



NEWSLETTER - October 2013



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

October 12-13: North Mountain

Beginning Orienteering Course, GPHXO Sprint Series Event, Score-O & Adventure Race

We are pleased to present two days of orienteering events at the North Mountain Visitors Center, 12950 N. 7th St. • Phoenix, AZ, covering all levels of orienteering skills.

Saturday 8 am: Beginning Orienteering: Before the Time of GPS

Working with City of Phoenix Park Rangers, we'll introduce participants to navigation using a map and compass, and then apply the concepts to navigate through a course on a map similar to the maps we use at our orienteering events. Cost is \$5 per person.

Saturday 10 am: GPHXO Sprint Series

This sprint event will be on a short course designed for winning times from 12-20 minutes. Navigation on the sprint courses is

intentionally easier than for normal orienteering events.

Saturday 10 am: Beginners Practice Course

We will be offering a practice course at North Mountain park for beginners to try out their skills.

Sunday 7:45 am: 5-Hour Adventure Race

The race will include a number of navigation challenges both on foot and on bike. Participants may compete as individuals or as teams. This event includes UTM plotting, so brush up your UTM skills!

Sunday 8:30 am: 2 Hour Score-O

Find as many controls as you can in two hours, using a printed orienteering map and a compass. Choose your own route; each control has a point value based on how difficult it is to find.

**More Details About
All Events Inside**

Greater Phoenix Orienteering Club
gphxo.org

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

Directions:

The North Mountain Visitor Center is located on the west side of 7th Street, 0.6 miles south of Thunderbird, at 12950 N. 7th Street, Phoenix, AZ 85029

From I-17, take Thunderbird east to 7th Street.
From the 101, take 7th Street south.
From the 51, Take Cactus Rd. west (turns into Thunderbird) to 7th Street.

Detailed directions are available from the GPHXO website, gphxo.org

What to Bring:

- Whistle - Mandatory for all. Available for purchase for \$1.
- Compass - Mandatory for all. Available for rent for \$1.
- Sun screen - There is no shade on the course.
- Water - There will be water at the start/finish. We will also have one or two water stations on the course. However, you are strongly encouraged to bring your own water bottles or a camel-back.
- Sturdy hiking shoes
- Long pants - You may encounter cactus, cat claw, and loose terrain.
- UTM Plotter - Adventure racers need this to plot points on their maps.
- Pen or sharpie - Adventure racers will be plotting points on their maps.
- Adventure race participants will need to provide their own bicycle and cycling equipment.

Schedule:

Saturday

- Beginning Orienteering 8-10 am
- Sprint Series..... 10 am - 1 pm
- Beginners' Practice Course..... 10 am - 1 pm

Sunday - AR5 Adventure Race

- Mandatory Briefing 7:45 am
- AR-5 Mass Start 8 am
- AR5 Course Closes 1 pm

Sunday - Score-O

- Registration 8:30 am
- Course Open 9 am - 1 pm

Participants (Any Event) Marked "DNF"
for Arrival after 1:15pm

Costs:

- All Saturday events \$5/person
- Sunday Score-O \$5/person
- Sunday Adventure Race \$10/person

ALL PARTICIPANTS MUST PRE-REGISTER USING THE CITY OF PHOENIX REGISTRATION SYSTEM.

Please visit the GPHXO "Meetup" site at:

<http://www.meetup.com/Phoenix-Orienteering/>

...for instructions on using the City of Phoenix Registration system.

Beginning Orienteering

We're very excited to team up with the City of Phoenix Parks and Recreation Department to offer a one-day introduction to orienteering and land navigation. Along with City of Phoenix Park Rangers, we'll introduce participants to concepts of navigation using only a map and compass. We'll then apply the concepts to navigate through a course shown on a map similar to maps we use at our orienteering events.

The Beginning Orienteering training is open to participants of all skill and fitness levels and ages 8 years and older. Our goal is to teach some of the basic navigation concepts that you can then use to participate in a future orienteering event. If you're looking for a fun new and different way to enjoy the outdoors, please consider signing up for our class.

Course Content: Students will walk up to four kilometers, with day packs, learning and practicing land navigation techniques used for orienteering. The field training covers compass use, interpreting topographical maps, and several methods of getting from point to point using only a map and compass.

Equipment : It is best if students can provide their own compass. The suggested model is a Silva Ranger 15 CL 360-degree compass. Another model may be used if it has a baseplate, a mirrored lid with a site and a mechanical declination scale adjustment. We will provide compasses for those who do not have their own. We will also provide participants with a topographical map of the class area and course materials. We know you will be so excited about what you learn that you will join us for one of our many orienteering events. (see gphxo.org)

GPHXO Sprint Series

This sprint event will be short course varying in length from 2-4km. The course is designed for winning times from 12-20 minutes. Most participants will finish each course in under 30 minutes. Navigation on the sprint courses is intentionally easier than for normal orienteering events. The emphasis for sprint orienteering courses is on rapid decision making rather than on precision navigation. While our sprint courses are offered to seasoned orienteers as a nice alternative to regular events, beginning orienteers will also find that they are able to complete the courses without much difficulty.

Cost is \$5 per person. This fee also allows participants to participate in the other orienteering events taking place Saturday: the beginner orienteering class (8am - 10am) and the beginner's practice course (10am - 1pm). All proceeds go to the N. Mountain park visitor's center.

CITY OF PHOENIX REGISTRATION SYSTEM:

<https://online.activecommunities.com/Phoenix/Activities/ActivitiesAdvSearch.asp>

Enter the bar code in the [search for programs by barcode] box. (This is the code for all GPHXO events on this date)

All Saturday events: 98955
Sunday Score-O 98956
Sunday Adventure Race 98957

- Click [Add] in the small new window that pops up.
- Select [Log In] or [Create New Account] to continue. (You must create an account in order to register for a class with the City of Phoenix.

Because we are working with the City of Phoenix on these events for October 12-13, 2013, you MUST pre-register using the City of Phoenix event registration system. No on-site signups!

BEGINNERS PRACTICE COURSE

The Greater Phoenix Orienteering Club will be offering a practice course at North Mountain park for beginner's to try out their skills.

Cost is \$5 per person. This fee also allows participants to participate in the other orienteering events taking place Saturday: the beginner orienteering class (8am - 10am) and the GPHXO Sprint series (10am -

1pm). All proceeds go to the N. Mountain park visitor's center.

Please note that as we are partnering with the City of Phoenix, we have to follow a different set of rules than for our regular events. **The most important rule is that there will be no on-site registration for this class. All participants must pre-register using the City of Phoenix registration system.**

5 HOUR ADVENTURE RACE

On Sunday, October 13th, the Greater Phoenix Orienteering Club will offer a 5-Hr adventure race at North Mountain park. The race will include a number of navigation challenges completed both on foot and on bike. The first section consists of plotting UTM coordinates on a map, then visiting the controls on foot. The second section involves plotting controls on a map, then visiting the controls by bike. To be official finishers, each participant is required to visit all of the UTM-plotted control locations. After finding all the UTM controls, participants are sent onto a Score-O course to find as many controls as possible in the time remaining.

The only time limit for the race is the 13:00 finish time. Teams are allowed to take as much time as they need to complete the different sections. Those completing the UTM-sections the quickest will obviously have the most time to collect points on the Score-O section. There will be a 10-point Score-O penalty per minute for teams that arrive after the 13:00 finish time. Teams will be marked DNF if they finish after 13:15.

The race contains a fair amount of UTM plotting. You will need a plotter that includes both the 1:10,000 and 1:15,000 scales. We may have a plotter or two laying around on race day, but don't count on it. Be sure to brush up on your UTM-plotting technique before race day. (We'll give you pointers if you need any help.)

The race is open to teams of one or more partici-

pants. (Solo racers are welcome.) Awards will be given to the top three finishing teams. We'll have a mandatory pre-race briefing at 07:45. The adventure race begins with a mass start at 08:00.

Schedule:

Mandatory Pre-Race Briefing.....	7:45am
AR-5 Mass Start.....	8:00am
AR-5 Course closes.....	1:00pm
All off course, DNF for late arrival.....	1:00pm

2 HOUR SCORE-O - 9-11 am Sunday

During a Score-O, participants take up to two hours 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.

The Score-O control locations are designed to offer navigation challenges for orienteers of all abilities. There are plenty of lower-point controls located closer to the start line that provide easier navigation challenges for beginning orienteers. Intermediate and advanced orienteers are challenged by controls located in more difficult locations further away from the start. Scores are separated by male / female, team / individual, and mixed teams.

GPHXO Upcoming Event Schedule

November 10	Lake Pleasant
December 7	JROTC Invitational & 2-Hour Score-O
December 8	Usery Mountain AR-5
January 11, 2014	Robbins Butte
February 9	Coon Bluff
March 8-9	First Water
April 12-13	Saguaro Lake

Please visit our web site:

<http://www.gphxo.org>

...for the latest schedule and event details!

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.tucsonorienteringclub.org

Tucson Club Event Schedule

2013

October 12	Kentucky Camp
November 17	Catalina State Park
December 15	Ironwood
January 12	Cat Mountain
February 16	Silverbells

Visit www.tucsonorientering.com for event details and schedules

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	weakonrecon@yahoo.com
Vice President	Tim Tablada	ttracker20@hotmail.com
Secretary	Patricia Abbott	PAAPsyD@aol.com
Treasurer	Patricia Abbott	PAAPsyD@aol.com
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Volunteer Coordinator	Forest Brown	weakonrecon@yahoo.com
Mapping	Patricia Abbott	PAAPsyD@aol.com
Webmaster	Ron Birks	birksr@aztecfreenet.org

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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*)