

The official newsletter of the Rochester (NY) Orienteering Club



Runners head out at the 8 a.m. start of the Mendon 50K Trail Run on a cool blustery day. Article and results inside. (Photo by Dick Detwiler)

Changes in fee structure (memberships and meet fees)

The ROC Board of Directors has good news and bad news on this topic. The bad news is that, after literally decades of having no increase in either membership fees or meet fees, it is necessary to impose an increase. This is driven nearly entirely by large increases over the past several years in our insurance fees which are paid to the USOF annually. The insurance coverage provided by the USOF is extremely important for clubs to be able to hold meets at all.

Annual dues for all membership categories are being increased. Also, meet fees for non-members are being increased by \$1, from \$5 to \$6.

The good news? First, ROC is still one of the least expensive orienteering clubs in the country. More important, you can substantially defer paying the higher membership fees by

joining or renewing NOW (before March 1). Sign up for a 3-year membership and you won't need to pay any increase until 2008! And there is no increase in meet fees for members (still \$3, a bargain!). See membership application form on the back of this newsletter to join/renew.

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2005 Club Officers and Committee Chairs

President: Dick Detwiler 671-2437
Rlshadow@aol.com

Past President: Jim Russell 315-524-4866
jrussell@rochester.rr.com

President-Elect: Vacant

Treasurer: Kathy Bannister, 493-2219
kbannister@frontiernet.net

Secretary: Sandra Lomker, 426-6773
slomker@frontiernet.net

Membership: Randy McGarvey
Randall.mcgarvey@alum.rit.edu

Equipment: Laurie Hunt, 464-0587
bacewoman@bluefrog.com

Mapping Chair: Dick Detwiler
671-2437, Rlshadow@aol.com

Hotline: Carol Moran, 377-8144
Pwtmoran@aol.com

Newsletter: Dick Detwiler 671-2437
Rlshadow@aol.com

Volunteer Coordinator: Sandra Lomker/Tom Cornell
426-6773 slomker@frontiernet.net

Publicity: Rick Worner, 581-2979
Wornerkohn@aol.com

Retail Map Sales: Louise Cook
293-3465, LMC@hlms.com

Permanent O: Tom Cornell, 426-6773
tcornell@frontiernet.net

O Education: Laurie Hunt, 464-0587
bacewoman@bluefrog.com
Jim Russell, 315-524-4866,
Jrussell@rochester.rr.com

GPS Coordinator: Mike Gallagher,
425-3327, mafg@netacc.net

Web Site: Sergey Dobretsov,
388-0683, Dobretsov@yahoo.com

Board of Directors:
Eric Barbehenn, 383-4413
ericb@procoloursvc.com
Bob Bundy, 586-9393 rbundy1@rochester.rr.com
Paul Schwartz, 671-3866
paulschw@hotmail.com
Sergey Dobretsov, 388-0683
Dobretsov@yahoo.com
Mike Gallagher, 425-3327 mafg@netacc.net
Laurie Hunt, 464-0587
bacewoman@bluefrog.com
Rick Lavine, 442-6358
rdlavine@frontiernet.net
Randy McGarvey, 223-7996
Randall.mcgarvey@alum.rit.edu
Carol Moran, 377-8144
Pwtmoran@aol.com
Ravi Nareppa, 385-9001
Ravi_divya@yahoo.com
Joe Seyfried, 872-0903
jpseyf@frontiernet.net
Joel Shore, 256-0794 jshore@frontiernet.net
Rick Slattery, 223-3724 Ricks@rochester.rr.com
Rick Worner, 581-2979 Wornerkohn@aol.com
Gil Robs, 385-3669 EROBS@senecafoods.com

General information on local meets

Courses

The club uses the USOF "color" designations wherever applicable. A description of the courses is as follows:

| Color | White | Yellow | Orange | Brown | Green | Red | Blue |
|-------------------------|---------|--------|--------|--------|--------|---------|---------|
| Approx. distance | 2-4 km | 3-5 km | 4-7 km | 3-5 km | 4-7 km | 6-10 km | 8-14 km |
| # of controls | 4-12 | 5-12 | 8-12 | 8-12 | 8-12 | 8-15 | 10-18 |
| Difficulty | Easiest | Easy | Medium | Hard | Hard | Hard | Hard |

The White course is intended to be easy enough for first-time participants after a short introduction to the sport. Control points are generally on trails or similarly easy-to-locate features.

The Yellow course is slightly more difficult than the White course. Control points are generally placed close to but not right at easy-to-find features, such as on a knoll that is 50 m away from a trail junction.

The Orange course requires more map-reading and course-planning skills than the Yellow course. Controls will generally have a good attack point, but the attack point may be more subtle than on the Yellow course, or the control will be placed further from the attack point. The route choice from one control to the attack point for the next control is often less obvious than on the Yellow course.

The Brown, Green, Red, and Blue courses differ from each other only in length. At local parks, they are usually the most difficult course that can be set given the size and the terrain of the park. Map-reading, compass, and route-planning skills will be tested to a greater degree on this course.

Sometimes other courses may be offered, such as a Motala (a course which involves one or more map exchanges), or a Line-O or Score-O. These courses will be explained in the meet instructions at any meet that uses these formats.

The entry fees to ROC meets are \$3.00 per individual or group for ROC members and \$6.00 for non-members. If several people (a family group for example) enter as a group using the same map, the fee is still \$3.00 (members) or \$6.00 (non-members). Additional maps are available for \$1.00 each. A person or group can do a second course using the same map for no additional charge (if you complete the White course and decide to try the Yellow course, for example).

Beginner instruction

Beginners are always welcome; there is an informal beginners' clinic approximately 15 minutes after the beginning of the event, and all meets offer a course suitable for beginning orienteers.

2005 Winter and Spring Schedule

Ski-O's marked with an asterisk are Empire State Game qualifiers.

Rochester Area

| | |
|-----------------------------|--|
| January 8, 2005 Saturday | Ski-O* at Letchworth State Park , Trailside Lodge. Start from 12:00 noon to 2:00 p.m. |
| January 23 Sunday | Ski-O* at Mendon Ponds Park . Start from 12:00 noon to 2:00 p.m. |
| April 9 Saturday | Annual Icebreaker. Mendon Ponds Park . Cavalry Lodge. Also special course with no trails or roads shown. Start from 12:00 noon to 2:00 p.m. |
| April 24 Sunday | Badgerow Park . White and Yellow courses plus memory-O. Start from 12:00 noon to 2:00 p.m. |
| May 7 Saturday | Durand Eastman Park . East side, Log Cabin Road. Start from 12:00 noon to 2:00 p.m. |

Outside of Rochester Area

(see web site of sponsoring club for details)

| | |
|------------------------|---|
| January 2 Sunday | Ski-O*. EMPO. Crandall Park Glens Falls, NY. |
| January 15 Saturday | Ski-O*. EMPO. Lake George Rec. Trails, Lake George, NY |
| January 22 Saturday | Snowshoe-O. EMPO. Grafton Lakes State Park, Grafton, NY |
| January 29 Saturday | Ski-O*. CNYO. Hammond Hill Dryden, NY |
| January 30 Sunday | Ski-O*. CNYO. Bear Swamp Sempronius, NY |
| February 5 Saturday | Ski-O*. CNYO. Roscoe Conklin Park, Utica, NY |
| February 6 Sunday | Ski-O*. AOK. Point Au Roche State Park, Plattsburgh, NY |
| February 13 Sunday | Ski-O*. EMPO. Thacher Park New Scotland, NY |
| February 20 Sunday | Ski-O. CNYO. Alder Creek Utica, NY |
| March 5-6 Sat-Sun | Snogaine. CNYO. Happy Valley/Tug Hill, Mexico, NY (date tentative) |

Attention!

Before traveling to any ROC meet, please call the Hotline at (585) 377-5650.

Meet locations, details, and schedules may change at any time – the Hotline will always have the latest info!



Anne Schwartz finishing strong at the club's first-ever meet at Oatka Creek Park. Meet results on Page 9. (Photo by Dick Detwiler)

Contact information

ROC Hotline: 585-377-5650 (directions to meet sites, any last-minute changes, etc.)

ROC web site: <http://roc.us.orienteering.org>

Buffalo Orienteering Club (BFLO) web site: <http://www.buffalo-orienteering.bfn.org/>

Central New York Orienteering (CNYO) web site: <http://cnyo.us.orienteering.org/cnyo/>

Golden Horseshoe Orienteering (GHO) (Niagara/Hamilton region) web site: <http://www.dontgetlost.ca/gho/>

Empire Orienteering Club (EMPO) (Albany area) web site: <http://empopo.us.orienteering.org>

Thank You

ROC Volunteers 2004

| | | | |
|-----------------|-------------------|-------------------|--------------------|
| Tina Bray | Jackie Novkov | Dick Detwiler | Linc Blaisdell |
| Tom Lamme | Dayle Lavine | Paul Schwartz | Sandra Lomker |
| Bob Bundy | Rob Holmes | Ken Masker | Cheryl Detwiler |
| Kay Sheehan | Liz Grandi | Louise Cook | Jessie Summerville |
| Laurie Hunt | Stina Bridgeman | Randy McGarvey | Elizabeth Hane |
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| Georg Nadorff | Jim Russell | Brendan Gallagher | Kevin O'Brien |
| Jim Tappon | Rick Lavine | Rick Worner | |
| Tom Cornell | Bob Williams | Pat Russell | |

Recent Permanent Course Finishers – Congratulations!

Letchworth

Jason Merrill & Chris Stupin 10/1/04 Canandaigua NY

Mendon

Ron & Cindy Zauski 10/13/04 Honeoye Falls NY

Kim Tenreiro 11/23/04 Canandaigua NY

Webster

Ken & Margaret Reek 10/13/04 Churchville NY

Eric Chang 12/02/04 Rochester NY

Rogaine account of the team “If This Is Tuesday Then We Must Be Lost” – by Stina Bridgeman

Last July, Dick Detwiler and I teamed up for the 24-hour version of 14th annual CNYO rogaine. This year it was on a new map, near Norwich, NY. The map had one very unusual out-of-bounds area — Camp Pharsalia, a minimum-security prison.

Maps were handed out an hour before the start, and knowing that we weren't up for staying out all night, our strategy was to plan a longer loop on Saturday afternoon and a shorter loop Sunday morning and to come back to base camp for food and some sleep in between. We also didn't feel that confident in our night-navigation abilities, so we chose a route with easy controls and long road and trail walks after dark.

The highlights?

Our plan worked well — we only skipped one control that we planned for Saturday (due to darkness). Sunday's route was more tentatively planned since there was a hard and fast deadline (the late penalty was such that we would have lost all of our points for being just 12 minutes late), but we think our choice was about the best we could have done given the time and our energy levels.

Navigationally, we were pretty successful at finding the controls. We even found three controls in the dark without problems. Our biggest mistake was on #68, our fifth control. The control was on the end of one segment of an intermittent stone wall, on top of a long wide-topped hill. Our plan was to follow a creek, turn right at the second clearing along the creek, and then pick up and follow the stone wall to the control. Unfortunately, we mistook an opening for a pond as the clearing and turned about 500m too soon. We spent a while on top of the hill, doing a lot of staring at the map and pondering the conifer/deciduous forest boundaries, and had pretty much decided to head out to the road and relocate when we hit the wall. We had just decided to turn east along the wall when we spotted the control.

The weather?

Not so bad overall. The thunder began half an hour before the start, but at least the rain held off until 15 minutes in to the event. There were a number of startlingly close claps, and the thunder continued rumbling in the distance until 3pm. We were lucky to dodge the massive thunderheads that developed in the afternoon — we only got another half hour of rumbling, but base camp apparently got quite a downpour.

It was, of course, a very wet summer — which meant that the marshes were ponds, the woods were marshes, the trails were rather more like linear water features than trails, and one of the dirt roads we walked along was over-the-shoes deep in suck-the-wheels-off-your-car sort of mud. On the plus side, when it is that wet you don't really worry about keeping your feet dry (being knee-deep in water by the second control got us off to a quick start in that department) and there's always another creek to wash the latest accumulation of mud off your shoes.

The things that make a good story afterwards?

“Remember, this is supposed to be a FUN event and we do it for entertainment.” - from Mark Dominie's meet notes

Control #72 — it didn't look too bad...just follow the southern edge of a small triangle of private land to the corner, then keep going another 400m or so on the same heading to the control on a corner of the yellow-blazed state-land boundary. It was fairly flat conifer forest the whole way with a thin marsh to cross a little over halfway there. With our wet feet, the marsh didn't seem like a big deal. We spotted blazes (those orange disks that the DEC marks trails with) just after heading into the woods and thought “Great! A trail to follow!” I suppose the fact that the trail wasn't mapped might have been a clue, but

rogaine maps — while more detailed than the standard USGS topo map — are much less detailed than regular orienteering maps and so unmapped trails are not unusual. We quickly discovered that the trail was actually an ex-trail — it was the thickest collection of marsh, brush, downed trees, and downed trees on top of downed trees that we had to fight our way through in the whole event.

Control #73 — our last control on Saturday night. It was on a marsh perhaps 100m from the trail, and wouldn't have been too difficult as a daylight control. However, it was about 11:40pm and we'd been walking since noon, with the last hour on the well-blazed but incredibly narrow, wet, foggy, and slippery Finger Lakes Trail which had a very steep dropoff to a stream below. We spotted the control with the flashlight (reflective tape is used to make the controls more visible at night) but then had to detour a bit around the marsh to actually get to it. Fighting through undergrowth and marsh for the umpteenth time, in the dark, exhausted, wondering if we'd ever see the control again...orienteering is fun, why do you ask?

The totals: 16.5 hours of walking, 21 controls, 33.8+ miles. We



The team “If This Is Tuesday Then We Must Be Lost” (Photo by Paul Schwartz)

placed #4 among 12 coed teams and 14th overall out of 31 teams — happy to have finished, and to be ahead of more teams than we were behind. And yes, we'll be back at it again.

Editor's note: Full results of the rogaine can be found on the CNYO web site at <http://cnyo.us.orienteering.org/cnyo/results/> Dick and Stina had 1123 points. Each control was worth the number of points equal to the control number; control numbers ranged from around 30 to around 70). Dick and Stina's score beat out two teams by a mere 2 points, and a third team by only 3 points!

Ups and Downs In Vermont (100 mile trail run)

– by Rick Worner

As I listened to the pre-race briefing, I remember the organizer saying that almost every foot of the 100 mile course was either up or down. Looking at the numerous green Vermont hills surrounding us it was not hard to believe. The course description indicated that route has over 14,000 feet of climb.

My preparation for the Vermont 100 began in the spring as soon as the snow was gone. I started with 2-3 hour runs on the weekends. Throughout the spring I ran Blue courses at orienteering events. This generally gave me back to back days of 3-4 hours of running. The time passed much more quickly orienteering that just running. I built up to doing a couple of six hour runs and then did a 24 hour ROGAINE in Pennsylvania around six weeks before the event. During the week I would try to walk home from work each day (approximately 3 miles) to get used to being on my feet as much as possible. My goal was to prepare for the race with as little disruption of my life as possible. I did some research on nutrition and read the accounts of other runners. I bought a couple of small flashlights and some special sports drink and energy gel. The race had aid stations every five miles so I didn't have carry anything other than a water bottle, some salt tablets and energy gel.

The race started at 4 a.m. so I got limited sleep the night before and had a very early breakfast. It was a cool clear morning when 250 runners started running/walking down a long hill to a trail that turned into the woods. It was strange having so many headlamps and flashlights all around me.

My only goals for the race were to beat the time limit of 30 hours and to try to enjoy myself. At around 5:30 a.m. as the sun came up and we were joined by other racers of the day. Around 100 horses with their riders cantered by us as part of their own event. We shared the course, but they had their own water stops and rest areas. They also had their own unique and smelly way to mark the trail. With the morning light I could see many beautiful farms/estates along the ever rolling roads and trails.

Linda and Lindsay (ed. note: Rick's wife and daughter) were crewing for me and covered over 100 miles of driving to meet me at a number of points along the way. They enjoyed meeting the other people and seeing all the beautiful Vermont countryside.

I maintained a pretty steady 14:00 per mile pace until around 40 miles when my knee began to hurt a bit on the down

hills. After a couple of Motrin it felt better, and never hurt again during or after the race. At around 75 miles it got dark again and I mentally prepared myself to be out all night. They marked the trails in the woods with green glow sticks so it was fun seeing them in forest ahead. Runners were allowed to have pacers during the last 25 miles of the race. Linda joined me around 10:30 and was my partner until morning. It was great having her along to share my accomplishment. We only took a couple of wrong turns along the way. It was a beautiful night with lots of stars and a nice sunrise in the morning. The last ten miles became a bit of a struggle as my quads were worn out and I could no longer run on the numerous down hills. Reduced to walking, the last ten miles took over four hours. At that point, I knew that I would finish so I looked forward to accomplishing my goal. At seven in the morning we came up the last hill into the field where I started 27 hours earlier. I managed a little shuffle across the line.

It was a great experience for me. Linda and Lindsay enjoyed it as well. I recovered fairly quickly. I had some big blisters on my feet that took a few days to heal and I was able to run again after a week or so.

I tell my story to encourage you to consider trying an "ultra". Almost anyone can do it with the proper preparation. I saw all kinds of ordinary folks who completed the race. Many ultras follow routes in beautiful places like Vermont and it a great way to see a lot of terrain in a short time.

Hope to see you on the trails this spring.

Mendon Ponds 50K

– by Rick Worner, Race Director

November 6, 2004

The winner of our (50K) race is usually decided after a couple 10K loops (ed. note: the Mendon 50K consists of a 10K loop repeated five times), but this year it wasn't decided until the last lap in a very exciting manner.

Forty starters began the race at 8 a.m. on a cool and windy day. Ryne Melcher from Ontario scorched the first lap in a time of 44:58 followed in order by Sven Bucheister, Andy Rice, Ted Thull, Ed Housel, Rob Kalvosky and Todd Baum, all under 50 minutes. Sven's course record of 4:41 seemed in jeopardy from the start. The course was in good shape this year with only a few muddy spots and some erosion damage on some of the down hills. A few times in past years runners have logged fast first laps only to pay on one of the later loops. The 1100 feet of climb on each 10K loop and the continuous rolling hills slowly wore down the runners. Ryne Melcher did the second loop in 46:50 and maintained a 5 minute lead over Sven with the rest of the contenders around 5 minutes back.

Changes began to take place on the third lap. Sven turned in a lap of 49:19 and passed Ryne to take a 30 second lead into lap four. Rob Kalovsky was around four minutes behind in third place. Lap four is usually where an early fast pace catches up with the runners. Sven slowed to 51:57, but still increased his lead to over 5 minutes on Ted Thull and Ryne Melcher. A minute further back lurked Todd Baum who had been running a steady pace throughout the race.

Sven began to tie up on the last lap and slowed to 64:10. Todd Baum despite a fall that dislocated a couple of his fingers ran a 53:02 last lap and captured first place in a time of 4:19:38 breaking the old course record by more than 21 minutes. Sven was two minutes back in second place and Ryne Melcher held on to finish third with a time of 4:22:17. The first five runners all beat the old course record.

The women's race had less suspense as Rebecca Mary Harmon from Ithaca took an early lead and ran a steady pace to break the women's course record by almost 40 minutes. Joy Valvano matched her old course record running a fine time of 5:31:55

Many thanks to Carol Moran for her friendly encouragement at the aid station and to Marilyn Robak for her help in marking the course on Friday. Special Thanks to the Hammer Gel Company for supplying the product samples and for the bottles of Hammer Gel given as prizes. This was the largest field ever and it was the last race in the Western New York Ultra series. Complete series results can be found at www.wny-ultra.org Next years race will be on Saturday, November 5.



Mendon Trail Run first – completing the 10K course with a baby jogger! (No small feat considering the hills on this course!) (Photo by Dick Detwiler)

Full results of the Mendon trail run (all distances) are shown below.

2004 Mendon Trail Run – Full Results

Mendon 5K results

| Overall | Time | Name | Division | Div. Place |
|---------|-------|--------------------|----------|------------|
| 1 | 24:16 | Seth Malcom | M20-29 | 1 |
| 2 | 26:33 | Benjamin Miller | M20-29 | 1 |
| 3 | 27:32 | Wayne Crandall | M40-49 | 1 |
| 4 | 32:37 | Jeff Chester | M30-39 | 1 |
| 5 | 34:16 | James Bongard | M40-49 | 2 |
| 6 | 34:33 | Jeff Vanriper | M40-49 | 3 |
| 7 | 36:51 | Kate Creatura | F30-39 | 1 |
| 8 | 36:52 | Lawrence Creatura | M30-39 | 2 |
| 9 | 37:02 | Robert Ganey | M30-39 | 3 |
| 10 | 37:08 | Jerry Morsan | M50-59 | 1 |
| 11 | 38:52 | Anne Schwartz | F40-49 | 1 |
| 12 | 40:12 | Karen Jackmin | F14-10 | 1 |
| 13 | 47:22 | Barbara Esposito | F60-69 | 1 |
| 14 | 51:25 | Jim Lavine | M50-59 | 2 |
| 15 | 53:22 | Anne Marie Spinney | F40-49 | 2 |

Mendon 10K Results

| | | | | |
|----|-------|----------------------|--------|---|
| 1 | 43:39 | Phil Dilmok | M40-49 | 1 |
| 2 | 46:28 | Vince Longo | M40-49 | 1 |
| 3 | 51:06 | Dahl Angus | M30-39 | 1 |
| 4 | 51:44 | Susan Jenkins Lawson | F40-49 | 1 |
| 5 | 52:35 | Roger Howe | M50-59 | 1 |
| 6 | 52:51 | Lou Kneeshaw | M40-49 | 2 |
| 7 | 52:59 | Margaret Dederich | F14-19 | 1 |
| 8 | 53:45 | David Malecki | M40-49 | 3 |
| 9 | 54:03 | Bill McGuinness | M30-39 | 2 |
| 10 | 54:12 | Alex Pirnie | M40-49 | 4 |
| 11 | 54:56 | Dan Judd | M40-49 | 5 |
| 12 | 55:15 | Teresa Sukiennicki | F30-39 | 1 |
| 13 | 55:22 | Mary Beth Harrod | F20-29 | 1 |
| 14 | 55:26 | Travis Money | M20-29 | 1 |
| 15 | 55:36 | Linda Drinkwater | F40-49 | 1 |
| 16 | 55:46 | Darlene Saeva | F40-49 | 2 |
| 17 | 56:33 | Matthew Ripke | M20-29 | 2 |
| 18 | 57:47 | Larry Bernstein | M40-49 | 6 |
| 19 | 58:02 | Kate Zabel | F30-39 | 2 |
| 20 | 58:04 | Paul Ceglie | M20-29 | 2 |
| 21 | 59:16 | Jeff Schumacher | M40-49 | 7 |
| 22 | 60:16 | Lisa Roberts | F40-49 | 3 |
| 23 | 60:48 | Allen Dale Ripke | M50-59 | 2 |
| 24 | 60:48 | Sue Williams | F40-49 | 4 |

| | | | | |
|----|--------|-------------------------|--------|----|
| 25 | 60:56 | Michelle Marino | F50-59 | 1 |
| 26 | 61:13 | Allison Currie | F40-49 | 5 |
| 27 | 61:23 | Rob Thornburg | M30-39 | 3 |
| 28 | 62:56 | Anne Esposito | F30-39 | 3 |
| 29 | 63:09 | Michelle Dulieu | F30-39 | 4 |
| 30 | 63:45 | Gary Preece | M50-59 | 3 |
| 31 | 64:12 | Thomas McNally | M50-59 | 4 |
| 32 | 64:30 | Camille Good | F20-29 | 2 |
| 33 | 64:30 | Mindy Poag | F20-29 | 3 |
| 34 | 64:31 | Rachel Boylan | F20-29 | 4 |
| 35 | 64:46 | Lisa Abbott | F30-39 | 5 |
| 36 | 64:55 | Lynda McGuire | F50-59 | 2 |
| 37 | 64:57 | Becky Dederich | F40-49 | 6 |
| 38 | 65:05 | Kathy Belic | F40-49 | 7 |
| 39 | 67:01 | Barry Carestio | M40-49 | 8 |
| 40 | 67:48 | Ken Rosenfeld | F40-49 | 8 |
| 41 | 70:01 | Matthew Crance | M14-19 | 1 |
| 42 | 70:18 | James Thomas | M20-29 | 3 |
| 43 | 71:00 | Len Kataskas | M50-59 | 5 |
| 44 | 71:33 | Laurie Susan Smith | F40-49 | 9 |
| 45 | 81:25 | Stephan James Huber | M40-49 | 9 |
| 46 | 81:53 | Maria Manarrella | F14-19 | 2 |
| 47 | 81:53 | Gary Gudlia | M40-49 | 10 |
| 48 | 83:56 | Joe Gilroy | M50-59 | 6 |
| 49 | 86:47 | Anna Marie Woolston | F40-49 | 10 |
| 50 | 88:04 | Beth Alexander Harrison | F40-49 | 11 |
| 51 | 141:39 | Joelle Weaver | F20-29 | 5 |

Mendon 20K Results

| | | | | |
|----|---------|-----------------------|--------|---|
| 1 | 1:22:11 | Jason Urckfltz | M30-39 | 1 |
| 2 | 1:23:34 | Eric Grimm | M30-39 | 1 |
| 3 | 1:26:47 | James Oberst | M40-49 | 1 |
| 4 | 1:31:16 | Dennis Vankerckove | M40-49 | 2 |
| 5 | 1:32:30 | Ron Herreid | M30-39 | 2 |
| 6 | 1:37:23 | Steven Gramlich | M40-49 | 3 |
| 7 | 1:40:49 | Egils Robs | M30-39 | 3 |
| 8 | 1:41:02 | Mick Kochen | M40-49 | 4 |
| 9 | 1:41:45 | Mark Benotti | M40-49 | 5 |
| 10 | 1:43:00 | DarrenVogt | M20-29 | 1 |
| 11 | 1:44:45 | Michael Paul Teixeira | M30-39 | 4 |
| 12 | 1:44:57 | Patricia Pirnie | F40-49 | 1 |
| 13 | 1:46:09 | Brian Matthews | M20-29 | 2 |
| 14 | 1:46:43 | Jenn Dick | F20-29 | 1 |

| | | | | |
|----|---------|--------------------|-----------|----|
| 15 | 1:47:01 | David Jones | M40-49 | 6 |
| 16 | 1:47:39 | Andrew Fleming | M20-29 | 3 |
| 17 | 1:49:57 | Bob Bringley | M40-49 | 7 |
| 18 | 1:50:03 | Jim Bricker | M30-39 | 5 |
| 19 | 1:51:18 | No name | | |
| 20 | 1:51:25 | Ginny Sackett | F40-49 | 1 |
| 21 | 1:56:05 | Peter Landers | M40-49 | 8 |
| 22 | 1:56:39 | Cindy Ingalls | F50-59 | 1 |
| 23 | 1:57:32 | Mark Biery | M14-19 | 1 |
| 24 | 1:59:36 | Dave Weiss | M50-59 | 1 |
| 25 | 1:59:43 | Bernie Gee | M30-39 | 6 |
| 26 | 2:01:13 | B Nakeed | M60-69 | 1 |
| 27 | 2:01:42 | Rick Bennett | M40-49 | 9 |
| 28 | 2:02:18 | Jim Palmeeri | M60-69 | 2 |
| 29 | 2:02:30 | Jack McGowan | M40-49 | 10 |
| 30 | 2:02:57 | Kimberly Rapp | F40-49 | 2 |
| 31 | 2:07:07 | Ansis Robs | M14 Under | 1 |
| 32 | 2:08:07 | Aric Schorr | M14-19 | 2 |
| 33 | 2:15:40 | Kimberlee Buckner | F40-49 | 3 |
| 34 | 2:17:42 | Juanoa Guskowski | F40-49 | 4 |
| 35 | 2:17:42 | Lawrence Guskowski | M40-49 | 10 |
| 36 | 2:19:37 | Dan Sillick | M40-49 | 11 |
| 37 | 2:19:49 | Rachel Bayley | F40-49 | 5 |
| 38 | 2:20:21 | Calvin Loomis | M40-49 | 12 |
| 39 | 2:22:22 | Kim Gaylord | F30-39 | 1 |
| 40 | 2:26:08 | Terri Urzetta | F30-39 | 2 |
| 41 | 2:39:04 | Susan Maio-Wade | F40-49 | 6 |
| 42 | 2:39:25 | Thomas Coburn | M60-69 | 3 |
| 43 | 2:44:18 | Drew Bayley | M40-49 | 13 |
| 44 | 2:47:58 | Bruce Lavner | M50-59 | 2 |
| 45 | 3:10:20 | Patti Hahn | F40-49 | 7 |

Mendon 50K Results

| | | | | |
|----|---------|---------------------|--------|---|
| 1 | 4:19:38 | Todd Baum | M40-49 | 1 |
| 2 | 4:21:30 | Sven Bucheister | M30-39 | 1 |
| 3 | 4:22:17 | Ryne Melcher | M20-29 | 1 |
| 4 | 4:29:40 | Rob Kalvosky | M30-39 | 2 |
| 5 | 4:38:33 | Ted Thull | M40-49 | 1 |
| 6 | 4:51:52 | Rebecca Mary Harmon | F30-39 | 1 |
| 7 | 5:15:50 | Kevin Saunders | M30-39 | 3 |
| 8 | 5:18:30 | Andrew Rice | M30-39 | 4 |
| 9 | 5:26:33 | Tony Power | M40-49 | 2 |
| 10 | 5:31:55 | Joy Valvano | F40-49 | 1 |
| 11 | 5:33:36 | David Kim | M40-49 | 3 |
| 12 | 5:42:00 | Lorie Tily | F40-49 | 2 |
| 13 | 5:42:18 | Joe Clunie | M20-29 | 2 |
| 14 | 5:43:40 | Peter Harrison | M30-39 | 5 |
| 15 | 5:44:26 | George Getman | M20-29 | 3 |
| 16 | 6:02:50 | Mark Lavner | M40-49 | 4 |
| 17 | 6:09:02 | John Prohira | M50-59 | 1 |
| 18 | 6:09:03 | Richard Cronise | M50-59 | 2 |
| 19 | 6:09:33 | Mary White | F40-49 | 3 |
| 20 | 6:12:13 | Dave Smith | M50-59 | 3 |
| 21 | 6:18:17 | Bob Mulcock | M40-49 | 5 |
| 22 | 6:25:33 | Tim Hammell | M40-49 | 6 |
| 23 | 6:44:33 | Chester Jozefski | M50-59 | 4 |
| 24 | 7:04:40 | Maria Pizzaralla | F30-39 | 1 |
| 25 | 7:11:45 | John Melville | M50-59 | 5 |
| 26 | 7:23:30 | Diane Jozefski | F40-49 | 4 |
| 27 | 7:23:40 | Nancy Caffo | F40-49 | 5 |
| 28 | 7:40:35 | Joe Packard | M40-49 | 6 |
| 29 | 8:36:08 | Bruce Oliver | M60-69 | 1 |

Summary of Board Activities – Sandra Lomker, Secretary

At the Annual Membership Meeting December 5, the following were elected to serve 2-year terms on the Board of Directors: Laurie Hunt, Sergey Dobretsov, Randy McGarvey, Eric Barbehenn, Rick Slattery, Paul Schwartz, Joe Seyfried, and Gil Robs. Seven BOD members will continue for one more year: Rick Lavine, Carol Moran, Ravi Nareppa, Rick Worner, Joel Shore, Bob Bundy and Mike Gallagher. President will be Dick Detwiler and Past President Jim Russell. All other officers of the club will be elected at the Annual BOD Meeting to be held in January.

Thanks to Kay Sheehan for serving 4 years on the BOD, Larry Zygo for serving as President and Past President plus many years on the BOD, and to Doug Brooks for serving as Membership Chair for many years.

Since the last newsletter the BOD has met two times. Items discussed and decisions made include:

Membership fees will increase as of March 1. (Renew now at 2004 rates.)

\$10.00 one-year student (high school or younger)
 \$20.00 one-year & \$50.00 three-year individual
 \$25.00 one-year & \$65.00 three-year family
 \$25.00 one-year organization
 \$200.00 life

There will no longer be a newsletter only membership.

Meet fees will also be increased for non-members:

\$3.00 member & student (high school or younger)

\$6.00 non-member

\$1.00 each additional map

These changes are necessary to help defray the increase in USOF fees, which include 3rd party liability insurance for all ROC members and landowners.

The 2005 ROC schedule was finalized. A 3, 6, and 12-hour rogaie is scheduled for September 10 at Rattlesnake Hill and a three-day Youth (10-15 years) Orienteering Training Session has been added August 16, 17, & 18, in collaboration with the Irondequoit Parks & Recreation Department.

Mapping continues. At the present time Eric, Jim R., and Dick are working on field checking Rattlesnake Hill; Ravi and Joel are updating Webster Park; and there is a possibility that Durand's westside, north of the Town Hall and crossing King's Highway, will be mapped for future use.

Mike is putting together a new ROC information flyer which will be distributed to outdoor stores and local events.

New ROC t-shirts, jackets, and/or vests were discussed. No decision was made.

Randy will continue to maintain email lists for the BOD and general information. A new list will be started to include the BOD and others who are interested in helping the club with its functions and activities.

The Annual Board Meeting will be held in January 2005.

Local Meet Results

Irondequoit Bay Park West --

Oct. 2, 2004

Meet director and course setter: Jim Tappon. The weather wasn't particularly cooperative, limiting attendance to 35 people who braved the cool, rainy day to take on the challenge of this small but difficult park.

White (distance 1.12km climb 85m)

| | | |
|-----|-------|------------------------|
| 1) | 44:00 | Carol Moran |
| 2) | 44:20 | Michael Hirsch |
| 3) | 58:10 | Amy Sapowith |
| 4) | 59:10 | Hugh & Nick Lambert |
| 5) | 59:50 | Anna Woolston |
| 6) | 62:30 | Jennifer Manley |
| 7) | 72:55 | John Burchill |
| DNF | | Sandy & Nickada Joseph |

Yellow (distance 1.70km climb 100m)

| | | |
|----|-------|-----------------|
| 1) | 26:45 | Paul Roche |
| 2) | 29:10 | Nate Lyons |
| 3) | 59:55 | Pat Russell |
| 4) | 61:00 | James P. Lavine |
| 5) | 70:30 | Lon McClure |

Orange (distance 3.10km climb 225m)

| | | |
|-----|--------|---------------------------|
| 1) | 36:25 | Sergey Dobretsov |
| 2) | 47:10 | Robert Holmes |
| 3) | 52:30 | Mike Allen |
| 4) | 53:50 | Joel Shore |
| 5) | 56:50 | Michael Lyons |
| 6) | 58:05 | Todd Sheehan |
| 7) | 64:40 | Rick Slattery |
| 8) | 74:30 | Paul Schwartz |
| 9) | 75:10 | Bob Bundy |
| 10) | 82:20 | Victor Klassen |
| 11) | 83:20 | Anne Schwartz |
| 12) | 88:40 | Michael Finear |
| 13) | 88:55 | Ansis Robs |
| 14) | 92:45 | Mark Hawkins & Will Soles |
| 15) | 97:15 | Jack Wallenhorst |
| 16) | 102:20 | Linc Blaisdell |
| 17) | 144:10 | Louise Cook |
| DNF | | Gil Robs |
| DNF | | John Nusz |

Oatka Creek Park -- Oct. 17, 2004

Mapper and course setter Dick Detwiler advised that there were MANY pits on this map, and I think most participants agreed! Several very large ones (which resulted from previous mining activity on this site) were used as control features for the Brown and Green courses.

The weather wasn't real pleasant (very rainy most of the day), but around 100 people came out to sample the courses in this new-to-ROC area.

| | |
|--|-------|
| WHITE 2.6 km | |
| 1. Mark Arlauckas | 23:06 |
| 2. Sylvia Klassen | 29:16 |
| 3. Carol Moran | 35:38 |
| 4. Terri & Paula Seyfried | 42:02 |
| 5. Al Fantauzzo | 42:19 |
| 6. John Burchill | 52:05 |
| 7. Dan Demarle | 55:38 |
| 8. Jill Fickbohn | 55:48 |
| 9. Hugh Lambert | 60:55 |
| 10. Maureen, Bandon & Angela Gallagher | 72:10 |
| 11. Doug Brooks Group | 73:35 |

| | |
|-------------------------|--------|
| YELLOW 3.5 km | |
| 1. Ron Salladin | 61:07 |
| 2. Cheryl Detwiler | 66:00 |
| 3. Steve & Chris Tylock | 66:15 |
| 4. Laurie Hunt | 71:10 |
| 5. Heidi Hall | 80:20 |
| 6. Doug Hall | 81:40 |
| 7. Elizabeth Hane | 84:59 |
| 8. Laura Civiletti | 89:44 |
| 9. Jill Fickbohn | 111:00 |
| 10. Anna Woolston | 139:40 |

| | |
|-----------------------------------|--------|
| BROWN 4.1 km | |
| 1. Jim Tappon | 59:30 |
| 2. Rob Holmes | 59:59 |
| 3. Mitchel Hansinger | 72:00 |
| 4. Joe Seyfried & Dan Thayer | 72:50 |
| 5. Karl Kolva | 77:25 |
| 6. Mike, Joe & Julie Gallagher | 87:15 |
| 7. Annette Otis & Vaughn Micciche | 95:05 |
| 8. Paul Schwartz | 98:55 |
| 9. Brian Tomaszewski | 99:56 |
| 10. Frank, Zack & Mark Armstrong | 100:20 |
| 11. Louise Cook, Yar Pryjmak | 105:15 |
| 12. Anne Schwartz | 110:42 |
| 13. Chris McBride | 115:03 |
| 14. Will Soles | 119:00 |
| 15. James Lavine | 128:08 |
| 16. Mark Sciera | 138:00 |
| 17. Lois Camphauser, Dirk Redda | 144:07 |
| 18. Mike Yunker | 164:55 |
| Kevin O'Brien | DNF |

| | |
|--------------------------|-------|
| GREEN 5.4 km | |
| 1. Sergey Dobretsov | 48:48 |
| 2. Lindsay Worner | 66:01 |
| 3. Timothy Gorbald | 67:02 |
| 4. Linda Kohn | 73:40 |
| 5. Rick Worner | 74:22 |
| 6. Rick Slattery | 75:50 |
| 7. Rick Lavine | 76:17 |
| 8. Dayle Lavine | 78:42 |
| 9. Eric Barbehenn | 81:00 |
| 10. Stina Bridgeman | 85:17 |
| 11. Victor & Sue Klassen | 88:34 |
| 12. Bob Bundy | 93:20 |
| 13. Jackie Novkov | 99:15 |
| Michelle Goldsein | DNF |

Powder Mills Park Scrooge-O -- Dec. 5, 2004

Thanks to everyone who helped make the Scrooge-O such a huge success: Jim Russell, Louise Cook, Laurie Hunt, Sandra Lomker, Carol Moran, Dayle Lavine, Linda Kohn, Rick Lavine, Tom Cornell, Jocelyn Svengsouk, and other BOD members and families who brought food, greeted and helped to clean up the lodge.

Even with the cold and wind, twenty-six groups (49 people) participated in the Scrooge-O

Results

Scrooges:

Dirk Redda & Lois
Larry & Marilyn Zygo
Jack & Tom Wallenhorst

| Places: | | Points |
|----------|--|--------|
| 1 (tie) | Mike Lyons | 20 |
| 1 (tie) | Kathy Bannister | 20 |
| 3 (tie) | Ron Salladin | 18 |
| 3 (tie) | Steven & Pat Russell & Jordan Parker | 18 |
| 3 (tie) | Gil & Ansis Robs | 18 |
| 6 | Lindsey, Rick & Linda Worner | 16 |
| 7 | Tom, Tina, Riley Blasiak | 15 |
| 8 (tie) | Dayle Lavine | 14 |
| 8 (tie) | Joel Shore | 14 |
| 10 (tie) | Bob Bundy | 13 |
| 10 (tie) | Mike, Angela, Hannah, Brendan Gallagher Joe Speech | 13 |
| 12 (tie) | Rick Lavine | 11 |
| 12 (tie) | Marie Heekens | 11 |
| 14 | Stina Bridgeman | 9 |
| 15 | Jefferson, Lisa, Madeline, Samuel, & Malichaun Svengsouk | 8 |
| | Tim, Tatyana, & Sergey Dobretsov | Early |
| | Roger Keeney | Early |
| | Sandy & Nickada Joseph | Early |
| | Ravi Nareppa | Late |
| | Dan Katz | Late |
| | Alex, Ross, Sarah Pirnie | Late |
| | John Lam | Late |
| | Jocelyn Svenghouk | Late |



Alex Pirnie and his children, Sarah and Ross, discuss strategy for the Scrooge-O.
(Photo by Paul Schwartz)



Tim Dobretsov preparing for the Scrooge-O.
(Photo by Paul Schwartz)

Cobbs Hill Night-O – November 17, 2004

Course setters and Meet Directors: Rick and Dayle Lavine

Meet helpers: Gil Robs, Ravi Nareppa, Jim Russell, Laurie Masood, Sergey Dobretsov, Linda Kohn, Rick Worner, Larry and Marilyn Zygo

White, 10 controls, time limit 60 min.

| Name | # Controls | Time |
|--|------------|-------|
| 1 Tom, Pat, & Kevin Spath, Daniel & Keith Langdon, James & Tony Ciaccia | 10 | 43:47 |
| 2 Jennifer & Paul Marley | 10 | 48:42 |
| 3 Elizabeth Mane | 10 | 52:50 |
| 4 Rick Worner | 10 | 56:14 |
| 5 Chris & Ben Trageser, Jeff Young, Sandra & Jeff Long | 10 | 58:00 |
| 6 Beth, Leonard, & Stacia Maiorani | 10 | 58:29 |
| 7 Dave & Jacob Hansen, Tom & David Maurer | 10 | 58:44 |
| 8 Steve, Matthieu & Philippe Dora, Elaine Morel | 9 | 60:48 |
| 9 Alex, Andrew, & Ross Pirnie | 8 | 57:35 |
| 10 Steve & Pat Russell, Jordan Parker | 8 | 59:00 |
| 11 Lisa & Alaina Corso, Laurie & Sarah Masood | 8 | 59:58 |

Orange, 24 controls, time limit 90 min.

| | | |
|--|---------|-------|
| 1 Sergey Dobretsov | 24 | 38:00 |
| 2 Gil Robs | 24 | 44:02 |
| 3 Rob Holmes | 24 | 44:45 |
| 4 Mike Lyons | 24 | 58:40 |
| 5 Stina Bridgeman | 24 | 60:00 |
| 6 Steve & Kevin Tylock | 24 | 64:55 |
| 7 Jim Russell | 24 | 66:25 |
| 8 Ravi Nareppa & Divya Beven | 24 | 71:04 |
| 9 Joel Shore | 24 | 74:40 |
| 10 Mike, Angela, Brendan & Julie Gallagher, Caroline Doehn | 24 | 81:19 |
| 11 Joe Seyfried | 24 | 84:45 |
| 12 Will Sales & Mark Hawkins | 24 | 85:30 |
| 13 Jack & Tom Wallenhorst | 24 | 85:40 |
| 14 Larry & Marilyn Zygo | 24 | 88:48 |
| 15 Frank, Mark & Zack Armstrong | 23 | 85:35 |
| 16 Bob Bundy | 22 | 80:01 |
| 17 Rick Slattey | 21 | 73:54 |
| 18 John Miller & Chris Johnson | 21 | 81:00 |
| 19 Michael Finear & Liz Grandi | 16 | 78:57 |
| 20 Pera & Carly Britton, Becky Scarrott, Abby Kmiecinski | 14 | 82:40 |
| 21 Rich, Evan & Jenna Bilsback, Tina Huehn, Sarah Bryan | 13 | 77:00 |
| 22 Katie Coulon, Beth Molier, Samantha Easler | 18-5=13 | 95:20 |
| 23 Megan Monahan, Kelsey Bilsback, Katie K?, S. Henna | 12 | 82:00 |
| 24 Lorie, Rachel & Melissa Tylock, Jill & Caris Trippe | 10 | 74:20 |
| 25 Rosemary & Kieran Irwin | 7 | 77:42 |
| 26 Tom, Liz, Hannah & Jeff Kmiecinski, Stasi Formica, Amber Tracy, Jenni Grassi | 7 | 80:00 |
| 27 Roger Keeney | 6 | 78:48 |
| 28 Jerry & C. Trippe, Christopher Tylock | 5 | 65:15 |
| 29 Jeff, Lisa, Madeline & Samuel Svengsouk | 5 | 77:42 |

Rochester Orienteering Club membership application form

(Join before March 1 to avoid the price increase!)

- \$5 (\$10 after 3/1/05) for one-year student membership (high school or younger)
- \$10 (\$20 after 3/1/05) for one-year individual membership
- \$15 (\$25 after 3/1/05) for one-year full family membership
- \$15 (\$25 after 3/1/05) for one-year organization membership (example: Scout group)
- \$25 (\$50 after 3/1/05) for three-year individual membership
- \$40 (\$65 after 3/1/05) for three-year family membership
- \$150 (\$200 after 3/1/05) for life membership

| | First name | Last name | Birthdate |
|------------------|------------|-----------|-----------|
| Self: | _____ | _____ | _____ |
| Spouse: | _____ | _____ | _____ |
| Children: | _____ | _____ | _____ |
| | _____ | _____ | _____ |
| | _____ | _____ | _____ |
| | _____ | _____ | _____ |

Address: _____

City: _____ **State:** _____ **ZIP:** _____

Phone: _____ **e-mail:** _____

Indicate if: **New membership** **or Renewal**

Please enclose a check payable to the Rochester Orienteering Club and mail to:
Rochester Orienteering Club
40 Erie Crescent
Fairport, NY 14450

First Class



40 Erie Crescent
 Fairport, NY 14450