



NEWSLETTER - March 2010



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

First Water, March 14, 2010

Please join us on Sunday, March 14, 2010 at the First Water event site for a two-hour Score-O. The First Water site is nestled under the Superstition Mountains and includes some of the most rugged and beautiful scenery in the Phoenix area.

During a Score-O, each competitor tries to visit as many controls as possible within the two-hour time limit. Controls closer to the start/finish area are worth less points than those located further away. There are no pre-set courses, so it is up to each competitor to choose their own route between controls.

The goal is to maximize the score through strategic route planning. There will be plenty of easier controls for the less experienced orienteers as well as more difficult controls to challenge the advanced participants. A beginner's clinic will be provided for those who want a refresher before they go out on their own.

Competitors need to start the course by 11:00 if they want to take the full 2 hours. Substantial time penalties will apply for every minute a participant takes over the 2-hour time limit. Recreational participants are welcome to start anytime after the course opens at 9:00. All participants must be off the course by 1:00 when the course closes and control retrieval begins. Competitors arriving after the 1:00 cutoff will automatically lose any points collected and will be marked as DNF.

Schedule:

Registration Starts	8:30 AM
Beginner's Clinic	9:00 and 9:30 AM
Course Opens	9:00 AM
Course closes	1:00 PM

Directions to First Water From Phoenix:

From Phoenix, take US 60 (Superstition Freeway) east to Apache Junction. Take the Idaho Road exit (SR 88) and turn left. Continue on SR 88 north for about 5 miles. About a mile past the entrance to Lost Dutchman State Park, look for the brown sign on the right for the First Water Trail Head. Turn right onto FR 78 and continue on this well graded road for about 3 miles to the horse staging area (used as trail overflow parking). If you get to the trailhead, go back about 1/4 mile to the meet site.

What to bring:

Water bottle(s) - Water may only be available in the parking area. You may chose to have water with you on the course.

Whistle (**required for all**; available for \$1)

Compass (available for rent for \$1)

Cost (members/non-members)

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

Greater Phoenix Orienteering Club
gphxo.org

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

Feb 14th Coon Bluff Wrap Up

Valentine’s Day turned out to be a beautiful day for running around in the desert. The weather was perfect and we had a great turn-out. Veteran participants, including a couple car-loads of folks from Tucson, and many new faces came out to try their luck on the Coon Bluff courses. We had a beginner’s White course, and intermediate Orange course, and an advanced Red course to choose from. All three had a little more climb than ordinary due to the terrain, but everyone seemed to embrace the challenge and had a good time. A big “Thank you” to all the folks who helped setup for the event, packed up the gear afterwards, and went out to pick up bags. The club really appreciates your help.

	<u>Name</u>	<u>Cat</u>	<u>Time</u>	<u>Rank</u>	<u>Team Members</u>
RED	Samantha Saeger	F	1:10:38	1F	
	Ludwig Hill	M	1:24:37	1M	
	Cristina Luis	F	1:25:39	2F	
	Erik Ringnes	M	1:28:48	2M	
	Leif Lundquist	M	1:42:45	3M	
	Glenn Haselfeld	M	1:44:18	4M	
	Tim Stefek	M	1:52:09	5M	
	Tina Stefek	F	2:19:45	3F	
	Fleck Foster	T	2:48:37	1T	Tom Fleck, Brent Foster
	Team Guacamole	T	2:53:30	2T	Casandra Carter, Ron Hendricks
	Ed Tankersley	M	DNF		
	Derrick Berracy	M	DNF		
ORANGE	Laura Wasylenki	F	1:42:18	1F	
	Walt Smith	M	2:09:38	1M	
	Debra Allen	F	2:25:30	2F	
	Team Milan	T	2:36:00	1T	Phil, Bac, and Zachary Milan
	Tisha Taylor	F	DNF		
	Douglas McCulley	Rec			
	Gee Gee Larrington	F	Rec		
	Dianne Haselfeld	F	Rec		
	Lisa Bunch	F	Rec		
	Team Dale	T	Rec		Mike, Matty, and Mouse Dale
	Kathy Burraston	F	Rec		
WHITE	Team Dale	T	42:45:00	1T	Mike, Matty, and Mouse Dale
	Kathy Burraston	F	45:00:00	1F	
	Lisa Bunch	F	Rec		
	Team Carma	T	Rec		Rick and Mia Poulin

Thanks to our Volunteers

Course Setter: Forest Brown
Meet Director: Forest Brown
Bag Hangers: Forest Brown
Water Station Setup: Forest Brown
Equipment Hauling: Forest Brown
Setup/Tear-down: Forest Brown, Tisha Taylor, Erik Ringnes, Glenn Haselfeld, Laura Wasylenki, Kathy Burraston
Registration Table: Erik Ringnes, Tisha Taylor
Timing Table: Forest Brown
Beginners Clinic: Erik Ringnes
Control Retrieval: Forest Brown, Erik Ringnes, Walt Smith, Ludwig Hill, Leif Lundquist, Glenn Haselfeld
Tabulating Results: Forest Brown

Joshua Tree National Park 4 and 8 hour ROGAINE

April 17, 2010, Sponsored by Terraloco.

Long distance map trek on foot. Information at
www.terraloco.com

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

Mar 20-21	Slavin Gulch
Apr 18	Greaterville Classic-O
May 16	Bear Wallow Classic-O
Aug 22	U of A Street-O
Sep 19	TBD Street-O
Oct 17	Sweetwater Photo-O

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

GPHXO Upcoming Event Schedule

Mar 14	First Water
April 10-11	Bomboy Mine

2009-2010 CLUB OFFICERS:

President	Forest Brown (acting)	weakonrecon@yahoo.com
Vice President	Tim Tablada (acting)	ttracker20@hotmail.com
Secretary	Patricia Abbott (acting)	PAAPsyD@aol.com
Treasurer	Patricia Abbott (acting)	PAAPsyD@aol.com
Newsletter	Sheryl Berling-Wolff	sherylb@cox.net
Equipment	OPEN	
Membership	Sheryl Berling-Wolff	sherylb@cox.net
Permits	Eric Ringnes	
Publicity	Tim Tablada	ttracker20@hotmail.com
Volunteer Coordinator	Forest Brown	weakonrecon@yahoo.com
Mapping	Patricia Abbott	PAAPsyD@aol.com
Webmaster	Ron Birks	birksr@aztecfreenet.org

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P.O. Box 51114
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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*)