



The official newsletter of the Rochester (NY) Orienteering Club

ROC'ers Excel at Empire State Games!

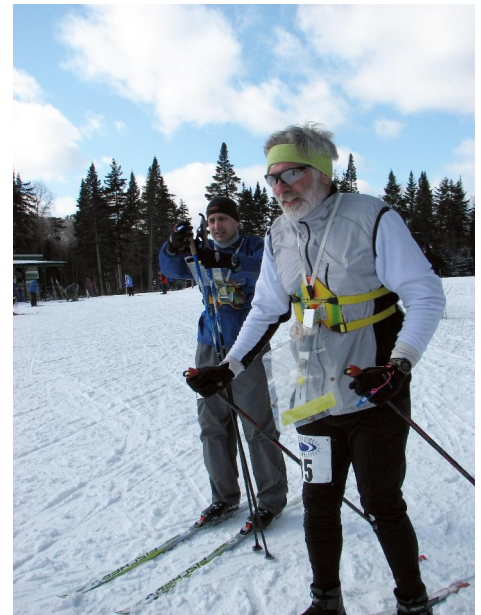
Ski orienteers from the Rochester Orienteering Club were out in force at the Empire State Games Ski-O competition, held on February 21 at Lake Placid. A total of 15 from ROC participated, with 8 winning medals! See full results and more pictures inside. (All photos by Elizabeth Hane.)



Mitch Collinworth, Bronze, Male Open.



Dayle Lavine, Gold medalist, awaits the start.



Steve Tylock and Jim Russell at the Empire State Games.

ROC news highlights

2009 Schedule; First meet Sunday April 5

Two copies of the 2009 schedule are enclosed with this newsletter. The first meet is coming up very soon, on Sunday April 5 at Cobb's Hill Park!

New club series competitions this year!

New this year! The club will have two competitive series of events:

- Club series
- Sprint series

See article in this issue for details.

A-Meet plans

ROC will be holding a 2-day A-meet in September. Saturday, September 19 will be at Mendon Ponds Park, and will include the USOF Sprint Championships; Sunday, September 20 will be at Rattlesnake Hill, near Dansville, and will include the USOF Long Course championships.

Membership renewal reminder!

Check your mailing label! Your expiration date is listed; if it is in the past, you need to renew. This will be your last newsletter unless you do. In addition to the newsletter, your membership entitles you to a \$3 discount at local meets, as well as discounts at the local meets of most other orienteering clubs. Also, meet volunteers must be current ROC members.

You can renew by mailing in the application found in this issue, by obtaining a pdf copy of the application from the club web site (on the main page, click on "Membership" under the "Forms" section), or you can renew on-line through Active.com.

To renew on-line, go to the following link: http://www.active.com/event_detail.cfm?event_id=1697040 Note that there is an Active.com service fee for joining/renewing on-line, which ranges from around \$1.30 for a 1-year individual membership, to \$2.80 for a 3-year family membership.

2009 Club Officers and Committee Chairs

President: Mike Lyons, 787-0088,
Michael.Lyons@xerox.com

Past President: Eric Barbehenn, 383-4413,
Eric@johnmyersphoto.com

President-Elect: Rob Holmes, 421-9246,
rahklh@frontiernet.net

Treasurer: Tatyana Dobretsova 388-0683,
tdobretsova@yahoo.com

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

Membership: Randy McGarvey, 223-7996

Equipment: Ravi Nareppa, 271-8161,
Ravi.nareppa@gmail.com

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

Hotline: Carol Moran, 377-8144,
Pwtmoran@frontiernet.net

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

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

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

Retail Map Sales: Vacant

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

O Education: Jim Russell, 315-524- 5866,
Jrusell1@rochester.rr.com

GPS Coordinator: Mike Gallagher, 582-2408,
mafgl953@gmail.com

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

Board of Directors:

Bob Bundy, 586-9393, rbundy1@rochester.rr.com

Victor Klassen, 265-4313,
rvklassen@alumni.uwaterloo.ca

Sandi Willsey, 398-7041, srwl22@aol.com

Laurie Hunt, 267-7665, hunt.laurianne@gmail.com

Rick Lavine, 442-6358, rdlavine@frontiernet.net

Steve Tylock, 787-0908, stylock@aol.com

Randy McGarvey, 223-7996,
Randall.megarvey@alum.rit.edu

Carol Moran, 377-8144, Pwtmoran@frontiernet.net

Joe Seyfried, 872-0903, jpseyf@frontiernet.net

Lindsay Worner, 581-2979,
lindsay.worner@gmail.com

Joel Shore, 256-0794, jshore@frontiernet.net

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

Jim Russell, 315-524-5866,
Jrusell1@rochester.rr.com

Rob Holmes, 421-9216, rahklh@frontiernet.net

Rob Stevens, 200-3613, rjseme@rit.edu

Stina Bridgeman, 396-2926, bridgeman@hws.edu

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.

Spring and Summer 2009 Schedule

Rochester Area

Sunday, April 5	Annual Ice Breaker. Cobb's Hill Park , Tay House. Start from 12:00 noon to 2:00 p.m.
Saturday, May 2	Letchworth West . Trailside Lodge. Regular meet and Club Series #1. Start from 12:00 noon to 2:00 p.m.
Saturday, May 9	Webster Park . Parkview lodge. Regular meet and Club Series #2. Start from 12:00 noon to 2:00 p.m.
Sunday, May 31	Abraham Lincoln Park (formerly Irondequoit Bay Park East). Start behind Bayview YMCA. Regular meet. Start from 12:00 noon to 2:00 p.m.
Saturday, June 13	Mendon Ponds Park . Beach area. ADK Expo and Scout-O. 10:00 a.m. to 5:00 p.m.
Sunday, June 14	Mendon Ponds Park . Cavalry lodge. Regular meet, Club Series #3, and Scout-O. Start from 12:00 noon to 2:00 p.m.
Sunday, June 28	Durand Eastman . Picnic and Motala (one-person relay). Magnolia shelter. 5:00 p.m. to 8:00 p.m.
Wednesday, July 8	Ellison Park . Sprint #1, Score-O, and White. Score-O mass start at 7:00 p.m. Call Hotline for times of Sprint and White.
Saturday, July 25	Seneca Park . Sprint #2, Score-O, and White. Score-O mass start at 11:00 a.m. Call Hotline for times of Sprint and White.
Thursday, August 6	Basil Marella Park (Greece). Sprint #3, Score-O, and White. Score-O mass start at 7:00 p.m. Call Hotline for times of Sprint and White.
Sunday, August 23	Brighton Town Park . Sprint #4, Score-O, and White. Score-O mass start at 2:00 p.m. Call Hotline for times of Sprint and White.
Saturday, September 12	Highland Park . Rec center. National Orienteering Day. White, Yellow, and Sprint #5. Start from 12:00 noon to 2:00 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!

Outside of Rochester Area

See web sites of the sponsoring club for details.

Saturday, April 11	EMPO . Grafton Lakes State Park Grafton
Sat. April 25	BFLO . Chestnut Ridge Park.
Sat., April 25	CNYO . Cornell Plantations.
Saturday, May 2	EMPO . Tawasentha Park Guilderland
Sun., May 3	CNYO . Lime Hollow, Cortland.
Saturday and Sunday, May 16 & 17	BFLO. Two-day three-event A-Meet . Middle and Sprint at Hunters Creek on Saturday, and Long at Emery Park on Sunday.
Saturday, June 6	CNYO . 5 th annual REGAINE (Rogaine relay). Location to be announced.
Sat., June 23	BFLO . Emery Park.
Sunday, June 21	CNYO . Daddy-O. Pratts Falls County Park, Pompey
Sat., July 11	CNYO . Salmon River Fish Hatchery, Altmar
Th., July 16	BFLO . Hunters Creek.
Saturday, August 8	CNYO . 19 th annual Rogaine. Location to be announced.

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://empoweb.us.orienteering.org>

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

Other clubs: See USOF web site.

Recent Permanent Course Finishers - CONGRATULATIONS!

Mendon

Ken O'Neil	12/9/08	Rochester, NY
Todd Spath	12/16/08	Hilton, NY
Patrick McCarroll	1/9/09	Pittsford, NY

Thank You

ROC Volunteers 2008

Carl Palmer*	Lindsay Worner*	Nathan Klassen	Tyler Borden
Bob Bundy*	Pat Welch	Jon Sunquist	Erik Pieh
Kay Sheehan	Sue Klassen*	Jim Borden	Mike Weinpress
Laurie Hunt*	Anne Schwartz	William Hawkins	Neil Parry
Reid Palmer*	Joel Shore*	Linda Burgey	Erin Detwiler
Karl Kolva*	Pat Russell	Tatyana Dobretsova	Michelle Weiler
Eric Barbehenn*	Larry Zygo	Zach Borden	Barb Dominie
Joe Seyfried	Rick Worner*	Nancy Burgey*	Hal Carter
Marilyn Zygo	Linc Blaisdell	Lara Haase	Mark Doninie
Georg Nadorff	Cheryl Detwiler	Nate Lyons	Mike Meynadasy*
Jim Tapon	Elizabeth Hane*	Richard Burgey*	Lou Katz
Tom Cornell*	Sergey Dobretsov*	Sandi Willsey*	Carl Grimm
Dayle Lavine*	Jim Pamper*	Vince Cassano*	Pattie Pirnie
Rob Holmes*	Gil Robs	Francis Nardia	Susan Jenkins
Stina Bridgeman*	Kameron Holmes	Zach Lyons	Mary Kolva
Dave Levine	Colin Lemen	Victor Klassen*	Eric Bone
Kathy Bannister	Steve Tylock*	Pete Dady	Timothy Gorbold
Pavel Korniliev	Timothy Dobretsov	Elspeith Ronnander	Ben Legg
Jim Russell*	Rob Stevens*	Jeff Nunes	Chelsea Lyons
Rick Lavine*	Mike Lyons*	Linda Nusz	David Cady
Dick Detwiler*	Rick Slattery	Ruth Hayes	Walt Lyons
Paul Schwartz	Sylvia Klassen*	Denise McGarvey	Dave Fergusson
Patty Lyons	Sandra Lomker*	Kim Thompson	Ian Gilbert
Louise Cook	Jane Callahan	Linda Keefe	John Nusz
Randy McGarvey	Chris Lyons	Steve Russell	
Carol Moran*	Patty Borden*	Emma Welch	
Ravi Nareppa*	Linda Kohn*	Ian Walters	

** Volunteered FIVE times or more*

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!

Club Series and Sprint Series

Club Series

The Rochester Orienteering Club will crown Club Champions based on category winners in a series of five races on great courses across the region. The best four races will determine the winner in each of the classes across Red, Green, Brown, Orange, Yellow, and White courses. Electronic punching will verify navigational routes and allow specific leg comparisons within each race. The series will score each race worth 10 points for first place, 9 for second and so on. (A perfect score for the series would be 40).

Participants may run any course at an event, but the following courses and age restrictions will determine the series champions.

- Male/Female 12 (up to age 12) White
- Male/Female 14 (up to age 14) Yellow
- Male/Female 16 (up to age 16) Orange
- Male/Female 18 (up to age 18) Green
- Male/Female Open (Any age) Red
- Male/Female Masters (40+) Green
- Male/Female Veterans (60+) Brown

Examples: (1) A person who is 60 years old can choose to enter the Open, or the Masters, or the Veterans division. If he or she enters a Green course in a particular meet, points would only be scored towards the Masters division (not the Veterans division). If he or she wants points in the Veteran's division, the Brown course needs to be chosen. (2) A person who is 12 years old can choose to compete in any of the following five

divisions: 12, 14, 16, 18, or Open.

A person's "orienteering age" for all meets in 2009 is his or her age as of December 31, 2009.

Club Series Schedule:

- Saturday May 2nd at Letchworth (West).
- Saturday May 9th at Webster Park.
- Sunday June 14th at Mendon Ponds Park.
- Sunday October 4th at Letchworth (East).
- Saturday October 17th at Powder Mills Park.

Sprint Series

The Rochester Orienteering Club will also crown Sprint champions based on a series of five sprint races throughout the year. Again, the best four races will determine the winner in each of several classes across run on a single sprint course. (Electronic punching may be available on these events.) The series will score 10 points for first place, 9 for second and so on. (A perfect score for the series would be 40). The series will determine a champion in each of the following classes.

- Male/Female Juniors (up to 16)
- Male/Female Open (Any)
- Male/Female Masters (40+)
- Male/Female Veterans (60+)

Sprint Schedule:

- Wednesday July 8th at Ellison Park.
- Saturday July 25th at Seneca Park.
- Thursday August 6th at Basil Marella Park.
- Sunday August 23rd at Brighton Town Park.
- Saturday September 12th at Highland Park.

Board of Directors Meeting Updates by Sandra Lomker

Since the last newsletter the Board has had two busy meetings preparing for the upcoming year. The 2009 officers have been elected: President Mike Lyons, President-Elect Rob Holmes, Past President Eric Barbehenn, Secretary Sandra Lomker, and Treasurer Tatyana Dobretsova. Board members are: Rob Stevens, Rob Holmes, Stina Bridgeman, Randy McGarvey, Joe Seyfried, Laurie Hunt, Rick Lavine, Carol Moran, Rick Worner, Joel Shore, Bob Bundy, Sandi Willsey, and Jim Russell. New BOD members are: Victor Klassen, Lindsay Worner, and Steve Tylock. The next Board meeting will be in May. Everyone is always welcome. Watch the website for details.

The 2009 schedule has been printed in two versions, one for newcomers with the park locations on a map, and one for members with the Meet and Sprint Series explained in more detail. ROC is planning a USOF A-Meet for September 19 and 20. Saturday will be held at Mendon with Sprint Championships in the morning and Middle Distance Events in the afternoon. Sunday will be held at Rattlesnake Hill with the Ultra Long Championships. Hopefully everyone will help, compete and/or enjoy a recreational course.

Club 2009 Schedule t-shirts should be available at the first meet of the season, April 5, for \$7.00 each. Persons who

volunteered 5 or more times in 2008 should pick up their free t-shirt. A Volunteer Chart will be available for members to sign up for specific duties at any of the upcoming meets. Course Setters, Meet Directors, Mappers, and Vectors, who do not itemize on their income tax forms, may submit a bill of 10 cents per mile to the Treasurer for mileage reimbursement.

A Junior Achievement Award has been established in Karl and Mary Kolva's name. A committee to include Karl, Rick Worner, Linda Kohn, Carol Moran and Sandra Lomker have come together to set up some guidelines and criteria for this award. Nominations of 14-20 year olds must be received by the Awards Committee no later than October 31 of each year. An award(s) will be presented at the Annual Membership Meeting in December.

WANTED: ROC has two volunteer positions open, neither of which requires being a Board member – Publicity and Map Sales. After several years as Publicity Chair, Rick Worner would like to step down and is glad to help someone get started.

Also, if anyone has an interest in mapping, ROC always has parks that need updating. Contact Dick Detwiler for more information.

2008 Scrooge-O by Steve Tylock

Look for your choices, pick the best one, then go with it.

The Rochester Orienteering Club's annual Scrooge-O is an event on a couple different levels. With early sunsets and a chill in the air, everyone enjoys the potluck dinner while the club recognizes volunteers for the past year, and conducts the "official" business of electing members to the board.

Desert – that's held back until after the orienteering;-)

Scrooge-O is a bit different than regular orienteering, and needs a bit of an introduction...

Think of Night-O with a Score-O style course – no order required. Use a small enough area, a 1:4000 or 1:5000 scale map, and a 45-60 minute timer. Lastly, throw in a few "Scrooges"...

Scrooges start with a control punch card with a large X through it, and a flashlight with a red beam. When a scrooge shines the beam on an orienteer, they swap roles. The former scrooge takes the orienteer's control card and continues in that role, with the controls punched (or unpunched). The former orienteer takes the scrooge's X control card and the red flashlight and must find someone else to scrooge!

Participants can finish only in the last 5 minutes of the event - after a whistle is blown. This keeps everyone "in play" up until the very end... Otherwise an orienteer is safe only within 5 meters of a control.

So it is definitely a game of cat and mouse – spread across a cold, dark, landscape.

I was paired with my middle school age daughter Melissa who happened to have some experience with this Girl Scout camp over a couple summers – but never in the dark like this. We had a few minutes to look at the map before heading out and I sized up the large block of controls in the center as a "very dangerous" place.

As scrooge selection is random and revealed at the start, I indicated that if we were not staring as the scrooge, we would run across the field towards control 3. (Pointing, I said "run that way when I say so")

At the start I tapped my stopwatch, looked at the card, and realized we were not scrooges. Off we went.

Control 3. With our flashlights fully on, we headed across the field with a pack. The "wall" of forest vegetation appeared dense, and many slowed to consider if the trail opening was really there or to think about heading to the road. I kept us moving to the "right" spot and the trail appeared before us – we were able to get to the control after just one other runner. A line grew around the control as others followed us in – but we were gone. We had checked the control number, punched and continued – I'm a stickler for making sure the control is correct...

Control 2. We kept along the trail to 2, the first orienteer stopped to check his map – we didn't and arrived at the control first, repeating our check and punch routine. (Melissa punched, while I provided light and looked ahead on the map)

Control 14. Continuing along the trail (with lights), we spotted the reflector for control 14, stumbled into the streambed, punched, and stumbled out.

Control 21. We left 14 continuing along the trail, but missed the path heading up the hill, following along the stream instead. As this non-trail "ended" I quickly checked the map and realized what happened – a scramble up the bank took us to the lined trail – and off we went. We followed around this protected hill side, rounded the sharp turn of the trail and met up with another runner as they punched 21 in front of us.

Control 12. With the climb out of the stream area, our "burst" section of the course was over – it covered about 4 minutes of time, and with the scrooges needing a few minutes to get organized, we had run faster with lights on and not as much to worry about.

As we approached the tents around control 12, we went dark – and spotted our first red light...

With a bit of hiding, listening, and watching, I figured it was safe and we made our way over to the tent with control 12. At one point, I needed to call out to Melissa to follow me – she was ready to run back into the woods;-)

A group had punched 12 before us, and left towards the long house. I distinctly heard (but didn't see) "you've been scrooged!"

Not wanting to hang around and knowing that the passing of the cards and light takes a bit of time, I tugged on Melissa's sweatshirt and indicated that we were taking off – we quickly backed out the way we had come.

Control 1. After scurrying around the edge of the clearing, we regrouped at the other tents before feeling safe enough to continue to 1. A quick check and punch, and we were on our way down the mowed path.

Control 4. This stretch provided one of the most vivid memories of the night. Running through the dark with the wind in our face, I called over "Isn't this great?" and she replied "I'm terrified dad!" - in a "playing a game in the dark" sort of way. She was into it and didn't want to get tagged;-)

The path led right to the corner of the field and we found another orienteer ahead of us again as we ran into the control. Melissa was worried, but their approach showed me they were intent on punching the control, not catching us.

Control 19. As we came back to the field and headed South, we saw red lights across the field Southwest of us – we didn't delay and headed right up the path.

Control 9. Punching 19 we saw shapes coming behind us – and not wanting to meet anyone so soon after seeing the lights, I had us leave the opposite direction through the woods.

With the winter foliage, it wasn't so bad, but it was slow going. I continued to see activity out in the field – it didn't look safe at all. After finally getting back to the edge of the field (deserted in this corner), we took the few quick steps to control 9.

Control 22. Between the difficulty of the woods and the ease of the trails, (and not seeing or hearing anyone else near us) we trailed over to 22.

This is a good place to mention the dangers of Scrooge-O... Be careful where you go, and be prepared for a stick or two that you didn't see coming... With the extra layers, gloves, and hats to ward off the cold, our bodies were very well protected. That leaves the face as the only exposed area – so naturally I caught a twig in the eye on the way out after punching control 22;-)

We backed out along the dashed path while I alternatively tried to catch a potentially dislodged contact and blinked to see if it was just out of place. Thankfully it remained in my eye, and we finished this “avoidance” section of the course and entered the “quit” zone.

Control 24. It became suddenly still – apparently none of the other participants had decided to collect controls in this area. While we were alone, we were still paranoid;-)

Moving quietly without lights, we made our way along the trail to 24. The only issue was a bright red light moving rapidly from right to left in front of us! I identified it as a car taillight on the road just south of the map and Melissa calmed down...

Control 8. It was just as quiet along the path and out into the field to control 8, but as we walked in the dark to avoid attracting any attention, I missed the control. I also realized that to shine my light across the field was to shine it in the direction of everyone else!

We huddled to block the light and I checked the map again – and decided it had to be NE of us – and we located it.

Control 10. It might have been a little longer, but I knew we couldn't go wrong with the mowed trail along the South edge of the field – we retraced our steps to the path and took it. At one point an off-road vehicle track became a shorter path for us, and we made our way to control 10.

Control 23. This control was one of the easiest of the night, but also ended our “quiet” period – there was most likely activity ahead...

Control 6. For the last 10 controls of the course, we employed full-on “spy” mode. As we slunk through the green I noticed people hiding in the brush to the right. (first people we had seen in a while) We headed around the brush and I looked for the control – and realized it was where the people were;-)

Control 5. As we considered how to get out into the field, I saw two shapes crossing in the dark – the crossed paths, but no red light appeared – it had to be safe. We scurried out into the field picking up 5 ourselves.

Control 15. The large structures at 15 beckoned, so we headed away from the center of the field and quickly punched in.

Control 17. This is the second big mistake of the night. I had seen a dot on the map and knew the direction, so we crossed in the dark – a tree looked to be right where we wanted to go, but there was no control... We continued a bit further with no luck. In a decision to “get out” before we got caught, I turned

to head up the hill towards 18 and we spotted the control in with bushes. (good luck does help)

Control 18. With a pause to listen for activity, we headed up the hill in a fast crouch. Before clearing the top I scanned for lights - the area that appeared to be a killing field before was now vacant... I asked Melissa to punch in the dark and we figured out how to do that...

Control 11. The building was a shield and easy target - we scampered over and out of the open.

Control 16. I'm not quite sure why we left 11 on the North side, but we did – and crossed a “water park” that Melissa had mentioned before the event. (The knowledge did nothing to help us, but I did get a chuckle out of it.

Some activity ahead of us – the finish and the thick vegetation would surely hold both orienteers and scrooges – had me running for cover to the left – and I literally dove under a pine tree, crawling to get “inside” the branches. Melissa followed me and hushed “Dad, freeze, there's a scrooge right outside the trees!”

After a few moments, I realized that I had crawled into the center of a three pine tree cluster that happened to have the control inside it... I called Melissa to finish coming in with me, we punched, and hearing voices now where she had said the scrooge was, I led us quickly out and around to get away during any “scrooge passing” time.

Control 13. We ran in a large circle trying to stay low and keep behind any ground cover (and the building with control 11 again!) over to 13 – I knew that by now the scrooges would be converging on the “unsafe” area outside of the “safe” zone (10 meters from the finish or so) that would be opening up any minute now... We punched 13 in the dark again.

Control 1. There was to be no easy way over to the woods, so I took a direct route staying close to the vegetation and plunged right into the brush – and we made it safely. After passing through a more-full vegetation area, we were able to easily (but warily) make our way up the path towards 1. I was counting on everyone else having picked up this control earlier...

Control 20. After we punched 1, we made our way West towards 20 in the cover of the woods – and stopped cold. Voices from the field! We hid behind a tree. The voices quieted.

Another orienteer was approaching through the woods North of us aiming at a point along the field about mid-way between 20 and 1 – slowly – and too far off the trails and fields to be a scrooge. We stayed put.

They reached the field – “You're scrooged!” – holy cow! - That person (who is now going to be a scrooge) must have seen us as they passed! I pulled Melissa and urged – “We've got to run!”

I led, she followed, and we quickly made our way through the forest and away from the scrooge exchange. We slowed as we hit a pine-tree forest boundary, and the whistle blew – the “safe” finish was open!

As I considered what we should do, I was surprised by a whole

lot of movement from the direction of the path that ran to control 1 – apparently a whole lot of competitors were “hiding out” in the woods and waiting for that signal – they seemed to stampede. I quickly decided that yes, we could get 20, and we could move now with the cover of the herd to hide us;-)

We moved without lights, but could see some light through the trees from spotlights on the building, so I knew where we were headed. As we broke out of the field I searched along the edge for the control but missed it – coming back, I found it two steps off the field. (again, the problem of reading a map quickly in the dark...)

I had counted on the frenzy of the finish zone (around the corner of the building) to attract the Scrooge and cover us – and that had worked out so far...

Finish. Now we had to cross an open field with floodlights and reach safety... I took a moment to think...

And out of the opening to our right (the trail connection in the corner of the field) comes a shadow running towards the building. That’s it!

Any scrooge would jump at the chance to tag a fast, lone orienteer, so once again I called Melissa along and we ran across the field and jumped into the safe zone – complete!

We celebrated our success and started to wind down from the event.

The after-party!

Inside we checked ourselves in, wrote our names on the card (can’t do that ahead of time as they might switch all the time;-), and turned it in – all 24 controls.

The deserts were spread out in a nice fashion, and we tasted this, that, and the other. Orienteers definitely know how to

make deserts! (And there were lots of them too – we had brought our favorite and while they were mostly gone, we did manage to bring a few home for later;-)

A mini-award presentation followed after all the participants came in, and the club had prizes for the top finishers as well as those folks unfortunate enough to be stuck as scrooge at the end. (And we give them good prizes, so being a scrooge is not a completely bad event;-)

There’s much socializing, post-race comparisons, wild stories, and “I can’t believe” statements. Everyone has a great time.

The ride home.

This is perhaps even more interesting – on the ride home, Melissa says “Dad, make sure you tell me whenever an event like that is being held again – it was fun.”

I’m not sure if she was happy or sad to hear that yes it happens once a year, but only once a year... I let her know that the conditions are just right at this time of year, and if we did it too often, it wouldn’t be that special anymore.

So – if one youth is a data point – running a Scrooge-O is a very good thing. (but I bet a similar conversation was happening in many other cars that night;-)

So yes – it takes a different strategy, and requires new tactics, but the essence is the same – look for your options, pick the best one, and go with it.

Steve

-- Steve Tylock lives and runs through the woods of Western New York, and also spends time writing online at <http://www.linkedinpersonaltrainer.com/> and <http://www.timelyinsights.net>



Gold medalist Pavel Korniliev, left, and Sergey Dobretsov at Empire State Games.



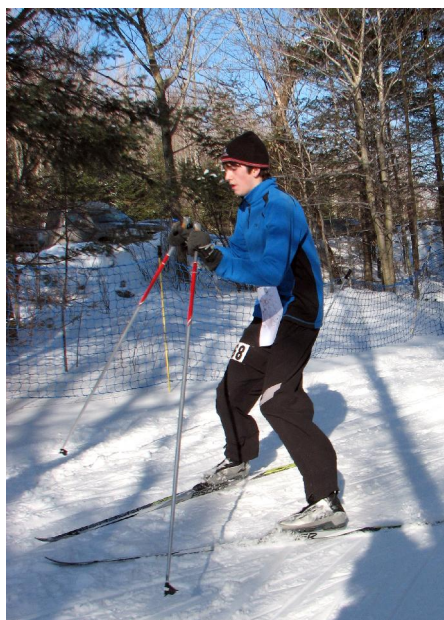
Jim Russell skiing at Empire State Games.

Empire State Games Ski-O Results

February 21, 2009 at Lake Placid

ROC'ers are shown underlined. Congratulations to all who participated! Particular recognition goes out to the ROC medalists:

- Pavel Korniliev, Gold, Male Open
- Stina Bridgeman, Gold, Female Open
- Sue Klassen, Gold, Female Master
- Dayle Lavine, Gold, Female Grandmaster
- Nate Lyons, Silver, Male Scholastic
- Sylvie Klassen, Silver, Female Open
- Mitch Collinsworth, Bronze, Male Open
- Jim Pamper, Bronze, Male Master



Nate Lyons, Silver, Male Scholastic.

Male Scholastic 11.6 km

1	<u>William Frielinghaus</u>	NYSSRA	01:29:23
2	<u>Nate Lyons</u>	ROC	01:45:06
3	Nathan Sleight	CNYO	03:10:10

Male Open 14.7 km

1	<u>Pavel Korniliev</u>	ROC	02:05:03
2	Steve Halasz	AOK	02:07:50
3	<u>Mitch Collinsworth</u>	ROC	02:21:44
4	<u>Randall McGarvey</u>	ROC	02:29:39
5	<u>Eric Barbehenn</u>	ROC	02:33:16
	Eric Smith	CNYO	mp
	<u>Sergei Dobretsov</u>	ROC	dnf
	<u>Dmitri Sizov</u>	ROC	dnf

Male Master 11.6 km

1	Doug Swank	EMPO	01:36:18
---	------------	------	----------

2	<u>Chris Frielinghaus</u>	NYSSRA	01:40:53
3	<u>Jim Pamper</u>	ROC	01:59:53
4	Vonden Sleight	CNYO	01:59:57
5	<u>Steve Tylock</u>	ROC	02:02:45
6	<u>Mike Lyons</u>	ROC	02:50:23
	David Hunter	AOK	disq

Male Grandmaster 10.0 km

1	Pete Dady	CNYO	01:44:48
2	Philip Hawkes-Teeter	EMPO	02:01:12
3	Eric Hamilton	EMPO	02:05:41
4	Ed Kobos	CNYO	02:14:44
5	<u>Rick Lavine</u>	ROC	02:32:04
	Mitch Hansen	CNYO	mp
	<u>Jim Russell</u>	ROC	mp
	Len Cormier	AOK	mp

Female Open 11.6 km

1	<u>Stina Bridgeman</u>	ROC	02:12:01
2	<u>Sylvia Klassen</u>	ROC	02:45:23
3	Mary Smith	CNYO	03:06:38
	<u>Maria Tikhomirova</u>	ROC	dnf

Female Master 10.0 km

1	<u>Sue Klassen</u>	ROC	02:30:57
2	Elinor George	AOK	02:33:40



Stina Bridgeman at finish of her Gold-medal effort.



Sue Klassen, Gold medal, Female Masters

Female Grandmaster 7.6 km

1	<u>Dayle Lavine</u>	ROC	01:37:47
2	Terry Myers Coney	NYSSRA	01:41:55
3	Susan Hawkes-Teeter	EMPO	01:48:15
4	Nadya Popova	HVO	01:50:13
	Janet Findlay	AOK	disq
	Betsy Hawes	HVO	dnf
	Phyllis Fox	NYSSRA	dnf

Local Meet results

Letchworth Ski-O January 3, 2009

Weather: High 20s with sunny breaks throughout the day.
Conditions: Six inches of base with a light dusting of new snow.

Meet Director: Rick Worner
Course Setter: Linda Kohn
Registration: Carol Moran
Pick up: Stina Bridgeman & Steve Tylock

MENS OPEN 11.5K ESG

88:30 Pavel Korniliev
111:20 Georg Nadorff
113:14 Sergey Dobretsov
127:51 Mitch Collinsworth
135:50 Randy McGarvey
150:40 Eric Barbehenn
170:30 Eric Smith
171:10 Erik Pieh
176:04 Nathan Klassen

WOMENS OPEN 7.10K ESG

123:01 Stina Bridgeman
125:30 Mary Smith
154:11 Elspeth Ronnander

MENS MASTERS 7.1K ESG

97:26 Steve Tylock
102:00 Victor Klassen
DNF Mike Lyons

FEMALE MASTERS 5.8K ESG

84:30 Sue Klassen

FEMALE SCHOLASTIC 5.8K ESG

86:02 Sylvia Klassen

MALE GRAND MASTER 5.8K ESG

88:30 Jim Russell

OTHER RESULTS NON-ESG

BLUE 11.5K

DNF Ansis Robs

RED 7.1K

107:10 Dave Levine
DNF Jon & Karen Fleig

YELLOW 4.95K

DNF Amelia Cochfane & Eileen Flanagan

WHITE 3.6K

96:00 Laurie, Nathan and Hannah
Collinsworth
105:30 Carol Moran

DNF Lenore Pawlowski
DNF Megiel Family

Mendon Ski-O January 18, 2009

White 2.5 km.

1. Ed Deller 24:36
2. Carol Moran 38:06
3. Laurie Hunt 41:45
4. Steve and Melissa Tylock 44:20
5. Victor Lee, Jeremy Patterson Chris Chang,
Veska Pandika 45:00
6. Bethany Cloninger 56:50
7. Brian Tomaszewski 57:01
8. Sandra Lomker 59:46
9. Liesl Gaesser 94:00

Yellow 4.5 km.

1. Hugh Lambert 43:00
2. Ed Deller 60:00
3. Laurie Hunt 68:20
4. Donna Burke & Karen Bowlby 70:39
5. Ruth & Amanda Coney, Sandi Willsey-Lemen 79:41
6. Michael Hirsch & Hien Lam 86:30
7. Jennifer & Clara Manley 97:01
8. Willa Powell 133:00
9. Nancy Donals 141:15
10. Louise Cook 141:15

Green 8 km.

1. Rick Worner (MG) 53:19
2. Jason Urckfitz 57:14
3. Peter Dady (MG) 59:45
4. Rob Holmes 61:46
5. Jim Russell (MG) 62:10
6. Dayle Lavine (FG) 65:50
7. Rick Lavine (MG) 77:24
8. Linda Kohn 83:30
9. Lindsay Worner 84:16
10. Chelsea Lane-Miller, Celeste Grace, David
Auerbach 86:30
11. Mike & John Patchen 91:30
12. Jon Fleig 102:05

Red 10.5 km.

1. Nate Lyons (MS) 70:45
2. Jim Pamper (MM) 74:30
3. Steve Tylock (MM) 75:45
4. Elspeth Ronnander (FO) 85:19
5. Mike Lyons (MM) 87:05
6. Victor Klassen (MM) 88:00
7. Sylvia Klassen (FO) 88:10
8. Sue Klassen (FO) 110:00
9. David Nesnadny 154:00

Blue 12.5 km.
 1. Eric Barbehenn (MO) 70:30
 2. Georg Nadorff (MO) 70:40
 3. Mitch Collinsworth (MO) 71:30
 4. Randall McGarvey (MO) 73:30
 5. Erik Pieh 74:47
 6. Pavel Korniliev (MO) 75:10
 7. Sergey Dobretsov (MO) 86:00
 8. William Hawkins 91:35
 9. Eric Smith (MO) 107:38

Yellow 3.4 km.
 1. Laurie Hunt 71:00
 2. Sandra Lomker 82:00
 3. Becky Muchler, Leonore Pawlovsky, Darlene Ward 159:12
 Zach Lyons DNF
 Green 6.0 km.
 1. Linda Kohn 47:11
 2. Dayle Lavine 96:02

Webster Ski-O February 8, 2009

Course Setter: Eric Barbehenn
 Meet Directors: R&D Lavine
 Registration: Sandra Lomker
 Greeter: Tom Cornell
 Food: Sandra Lomker, Linda Kohn, Dayle Lavine
 Instruction: Randy McGarvey
 Start/finish: Stina Bridgeman, Linda Kohn, Rick Worner
 Flag pickup: Sylvia and Victor Klassen, Pavel Korniliev

Red 7.5 km.
 1. Pete Dady (MG) 61:15
 2. Steve Tylock (MM) 64:40
 3. Stina Bridgeman (FO) 66:01
 4. Mike Lyons (MM) 71:35
 5. Victor Klassen (MM) 84:01
 6. Mary Smith (FO) 85:30
 7. Rick Lavine (MG) 92:55
 8. Sylvia Klassen (FO) 96:02

White 2.4 km.
 1. Brad Moss & Rakhsema Cafer 59:40
 2. Timothy Dobretsov 67:00

Blue 9.5 km.
 1. Will Hawkins (on foot) 49:58
 2. Pavel Korniliev (MO) 62:01
 3. Randy McGarvey (MO) 65:15
 4. Sergey Dobretsov (MO) 66:25
 5. Georg Nadorff (MO) 74:45
 6. Steve Tylock (2nd course, unofficial) 74:49
 7. Eric Smith (MO) 117:18

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.

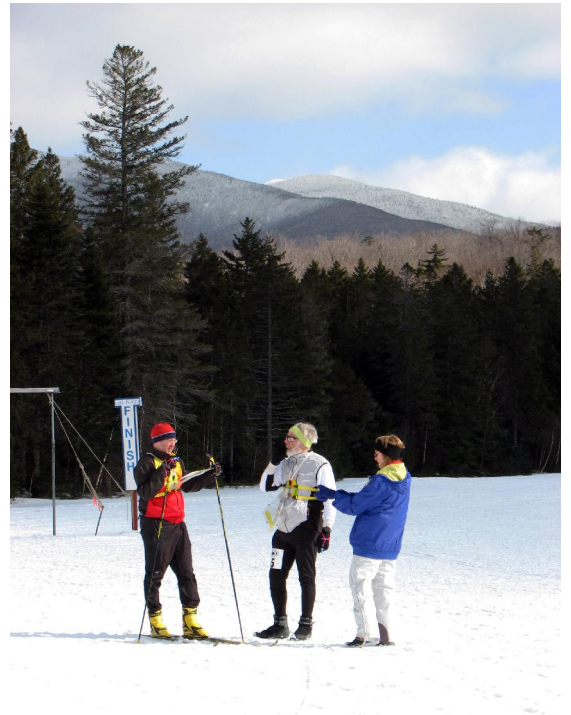
Meet	Course	Food	Greeter	Registration	String-O	Start	Control	Results
Director	Setter					Finish	Pickup	Typing

Please enclose a check payable to the Rochester Orienteering Club and mail to:

Rochester Orienteering Club, 40 Erie Crescent, Fairport, NY 14450



Sylvia Klassen, Silver Medalist in Women's Open, skiing at the Empire State Games. (Photos by Elizabeth Hane.)



Eric Barbehenn, left, and Jim Russell, center, at Empire State Games.

First Class



40 Erie Crescent
Fairport, NY 14450



Eric Barbehenn at Empire State Games.