



The official newsletter of the Rochester (NY) Orienteering Club

Mendon Trail Run Draws Record Crowd



The start of the 5K, 10K, and 20K race (see story inside)

Ski-O Season Is Here!

As you read this, the NY state Ski-O season has already begun, weather permitting of course! The first meet of the season was scheduled for December 16 in Saranac Lake.

Orienteers: Get out and ski! (cross country.) We are lucky to live in a place where it snows (sometimes.) It's a miracle; it drastically reduces the friction that normally slows us to a snail's pace. It's a shame not to take advantage of this. While orienteering, you may have noticed some of us old codgers trudging along as you breeze by. Eventually, most of us develop problems with feet, ankles, knees, or hips that interfere with running. Cross country skiing is much easier on these body parts than running. Learn it now, so you can fall back on this form of exercise when running becomes difficult.

Orienteers who ski: If you already ski, why not ski-o? If you love skiing, you may be reluctant to pollute the pleasure of skiing with worries about competition, speed, keeping map contact, travel to strange places. One could make the same comparison between a walk in the woods and foot orienteering. These stresses will end up enriching the skiing experience. As you challenge yourself, your abilities and confidence increase.

If you go...you will need a way to carry the map, since your hands are busy with poles. The simplest way is to carry the map in a zip-lock bag pinned to your jacket. This doesn't allow orientation of the map, a habit you should be addicted to. The high-tech solution is a ski-o map holder, sold at a substantial price by mail order orienteering suppliers. It has a rotating map platform that folds against the chest if not being used, or in the event of a fall. One could also attach a map bag by a string, and tuck it away somehow while moving. It's also possible to make

a rotating map bag using household materials.

The orienteering itself looks superficially similar to a white course because the controls are all on trails. But in a well designed white course, the controls lead the orienteer down the right path at each intersection. In a well designed ski-o course they are placed to create challenges: Which of the paths I see is the one I'm looking for? Which route will be fastest for me, considering climb, possible confusion, trail quality?

ROC has three ski-o's scheduled, including one on a new map of our snowiest park, Harriet Hollister Spencer near Honeoye. Other upstate New York clubs also have meets. Most of these are qualifiers for the Empire State Games in Lake Placid, free to all who qualify by completing two local qualifiers. (Some exceptions are made for high school team members or because of canceled meets.)

See Page 3 for the schedule of local events as well as the full schedule of ski-O events around NY state. There are also other articles related to ski orienteering in this issue. To be added to an email list for reminders and announcements of changes, send email to Eric Hamilton (ejh.bkh@juno.com) -- Rick Lavine

In this issue:

Schedule of events	Page 3
Permanent course finishers	Page 3
2006 US Ski-O championships report	Page 4
Harriet Hollister – a new venue for us	Page 5
Record year for ROC!	Page 6
Thank you to volunteers	Page 7
A family's experience at Irondequoit Bay	Page 8
Meet results	Page 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.

Winter 2006-2007 Ski-O Schedule

Rochester Area

Saturday, January 6, 2007	Ski-O at Harriet Hollister Park. New map! Start from 12:00 noon to 1:30 p.m.
Sunday, January 21	Ski-O at Mendon Ponds Park. Start from 12:00 noon to 1:30 p.m.
Saturday, February 10	Date change! Ski-O at Letchworth State Park. Start from 12:00 noon to 1:30 p.m.

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!

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/

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://empo.us.orienteering.org>

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

Other clubs: See USOF web site.



At the start of the Mendon 50K. Becky Harmon, the eventual winner is 2nd from right.

Outside of Rochester Area (all events listed here are ski-O's)

See web sites of the sponsoring club for details.

Saturday, December 16	AOK. Dewey Mountain, Saranac Lake, NY
Saturday, December 23	EMPO. Lapland Lake Resort, Benson, NY
Saturday, December 30	AOK. North Hudson – New Map!
Sunday, December 31	EMPO. Garnet Hill XC, North River, NY
Saturday, January 13	EMPO. Norray Farm, Berne/Knox, NY
Sunday, January 14	CNYO. Gilbert Lake State Park, New Lisbon, N Y
Saturday, January 20	CNYO. BREIA Trails, Egypt Road, Alder Creek, NY
Saturday, January 27	CNYO. Hammond Hill, Dryden, N Y
Sunday, January 28	CNYO. Bear Swamp, Sempronius, N Y
Saturday, February 3	CNYO. "Snowfari" Roscoe Conklin Park, Utica, NY
Sunday, February 4	AOK. Point Au Roche State Park, Plattsburgh, NY
Sunday, February 11	AOK. North Hudson, NY
Saturday, February 24	Empire State Games. Qualification required. Mt. VanHoevenberg, Lake Placid, NY

See <http://empo.us.orienteering.org/ski-o/schedule/> for any updates to the above schedule. And of course, check to make sure an event is actually going to happen before traveling. Ski-O's are obviously very weather dependent!

Recent Permanent Course Finishers - CONGRATULATIONS!

Mendon
J. Luellen 11/28/06 Pittsford NY

Webster
Steve & Rachael Tylock 11/28/06 Pittsford NY

2006 US Ski-O Champs

The view from a Blue course participant, Randy McGarvey

The snow was dirty, wet, missing in areas, and sometimes underneath an inch of water. These were the conditions for day 1 of the 2006 US Ski-O Championships at Garnet Hill on March 11 & 12. Day 2 conditions were a mix of loose granular, frozen mud, glaze ice topped with pine debris, and spring conditions. Overall, they were remarkable conditions considering that Garnet Hill in North River, New York was the 4th venue choice for this event. Dartmouth College, Bretton Woods, and Windblown had inadequate snow, so the venue was moved to Garnet Hill a mere 5 days before the meet began. Meet director Aims Coney and his crew did an excellent job coordinating this move on such little notice.

The weather was only one factor in the long, tiring weekend event. Distance was another factor. The straight line distance for the day one blue course was estimated to be 15K. I knew I was in trouble as soon as my suspicions were confirmed that we did, indeed, have 4 maps for the blue course. My skis were slow at times, but I can't imagine how much slower they would have been without the additional structure from a riller I borrowed on the way out of town. It took 3 hours to finish the blue course on Saturday, so any minor benefit of extra glide was magnified, especially in the last hour. The shortest skiable distance was likely 20-25K. With such little opportunity to ski this season, who agreed to allow Aims Coney to set the courses? The last time I was on courses set by Aims was at the 2004 Empire States Games ski-o at Dewey Mountain, and there were 4 maps and unrelenting climbing! I'll keep that in mind when I plan my race calendar in the future.

Despite the weather and the distance, people still came to participate. The field consisted of about 50 competitors from 10 states and 2 countries, with the most people coming from New York, Massachusetts, and California! The Rochester Orienteering Club was represented by Georg Nadorff, Ed Despard and Randy McGarvey in the M21+ division (blue courses), and Alex Jospe in F21+ (red courses).

What started as icy conditions at 9AM when I arrived at the ski shop, turned to soft, loose granular snow by the time the first competitors started at 11AM on Saturday. By then there was bright sun and temperatures in the mid 40s. The courses were long and challenging, perhaps a contributing factor to the surprisingly high number of people who did not finish. Even with controls spread across 4 maps on the blue course, some of the control locations and numbers were challenging to find and decipher with the dense contour lines in the background. The variability of the snow conditions made it difficult to ski hard and read the map at the same time, resulting in a few brief (welcomed) pauses to review the map and choose a route. The day ended with a group dinner at the Garnet Hill Log House.

The Sunday race started earlier, and everything froze up overnight, so the first hour was very fast, including "skiing" on the frozen dirt! The trail grooming crew was out early to help grind up the ice in key places, creating a loose granular base. Fortunately the weather forecast was accurate and the rain held off until after we finished. There was a lot of back and forth position changes throughout the race due to the head-to-head nature of a mass start event. There were several

finishers within seconds of each other on a few different courses.

The top 4 finishers on the blue course were the same people on both days, posted by Margus Hallik from Canada, Scott Pleban from Virginia, Ernst Linder from New York, and Greg Walker from California. Day 1 results from ROC orienteers were good enough to capture 2nd place (Alex Jospe) in the F21+ division, and 6th (Randy McGarvey), 7th (Georg Nadorff), and 10th (Ed Despard) places in the M21+ division. There was only one ROC member that started on day 2, and that resulted in a 4th place finish (Randy McGarvey). For full results and course maps, see www.usskio.com.

Overall, a great event that left me with muscle aches for 3 days. I'd do it again in a second. I hope to be there again next year.



Randy McGarvey competing at the 2006 US Ski-O Championships

Harriet Hollister – The place to go for SNOW

by Eric Barbehenn

You may have heard it in whispers, or heard of people talking of a mysterious place close by, where the skiing is almost guaranteed! In fact you may have even heard the name! Harriet Hollister Spencer State Recreation area, or as those that go often refer to it...Harriet Hollister! Located on the hillside above the South End of Honeoye Lake the 900+ acres and 16



*Picture of ski tracks taken
October 30, 2006*

miles of trails are blessed with well above average snowfall, beautiful views of the lake and valley below, and even GROOMED XC ski trails in the winter! With trails that range from technical mountain bike trails, to enjoyable snowshoe trails, to mellow XC downhill...there is something for everyone at Harriet Hollister.

The ROC, always looking for new terrain, and new ways to serve the needs of orienteers is this year holding our first Ski-O at Harriet Hollister on Jan 6th! With a new map

made specifically for ski-o we hope to take advantage of the great snow, the often intricate trail network, and even some people willing to groom as we desire. This should be a great

addition to the library of maps we already have!

Besides working on a map just for ski-o, we are working in conjunction with the Rochester XC ski foundation (www.xcrochester.com...for those interested in returning a bit to the area, a trail cleanup day is being planned at HHS in the very near future...check the ski foundation website for details) to publish a “ski/snowshoe/mt bike” map of the area which will be available to the general public, both in paper form at the trailhead, and over the web as a downloadable file. This will make the area accessible and enjoyable not just for those who are comfortable being lost in the woods...but to the general public who really would rather stay found!

Of course when it comes to snow, the proof is in the pudding... first ski tracks at Harriet Hollister were skied in on Sunday morning October...yes October 29th...As Jim Russell and I were busily mapping, in heavy snow...we see two happy skiers coming up from the famous “Overlook”

So how do you get there? Roughly speaking, Harriet Hollister is SSW of the south end of Honeoye Lake. Another frame of reference is that it is about 10 miles NW of Naples.

- Just off Canadice Hill Road in the Ontario County town of Canadice, take the Bloomfield Road (CR 37) from Monroe County south of routes 5 & 20 to the hamlet of Canadice.
- Continue south on Canadice Hill Rd. and follow signs to the parking area.

You know you're really an orienteer when (taken from a recent discussion on AttackPoint.org)

1. You are no longer surprised at finding a control.
2. You can recite your Sport Ident number from memory, but often have trouble remembering your phone number.
3. Your “ultimate embarrassment” is getting lost on the way to an event.
4. You always have at least one O-map in the bathroom.
5. Your compass is one of your most prized possessions.
6. Your child can read the IOF symbols before they can read the “beginner” clue sheets.
7. Your child believes the three primary colors are lakes, fields, and out of bounds areas...
8. The thing you fear most in life is the control description “Pit, overgrown, inside”.
9. While driving, you never actually get lost, you just make “x minute mistakes”.
10. You don't know how to spell many words but know how to spell almost anything that has to do with orienteering.
11. You optimize your route choices to and from the supermarket.
12. “Minutes/km” replaces mph as your standard unit of speed. For everything.
13. All of your white socks are no longer white or you buy gray or black socks so the dirt doesn't show.
14. There is a bag on the floor you have yet to fully unpack from your most recent orienteering trip.
15. Your car and/or a lot of your clothes have a distinct “orienteering smell”.
16. You begin doodling in a boring class, the doodles all look like contour lines and you feel a compulsion to add the tick mark showing which way is down.
17. You have started to recognize a distinct smell to your orienteering stuff, and it doesn't come out in the wash.
18. You keep one O-shoe left from a pair but still “good” in hope to find matching one in future.
19. You've abandoned clothes in a hotel room after the meet.
20. You have more clothes you orienteer in than you have other clothes.
21. All the shirts you own are from O-meets.

(continued on pages 8 and 14)

Record year for ROC!

Thanks to all volunteers!

Participation in local meets was an all-time high

The last several years, we've been fairly carefully tracking the participation in our local meets, as measured by the number of "starts". A "start" is defined as any individual or group heading out on a course. This is not the same as the number of participants, since a "start" can be one person or a family of four or a scout troupe of eight. Also, a person may do more than one course at a meet; for example, someone might do the White course and then decide that she wants to do the Yellow course. That would count as two starts, even though it is one person.

Typically, the number of people participating in a meet is substantially higher than the number of starts (roughly 50% higher).

We track starts instead of participants for two reasons: (1) We are now required to report the number of starts per year to the USOF, as part of our charter renewal; and (2) Starts are easier to count than participants, because each line in the results is one start. (We do often give a count of the number of participants at given meets when we write up results; but any historical tracking and any reports to the USOF are based on starts, not participants.)

So what's all this leading up to? Our meet participation in 2006 far exceeded the previous several years, and in fact was the highest since we've been tracking this statistic! This is very good news for the club, and for all of the members (and non-member participants) who are supporting the club so well.

Here are the start statistics per year, from 2002 to 2006.

	2002	2003	2004	2005	2006
Starts	986	670	670	818	1138
# meets	16	13	15	15	20

(These don't include the annual trail run, as that is a non-orienting event, nor the annual Scrooge-O, because we don't record results on the web page, and thus it isn't easy to obtain historical data on the participation at this event.)

We had 40% more starts in 2006 than in 2005; and 70% more than in 2003 or 2004. We were even 15% higher than 2002, our previous record year. One thing you may have observed is that a big reason that we have more starts for the year is that we're offering more meets. This couldn't happen without a lot of volunteer help, and in particular, effort on the part of our tremendous volunteer coordinator, Sandra Lomker. See her article below.

Some of the club old-timers may remember the days, not too terribly long ago, when a normal turnout was 30-50 people and a very good turnout was 70 people. On an extremely rare occasion, we might have 100 people at a meet. To show you how times have changed in that regard, this fall we had FIVE

meets in a ROW where we had 122 or more people attend (from 122 to 164; the average was 146 people per meet). Some of these meets were held in less than ideal weather conditions, but that didn't deter the Rochester-area orienteers!

The person-hours that go into putting on a meet which 30 people attend are not much less than the hours that go into putting on a meet which 200 people attend, so it's quite gratifying to the people who put the work into meets to see them so well attended.

ROC Volunteering by Sandra Lomker, volunteer coordinator

ROC Volunteers, as well as Board members, have made 2006 a banner year for local orienteering. Even with the bad weather this fall, the club has had almost twice the number of starts at regular events. After coming to a first meet, many individuals, families and other groups are returning to compete and volunteer in subsequent events.

ROC has also organized and supported many other organizations in their orienteering efforts including:

- Boy Scout troops
- Girl Scout troops
- Webster Parks and Recreation
- Perinton Parks and Recreation
- Rochester City Schools
- Webster Schools
- Adirondack Mountain Club
- Bayview YMCA
- Monroe County Parks
- Home School Groups
- Monroe County Soil & Water

Several Board members and others have been working hard to map new areas and update existing maps as needed. ROC is also preparing the Rattlesnake Hill area (south of Rochester) for an upcoming A-Meet in 2007 or 2008.

Upcoming activities include several ski-Os:

- Harriett Hollister Park (new mapped area), Saturday, 1/6
- Winterfest, Mendon Ponds Park, Saturday, 1/21
- Letchworth (change of date), Sunday, 2/10

Everyone is welcome to come and enjoy the winter weather.

ROC is fortunate to have Larry and Marilyn Zygo head up the Annual Mendon Trail Run each November. This event financially supports the club's many activities and keeps the meet fees lower than most other clubs, \$3.00 for members and \$6.00 non-members.

Board Meetings are open to all and the next meeting, the Annual Board Meeting, will be held in January. Check the website for more information. All are welcome.

Thank You

ROC Volunteers 2006

Tina Bray	Carol Moran	Rachel Tylock
Bob Bundy	Ravi Nareppa	Sandra Lomker
Kay Sheehan	Lindsay Worner	Ariel Hendershot
Laurie Hunt	Ron Wellman	Jane Callahan
Doug Brooks	Sue Klassen	Patty Borden
Tom Blasiak	Paula Seyfried	Gray Hendershot
Karl Kolva	Joel Shore	Tom Lamme
Riley Blasiak	Anne Schwartz	Mike Finear
Eric Barbehenn	Pat Russell	Jon Sunquist
Joe Seyfried	Larry Zygo	Walt Lyons
Ron Salladin	Rick Worner	Steve Russell
Marilyn Zygo	Tatyana Dobretsova	Mark Sciera
Georg Nadorff	Linc Blaisdell	Pat Lyons
Jim Tapon	Cheryl Detwiler	Paul Serafini
Tom Cornell	Elizabeth Hane	Nancy Burgey
Dayle Lavine	Mike Gallagher	Lara Haase
Rob Holmes	Sergey Dobretsov	Nate Lyons
Stina Bridgeman	Jack Wallenhorst	Richard Burgey
Dave Levine	Jim Pamper	Sandi Willsey-Lemen
Jim Lavine	Gil Robs	Vince Cassano
Kathy Bannister	Kameron Holmes	Francis Nardia
Joe Gallagher	Pat Young	Emily Gorbold
Andrew Elder	Steve Tylock	Jefferson Svengsouk
Jim Russell	Anna Woolston	Laurel Wellman
Rick Lavine	Rob Stevens	Victor Klassen
Dick Detwiler	Timothy Gorbold	Linda Kohn
Paul Schwartz	Mike Lyons	Lisa Svengsouk
Louise Cook	Rick Slattery	Mary Jo McMannis
Randy McGarvey	Sylvia Klassen	

These are the people that have made our club one of the most successful in the country.

If you have never helped at a meet, contact one of the Volunteer Coordinators by phone or e-mail and try one of the simpler tasks. Volunteer as often as possible.

It's fun and a great way to meet other members!

The Gnolek family's introduction to orienteering (at the Oct. 8 Irondequoit Bay East meet)

(Editor's note: I know Gary Gnolek from work, and when I saw that two "teams" from his family finished 1 & 2 in the White course at the Irondequoit Bay meet, I asked him if he would tell us a little about themselves. Here is what he wrote.)

Our first "family" orienteering meet was an adventure. Our family friends, the Halls (Doug, Heidi, Kate, & Maggie), had mentioned that they were going to do the Irondequoit Bay Park orienteering meet. Since my wife and daughter really enjoyed the Webster Park meet they completed recently with my daughter's girl scout troop, we decided to try our first orienteering meet as a family (Gary, Shari, Avery, & Sara).

Our kids, Sara, age 10 and Avery, age 12 had some prior orienteering experience and wanted to compete as a team without mom and dad. While both of them had been introduced to orienteering during physical education class, Sara recently completed the Webster Park meet with her girls scout troop (and her troop co-leader mom, Shari). She also completed an orienteering course as part of an orienteering day for the Webster 5th graders in Webster Park.

After a discussion where Sara & Avery convinced us that they would work together and be safe, we reluctantly agreed to let them race as a team and start out in the time slot before us. We chose to do the White course after discussing the different courses with some of the volunteers. We obtained our maps and sat down at a picnic table to discuss the course and strategy. Avery was going to punch the ticket and Sara was the map reader. Shari was the map reader and Gary was the ticket puncher.

As the kid's start time was called out and they started running across the field on their way, we realized we would probably not see them until the finish line. They both have played soccer for over 5 years and are in much better shape than their parents. They also have many other athletic and non-athletic interests. Sara is in the 5th grade at Klem Road North school. She plays the saxophone in the band and the violin in the orchestra. She enjoys roller-blading, snow-boarding, Girl Scouts, and running.

Avery is in the 7th grade at Willink Middle School. He plays the trombone in the regular and jazz bands. He joined the Science Olympiad team last year and was elected as a student council representative this year. Besides soccer, Avery enjoys snowboarding, Boy Scouts, and reading.

We started the course in a slow jog two minutes later as our start time was called out. As our heart beats rose, any vague thoughts of catching Avery and Sara were forgotten. The start of the course was downhill towards the bay. We managed to do well through the first few controls until the next controls that were uphill. Our slow jog slowed to a winded walk. We momentarily walked by the next control along a road but somewhat quickly retraced our steps to punch the ticket.

We finished walking up the hill and made it to the second to last control along a trail. With the finish in site, we jogged towards the last control. After punching the ticket, we jogged to the finish to obtain our time. Sara & Avery had finished about 5 minutes before us.

They were very excited about completing the course. They couldn't wait to tell us about their experience on the course. They found all the controls fairly easily except for one. They both enjoy running and ran the whole course except for one "breather". Being able to have some snacks and talk with your friends at the end was a bonus. While Shari & I were regaining our breath, Sara & Avery were trying to convince us to do the Yellow course now.

Sara & Avery enjoy orienteering because it combines many things that they like to do. They like using their map reading skills to direct them through the course. They both are good distance runners from soccer and enjoy running through the woods. Obtaining a time for their efforts brings out their competitive nature.

As a family, we all enjoyed our first orienteering meet. We will probably try to do a yellow course next as a family or separate into Gnolek A & B for another White course.

(Editor's note: For the record, Sara and Avery took first on the White course in 18:32. Gary and Shari were second in 20:49. Apparently trying in vain to keep up with their kids gave them inspiration, because they were around 9 minutes ahead of the next finishers!)

You know you're really an orienteer when(continued from p. 5)

22. You think nothing of driving for 16 hours in order to run around in a strange place for 90 minutes.
23. OCAD is the only software graphics package you know how to use, so you do everything with it (e.g. make calendars).
24. You thumb your grocery checklist.
25. The squares in the quilt on your bed look like control markers.
26. The squares in the quilt on your bed ARE control markers.
27. You decorate your Christmas tree with mini o-controls.
28. You decorate your Christmas tree with control punches.
29. You have a full-sized control as part of your home decor.
30. You have a full-sized control as a lampshade which makes the room glow orange when it's dark and the only light on.
31. Running in the woods during rain does not seem strange anymore. On the contrary, you find some pleasure in pre-soaking before venturing into woods.
32. A weather forecast of storm, wind, and flood for the weekend reminds you of a fun time you once had in the woods.
33. The word rogain doesn't conjure up images of balding men. (continued on page 14)

Meet results

Night-O at Powder Mills Park November 4, 2006

A wonderful course was set by Mike Lyons for our annual Night-O. A score-O format was used with a 90 minute time limit. One could visit controls in any order with a penalty of 1 control for each minute or part of a minute over the time limit. Tim Gorbald cruised the course under 47 minutes leading 7 runners who collected all 24 controls. Thirteen year old Liz Benotti with her eight year old brother collected 17 controls for 460 points (including the 2 most distant controls 61 and 70). There were 122 participants in 60 starting groups.



Nancy and Richard Burgey and Joe Seyfried manning the registration table (Night-O photos all by Gil Robs)

Gil Robs served as Meet Director. Nancy and Richard Burgey and Joe Seyfried manned the registration table. Sue Klassen and Francis Nardia brought in snack supplies. Vince Cassano (and others) helped with control pick-up. Dick Detwiler was in charge of recording the times. Karl Kolva was observed helping out in many capacities. I usually forget to mention the job by Sandra Lomker in making sure that there actually are volunteers.



Trio ready to head out

on a small hill at south end of the park. 51 groups collected number 7 (control 39) near bridge on main road, but only 23 went a little farther to number 9 (control 41) for an easy 30 points. (In my case I didn't even notice that control until I was going over the results!) -- Bob Bundy

Scoring:

20 points for controls 1 to 8

30 points for controls 9 to 16

40 points for controls 17 to 24

Penalty: 1 control for each minute (or partial minute) over 90 minutes.

1. Timothy Gorbald	720	46:55
2. Robert and Kameron Holmes	720	68:12
3. Steve Tylock	720	74:01
4. Pavel Korniliev	720	74:17
5. Jason Urckfitz	720	74:58
6. Michelle Weiler	720	74:59
7. Vince Cassani	720	89:30
8. Eric Barbehenn	690	82:29
All except number 9		
9. Stina Bridgeman	640	82:55
10. Joe Seyfried	620	84:40
11. Richard Lavine	610	86:40
12. Eric Phillips	600	86:56
13. Jim Pamper	540	87:41
14. Rick Slattery (580 minus 40)	540	90:10
15. Keith Ash (640 minus 120)	520	92:21
16. Annette Holahen, Tim Holahen	510	85:04
17. Doreen Fanton (550 minus 40)	510	90:54
18. Paul Hutkowski	470	78:52



Punching in at one of the closer controls

19. Bob Bundy	470	79:04
20. Sylvia & Victor Klassen	470	83:40
21. Nick Hutleton	460	77:59
22. Heather McLendon, Tim Howland	460	82:11
23. Patrick Quinn	460	82:54
24. Liz & Michael Benotti (Impressive route choice)	460	87:53
25. Andrew Austin, Daniel Austin Suzanne Austin, Brett Austin	420	78:15
26. Anne Marcotte, Justin Strawther	420	84:47
27. Sue Klassen	420	85:41
28. Tom & Jack Wallenhorst	420	87:21
29. Andizej Lubaszka Robert Joslyn, Max Kepler	400	86:07

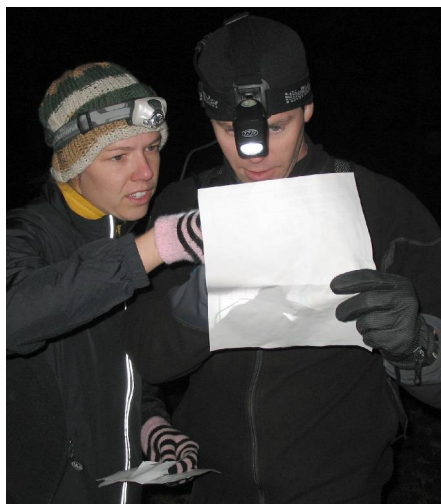
30. Donna Jablonski	390	82:30
Kristin Jablonski, John Stanford		
31. Lawrence Creatura	380	93:46
(540 minus 160)		
32. Lara Haase	370	84:41
33. Amy Jerrett, Carter Stritch	360	86:17
34. Donna Cappellano, Greg Morgans	360	86:57



More action at a close control

35. Nancy & Richard Burgey	340	69:27
36. Tim Dobretsov, S. Dobretsov	320	63:20
37. Aaron Young, Mike George	320	70:44
38. (Troop 620) Caitie Janiszewski	320	74:40
Marissa Tracy, Jenna Bilsback, Bob Janiszewski		
39. Scotty Orr	320	75:47
40. Patti Hahn, Pat Williamson	320	89:15
Jon Fleig		
41. David Powell	310	88:25

Fickbohm		
42. Austin Regan, Steve Campione	290	84:47
Travis Regan		
43. Dmitry Sizov	290	85:52
44. Elizabeth Hane	280	77:37
45. Emma Gilbert, Ian Walters	280	81:28
Ian Gilbert, Patricia Welch		
46. (Troop 620) Caitlin Sippel	280	82:22
Kelley Scribim, Denise Bilsbak		
47. Mitchell Chappell	260	77:28
Abby Chappell, Mike Ellison, Ben Chappell, Joanne Chappell, Bian Chappell		
48. Clara Manley, Clayton Manley	250	70:55
Jennifer Manley, Paul Manley		
49. (Troop 620) Tess Monahan	250	81:54
Kaily Suhn, Alex Lindk, Mike Monahan		
50. Laura Benotti, Mark Benotti	230	74:20
51. (Troop 620) Haley Grassi	220	66:30
Emily Hart, Haley Harrienger, Sue Grassi, Sarah Hart		
52. Margaret Hall, Heidi Hall	190	64:37
Douglas Hall		
53. Arlene Jourdan	160	41:28
54. Ginger Henrichs, Mike Henrichs	160	70:04
55. Emily Davio, Mike Davio	150	86:35
56. Kelsey Bilsbak	150	87:35
Jordan Matrachishia		
57. Ishai Nardia, Frances Nardia	140	43:00
Avi Nardia		
58. Kayla Stevens, Mina Stevens	110	31:01
Katja Stevens, Robert Stevens, Beth Klein Ron Klein		
59. Betsy Richman (220 minus 220)	0	99:30
Lauren Werckenkien, Leif Melhus, Chris Crowley		
60. Evan Bilsbak (410 minus 410)	0	112:00
Eric Turberg		



Planning out strategy ...



More strategy planning ...



Rick Lavine getting ready to head out



OK, we found that one, now which way?

Mendon Trail Run – November 11

On November 11, ROC held its annual trail run at Mendon Ponds Park. The weather started out warm, but cooled off considerably, and showers developed, as the day progressed. So the 5K and 10K runners, and most of the 20K runners, had fairly pleasant conditions. The 50K runners had pleasant conditions for about half of the race at least! There were a total of 227 finishers (total in all four distances), plus four 50K runners who did a portion of the race.

Mendon 50K

Becky Harman of Willseyville was the overall winner of the 50K in an outstanding time of 4:42. Prior to the Mendon trail run, she won (again, overall) the Green Lakes 100K and the Canandaigua 50 Mile races. She easily won the title of Western New York Ultra Runner of the Year.



Becky Harman, the overall winner of the 50K



Ryan O'Dell, 50K men's winner

Ryan O'Dell, a U of R grad student, was the men's winner, finishing about 11 minutes behind Becky. By so doing, he finished first in the open male category in the 2006 Western NY Ultra Series.

50K Results

Place		Age	Gender	Time	Age Place
1	Becky Harman	30-39	F	4:42:33	1
2	Ryan O'Dell	20-29	M	4:53:15	1
3	Matthew Doyle	30-39	M	5:00:45	1
4	Katherine Stettler	40-49	F	5:04:33	1
5	Edward Housel	40-49	M	5:17:51	1
6	Michael Cardus	20-29	M	5:22:46	1
7	Michael Robertson	30-39	M	5:23:19	2
8	Richard Kruse	50-59	M	5:24:27	1
9	Ryan Hrebin	20-29	M	5:30:04	2
10	Dennis Stearns	50-59	M	5:33:30	2
11	Lorrie Tily	40-49	F	5:35:22	2
12	Jim Newin	50-59	M	5:38:22	3
13	John Clark	40-49	M	5:46:02	2
14	Charles Leonard	50-59	M	5:48:21	4
15	Theresa Palmieri	40-49	F	5:53:15	3
16	Dave Groff	40-49	M	5:58:33	3
17	Christine Reynolds	30-39	F	6:04:17	1
18	Kimberly Rapp	40-49	F	6:05:34	4
19	Chet Jozefski	50-59	M	6:09:40	5
20	Clyde Ferguson	50-59	M	6:18:55	6
21	Dave Sada	40-49	M	6:18:57	4
22	Hillary Cardin	20-29	F	6:21:54	1
23	Joseph Reynolds	60-69	M	6:32:20	1
24	John Prohira	50-59	M	6:49:24	7
25	Brian Hooker	20-29	M	6:56:57	3
26	Donny Keller	40-49	M	7:04:19	5
27	Patti Hahn	50-59	F	7:37:40	1
28	Art Moore	60-69	M	7:57:17	2
	Kim Chmielewicz	30-39	F	5:26:23	4 Laps
	Andrew Wahila	20-29	M	2:38:50	2Laps
	Mark Semon	40-49	M	?	DNF
	Shannon Nowlin	30-39	F	4:54:04	4 Laps



Charlie Leonard, CNYO (with headband) competing in the 50K. He

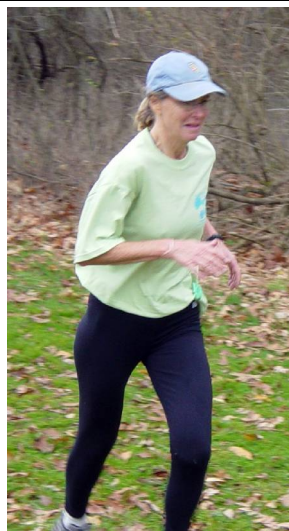


Kimberly Rapp, Hillary Cardin, and John Prohira in the 50K. All three finished.

Mendon 20K



20K competitor.



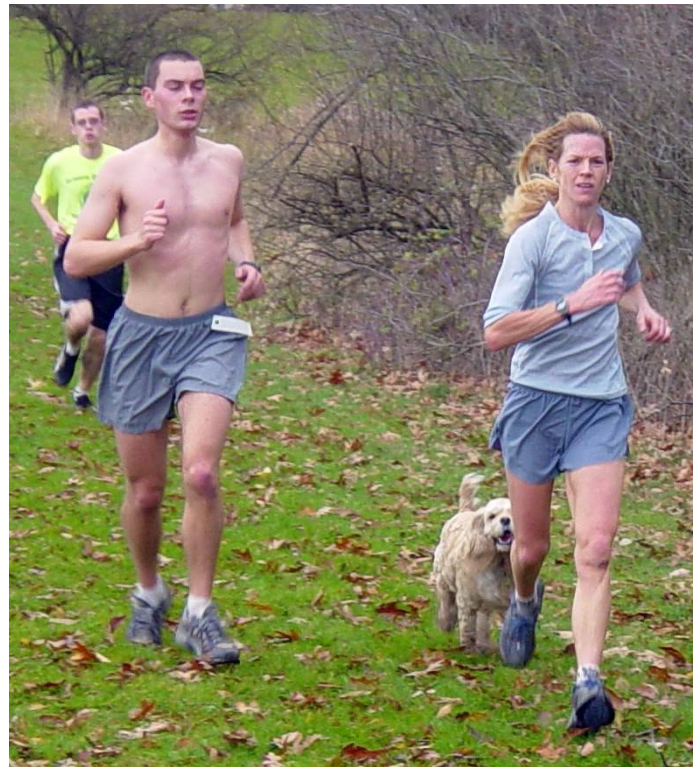
Patty Lyons, ROC, finishing the 20K

In the 20K, Jim Oberst was the overall winner in a fine time of 1:26:37. Christy Eckland was the first female finisher, with a time of 1:47:11.

20K Results

Place		Category	Time	Age	Place
1	Jim Oberst	M40-49	01:26:37		1
2	Charles Richter	M40-49	01:31:52		1
3	Steve Vankerkhove	M40-49	01:34:02		2
4	James Roche	M40-49	01:37:14		3
5	Lawrence Creatura	M40-49	01:37:40		4
6	Jim Blankman	M40-49	01:38:54		5
7	Matt Quinlan	M30-39	01:39:00		1
8	Steve Gramlich	M40-49	01:41:22		6
9	David Jones	M40-49	01:41:46		7
10	Michael Feldstein	M30-39	01:43:38		2
11	John Hultz	M40-49	01:44:43		8
12	Andrew Kless	M20-29	01:45:04		1
13	Rob Tyler	M50-59	01:46:14		1
14	Martin Coffey	M30-39	01:46:27		3
15	Christy Eckland	F20-29	01:47:11		1
16	Shannon Manzo	F20-29	01:47:14		1
17	Robert Ganey, Jr.	M30-39	01:48:15		4
18	Mike Dunn	M50-59	01:48:43		2
19	Tim Howland	M20-29	01:49:30		2
20	Joshua Keefe	M20-29	01:50:23		3
21	Ian Webber	M30-39	01:50:44		5
22	Charity McManaman	F20-29	01:51:15		2
23	Bob Bringley	M50-59	01:51:22		3
24	Andrew Burke	M20-29	01:54:29		4
25	James Mannion	M20-29	01:55:40		5
26	Garrett Myers	M14-19	01:55:40		1
27	Jim Kerr	M50-59	01:56:17		4
28	Matt Degma	M50-59	01:57:20		5
29	Laura Williams	F20-29	01:57:23		3
30	Michael Mundy	M40-49	01:59:07		9
31	Danielle Andolina	F30-39	02:00:13		1
32	Scott McAllister	M30-39	02:02:11		6
33	Christina Chavez	F30-39	02:03:05		2
34	Patrick O'Neill	M50-59	02:03:34		6
35	Anne Esposito	F30-39	02:03:54		3
36	Kevin Bambury	M40-49	02:05:02		10

37	Cindy Ingalls	F50-59	02:05:25	1
38	Tracy Bilhorn	F40-49	02:06:37	1
39	Anna Cook	F20-29	02:07:50	4
40	Laura Benotti	F40-49	02:09:39	2
41	Justin Loucks	M20-29	02:09:48	6
42	John Ogiba	M20-29	02:09:50	7
43	Lilli Worona	F20-29	02:10:49	5
44	Matthew Moran	M20-29	02:11:23	8
45	Patricia Lyons	F50-59	02:12:00	2
46	Douglas DeWeaver	M40-49	02:12:55	11
47	Tom Thompson	M60-69	02:15:03	1
48	Tony Powers	M30-39	02:15:19	7
49	Henri Ragetlie	M40-49	02:15:20	12
50	Laura Church	F30-39	02:15:49	4
51	Mary Quinn	F40-49	02:17:48	3
52	Nikolaos DeMaria	M14-19	02:17:52	2
53	Kaila Pearlman	F14-19	02:17:52	1
54	Kimberlee Buchner	F40-49	02:21:21	4
55	Anna Bereswiewicz	F30-39	02:22:46	5
56	Chuck Martin	M40-49	02:24:03	13
57	Nancy Caffo	F40-49	02:26:02	5
58	Maria Pizzacalla	F30-39	02:31:38	6
59	Janet Wilson	F40-49	02:31:48	6
60	Tony Mazzullo	M40-49	02:34:43	14
61	Teresa Sukiennicki	F40-49	02:35:06	7
62	Tom Crilly	M40-49	02:42:53	15
63	Colette Madison	F30-39	02:55:06	7
64	Art Weaver	M50-59	03:00:00	7



Four runners working hard.

Mendon 10K



ROC'ers Rob and Kameron Holmes finishing the 10K

In the 10K category, Evan Rossi (age category M14-19!!) was the overall winner in 43:24. Michelle Weiler was the first female finisher, in 47:26.

10K Results

Place		Category	Time	Age	Place
1	Evan Rossi	M14-19	00:43:24		1
2	Herman Pohl	M40-49	00:44:59		1
3	Ron Lillis	M50-59	00:45:12		1
4	Alan Powers	M30-39	00:45:13		1
5	Zak Borden	M14-19	00:47:24		2
6	Michelle Weiler	F30-39	00:47:26		1
7	Mike Kochan	M40-49	00:47:37		2
8	Jason Fickett	M30-39	00:48:20		2
9	Tom Regan	M30-39	00:48:22		3
10	Dahl Angus	M30-39	00:48:40		4
11	Tom Haelen	M40-49	00:49:08		3
12	Frank Quattrone	M50-59	00:50:02		2
13	Jeff Luke	M30-39	00:50:29		5
14	Patricia Pirnie	F40-49	00:50:31		1
15	Eric Larsson	M40-49	00:50:32		4
16	Larry Bernstein	M40-49	00:51:06		5
17	Dan McSorley	M40-49	00:51:13		6
18	James Yorio	M50-59	00:51:21		3
19	Carl Grimm	M60-69	00:51:45		1
20	Andrew Markese	M30-39	00:51:46		6
21	Lisa Harding	M30-39	00:52:06		7
22	Mike McCullough	M40-49	00:52:13		7
23	Heather McLendon	F20-29	00:52:51		1
24	Frank Dewitt	M30-39	00:53:03		8
25	Raymond Durgan	M30-39	00:53:43		9
26	Dennis Flynn	M40-49	00:53:55		8
27	Susan Jenkins Lawson	F40-49	00:54:31		2
28	Kameron Holmes	F30-39	00:55:05		2
29	Robert Holmes	M30-39	00:55:06		10
30	Lawrence Guskowski	M40-49	00:55:36		9
31	Michael Rossi	M40-49	00:55:41		10
32	Dale Dimick	M30-39	00:55:58		11
33	Dennis Smyth	M40-49	00:56:08		11
34	Michael Yanoso	M14-19	00:57:17		3
35	Bruce Gianni	M50-59	00:57:41		4
36	Michelle Marino	F50-59	00:58:21		1
37	Doug Bloom	M50-59	00:58:53		5
38	Paul Schaefer	M30-39	00:58:57		12
39	Dan Judd	M40-49	00:58:59		12
40	Jack McDowell	M60-69	00:59:01		2
41	Terry Allen	M40-49	00:59:13		13
42	Paul Watkins	M50-59	01:00:36		6
43	Tim Reynolds	M40-49	01:00:47		14
44	Kristen Difilippo	F30-39	01:00:51		3
45	Edward Martin	M40-49	01:01:48		15
46	John Handley	M50-59	01:02:04		7
47	Paul Kato	M40-49	01:03:10		16
48	Eric Nowlin	M40-49	01:04:04		17
49	Cathy Senecal-Rice	F50-59	01:04:18		2
50	F.L. Gorman	M40-49	01:04:31		18
51	Elizabeth Ryan	F30-39	01:05:05		4
52	Keith Gregoire	M40-49	01:05:32		19
53	Jon Allen	M40-49	01:05:33		20
54	Brian Bacon	M20-29	01:05:58		1
55	Jennifer Naetzker	F30-39	01:06:17		5
56	Dennis Yanoso	M50-59	01:07:44		8
57	Tim Peterson	M40-49	01:07:58		21
58	Gary Preece	M50-59	01:08:10		9
59	Alison Currie	F50-59	01:09:54		3
60	Amy Hibbard	F30-39	01:10:11		6
61	Donna Loeb	F40-49	01:10:12		3
62	Mary Tolomay	F40-49	01:10:23		4
63	Christine Chaika	F20-29	01:11:09		2
64	Tina Jarvis	F40-49	01:12:55		5
65	Jamie Howard	F40-49	01:14:13		6
66	Laura Marceau	F20-29	01:14:19		3
67	Jennifer Marshall	F20-29	01:14:21		4
68	Lisa Siwa	F30-39	01:15:27		7
69	Margaret Baleno	F30-39	01:15:30		8
70	Rebecca Dederich	F40-49	01:17:16		7
71	Stacey Vandenburg	F40-49	01:17:52		8
72	Jake Fowler	M20-29	01:18:20		1
73	Katelyn Westergard	F14-19	01:18:20		1
74	Sheri Zagata	F30-39	01:18:33		9
75	Michele Rennie	F30-39	01:18:34		10
76	Marcella VanPatten	F30-39	01:19:09		11
77	Barbara Esposito	F60-69	01:19:20		1
78	Peter Mantius	M50-59	01:21:51		10
79	Jessica Esders	F50-59	01:23:36		4
80	Gary Gudlin	M50-59	01:23:45		11
81	Melissa Edwards	F20-29	01:24:38		5
82	Joan Sutfin	F40-49	01:25:11		9
83	John Canham	M50-59	01:25:38		12
84	Lauren Schaertel	F14-19	01:27:27		2
85	Nancy Swank	F50-59	01:27:27		5
86	Amy Dederich	F14-19	01:33:53		3
87	Patricia Mancarella	F14-19	01:33:54		4

Mendon 5K



The 5K, like the 10K, had a teenage runner as the overall winner. Chad Stauring took the honors in a time of 20:32. Jill Sweeting was the top female, with a time of 28:16.

Place		Category	Time	Age	Place
1	Chad Stauring	M14-19	00:20:32	1	
2	Daniel Ballard	M20-29	00:20:38	1	
3	Joseph Compagna	M20-29	00:22:34	2	
4	Brian Suhr	M20-29	00:23:14	3	
5	Seth Malcolm	M20-29	00:23:14	4	
6	Randy McGarvey	M30-39	00:24:36	1	
7	Bryce Walker	M50-59	00:25:02	1	
8	Kyle Walker	M14-19	00:25:10	1	
9	Andrew Pirnie	MU14	00:27:57	1	
10	Jill Sweeting	F20-29	00:28:16	1	
11	Dale Haskins	M14-19	00:29:03	2	
12	Rachelle Hulet	F30-39	00:30:24	1	
13	Martin Lawson	M50-59	00:30:28	2	
14	Carmen Gumina	M40-49	00:30:29	1	

15	Ross Pirnie	MU14	00:30:48	2
16	Brian Russo	MU14	00:30:49	3
17	Lynne Leary	F30-39	00:31:07	2
18	Josh Gonsenhauser	M30-39	00:32:38	2
19	Gretchen Miller	F14-19	00:34:17	1
20	Lynda McGuire	F50-59	00:34:21	1
21	Dan Sepka	M20-29	00:34:45	5
22	Rhonda Russo	F40-49	00:34:56	1
23	Sebold Torno	M30-39	00:35:15	3
24	Jack Creatura	MU14	00:35:54	4
25	Kimberly Dipasquale	F40-49	00:35:55	2
26	Janet Evans	F30-39	00:36:01	3
27	Kate Creatura	F40-49	00:36:04	3
28	Gregg Evans	M40-49	00:36:35	2
29	Ray Dipasquale	M40-49	00:36:35	3
30	Meaghan McSorley	F14-19	00:36:44	2
31	Susan Balch	F30-39	00:36:52	4
32	Evan Pirnie	MU14	00:36:56	5
33	Len Kataskas	M50-59	00:37:29	3
34	Patricia Palmieri-Phelan	F30-39	00:37:41	5
35	Barry Carestio	M50-59	00:37:56	4
36	Kim Phillips	F30-39	00:37:58	6
37	Mindy Hawkins	F20-29	00:38:19	1
38	Renee Kirk	F30-39	00:39:55	7
39	Ben Metcalf	M40-49	00:40:14	4
40	Andrea Benvenuto	F20-29	00:43:08	2
41	Jim Borden	M40-49	00:43:08	5
42	Jeanine Bell	F20-29	00:44:08	2
43	Megan Peters	F30-39	00:44:08	8
44	Karen Morris	F50-59	00:44:09	2
45	Suni Andersen	F30-39	00:45:19	9
46	Sara Cole	F14-19	00:48:14	3
47	Bonnie Bratner	F30-39	00:52:31	10
48	Martha Southard	F40-49	01:17:16	4

You know you're really an orienteerer when ... (continued from p. 8)

34. Someone at your marathon training group comments on your "very old shoes" that you just bought brand new last week.
35. You say "an a meet" and you're not stuttering.
36. No one can tell what brand of shoe you're wearing because they're so heavily covered in duct tape.
37. You wear gaiters with shorts.
38. You shout "re-entrant" at seemingly random times in the car.
39. You think choosing which lane to go down at the grocery store is a route choice.
40. You show off your scratches and bruises with pride.
41. A teacher calls home or asks you directly if everything is alright because of all the gashes you have on your arms.
42. People at work no longer need to ask "What happened to you?" when you come to work covered in scratches/gashes/bruises on Monday ... because they already know.
43. While making your post event visit to the Emergency Room they take one look at you and ask, "Do you feel safe at home?" (This really happened after the 2005, Buena Vista portion of the Colorado 5-Days.)
44. After your visit to the ER, you return to compete the next day.
45. You have a Wedding "O" the day before the real wedding to prove to your friends and family that the sport really exists.
46. You selected your honeymoon trip destination based purely on O-maps and terrains.
47. The 4 tier wedding cake is made to look like an O map, contours and all
48. You are driving to somewhere, you don't admire the nice houses, the people, mountains etc. but the terrain you are looking at outside your window.
49. Traveling a long distance you think in terms of orienteering areas (not cities) that you drive past
50. You can't drive past open woods without saying "Oooh nice woods...that would make a great orienteering area"
51. Whenever you drive by forest, you assess runnability. If it's white, you really want to run through it.
52. You spend far too much time on AttackPoint.org.
53. You spend a lot of your time surfing random orienteering websites.
54. You start getting competitive about training volume on AttackPoint.

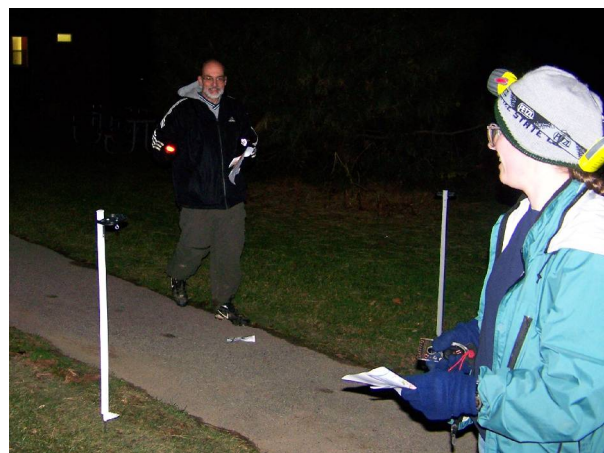
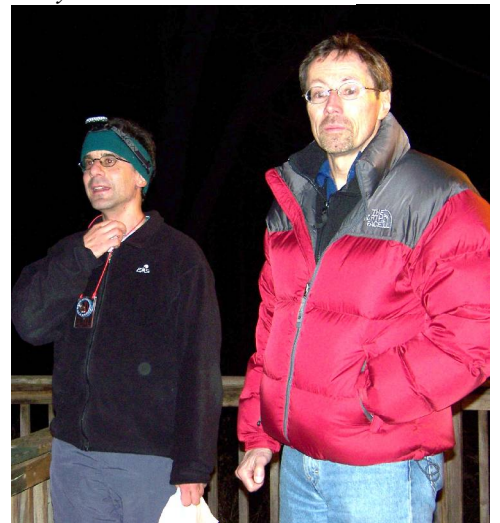
Photo summary of the Scrooge-O, December 2 at Camp Eastman



Dave Levine earns the prize for cleaning out the most vegetation.



Elizabeth Hane and Stina Bridgeman, one of teams who won the "honor" of Scrooge for the year!



Rochester Orienteering Club membership application form

- \$10 for one-year student membership (high school or younger)
- \$20 for one-year individual membership
- \$25 for one-year full family membership
- \$25 for one-year organization membership (example: Scout group)
- \$50 for three-year individual membership
- \$65 for three-year family membership
- \$200 for life membership

	<u>First name</u>	<u>Last name</u>	<u>Birthdate</u>
Self:	_____	_____	_____
Spouse:	_____	_____	_____
Children:	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Address: _____
City: _____ **State:** _____ **ZIP:** _____
Phone: (____) _____ **e-mail:** _____
Indicate if: New membership **or Renewal** **Date of application:** _____

Please circle one or more areas below in which you would be willing to volunteer occasionally. Training will be provided if needed.

- | | | | | | | | | |
|----------|--------|------|---------|--------------|----------|--------|---------|---------|
| Meet | Course | Food | Greeter | Registration | String-O | Start | Control | Results |
| Director | Setter | | | | | Finish | Pickup | Typing |

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



Planning the route to the next control at the Night-O