow straight through on this road (which turns into Thumb Butte road).

At 3.5 miles, you will pass through Thumb Butte Park and the road will turn to dirt. At mile 5.0, take a left onto Forest Road 373. Follow this road for 1.8 miles; it will cross a small creek (usually flowing) and climb up a hill. After the terrain levels, look for the orienteering sign and take a left onto FR 51. This road is rough (high ground clearance preferred), but can be driven with care in a passenger car. The registration area will be between FR373 and camp site 100, about 350 meters in on FR 51.

Parking is along the side of FR 51 in the camp sites (please keep the road clear and leave space for other vehicles to park). Allow 2-¼ hours travel time from downtown Phoenix.

### **Fees:** (member/nonmember)

Individual – single event \$4/\$6

Individual – each additional event \$2/\$3

Family/team – single event \$6/\$8

Family/team – each additional event \$2/\$3

### **Schedule:**

#### **Saturday**

9:30 AM Registration opens

10:00 AM Beginners' clinic starts

10:00 AM Course opens

12:00 PM Latest time to start course

2:00 PM Course closes; partial control retrieval

7:00 PM Night-O course opens

9:00 PM Night-O course closes

#### **Sunday**

8:30 AM Registration opens / Foot-O control retrieval

9:00 AM Mass start for Bike-O

11:00 AM Course closes / control retrieval

### **What to bring:**

water bottle(s) (Some water is available on the Foot-O courses)

whistle (required – some available for sale for \$1)

compass (some available to rent for \$1)

light for the Night-O

## Annual Meeting and Awards Dinner

Our Annual Meeting and Awards Dinner is scheduled for Saturday, October 7 from 6:30 PM to 9:00 PM at Nello's Pizza, 1806 E. Southern, Tempe. Please join us for this major club event. The annual meeting is a time for members to enjoy fellowship, elect club officers, plan activities for the upcoming year, and learn about volunteer opportunities to fit your interests. There will be a special guest speaker. Annual Awards for volunteers of the year and competitors of the year will also be presented. Cost is \$5 per person for food and soft drinks; other beverages on your own. There will be door prizes. RSVP by October 3 – voice: 602-212-6741; email: [gphxoc@yahoo.com](mailto:gphxoc@yahoo.com).

## **AZ State Champs and B Meet Sept 23-24 at Lower Lake Mary**

This year's Arizona State Championships (a Pacific Region B meet) will be held in the high country of the Colorado Plateau, in Coconino National Forest just southeast of Flagstaff, on the weekend of September 23-24. At an elevation of 7000 feet, the temperatures, terrain and vegetation is quite different from our usual Sonoran Desert fare - Ponderosa Pine forested hills and broad flat grassy meadows and cooler temperatures. Both the forests and the meadows are typically easy running with excellent visibility in the open areas.

The map for this meet was developed as a joint project by the Greater Phoenix Orienteering Club and the Tucson Orienteering Club in the early 1990's, using a 25k-scale USGS topographical map as the base map. Since then, this map has been updated to account for some changes due to human activity. A few natural features, such as boulder and rock faces have been field checked and added. Very generalized vegetation boundaries for open land, open land with scattered trees, and forest, have been added from 1997 USGS orthorectified aerial photos of the area, with some field checking. All maps for this event will feature a 10,000:1 scale and 6.1 m contour interval.

The classic White, Yellow, Orange, Green and Red courses will be offered both days for all ages and experience levels. Meet results for the State Champs will be based on the combined time for both days within each category for the two classic events. Categories for the women's State Champs will be O18-, G35+, G50+ and R18+. For men's Champs categories will be O18-, G50+, R18+, and R35+. These classic courses will also qualify for Pacific Region rankings. There is no need to pre-register. Registration will be held at the event site at the beginning of each event.

For those of you who want to experience the uniquely exhilarating sensation of tracking through the woods in the pitch-dark of night, we will also be hosting two

point-to-point, moonless Night-O courses: one for advanced orienteers and the other for intermediate orienteers and experienced, adventurous beginners. Maps will be collected after use on the Night-O and will be made available for pickup when registration closes on Sunday.

New orienteers are invited to attend one of our free beginners' orientation clinics. A free field clinic will be offered for people moving up to or looking for improvement at an orange level. For times, see the schedule below.

Richard Dewey will be directing this event. Volunteers are always needed for exciting events like this. For instance, we'll need help carrying equipment back to Tucson after the meet. So if you want to get in on the ground floor with your choice of volunteer activity, please email Richard at [richard.dewey@medtronic.com](mailto:richard.dewey@medtronic.com) or call him at 480-236-5706 (Phoenix) or Peg Davis at 520-628-8985 (Tucson).

**Pacific Region Ranking Series:** Special note for Yellow and Orange course competitors who are seeking Pacific Region ranking series credits for Day 2: Yellow class competitors may choose either to (1) enter the Intermediate Night-O and not be eligible to receive credit for the Day 2 Yellow course, or (2) not enter the Intermediate Night-O, yet be eligible to receive credit for the Day 2 Yellow course. Orange class competitors may choose either to (1) enter the Advanced Night-O and not be eligible to receive credit for the Day 2 Orange course, or (2) not enter the Advanced Night-O, yet be eligible to receive credit for the Day 2 Orange course.

**Adventure Racers:** The "Tucson Motala" is a three-stage navigation race which will provide a diversified orienteering challenge to racers at all skill levels. The ~2k on-trail warm-up stage can be easily navigated. It

## State Champs—Continued

will be followed up by a navigationally interesting ~4k on/off trail stage. The third stage is longer (~5k) and more navigationally challenging. There will be no biking or water stages.

This different style of race will allow you to improve your navigational skills as a team or individual while competing with the peers you normally see only at the big races, at a modest cost. For those of you who are new to adventure racing, the ascending navigational challenges on the successive stages will allow you to gain valuable training and experience in a competitive environment, without having to commit to the travel and expense of a high-profile race.

On Day 1, the start windows will be 10:00 a.m. to 10:30 a.m. only, and on Day 2, 9:00 a.m. to 9:30 a.m. only. An optional beginners' clinic will be available both days to familiarize you with orienteering terms and practices. For clinic times, see the schedule below. Fees for members of the Phoenix and Tucson Orienteering Clubs are \$10/person + \$5/each additional team member for each event. Nonmember fees are \$15/individual + \$10/each additional team member for each event.

### Schedule:

#### Day 1 Classic Courses (Saturday):

6:15 a.m. Sunrise  
 9:30 a.m. Registration opens. Beginners' clinic starts.  
 10:00 a.m. Day 1 Courses open.  
 12:00 a.m. Last available time to start a course.  
 2:00 p.m. Courses close. You must return to Start/Finish by this time, even if you have not completed your course.  
 2:15 p.m. 1-hour clinic in the field for people moving up to or looking for improvement at an orange level.

#### Day 1 Night Courses (Saturday):

6:22 p.m. Sunset.  
 6:30 p.m. Registration opens.  
 6:53 p.m. Moonset  
 7:00 p.m. Night Courses open.  
 8:30 p.m. Last available time to start a course.  
 10:00 p.m. Courses close. You must return to Start/Finish by this time, even if you have not completed your course.

#### Day 2 Classic Courses (Sunday):

6:16 a.m. Sunrise.  
 8:30 a.m. Registration opens. Beginners' clinic starts.  
 9:00 a.m. Day 2 Courses open.  
 11:00 a.m. Last available time to start a course.  
 1:00 p.m. Courses close. You must return to Start/Finish by this time, even if you have not completed your course.  
 1:00 p.m. Begin control retrieval - good orienteering practice, lots of help always needed. Volunteer before 1:00 p.m. with the meet director, Richard Dewey.

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

**Newcomers:** Go directly to Registration. Ask for instructions and introductory information. To attend the beginners' clinic, arrive between 15 and 5 minutes before registration opens.

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

**Route Choice Reviews:** An advanced orienteer will be available to discuss route choices with returning participants near the Start/Finish area during the last hour before courses close.

**Lodging and Camping:** There is plenty of primitive camping space at the event site. Campgrounds and hotels near Flagstaff are about 30 minutes drive away.

**How to Get There:** From Phoenix, take I-17 northbound; just before the I-40 junction in Flagstaff, take exit 339, Lake Mary Road. Go southeast about 5 miles to FS 132. Turn right at FS 132 and go south about 3 miles to FS 132D. Turn left at FS 132D and go southeast about 0.5 miles to the event site, which will be located to the right. *Note: These directions are approximate, however there will be signing to direct you to the parking area. Be sure to look for orange O-signs along FS 132 and FS 132D.*

*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.*

### GPHXO Upcoming Event Schedule

Sept 16-17	Thumb Butte
Sept 23-24	State Champs and B Meet at Lower Lake Mary
Oct 7	Annual Dinner & Meeting
Oct 12 & 14	Land Navigation Class
Nov 11-12	B-meet First Water
Dec 10	Coon Bluff
Jan 14, 2007	Lake Pleasant
Feb 11, 2007	mini-ROGAINE at Bomboy Mine
Mar 11, 2007	Saguaro Lake

### Tucson Club Event Schedule

Oct 14-15	Box Canyon (sprint & night-O Sat, classic-O Sunday)
Nov 19	Catalina State Park
Dec 17	Kentucky Camp West

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](http://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 in the **Scottsdale Community College library**. Call **Richard** for specifics or to confirm meeting: **480-831-0331** (Home) and **480-236-5706** (Cell).

### 2005-2006 CLUB OFFICERS:

President	Richard Dewey	<a href="mailto:richard.dewey@cox.net">richard.dewey@cox.net</a>
Vice President	Peter Neubauer	<a href="mailto:pneubauer@bluerwhite.org">pneubauer@bluerwhite.org</a>
Secretary	Patricia Abbott	<a href="mailto:PAAPsyD@aol.com">PAAPsyD@aol.com</a>
Treasurer	Kristina Krulikowski	<a href="mailto:vroomeuphoryay@hotmail.com">vroomeuphoryay@hotmail.com</a>
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Volunteer Coordinator	Forest Brown	<a href="mailto:fbrown@cox.net">fbrown@cox.net</a>
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Webmaster	Ron Birks	<a href="mailto:birksr@aztecfree.net">birksr@aztecfree.net</a>

Greater Phoenix Orienteering Club  
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P.O. Box 51114  
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## ... 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

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

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