



# The Wild Times

September 2006

ROC hotline: (585) 377-5650 Web site: <http://roc.us.orienteering.org>

The official newsletter of the Rochester (NY) Orienteering Club

## Two US Champions from ROC!

The orienteers of the Lyons family ventured out to Wyoming and Colorado to participate in 7 days of orienteering, including the US Championships. The results were very impressive! Both Zach and Nate Lyons won the gold medal in the US Championships in their respective age categories! See story and more pictures inside this issue.



Kathy Bannister leaving control during the Crystal Relay in Wyoming. She teamed with Zach, Nate, and Mike Lyons on the all-ROC team.



Nate Lyons handing off to Zach Lyons at the Crystal Relay. Later, both Nate and Zach won US championships in their respective categories

### Upcoming orienteering opportunities

If you're looking for some interesting orienteering without driving very far, there are a couple of top-quality meets very close to the Rochester area. In addition to our fine schedule of local meets with the standard selection of courses, there are the following:

- CNYO A-meet September 23-24
- North American Rogaine Championships in Hamilton, Ontario - October 6-9

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## 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.

### Entry fees

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.

## 2006 Fall Schedule

### Rochester Area

Saturday, Sept 30	<b>Webster Park.</b> Orchard Hill shelter. Start from 12:00 noon to 2:00 p.m.
Sunday, October 8	<b>Irondequoit Bay Park East.</b> Start at Bayview YMCA. Start from 12:00 noon to 2:00 p.m.
Sunday, October 22	<b>Mendon Ponds Park.</b> East Lodge. Start from 12:00 noon to 2:00 p.m.
Saturday, November 4	<b>Night-O. Powder Mills Park.</b> Wadhams Lodge. Mass start at 6:00 p.m.
Saturday, November 11	<b>Annual Mendon Trail Run.</b> East Lodge. 5K, 10K, 20K, 50K. Start times: 8:00 a.m. 50K, all other distances 9:30 a.m.
Saturday, December 2	<b>Annual Meeting and Scrooge-O. Camp Eastman.</b> Veterans Memorial Cabin. 5:00 p.m.
Saturday, January 6, 2007	<b>Ski-O at Harriet Hollister Park (new area!).</b> Start from 12:00 noon to 1:30 p.m.
Sunday, January 21	<b>Ski-O at Mendon Ponds Park.</b> Start from 12:00 noon to 1:30 p.m.
Saturday, February 3	<b>Ski-O at Letchworth State Park.</b> West side, Trailside Lodge. Start from 12:00 noon to 1:30 p.m.

### Outside of Rochester Area

*See web sites of the sponsoring club for details.*

September 23	<b>BFLO.</b> Emery Park.
September 23-24	<b>CNYO. A-Meet.</b> Virgil, NY and Cortland, NY
October 6-9	<b>GHO. North American Orienteering Championships.</b> Sprint, Middle, and Long distances. Hamilton, ON region.
October 9	<b>EMPO.</b> Grafton Lakes State Park
October 15	<b>BFLO.</b> Schoellkopf Scout Camp
October 29	<b>BFLO.</b> Chestnut Ridge Park.
November 4	<b>EMPO.</b> Scout-O. Tawasentha Park
November 18	<b>EMPO.</b> Peebles Island

### Contact information

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

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

**USOF web site:** [www.us.orienteering.org/](http://www.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://empou.us.orienteering.org>

**Adirondack Orienteering Klub (AOK) web site:** <http://web.northnet.org/aok/>

**Other clubs:** See USOF web site.

### 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!**

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# Wyoming and Colorado– Runner's High

## Zach, Nate, and Mike Lyons

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### The plan, and getting there

The area around Laramie, Wyoming looks brown and boring from the air, but it's fast and exciting on the ground, as Nate, Zach and I learned during our wonderful week of orienteering this August.

We haven't been orienteering long, but we've been making up for lost time this year, as we have attended A Meets in Ohio, Massachusetts, Connecticut, and North Carolina, as well as Albany and West Point. Now we can add Wyoming and Colorado to that list. This fall we also plan to compete in Ontario (twice), Pennsylvania and Cortland, NY. My daughter, Chelsea, thinks we are obsessed, but at least it's a healthy obsession.

When we found out that the US Championships were going to be in Colorado, following 9 days of orienteering in Wyoming, we knew we had to head out west. None of us had ever been out there, except flying over the mountains on the way to the West Coast.

After checking my vacation availability, we determined that we would have to miss the first few events, but we would still have the chance to participate in 7 events in 8 days. The only downside was that half of the family would have to remain at home, since the trip conflicted with the scheduled start of Chelsea's soccer season (she has since decided to run Cross Country instead; perhaps orienteering may be in her future, after all).

### First day in Laramie

After flying into Denver on Saturday, August 12th, we made the drive up to Laramie, awed by the beauty of the area. Thanks to excellent advice from ROC members who had made the trip before, we made sure we stayed hydrated and got a good night's sleep before the first race on Sunday. The boys seemed to be unaware that we were running at over 8000' and turned in fine performances, with Nate, running "up" on Orange, posting the second best time of the day. I didn't struggle with breathing at this altitude, but my legs were very heavy. I also "discovered" some local flora, accidentally putting my hand down on a cactus while scrambling to leave a control; I was still picking needles out of my hand four hours later!

### Night-O Championships

Our second day was the US Night-O Championships. We used the late start as an opportunity to drive into the Snowy Range, and hike up to the Medicine Bow peak, which is just over 12,000'. On the drive back, we pulled over to the side of the road, and had our first-ever August snowball fight!

In the evening, I was a little nervous; Zach had never been out on a night course before. It was tough to send him out alone on the eve of his 10th birthday, but he said he was ready, so off he went, getting a nice scare as he found himself headlamp-to-eyeball with a cow during the course. He finished up with no real problems, and took 2nd place, only 44 seconds behind the winner. Nate's race was even closer, as he lost to Andrew Childs of GMOC by only 9 seconds, due to hesitating at the penultimate control. His time of 16:46 for 2.3km (or 7:17/km), in the dark, demonstrates just how fast the Laramie terrain can be.



Zach and Nate Lyons in Colorado

The map was called "Lights of Cheyenne", and you could actually see the lights of Cheyenne in the distance, some 30 miles away. Unfortunately, those lights were of no use to me, and I struggled a bit on the first control, forgetting the standard "be cautious on the first control" mantra. After that, things went smoothly for awhile, until my batteries died. I had spares, but it turned out to be a little difficult to change them in the dark, and when my light came back on, I had lost my position on the map. That was enough to put me just under 7 minutes shy of winning a USOF medal (and just under 9 minutes from 1st place in M40+). Our recent visitor, Anders Bjorklund, had an incredible race, completing the 8.8km in 1:15:54, more than 3 minutes faster than anyone else on the Red course.

### The Sprint

Tuesday was the Sprint day. After having two days of very fast terrain, I was expecting more of the same; however, this ended up being tougher running. The boys and I all struggled adjusting to the more complex terrain in this race. The winning time was only 19:20, by Eric Bone from the US team. On Sunday, Eric, along with the Saeger sisters, Samantha and Hillary, had spent some time relating their WOC experiences to the juniors. Nate and Zach were most entertained by Eric's story of his collision with Mike Smith of Canada during the sprint qualifier race, which he finished despite being rushed off to the hospital for stitches immediately afterwards.

## The Relay

Wednesday was the Crystal Relay. Since Kathy Bannister had also made the trip out west, we were able to field a ROC club team for this competition. The course setter for this event, and the man responsible for most of the Wyoming races, Mikell Platt, had done a wonderful job.

As the first leg runners, including Nate, were out on the course, those of us at the hilltop start/finish area had a wonderful view of the race, as it unfolded. After disappearing from sight, Nate made a small error on the second-last control, but still was 15th at the end of his leg. Since we were watching from high above the course, it meant there had to be a climb to the finish, and that climb was aptly named “The Wall”, and was a very tough way to end a course.

Zach went next, and gamely took on a Yellow/Orange leg, slowly, but steadily, maintaining contact with the map and brought us through 2 legs in 20th place.

Kathy went third, and moved along quite nicely; however, my role as a spectator had to end early, as they did a catch-up mass start of the remaining teams (all but the first 20), after the winning team, CSU, had finished. I tried to keep up with Marty Hawkes-Teeter of EMPO, but lost him after a few controls, and finished just over 2 minutes behind him. With all of the open fields on the map, I was able to catch sight of him every now and then, despite all of



Zach during his leg of the relay.

the hills.

Our team finished 16th overall, and 12th among club teams, which was pretty impressive given that we had two masters and two juniors on the team, and 5 of the top 6 teams included current US team members, fresh off their trip to Denmark for the WOC.

## Last day in Laramie

The last day in Laramie was an A-Meet day. Since it was a “Middle” day, with the courses a little shorter than “Classic” length, we all decided to “run up” one course, for the added challenge. Zach had a very nice run on Yellow, averaging 9:27/km. Nate also averaged under 10min/km on Orange, and finished ahead of all of the M-16 runners; however, his archrival and newfound friend, Andrew Childs finished six minutes ahead of him. I ran on the Blue course, which had a very strange twist at the start. From the start triangle, I had to

run back past the call-up line, then parallel to the trail that served as the walk to the start, to get to the first control. The low point of the run came when I punched a control right after Peter Gagarin. He is one of the best navigators in the world. I thought he was on a different course, but we seemed to be running the same leg, so, after setting a rough bearing on my compass, I ran hard to catch him. As we get close to the control location, he stopped and scratched his head. Oops, apparently I

had picked the only control he really missed to chase him (perhaps the gradually louder breathing and footsteps distracted him). I lost a couple of minutes relocating and never saw Peter again (he and his 60+ year old legs beat me by about 15 minutes overall).

## On to Colorado and the US Championships

On Friday, it was on to Colorado. We took a scenic route and the drive was longer than expected, but we had the chance to explore

the short “model” course before checking into our hotel. It gave us a good representative look at the terrain, which was quite different than Laramie. There were fewer open spaces, but the open areas were less cluttered with sage, etc. and were even more runnable.

The US Championships were on the weekend. It was a two-day combined time event on adjoining maps – the model map had been near the seam of the two maps. Day 2 finished at a KOA campground that had a view of five 14,000'+ peaks not far to the west. The altitude for the races was near 9-10,000', but we seemed to be fairly well acclimated by now.

The boys had excellent runs on day 1. Nate made only one small mistake, and ended the day with a 4.5-minute lead. Zach also had a clean run, aided by the fact that the White course was more like a Cross Country race than an Orienteering race: all of the legs but one were streamered, and the leg that was not streamered, followed a dirt road. Unfortunately, we did not know where Zach stood at the end of the day. When we left (long after the last start), there was still no time posted for the runner who beat him in the Night-O.

## Distractions and parallel errors ...

I knew where I stood, however. I ran very cleanly through the first five controls, and caught someone going into control 5. Since I had already picked out my line for the next control, I got out of the control quickly after punching, and ran hard to try to open some distance on the other runner. The leg, though long, was easily simplified into 3 sections: a run across a field to a visible tree line, a run on a bearing through some undulating terrain, and the location of a dry stream for the final attack. I executed the first section well, but still heard footsteps and became distracted during the second section, and apparently drifted to the right, missing the intended dry stream. I was



The ROC relay team: Nate, Zach, Kathy, and Mike

counting paces, but since I was running faster than usual, I ended up overshooting the distance, which put me at a parallel stream bed, which had many of the same features surrounding it. When I found a lone boulder on the hill, I was sure I was at the right location. The other runner was also searching in the area, and a third soon joined us, increasing my confidence, so I spent far too long searching in that area. We all eventually gave up, thinking the control was in the wrong location. After traveling towards the next control, I realized I was not where I expected, and took another close look at the map, and thought, "Oh, no!", I had been in the wrong location! I worked my way back down the hill to the proper area, and quickly located the control. This turned out to be a 27-minute error, and I had taken myself out of any chance for a high placing. Lesson learned: ignore others; after chasing you out of the right area, they may be just as lost as you are!

On Day 2, we were excited that the championships would be decided, but we were saddened that it was going to be our last day of the 1000 Days. Nate and Zach had earlier starts, so I was going to have to watch them leave, but not know the outcome until I finished. I vowed to avoid any huge errors today, and the cautious approach paid off on control 2, where I ran around on a road for an easy attack, while others struggled with a straight, but forested, route. I did make a few mistakes, including at control 3, which allowed Anders to catch me from 4 minutes back. I ended up seeing him near each control, thru control 8, but we seemed to take significantly different routes in between. I lost Anders with a 2-minute mistake at control 8, and made a 4-5 minute mistake on control 10, and a 2-3 minute mistake on control 12. The interesting thing about these mistakes is that

they all involved my difficulty in reading large rock features. That is something that we don't get to practice much in Rochester.

## Two gold medals!!

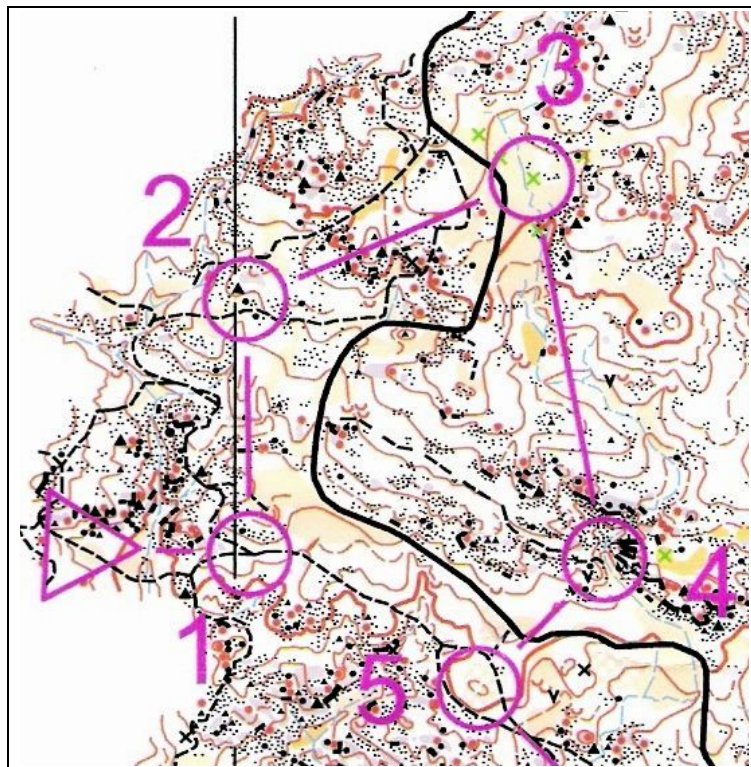
- ❖ Nate wound up making a couple of mistakes on his course, but finished just 2 minutes behind Andrew, which was enough for him to win the gold medal in M-14!
- ❖ Similarly, Zach had a few mistakes, but it turned out that he had also led by over 4 minutes after day 1, and hung on for a 41 second win in M-10!

The overall champion was Mikell Platt, who won his 13th US Championship. So, we got to see that in addition to making high-quality orienteering maps of the Laramie area, he is still able to compete at a very high level.

Finishing a very respectable 3rd place was a brand-new Rochesterian, William Hawkins, just a few minutes behind Eric Bone. On the women's side, Pavlina Brautigam added another title to her collection, finishing about 4 minutes ahead of Samantha Saeger, whose younger sister Hillary was third.

All-in-all we had a wonderful time out west and plan to return there in the future, with the entire family. The family-friendly atmosphere that accompanies our local meets carries over to other meets, even the national championship, and helps make orienteering a truly unique and terrific sport.

(See maps below, and on pages 10 and 12.)



A segment of one of Nate Lyons' Yellow courses from the US Championships in Colorado. See page 9 for full course.

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# Webster map updated

## Joel Shore, with assistance from Ravi Nareppa

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Thanks to the efforts of Joel Shore, with assistance from Ravi on one section of the map, our Webster Park map has received the most thorough update that it has had in many years. This project was initiated in early 2005, when I put out an appeal for someone to take on the task of going over the entire park, updating the map where needed. Even though we have used the Webster map frequently and for the most part, successfully, for many years, I had become aware from my journeys into the park that there were a lot of places where the map really needed updating.

Neither Joel nor Ravi had any previous mapping experience. I met with them one afternoon at the park, showed them how to set up a map board with drafting film overlays, went over field checking symbols, and spent a few hours walking through the northeast section of the park, pointing out examples of places where I thought the map could use some improvement. They took over from there.

Joel sent me his completed map a couple of months ago, in plenty of time for the upcoming meet at Webster Park (September 30). I asked him a few questions about his experience doing the Webster Park update. Here were his comments:

- ◆ He estimates that he spent approximately 50-70 hours on the field work, usually in 3-6 hour blocks of time, and about 30 hours doing OCAD drafting.
- ◆ Related to the above, he commented “It was amazing how time-consuming it was... At the end of a stretch, I would look at what I did and wonder where all the time had gone! The time really flew by when I was out there and it was never boring, and although it did take a lot of time it was nice that I could pretty much do it at my leisure and it was a very pleasant way to explore just about every nook and cranny of that park!”
- ◆ In terms of elapsed calendar time, “It was basically a year and a quarter from when I started it in earnest in April 2005 and finished up in early July of this year. Realistically though, it was over two few-month periods with a big break in the middle (essentially from the June 4th, 2005 meet until I started back up again in mid-April of this year). So, I guess what you could call it most succinctly two springs.”
- ◆ Closing comment: “I think it was useful in helping to train and improve my orienteering skills...and also to give me an appreciation of all the hard work that goes into creating those maps! I also find that I can no longer walk through any park without noticing rootstocks and the like!”

I'd like to add a couple of comments of my (Dick's) own:

- ◆ First of all, I and the rest of the club really appreciate Joel's efforts on improving this frequently-used map.

- ◆ This is an example of how someone with no previous mapping experience can contribute to keeping our maps up to date.
- ◆ It is also an example of how a task like this can be accomplished with no urgent time pressure. In this case, as with most of our maps, the map is already usable, so it's not a situation where one needs to scramble to complete the map updates within a month or two. In this situation, the work stretched over the course of around 15 months, and there was absolutely no problem with the work taking that length of time.
- ◆ Lastly, as nearly anyone who has done any mapping can attest, being involved in mapping is an excellent way to improve one's orienteering skills.

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## Appeal for more mappers!

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There are several other parks that could use a thorough updating, similar to what Joel did at Webster. These are ones that come to mind:

**Powder Mills Park** – It was updated only a few years ago, but based on my experiences at the recent meet we had there, and comments from a few other people, there have been enough changes that it could use another update. Especially in the trail system south of where we started this year's meet, plus a few other places.

**Black Creek Park** – We've been having an average of a meet a year there, and having a better map would make orienteering in the park more pleasant. Some trails have been added to the map recently, but there hasn't been an overall update since the map was made, which back in the early 90's. A lot of the vegetation is either mapped wrong or is just confusing (like about 3-4 different ways of mapping thick stuff that there's no way anyone would want to go through).

**Ellison Wetlands** – We never really made a true “orienteering” map of this area. The contours are excellent, coming from an official orienteering base map, and I believe the trails are mapped reasonably well but could probably be improved. The main missing piece is the vegetation, which for the most part hasn't been mapped.

**Durand Eastman, east side** – I did some minor updates a few years ago but it really needs a thorough going-over.

I've asked Joel for his preference for his next mapping project, and he selected Durand Eastman. So this one is spoken for. Any of the others could use a volunteer. Please contact Dick Detwiler (RLShadow@aol.com) if you think you might be willing to take one of these parks on as a map update project.

# STAYING “ON THE MAP”

Simple Navigational Guidelines for Beginner Orienteering  
Bob Burg – Orienteering Unlimited – [www.orienteeingunlimited.com](http://www.orienteeingunlimited.com)

Orienteering is a map reading sport classically held in the woods. A wide range of courses are offered suited to each person’s experience and ambition, from shorter trail walks to demanding cross-terrain long-distance racing. Starting off individually, participants navigate on foot over unfamiliar terrain, guided by only their wits, a detailed topographic map, and sometimes a compass. They must find a sequence of specific geographic features (e.g. Hilltops, boulders, stream junctions) indicated by circles on the map. Arriving at each feature, they discover a distinctive orange and white flag that looks like a triangular box kite (called a control), hanging with an identifying pin punch used on their scorecard to prove they found that feature. Timed from start to finish, the competitive enthusiastically compare their times and route choices with others, while the recreational enjoy it as leisurely outdoor family fun.

Orienteers use a picturesque and pithy phrase that captures the essence of this thinking sport.

You are either “On the Map” or “Off the Map.” Much like navigating through life, navigating with a map requires that we stay continuously aware of where we are, what’s coming up next, and what we are looking for. If we don’t know exactly where we are, Orienteering (and life) easily devolves into wandering (or running frantically) around hoping to stumble upon our goal. The tortoise often beats the hare simply by knowing where she is and where she’s going. (Though it does help, of course, to be a fast tortoise or a smart hare. ☺)

The following techniques provide beginner and veteran alike simple ways to avoid frustration – to stay on course, find features efficiently, and have the most fun.

## Map Handling Techniques

### **1. Orient the Map – To keep all the features on the map matched to the terrain.**

Move the map into the same position as the terrain you are facing. For example, if you are on the shore looking at a lake, orient the map so that the lake is in front of you on the map. And not vaguely sort of on an angle, but aligned exactly as it appears before you.

This means that once matched to your surroundings, *you* may move but the map stays the same relative to your surroundings. If you turn around to look up the hill sloping down to the lake, you just did a 180, but the map is still in its fixed position. Except now you have the hillside in front of you on the map, and the lake behind.

There is nothing more confusing than having what we’re looking at on the map actually be at our backs or on some odd angle. We have to make constant mental adjustments until our brains get twisted like a pretzel. It is like trying to drive a car by looking in the rear view mirror.

So at all times, keep the map oriented to the terrain. Make map reading easy on yourself.

### **2. Fold the Map – To keep only the area you need in sight.**

We’ve all seen the movie where our hero while driving his car battles with a huge unfolded map, trying vainly to make sense of where he is. It is always a losing battle.

If you fold the map down so that only the part you are using shows, it simplifies your task immeasurably. Every time you consult your map, only where you are and where you are going next is visible. When Orienteering, this means you often see people walking or running by with only a tiny little folded map in their hands, surveying only the part that matters to them in the moment. Having only the next 2 or 3 legs showing is a good rule of thumb, speaking of which...

### **3. Thumbing – To always know exactly where you are without searching around.**

You don’t want to have to relocate where you are every time you look at your map. So the easiest way to keep track is to hold your thumb at the spot on the map where you are. Opposable thumbs are a unique evolutionary gift to humankind that orienteers take full advantage of.

Then as you progress through the woods or across a field, you inch your thumb along. Doing this consistently eliminates quick confused scanning and keeps you – tah-dah! – On the Map.



## Navigational Techniques

### Questions to Ask *Before* You Start Moving

#### 1. **Where Am I Now?** – These incorporate all the map handling techniques.

We hope it is obvious that you must first find on the map where you actually are and which way you're facing before you take your first step or stride. In Orienteering, that is simple. You are at the purple start triangle. (Though since you can't look at your map until the course begins, you still have to find the triangle and orient the map.) So face North, turn your map over, and find the triangle. Then fold the map to the portion you need, put your thumb just behind the triangle pointing in the direction you're going, and ask yourself...

#### 2. **Where Am I Going?** – What is the feature I'm trying to find?

You know, it makes a world of difference if you're trying to find the corner of a building, the junction of two streams, or a boulder. They look very different. So it's a good idea to know what your target will be once you get there. It is listed on clue sheet that comes with your map, all written out for beginners, in only symbol form for more advanced. So then consider...

#### 3. **What Will Lead Me to That Feature?** – What's the best route from here to there?

We've all seen and used handrails. On stairways, along the edge of docks and porches. They keep us safe and steady and lead us to where we want to go without having to think very much.

Orienteers use **Handrails** too, simple straightline (called "linear") features like trails, fences, streams, and edges of fields "to hold onto" that will lead us most of the way to our next target.

On beginners' courses, they often take you right to the target. On advanced courses, handrails are more subtle terrain features like ridges, rock fields, or large valleys. **Handrails** are features that make our route choice simpler and let us move without having to think until...

### Questions to Ask *As* You Are Moving

#### 4. **How Will I Know I'm On Course?** – Checkpoints along the way to keep you on target.

If, for some reason, you encounter a brain fog or are brand new at this, **Collecting Features** along the way reassure you that you haven't gotten lost. At least not yet. What should you be passing as you progress? That lake off to your right? This stream you are crossing? The trail joining yours on the left? Any simple mapped feature you can identify along the way reassures you that you really *do* know where you are. **Collecting Features** are comforting. They can also alert you to when you are approaching the mother of all collecting features, your...

#### 5. **How Will I Know I'm Almost There?** – Finding a clear feature just before your target.

When people give directions, they'll often say, "And just before you get to our street, you will pass a Wawa (or Mark Twain Elementary School) on your right." The Wawa is your **Attack Point** – an unmistakable feature that tells you you're getting close. You know, one of those "you-can't-miss-it" features. And from there, it's a short route to your destination.

Reaching your **Attack Point** trips your brain from cruise control and scenic reveries to careful navigation mode. When you reach it, you know you're almost there, control flag waiting for you at the feature you've remembered from your clue sheet at the beginning of the leg. ("Let's see, I'm looking for the far corner of that building just ahead, or where those two streams merge, or the boulder just to the left after I hang a right at this trail crossing coming up. Yea! There it is!")

#### 6. **How Will I Know If I've Gone Too Far?** – When bad things happen to good people. ☺

But what if all your best-laid plans go astray (and you with them)? Another page from your friendly giving-directions book. "Now if you get to the Starbuck's with the Sunoco Station directly across the road, *you've just passed our street.*" In Orienteering parlance, this is called a **Catching Feature**. Catching Features are easily identifiable features that you should not be running into *before* the control. So if it's staring right at you, you've just missed your target.

But not to worry, this is a good sign. It means all you have to do is turn around and backtrack a short way. That's why it's good to have a **Catching Feature** in mind. Since no one is perfect (not even the elite runners), catching a mistake right away is a major tactical advantage to cultivate – a close second to actually admitting a mistake in the first place. "Wait a gosh-darned minute! I was supposed to reach that stone wall just as I was *leaving* the control. I must have gone right by

it!” Again, the tortoise beats the hare who has jumped the stone wall and is 2 kilometers downstream scanning for the control that’s just *got* to be here somewhere.

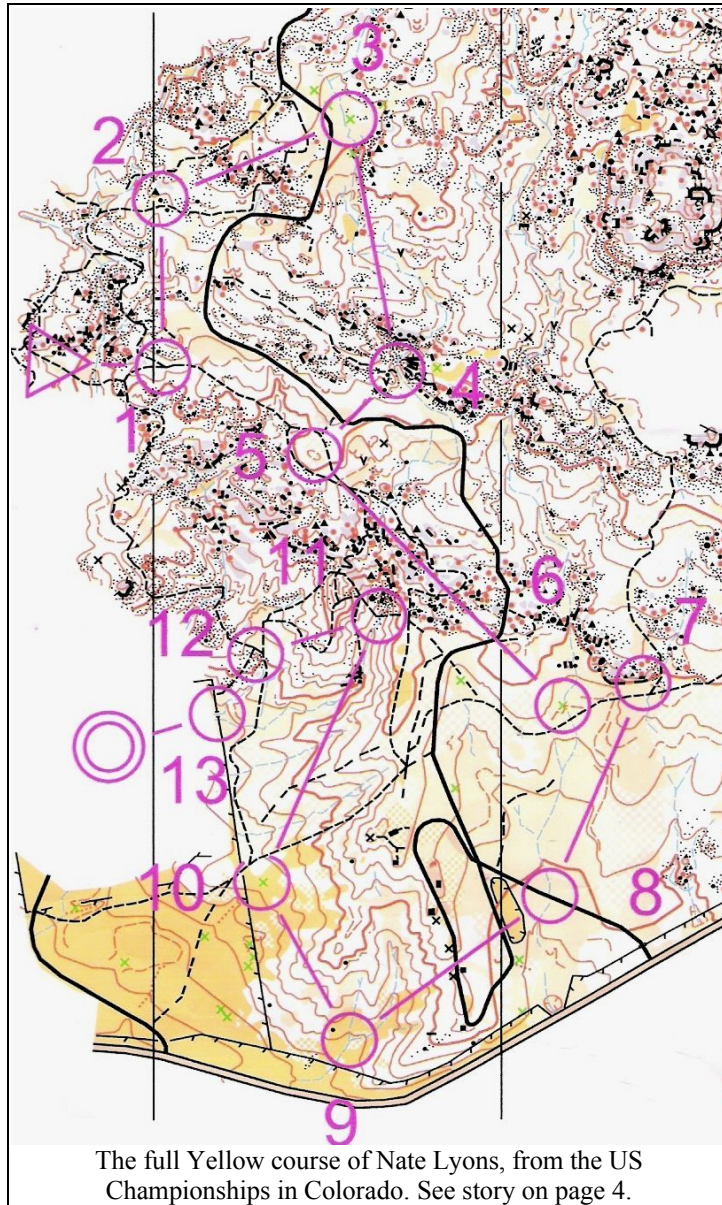
## **Post Script**

There are loads of other guidelines and skills that are useful to learn as you get more experienced. But if you master these few, you will be far ahead of the field, literally as well as figuratively. These skills form a foundation that lasts a lifetime of happy map navigation, whatever the circumstance.

Maps are magical (when accurately drafted). They can get you to spots you’ve never been to and never even heard of. If you befriend them, they can get you from wherever you are to wherever you want to go. Enjoy the journey!

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# Meet Results – Letchworth “Gorges Goat”

## September 9, 2006

This meet featured a Goat – A super long and hilly orienteering event. In addition to the Goat, White, Yellow, Orange, and Green courses were offered.

The Goat had a couple of twists. Runners had to make a choice between 2 parallel controls (6 or 7). In addition, runners could skip one control. 19 controls were set, therefore only 17 controls were required to complete a punch card. Additionally there were time limits for those of us who are Goat-Challenged. Runners had to check in at start between controls 10 and 11 under 2 1/2 hours. The complete course had to be completed in 4 1/2 hours. The course was scorched by newcomer (to ROC not orienteering), Will Hawkins, in 1 hour 47 minutes. No reptile sightings were reported. (Eric had photographed a rattlesnake during his site selection activities.)

A large number of helpers contributed to the success of the meet. Responsible for the Goat course, Eric Barbehenn was the main course setter with help on some courses by Dick Detwiler. Rick Worner served as Meet Director and gave newcomer instruction. Registration was covered by Kathy Bannister, Sandra Lomker, and Elizabeth Hane. Steve Tylock brought in food supplies. Tom Cornell Served as Greeter. The starter for the non-Goat courses was Kay Sheehan. Eric Barbehenn and Rick Lavine recorded finish times. Rick Worner, Linda Kohn, Joel Shore, and Kathy Bannister helped Eric with Flag Pick-up. Results compiled by Bob Bundy.

### Results of the GOAT - 13.2 km

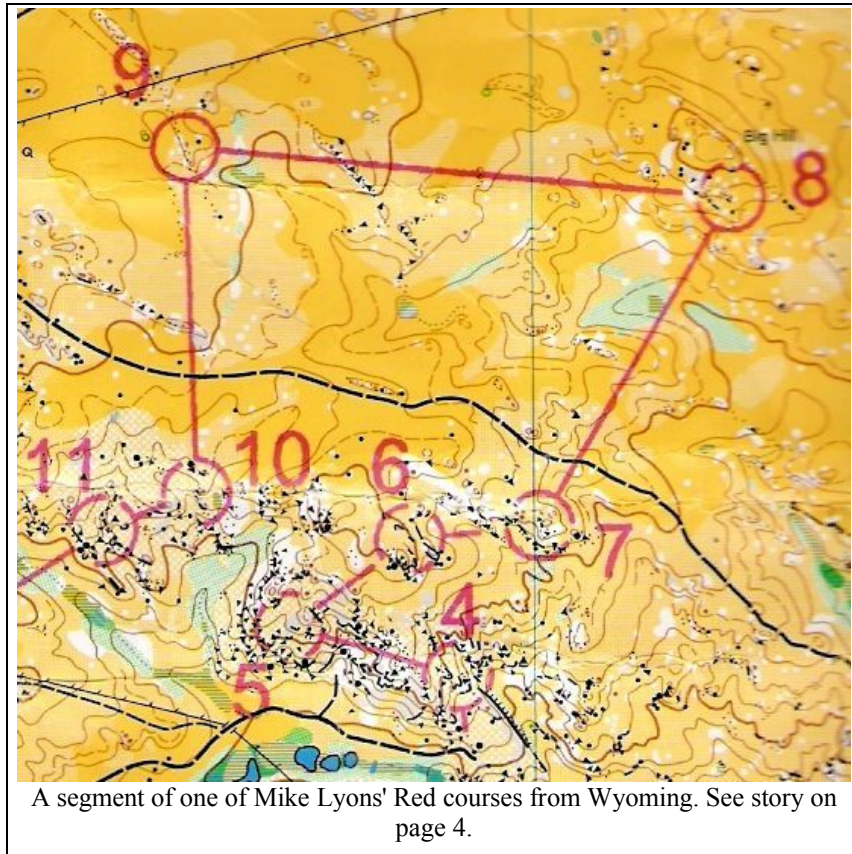
Times in Minutes	Part 1		Total Time	6/7	Skipped
	(Little Goat)	Part 2			
1. William Hawkins	49	58	107	7	8
2. Tim Gorbald	52	70	122	7	8
3. Rob Holms	71	91	162	7	8
4. Pavel Korniliev	76	88	164	6	12
5. Randy McGarvey	88	77	165	6	12
6. Mike Lyons	88	91	179	6	16
7. David Lavine	99	110	209	6	12
8. Gary Maslanka	104	110	214	6	8
9. Peter Dady	109	105:20	214:20	6	11
10. Steve Tylock	87	128	215		
11. Stina Bridgeman	127	110	237	6	12
12. Linda Kohn	92	150	242	6	2
13. Egil Robs	60	DNG		6	13
14. Bob Bundy	140	DNG		6	8
15. Joel Shore	199			6	
16. Jackie Novkov and Doug Kennedy	230			6	
17. Sergey Dobretsov	DNG				
18. Bridget Maloney	DNG				

\*\*\* DNG - Did Not Goat

I note that only the three fastest finishers chose Control 7. All three skipped control 8 at the fence junction. Gil had the fastest time of those who punched all part 1 controls. I didn't expect to finish, but I did maximize my orienteering experience for the day.

### Results of the White, Yellow, Orange, and Green courses

		7. Kate Carrier and Joan Funke	76
		8. Carol Moran	107
		9. Sandi Willsey-Lemen	110
<b>WHITE COURSE</b>			
1. Kay Sheehan	28		
2. Michael Anne Mercer, Timothy P Mercer	45		
3. Jenifer Bannister, Owen Beck, Carrie Zepp, Quinn Bannister	62		
<b>YELLOW COURSE</b>			
1. Patty Borden, Zak Borden, Tyler Borden	39		
2. Laurie Hunt	55		
3. Sandra Lomker	58		
4. Robert & Yolanda Maslanka, Joseph Maslanka	67		
5. Elizabeth Hane	71		
6. Richard Burgey, Chris & Dale Duross	74		
		<b>ORANGE COURSE</b>	
		1. Karl Kolva	114
		2. Tom Cornell	124
		3. Don Kolva	214
		Anne Schwartz	DNF
		Sylvia Klassen	DNF
		<b>GREEN COURSE</b>	
		1. Rick Lavine	94
		2. Lindsay Worner	100
		3. Jim Pamper	127
		4. Vince Cassano	135
		5. Dayle Lavine	158
		Ravi Nareppa	DNF
		Shawn Forney	DNF



### *First Class*



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