



The Wild Times

November 2009

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

The official newsletter of the Rochester (NY) Orienteering Club

Annual Meeting and Scrooge-O 5:00 p.m., Saturday, December 5 See details inside, on page. 4

Mendon and Rattlesnake A-Meet Successful!

See results of Upstate NY orienteers, and additional photos, inside! In photos below, taken at the US Sprint Championships at Mendon, are, clockwise from upper left: (1) Zach Lyons, ROC, M-14; (2) Corrine Porter, DVOA, F21; (3) Jeff Teutsch, COC, M21; and (4) Dayne Thatcher, DVOA, M-20.



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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 2009-2010 Schedule

Rochester Area

Saturday, December 5	Annual Meeting & Scrooge-O , Brighton Town Park. 5:00 p.m.
Sunday, January 17	Ski-O at Mendon Ponds Park . Hopkins Point Lodge. Start from 12:00 noon to 1:30 p.m.
Sunday, February 7	Ski-O at Mendon Ponds Park . Cavalry Lodge. Start from 12:00 noon to 1:30 p.m.
Sunday, April 25	Icebreaker. Webster Park . Parkview Lodge. Club Series #1. Start from 12:00 noon to 2:00 p.m.
Saturday, May 15	Mendon Ponds Park West . Club Series #2. Start from 12:00 noon to 2:00 p.m.

Outside of Rochester Area

(Note: All Ski-O's up through February 7 are ESG (Empire State Games) qualifiers)

See web sites of the sponsoring club for details.

Saturday, December 5	CNYO . Adventure Sprint-O The Nordic Center, Hope Lake, Virgil
Saturday, December 19	EMPO . Ski-O. Lapland Lake, Benson, NY.
Saturday, January 2	AOK . Ski-O. Dewey Mtn, Saranac Lake, NY.
Saturday, January 9	EMPO . Ski-O. Moreau Lake State Park.
Saturday, January 16	CNYO . Ski-O. Highland Forest County Park, Fabius
Sunday, January 24	CNYO . Ski-O. B.R.E.I.A. trails at either Egypt Rd. trails or Jackson Hill trails
Saturday, January 30	CNYO . Ski-O. Hammond Hill State Forest, Dryden
Sunday, January 31	CNYO . Ski-O. Bear Swamp State Forest, Sempronius
Sunday, January 31	BFLO . Ski-O. Byrnclyff. Back-up date if no snow is February 7.
Saturday, February 6	CNYO . Ski-O. Utica Zoo's SNOWFARI
Sunday, February 7	AOK . Ski-O. Point au Roche, Plattsburgh
Saturday, February 20	Empire State Games . Lake Placid.
Friday, February 26	NYSSRA - Nordic Championships (Ski O late in the day w/ 2 hr limit)
Saturday-Sunday, February 27-28	CNYO . 14th Annual SNOWGAINE Highland Forest County Park, Fabius Morgan Hill State Forest, Cuyler

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://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!

Letchworth

Jeff Radzyminski	10/15/09	Warsaw NY
BSA Troop 1009	11/2/09	Hornell NY

Mendon

Corey Beres	10/14/09	Rochester NY
Murray Kell	11/2/09	Rush NY

Webster

Kaleb and Eli Pragle	10/24/09	Macedon NY
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Annual Membership Meeting, Potluck Supper &

SCROOGE-O*

5:00 PM, Saturday, December 5, 2009

Election of Board Members and Awards

Brighton Town Park Lodge, 777 Westfall Road, Brighton, NY

Directions: from 390, exit East Henrietta Rd., north to Westfall Rd., East (right) on Westfall to the park. Follow "O" signs to the lodge and a great time!

4:00 PM Board of Directors meeting, ALL WELCOME!

Bring a flashlight, compass, dish to pass and a place setting.

For more information, call the ROC Hotline at 377-5650

*Scrooge-O: An orienteering Score-O event in the dark that combines the fun of hide-and-seek and tag. One or more people are designated as Scrooges and given red flashlights and blank punchcards. When a Scrooge's flashlight is shone on an orienteer they must exchange their completed punchcard for the red light and blank card thus becoming the scrooge. Individuals, family groups and especially children love it!

Everyone Welcome!

Club Equipment

All ROC equipment is now stored in the Lavines' garage located at 360 Rockingham St. (near South Goodman St.) Many active members know where the key to the garage is located; if you need equipment, and don't know the location of the key, please call Dayle and Rick at 442-6358, or ask another member. Karl Kolva is building shelves so that equipment can be stored and labeled for easy access. To make sure that the equipment remains available, please

1. Sign out all equipment that you borrow, and cross it off when you return it.
2. Meet directors, organize the meet boxes before returning them, and tape a note to the box if anything needs to be resupplied (or resupply yourself.)
3. Write any missing equipment (e.g. flag numbers) on the sign out board.
4. Wet controls or banner must be dried out before packing away.

If we follow these procedures, the equipment should stay in good shape!

Club Series and Sprint Series Final Standings

We have concluded our club's two inaugural competitive series, the Club Series and the Sprint Series. These were the brainchild of Rick Worner, and turned out to be a very enjoyable way of encouraging friendly competition among people participating in our meets.

In both series, five meets were designated as series events. Scoring was: 10 points for first place in a class, 9 points for second, 8 points for third, etc. The sum of the best four scores out of the five meets gave the total points for the series.

In the **Club Series**, congratulations go out to the class winners: Rob Holmes in M-Open, Stina Bridgeman in F-Open, Pete Dady in M40+, Jackie Novkov in F40+, Bob Bundy and Richard Burgey (tie) in M60+, Dayle Lavine in F60+, Tim Dobretsov in M-12, a tie between Melissa Tylock and Elanor Nadoff in F-12, Patrick Doherty in M-14, and Zach Lyons in M-16.

In the **Sprint Series**, winners were: Rob Stevens in M-Open, Stina Bridgeman in F-Open, Don Winslow in M40+, Jackie Novkov in F40+, Walt Lyons in M60+, and Zach Lyons in M-Junior.

Due to space limitations, people who have scored 15 points or more in the club series (plus class winners, even if less than 15), and 10 points or more in the Sprint series are listed. Full results are available on the club web site.

ROC 2009 Club Series – Final Standings (15 points and above except for class winners)

Full results are available on the club web site.

Class	Name	Total Points	Letchworth W	Webster	Mendon	Letchworth E	Powder Mills
			05/02/09	05/09/09	06/14/09	10/04/09	10/17/09
M-Open	Rob Holmes	36	9	8	8 (x)	9	10
M-Open	Pavel Korniliev	30	6	10	4 (x)	7	7
M-Open	Mike Lyons	28	7	9	MD (7)	5	
M-Open	Rob Stevens	27		5	5	8	9
M-Open	Nate Lyons	24	10		10	4	
M-Open	Sergey Dobretsov	22	8	7	7		
M-Open	Steve Tylock	21	5	4	2 (x)	6	6
M-Open	Randall McGarvey	20		6	6		8
M-Open	William Hawkins	20				10	CS (10)
F-Open	Stina Bridgeman	38	8	10	8 (x)	10	10
F-Open	Sylvia Klassen	23	7	9	7		
F-Open	Lindsay Worner	19	9		10		
F-Open	Maria Tikhomirova	15	6			9	
M40+	Peter Dady	38	8 (x)	9	9	10	10
M40+	Joel Shore	29	6	8	6 (x)	7	8
M40+	Vince Cassano	26		10	10	6	
M40+	Carl Palmer	24	5	5	8		CS (6)
M40+	Victor Klassen	23	4	7	7	5	
M40+	Richard Detwiler	23	9	CS (6)	0	8	
F40+	Jackie Novkov	40	10		10	10	10
F40+	Laurie Hunt	20	Map issue (10)	10			
M60+	Bob Bundy	38	10	9	9	9 (x)	10
M60+	Richard Burgey	38	Map issue (9)	7 (x)	10	10	9
M60+	Tom Cornell	31	8	8	8	0 (x)	7
M60+	Karl Kolva	29	9	6	0 (x)	8	6
M60+	Rick Lavine	26	CS/MD (6.5)	5		CS/MD (6.5)	8
F60+	Dayle Lavine	30	CS/MD (10)	10		CS/MD (10)	
F60+	Kathy Bannister	29	10	9			10
M-12	Timothy Dobretsov	28	10	8			10
M-12	Luke Lyons	20		10	10		
M-12	Tyler Holmes	18		9	9		
F-12	Melissa Tylock	10	10				
F-12	Elanor Nadoff	10			10		
M-14	Patrick Doherty	10		10			
M-16	Zach Lyons	27	9	9	9		
M-16	Joe Makowski	20	10	10	0		

Sprint Series Final Standings (10 points or more)

Full results are available on the club web site.

Class	Name	Total Points	Ellison 07/08/09	Seneca 07/25/09	Basil Marella 08/06/09	Brighton 08/25/09	Highland 09/12/09
M-Open	Rob Stevens	36	9		9	MD/CS	9
M-Open	Mike Lyons	33	8	9	8	7 (X)	8
M-Open	Sergey Dobretsov	26		8	10	8	
M-Open	Steve Tylock	23	MD/CS		6	6	5
M-Open	Tyler Borden	23	6	CS	7	4	
M-Open	Rob Holmes	23	10	5	MD		
M-Open	Nate Lyons	20			CS	10	
M-Open	Pavel Korniliev	13	7				6
M-Open	William Hawkins	10					10
M-Open	Erin Schirm	10		10			
F-Open	Stina Bridgeman	40	10	10	10	10	10 (X)
M40+	Don Winslow	33	6 (X)	8	8	8	9
M40+	Randy McGarvey	30	10	MD	10		
M40+	Richard Detwiler	30		10		10	10
M40+	Peter Dady	18	9	0		9	
F40+	Jackie Novkov	10		10			
F40+	Linda Kohn	10			10		
F40+	Patty Lyons	10				10	
M60+	Walt Lyons	10				10	
M-Junior	Zachary Lyons	40	10	10	10	10	10 (X)

A-Meet at Mendon and Rattlesnake

ROC is pleased to have put on a successful national-level meet, which included two US Championships, the Sprint and the Ultra Long. There were 289 people competing at the events, coming from just about every part of the US and from many parts of Canada.

Full results are available on the ROC web site. The following is a summary of all of the finishers from ROC, BFLO, and CNYO (plus the result of William Hawkins, a U of R professor who has resided in Rochester for several years, and whose primary club is CSU).

Congratulations go out to everyone who took part in the meet, and in particular, Rochester-area people who placed first or second in their classes.

- **Timothy Dobretsov**, M-10: Sprint, 2nd out of 4; Middle, 2nd out of 7
- **Zach Lyons**, M-14, Sprint, 1st out of 5; Ultralong, 1st out of 4

- **Dayle Lavine**, Sprint, F65+, 2nd out of 5
- **Stina Bridgeman**, F35+: Sprint, 1st out of 1; Middle, 1st out of 1; Ultralong, 1st out of 1
- **David Cady** (BFLO), Sprint, M60+, 2nd out of 12
- **Sergey Dobretsov**, M35+, 1st out of 2
- **Hannah Collinworth**, F-10: Middle, 1st out of 1; Ultralong, 1st out of 1
- **Luke Lyons**, M-10: Middle, 1st out of 7; Ultralong, 2nd out of 5
- **Sandra Lomker**, Middle, F-Yellow, 1st out of 1; Ultralong, 1st out of 4
- **Tom Cornell**, Middle, M75+, 1st out of 1
- **Nate Lyons**, Middle, M21, 2nd out of 35
- **Tyler Borden**, M-Red, Middle, 1st out of 1
- **Rick Lavine**, Ultralong, M70+, 2nd out of 3
- **Rob Holmes**, M35+, Ultralong, 1st out of 3
- **Eric Smith** (CNYO), M-Red, Ultralong, 2nd out of 3

US Sprint Championship Mendon Ponds. September 19

F-12 (3) 1.6 km 35 m 12 C

3 Tylock, Melissa 97 ROC 15:30

M-10 (4) 1.6 km 35 m 12 C

2 Dobretsov, Timothy 01 ROC 17:15

3 Lyons, Lucas 01 ROC 19:50

M-14 (5) 1.6 km 35 m 12 C

1 Lyons, Zachary 96 ROC 8:39

F55+ (6) 2.2 km 55 m 14 C

3 Lyons, Patricia BFLO 31:14

F65+ (5) 2.2 km 55 m 14 C

2 Lavine, Dayle 40 ROC 32:35

M65+ (7) 2.2 km 55 m 14 C

5 Lyons, Walter BFLO 49:38



Holly Kuestner, F-20 from COC, at the Mendon Sprint.

F35+ (1) 2.2 km 60 m 14 C

1 Bridgeman, Stina 74 ROC 24:40

F45+ (9) 2.2 km 60 m 14 C

5 Novkova, Jackie 60 BFLO 24:47

F50+ (4) 2.2 km 60 m 14 C

4 Dominie, Barbara CNYO 35:48

M50+ (15) 2.2 km 60 m 14 C

8 Levine, David 59 BFLO 22:04

11 Collinsworth, Mitch 59 ROC 26:19

M55+ (9) 2.2 km 60 m 14 C

8 Dady, Pete 51 CNYO 25:09

M60+ (12) 2.2 km 60 m 14 C

2 Cady, David 45 BFLO 19:05

7 Detwiler, Richard 49 ROC 24:48

F-21+ (12) 2.6 km 60 m 17 C

8 Holmes, Kameron 75 ROC 25:12

M35+ (2) 2.6 km 60 m 17 C

1 Dobretsov, Sergey 72 ROC 20:54

M40+ (13) 2.6 km 60 m 17 C

4 McGarvey, Randall 67 ROC 20:00

5 Stevens, Rob 68 ROC 20:19

7 Korniliev, Pavel 68 ROC 22:02

9 Urckfitz, Jason 69 ROC 27:13

M45+ (20) 2.6 km 60 m 17 C

8 Lyons, Michael 63 ROC 20:38

19 Tylock, Steve 64 ROC 30:35

M-21+ (31) 2.6 km 60 m 17 C

25 Borden, Tyler 88 ROC 20:52

28 Smith, Eric 43 CNYO 28:03

A-Meet Middle Course. Mendon Ponds. September 19

F-10 (1) 2.3 km 50 m 11 C

1 Collinsworth, Hannah01 ROC 23:53

F-12 (3) 2.3 km 50 m 11 C

3 Tylock, Melissa 97 ROC 27:29

M-10 (7) 2.3 km 50 m 11 C

1 Lyons, Lucas 01 ROC 18:45

2 Dobretsov, Timothy 01 ROC 19:59

5 Collinsworth, Nathan01 ROC 48:27

F-Yellow (1) 2.6 km 60 m 10 C

1 Lomker, Sandra 36 ROC 39:15

F-Orange (4) 2.9 km 140 m 12 C

1 Zygo, Marilyn 57 ROC 42:55

M-16 (7) 2.9 km 140 m 12 C

4 Lyons, Zachary 96 ROC 39:05

F60+ (5) 2.9 km 85 m 13 C

4 Bannister, Kathy 47 ROC 51:53

M65+ (11) 2.9 km 85 m 13 C

6 Bundy, Bob 44 ROC 48:01

9 Lyons, Walter BFLO 57:39

M75+ (1) 2.9 km 85 m 13 C

1 Cornell, Tom 34 ROC 1:49:29

F35+ (1) 3.5 km 190 m 15 C
 1 Bridgeman, Stina 74 ROC 43:54

F45+ (7) 3.5 km 190 m 15 C
 7 Novkova, Jackie 60 BFLO 55:32

F50+ (9) 3.5 km 190 m 15 C
 4 Lyons, Patricia BFLO 47:52
 9 Dominie, Barbara CNYO 1:11:02

M50+ (19) 3.6 km 195 m 15 C
 5 Levine, David 59 BFLO 39:56
 11 Collinworth, Mitch 59 ROC 47:27
 16 Slattery, Rick 55 ROC 1:27:00

M55+ (13) 3.6 km 195 m 15 C
 7 Dady, Pete 51 CNYO 46:22
 12 Zygo, Larry 50 ROC 1:15:18

M60+ (14) 3.6 km 195 m 15 C
 8 Cady, David 45 BFLO 46:41

M40+ (12) 4.6 km 220 m 17 C
 5 Korniliev, Pavel 68 ROC 42:52
 6 Stevens, Rob 68 ROC 43:48
 7 Urckfitz, Jason 69 ROC 45:45
 8 McGarvey, Randall 67 ROC 46:00

M45+ (23) 4.6 km 220 m 17 C
 17 Tylock, Steve 64 ROC 54:20
 20 Shore, Joel 64 ROC 1:06:18
 21 Klassen, R. Victor 61 ROC 1:22:41

M-Red (1) 4.6 km 220 m 17 C
 1 Borden, Tyler 88 ROC 54:51

M-21+ (35) 5.6 km 245 m 17 C
 2 Lyons, Nathaniel 92 ROC 35:47
 24 Lyons, Michael 63 ROC 50:01
 31 Smith, Eric 43 CNYO 1:33:20

US Ultra Long Championship. Rattlesnake Hill, September 20

F-10 (1) 2.4 km 70 m 7 C
 1 Collinworth, Hannah01 Y ROC 24:39

M-10 (5) 2.4 km 70 m 7 C
 2 Lyons, Lucas 01 Y ROC 20:55
 3 Collinworth, Nathan01 Y ROC 32:26

M-14 (4) 5.2 km 180 m 11 C
 1 Lyons, Zachary 96 Y ROC 1:15:03



Two M-14's, Zach Lyons, left, from ROC, and Chase Thatcher from DVOA, finishing at Rattlesnake. Zach took first, winning the US Yellow Ultralong Championship.

F-Orange (4) 7.7 km 255 m 11 C
 1 Zygo, Marilyn 57 N ROC 2:11:28

M-Orange (12) 7.7 km 255 m 11 C
 5 McGarvey, Randall 67 Y ROC 1:26:24

F55+ (7) 7.7 km 245 m 10 C
 4 Lyons, Patricia Y BFLO 2:21:26

F65+ (4) 7.7 km 245 m 10 C
 3 Lavine, Dayle 40 Y ROC 2:46:20

M65+ (8) 7.7 km 245 m 10 C
 6 Bundy, Bob 44 N ROC 4:21:00

M70+ (3) 7.7 km 245 m 10 C
 2 Lavine, Richard 38 Y ROC 3:15:45

M-Brown (5) 7.7 km 245 m 10 C
 4 Slattery, Rick Y ROC 3:25:27



Angelica Riley, F35+ class from DVOA, competing at Rattlesnake.

F35+ (2) 10.1 km 300 m 10 C	
1 Bridgeman, Stina 74 Y ROC 2:20:20	
F45+ (8) 10.1 km 300 m 10 C	
6 Novkova, Jackie 60 Y BFLO 3:18:45	
M-18 (7) 10.3 km 340 m 12 C	
3 Lyons, Nathaniel 92 Y ROC 2:02:27	
M50+ (16) 10.3 km 340 m 12 C	
6 Collinworth, Mitch 59 Y ROC 2:13:06	
11 Levine, David 59 Y BFLO 2:43:24	
M55+ (13) 10.3 km 340 m 12 C	
5 Dady, Pete 51 Y CNYO 2:15:38	
6 Zygo, Larry 50 N ROC 2:23:26	
M60+ (12) 10.3 km 340 m 12 C	
7 Cady, David 45 Y BFLO 2:19:45	
M-Green (4) 10.3 km 340 m 12 C	
3 Shore, Joel 64 N ROC 2:57:16	
M35+ (3) 14.6 km 475 m 13 C	
1 Holmes, Rob 70 Y ROC 3:32:37	
M40+ (15) 14.6 km 475 m 13 C	
9 Korniliev, Pavel 68 Y ROC 3:12:05	
10 Urckfitz, Jason 69 N ROC 3:30:19	
M45+ (28) 14.6 km 475 m 13 C	
16 Lyons, Michael 63 Y ROC 3:36:27	

17 Tylock, Steve 64 Y ROC 3:55:25

M-Red (3) 14.6 km 475 m 13 C
 2 Smith, Eric 43 Y CNYO 5:17:45

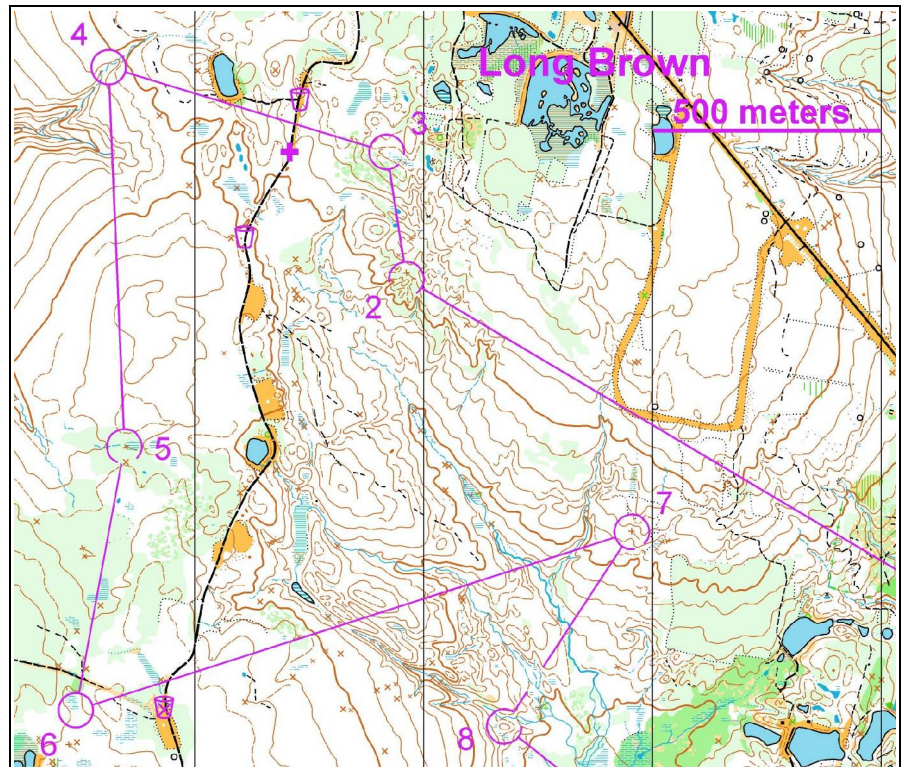
M-21+ (29) 19.1 km 535 m 17 C
 6 Hawkins, William 77 Y CSU 2:41:48

F-ShortBrown (10) 4.4 km 155 m 7 C
 4 Dominie, Barbara Y CNYO 1:59:14



Randy McGarvey, ROC, and Alex Bergstrom, OOC, finishing the Orange course at Rattlesnake. Alex took first in M-16, and Randy finished 5th out of 12 on M-Orange.

A portion of the Brown course from the US Ultralong Championships at Rattlesnake Hill.



Local Meet results

National Orienteering Day at Highland Park September 12, 2009

Meet Directors & Course Setters: Rick & Dayle Lavine

Greeter: Don Winslow

Registration: Rukhsana Cofer, Elizabeth Hane, Carol Moran,
Mary Kolva

Start/Finish: Stina Bridgeman, Linda Kohn, Rick Worner, Rick
Lavine, Anne Schwartz, Elanor and Georg Nadorff

Flag Pick-Up: William Hawkins

Food: Sandra Lomker, Mary Kolva

Instruction: Karl Kolva, Rick Worner, Linda Kohn

String-O: Tyler & Rob Holmes, Stephanie & Faith Reh,
Danielle Chiesi

Results Typing: Stephanie Reh

M-Sprint

1. William Hawkins	13:06
2. Rob Stevens	17:23
3. Mike Lyons	17:50
4. Georg Nadorff	19:32
5. Pavel Korniliev	19:35
6. Steve Tylock	20:07
7. Dick Detwiler	26:40
8. Zach Lyons	27:56
9. Brian Thomas, Julie Smith	29:46
10. Don Winslow	33:35
11. Luke Lyons	36:13

F-Sprint

1. Stina Bridgeman	24:12
2. Laurie Hunt	49:04
3. Anne Schwartz	59:37

YELLOW

1. Brian Thomas, Julie Smith	26:58
2. James, Sheri, & Erik Mortillaro	31:00
3. Drew & Katie Winslow	
4. Richard Burgey	37:36
5. Mark Fitzstevens	40:04
6. Rich Nestlen & Sarah Quackenbush	40:20
7. Melissa Tylock	40:40
8. Nancy Burgey	41:30
9. Liam Fitzstevens, Cameron Coykendall, Elera Dinnock, Peter Stevens, Scott Gordon	42:01
10. Tom Schwartz	44:50
11. James & Joseph Robinson	46:05
12. Ephraim Murph, Tyler Phipps, Scott Gordon	48:54
13. Ian & Chandler Scott, Qadar Aweis	52:17
14. Carol Moran	61:28
15. Qadar Aweis, Duwayne Harding, Shane Mandel, Ben Pegoni	63:10
16. Alex Wotal, Kelly Sowers	65:04

17. Kendra Dean, Zeynep Guler-Carrasquille, Zondrea Capps, Gwendolyn Scott	67:16
18. Stephanie & Faith Reh, Danielle Chiesi	67:26
19. Tamalene Foutris	67:33
20. Rose Irillio, Arien Tucker, Brittany Frank, Sidney Moore	68:16
21. Bethany, Mark & Isaac Cloninger	71:56
22. Troy, Rhiannon, Carwyn & Efron Collinsworth, Daniel Warth	74:19
23. Chris Pessagno, Elaine Gregory, Sandra Youhess	77:06
24. Jim, Mike, Ken & Steve Watson	79:59
25. Carolyn & Liam Orr	80:41
26. Valeri Grason, Michael Stefani	83:54
26. Kathleen Volavchak & Kate Carney	97:50
27. Chris Pragle	100:29
28. Mark Arlauckas, Mike Lambert, Bob Caldwell, Ben Czapranski, Zach Lambert, Evan Walker, Ken Caldwell	103:50
29. Mike Hirsch, Hien Lam	105:03
30. Olivia Bacot, Jazlynn Lamploy, Najua Baaith, Raven Rowe, Kelly Pearson, Tara Wade	107:23
31. Cameron Rodgers, Sarah DeLaus, Ellen Sherwood, Caroline Stockdale	119:24

WHITE

1. Melissa Tylock	15:20
2. James, Sheri, & Erik Mortillaro, Drew & Katie Winslow	16:09
3. Liam Fitzstevens, Cameron Coykendall, Elera Dinnock, Peter Stevens, Scott Gordon	16:17
4. Luke Lyons	18:01
5. Davin Reddington, Tylre Phipps, Ephraim Murph	18:15
6. Ian John, Tara Spahmer, Stephanie Lee, Nadire Zherka, Karoline Schwenker	20:18
7. Joceyln Duncan, Tiara Grayson	22:00
8. Tyler & Bryn Holms	23:38
9. Rich Nestlen & Sarah Quackenbush	23:50
10. Chris, Noah & Claire Boss, Drew & Katie Winslow	25:33
11. Karen, Peter & Mark Wood	29:00
12. Will, Garrison, Ben, Kathy & Gary Davis	29:22
13. Elanor Nadorff	31:00
14. Chris Pessagno, Elaine Gregory, Sandra Youhess	37:37
15. Kayla Stevens	41:12
16. Mina Stevens	41:38
17. Kid, Sue & Lyen Goff, Laura Don, B. Densinere	57:50
18. Regina Doran	64:14
Jim, Mike, Ken & Steve Watson	time not available

Letchworth State Park October 4, 2009

It was a great day for the 4th in the Club Series and Recreation orienteering in the Letchworth East side at the Parade Grounds. The Club series is heating up with one more to go. Rick and Dayle Lavine set 6 great courses that we all enjoyed. The weather cooperated and it didn't rain, there was even some sun shine. Also a sighting of a Giant pumpkin in the parking lot!

The volunteers that made it possible were (hope we got everyone):

- Meet Directors: Richard and Nancy Burgey
- Course Setters: Rick & Dayle Lavine
- Greeter: Tom Cornell
- Registration: Elizabeth Hane, Carol Moran, Dayle Lavine, and Sandra Lomker
- Start/Finish: Rick Lavine & Stina Bridgeman
- Flag Pick-Up: Pavel Korniliev, Joel Shore, Steve Tylock, Rick and Dayle Lavine
- Food: Sandra Lomker, Mary Kolva
- Instruction: Karl Kolva
- String-O: Elizabeth Hane and Stina Bridgeman
- Results Typing: Rob Holmes

Thanks to all the volunteers it was another great meet, with lots of positive Kudos.

There were 58 starts and 99 participants.

White

1. Elanor Nadorff and Lane Fitzsimmons	37:41
2. Rukhsana Cofer	39:17
3. Bryn and Tyler Holmes	44:17
4. Kayla and Rob Stevens	51:40
5. Paul and Clayton Manley	54:07
6. Mike, Nicole, Mike Meynadassy, Barb Thame	54:56
7. Chad Spencer, Bavivaldy Ortiz, Ailakojo Oshiozanimeva	57:28
8. Patty Borden, Jeanette Wahl	66:30

Yellow

1. Eileen, Kate and Arelia Cochrane	36:36
2. Carolyn Orr	37:25
3. Ike, Obidiah, and Megan Quick	45:27
4. Carol Moran	49:08
5. Sandra Lomker	49:11
6. Heidi, Katie and Maggie Hall, Shaylyn Traver	55:56
7. Jennifer and Clara Manley	57:10
8. John and Patrick Cochrane	59:51
9. Elizabeth Hane	64:10
10. Nancy Burgey	DNF

Orange

1. Troop 35 - Bald Eagle Patrol	90:57
2. Ryan and Kyle Aures, Ginger Coleman	93:30
3. Casey and Austin Lamb	99:08

4. Don Winslow	100:53
5. Robert, Yolanda and Joseph Maslanka	103:53
6. Troop 35 #2	121:13
7. Tamaline Foutris	125:31
8. Troy, Rhiannon, Ffion and Corwyn Collinsworth	130:36

Brown

1. Richard Burgey	98:30
2. Bob Bundy	99:58
3. Karl Kolva	156:32
4. Shawn Forney	178:28
5. Tom Cornell	DNF

Green

1. Pete Dady	53:23
2. Paul Duerr	59:15
3. Dick Detwiler	61:16
4. Joel Shore	81:10
5. Vince Cassano	81:44
6. Jackie Novkov	104:44
7. Victor and Sue Klassen	111:30
8. Mark Wade	127:42
9. Brian Thomas	140:17
10. Will Mitchell and Kei Riley	DNF

Red

1. William Hawkins	49:02
2. Rob Holmes	67:56
3. Rob Stevens	69:30
4. Pavel Korniliev	70:02
5. Steve Tylock	71:35
6. Mike Lyons	72:11
7. Nate Lyons	75:53
8. David Levine	85:25
9. Gary Maslanka	92:29
10. Stina Bridgeman	99:20
11. Eric Barbehenn	105:00
12. Sara and Mark Andrews	112:30
13. Ravi Nareppa	128:37
14. Russell Nordquist	137:22
15. Maria Tikmomikova	145:17
16. Chad Borden and Jessica Hishman	146:26
17. Dmitry Sizov	146:58

Powder Mills Park October 17, 2009

Gray overcast day in the 40's with mist to light rain.

Courses were set by William Hawkins and Carl Palmer

Meet Director was manned by "The Girls" - Nancy Burgey, Carol Moran, and Sandra Lomker. (Did it seem better organized than usual?)

Tom Cornell was the Greeter and assisted Karl Kolva with instruction.

Registration was handled by Carol Moran, Rukhsana Cofer, Patty Borden, Pat and Emma Welch.

The Start/Finish Line was covered by Rick Worner, Rick Lavine, and Linda Kohn. Snacks were provided by Mary Kolva (how does Karl stay trim?) and Sandra Lomker

The String-O course was setup by the Welch Family.

Many hands made quick work of Flag Pick-Up: Steve Tylock, Chad and Tyler Borden, Jessica Hishman, Pat Young, Laura Willman, and Linda Kohn. Results by Bob Bundy.

2. Tyler Borden	67:56
3. Jessica Hishman & Chad Borden	77:55
4. Larry Zygo	86:22
5. Joel Shore	88:14
6. Jackie Novkov	92:55
7. Doug Kennedy	102:45
8. Victor and Sue Klassen	118:02
9. Casey Lamb	128:53
10. Brian Thomas	151:16

White Course - 1.3km - 9 controls - 50m of climb

1. Bradley Moss	24:52
2. Sergey and Tatyana Dobretsov	25:18
3. Tim Dobretsov	26:00
4. Patty Borden & Jeannette Wahl	42:50
5. Mark and Peter Wood	43:41

Yellow Course - 2.6km - 11 controls - 80m of climb

1. Pat Young	36:15
2. Carolyn Orr	36:52
3. Tim Dobretsov	40:09
4. Marie Heerkens	42:22
5. Ann Jenson and Kim McGann	45:07
6. Bradley Moss and Rufhsana Cofer	46:56
7. Carol Moran	48:53
8. Sandra Lomker	55:29
9. Michael Hirsch	57:00
10. Troy Collinworth and Family	62:24
11. Bethany Cloninger	72:38
12. Tamalene Foutris	79:38
13. Regina Doran	177:58

Orange Course - 3.3km - 11 controls - 130m of climb

1. Eileen Flanagan	68:24
2. Jennifer, Paul, Clayton, and Clara Manley	74:31
3. Megan Quick and Darrell Akara	89:36
4. Pat Welch, Ian Walters, and Emma Gilbert	90:41
5. Heide and Maggie Hall	111:04
6. Elizabeth Hane	114:27
7. Jim, Denise, Mike, and Ken Watson	121:40
8. Chris, Eli, Kaleb, and Noah Pragle	129:49
9. Karl and Logan Woerner	137:45

Brown Course - 3.1km - 11 controls - 170m of climb

1. Bob Bundy	70:31
2. Kathy Bannister	73:04
3. Richard Burgey	79:57
4. Rick Lavine	80:15
5. Tom Cornell	89:26
6. Jim and Kathy Curry	95:26
7. Shawn Forney	127:17
8. Marilyn Zygo	130:11
9. Karl Kolva	148:30

Green Course - 4.6km - 12 controls - 230m of climb

1. Peter Dady	67:11
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Red Course - 5.9km - 14 controls - 265m of climb

1. Rob Holmes	55:40
2. Rob Stevens	67:44
3. Randy McGarvey	67:49
4. Pavel Korniliev	70:22
5. Steve Tylock	73:51
6. Gary Maslanka	83:30
7. Stina Bridgeman	98:03
8. Eric Barbehenn	100:03
9. Mike Allen	106:09
10. Rick Worner	108:49
11. Paul Duerr	161:50

Mendon Ponds Night Orienteering November 7, 2009

We had a very nice turnout for our fifth annual Night-O event. I think having had such perfect fall weather during the day had something to do with it. The format was a bit unconventional and somewhat convoluted, but amazingly everyone understood the concept perfectly. With ROC having hosted an A-meet only seven weeks prior on the same map, the idea was to force some decision making for runners to make it more interesting in a well known park. Participants had to monitor their time out on the course (90 minute time limit) while trying to place well in the category of choice. The category depended on how many score-o controls were visited beyond the mandatory 8 controls which made up the White course, but only multiples of 3 controls bumped you up to the next level. In this event, fastest time won (unlike in a regular score-o where highest score wins). Add the night factor and people had a lot to keep their minds on.

For Control #2 it was by chance that I had chosen to place the control on the east side of the road. I had contemplated placing it in the large field on the west side of the road, in which case it would have wound up smack in the middle of about 500 boy scouts camping that night for their annual District Camporee. I suppose it may have been fun orienteering through a tent city dodging bonfires, but I'm not sure how the scouts would have reacted to a wild horde of 85 people with headlamps charging them unannounced.

It seems that some tight races developed and confusion around one control in particular cost some people a place or two. Between the mandatory controls 5 & 6 (which were connected by a solid line) there was a score-o control (#80). Some people

took the order of 80,5,6 (which was technically the proper order but a slight detour), while others took the order 5,80,6 (which is what I would have done myself, but technically improper). I thought this might cause an issue when I set the course, but decided not to lose any sleep over it. Stina actually asked about this possibility during the briefing prior to the start (indicating some supreme awareness), but I did not announce the answer loudly enough for all to hear. Nevertheless, the lesson to be learned is: information is key in orienteering, and gathering information prior to an event can be as important as performing your best during an event. This is especially true at the elite level during international competitions, for those who aspire to this level. In other words, I put it in on purpose as a teaching point (yeah, right).

The Rochester Orienteering Club also hosted the 17th Annual Trail Run Nov 7 at Mendon Ponds prior to the start of the Night-O. Many people worked tirelessly all day and then stayed to help and/or participate with the Night-O. I am grateful for their help to make this event successful and fun:

- Tom Cornell for driving like a maniac to Rick & Dayle's house and back in record time to bring a supply of punch cards (delay of start was only 9 minutes).

- Rick & Dayle Lavine, Rick Worner & Linda Kohn, Sandra Lomker, Carol Moran, Eric Barbehenn (who also printed the maps as usual) did setup, cleanup, and meet directing.

- Victor Klassen, Rukhsana Cofer handled registration admirably.

- Carol Moran nabbed the finishers as they popped through the door.

- Mary Kolva for her gourmet treats (which alone are worth the price of admission) and Marilyn Zygo who graciously left great food from the trail run.

- Pavel Korniliev and Dmitry Sizov, having won Blue and Brown respectively, wanted their money's worth for driving from Corning and ran practically the whole course again to pick up flags.

Georg Nadorff, Course Setter

Name Time Controls

White (+0,1,2)

1 Walsh Team: Kevin Walsh Janet Walsh Jess Seem Casey Seem	50.12	+2
2 Cofer Team: Rukhsana Cofer Fnayat Cofer Devin Cofer Mark Matts	50.29	+0
3 Paige Sloan	51.22	+0
4 Pawlowski Team: Lenore Pawlowski Darlena Ward Becky Muchler Nancy Pawlowski	54.04	+2
5 Lois Camphausen & Fran Kessler	60.38	+0
6 Yencer Team: Jim Yencer Doug Yencer Christopher Mitschar	89.29	+0
7 Roger Keeney	90.04	+0
8 Watson Team: Jim Watson Kenneth Watson Dan Watson Denise Watson	92.35	+0
9 Regina Doran	DNF	

Yellow (+3,4,5)

1 Nancy Burgey	51.22	+3
2 Boy Scout Troop 26, Team 1: Jon Revier Johnathan Lockwood Eric Lockwood	56.50	+4
3 Finewood Team: Dawn Finewood Spencer Finewood Delaney Finewood Mark Barker	59.56	+3
4 Manley Team: Jennifer Manley Clayton Manley Clara Manley	70.25	+5
5 David Harris & Patricia Harris	71.48	+4
6 Boy Scout Troop 26, Team #2: Robert Younger Aidan Lewis	73.11	+3
7 Karl Kolva	75.00	+5
8 Cheryl Detwiler	78.33	+4
9 Ed Walsh & Elliot Walsh	80.21	+3

Orange (+6,7,8)

1 Tim & Sergey Dobretsov	46.40	+6
2 Stephanie Chiesi Reh & Danielle Chiesi	80.52	+7
3 Winslow Team: Don Winslow Drew Winslow Noah Boss	85.35	+6
4 Gary Maslanka	94.32	+13 -5 = +8
5 Bob Ireland	96.10	+13 -7 = +6

Brown (+9,10,11)

1 Dmitry Sizov	66.05	+9
2 Boy Scout Troop 26, Team #3: Ethan Collins Ben Agnello Jeff Younger	82.04	+10
3 Collinsworth Team: Troy, Fiona, and Carwyn Collinsworth	85.40	+9
4 Casey Lamb & Austin Lamb	86.30	+9
5 Elspeth Ronnander & Priscilla Kaufman	87.01	+9
6 Joel Shore & Judy Lombard-Newell	93.59	+15 -4 = +11

Green (+12,13,14)

1 Doug Kennedy & Jackie Novkova	61.00	+12
2 Victor Klassen	72.37	+12
3 Bob Bundy	79.00	+12
4 Richard Burgey	84.10	+12
5 Brian Thomas	87.00	+12
6 Matt Kelly & Amanda Hilleque	89.01	+12

Red (+15,16,17)

1 Jim Pamper	59.43	+16
2 Dick Detwiler	72.28	+15
3 Jessica Hishman & Chad Borden	83.30	+16
4 Erik Pieh	84.42	+15

Blue (+18,19,20,21,22)

1 Pavel Korniliev	56.07	+18
2 Rob Stevens	59.14	+18
3 Steve Tylock	59.29	+18
4 Peter Dady	68.40	+18
5 Vince Cassano	75.01	+18
6 Eric Barbehenn	79.35	+18
7 Stina Bridgeman	80.42	+18
8 Lindsay Worner	81.19	+18

Annual Mendon Trail Run November 7, 2009

Although not an orienteering event, the annual Mendon Trail Run is important to the club because it is a very significant fund-raiser, helping to allow us to keep our fees for our orienteering meets at the lowest of any club in the county, while still funding mapping activities and equipment upgrades (for e-punching, for example).

This annual event has become quite popular with runners both local and out of town, and even out of state and out of the country. Among the pre-registered runners, we were pleased to have 12 from Canada (many from the St. Catherine's area), and multiple runners from CT, NJ, OH, and PA. A total of 240 runners participated in one of the four distances offered: 5K (actual distance is approximately 5.8K), 10K, 20K, and 50K.



David Bishoff, Fairport, winning the 10K. Also pictured are 5K runners Michelle Wissick (left) and Lin Dey.

Thanks to the many volunteers who made this event possible, including (with apologies for leaving anyone out) Larry and Marilyn Zygo (very major contributors!), Sandra Lomker, Rob Holmes, Dick Detwiler, Carol Moran, Rick and Dayle Lavine, Anne Schwartz, Karl Kolva, Rick Worner, Linda Kohn, Mike Winepress, Paul Duerr., Tom Cornell, and Zak Borden.

Three ROC people participated in the event, all of them in the 5K, including the #1 and #2 overall places! The ROC participants were:

- Carl Palmer, overall winner of the 5K in 25:49!
Congratulations, Carl!
- Chad Borden, overall 2nd place finisher in the 5K in 28:37.
- Jessica Hishman, finishing 16th out of 37 in the 5K in 36:22.

Winners of other distances were:

- 50K male: Joel Cisne, Ithaca, 4:39:30
- 50K female: Zsuzanna Carlson, Edison, NJ, 5:31:57

- 20K male: Skip Kunecki, North Tonawanda, 1:29:32
- 20K female: Julie Staub, Brooklyn, NY, in 1:49:29
- 10K male: Dave Bischoff, Fairport, 40:32
- 10K female: Kim Douglas, Honeoye Falls, 49:26
- 5K female: Becky Adrid, Farmington, 33:24

Full results are available on the ROC web site.

Some pictures from the race follow.



Becky Adrid, Farmington, the first female 5K finisher.



Graham Noble from Welland, ON, in the 20K.



50K runner-up Rich Kruse (age 55 from Newark, DE) blew away the old Veterans record with a time of 4:41:38.

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

	First name _____	Last name _____	Birthdate _____
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



The start of the Mendon Trail Race 5K, 10K, and 20K, November 7, 2009



Peter Gagarin, CSU, one of the best orienteers in the world in M65+, and Matthew Luehrmann from West Point, at the start of the US Sprint Championships at Mendon.

First Class



40 Erie Crescent
Fairport, NY 14450



Luke Lyons finishing strong at the Sprint at Mendon.