

ROCHESTER
ORIENTEERING
C L U B



The Wild Times

April 2011

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

The official newsletter of the Rochester (NY) Orienteering Club

2011 Canal Cities Orienteering Festival

July 29 - August 7

by Steve Tylock, meet director

Calling All Orienteers!

This summer, ROC is partnering with neighboring clubs to hold a 9-day orienteering festival, and if you haven't blocked off the week yet, you should!

The festivities start on the weekend of July 30 and 31 with the US Classic Championships held a bit North of Syracuse. Competitors add the results for races both days to determine the champion.

Then during the week of August 1-5, ROC will host the OUSA convention including morning sessions at the Harley School, afternoon training at nearby parks, and competitive events at night, on mountain bikes, and in canoes. The festival also includes a variety of social activities to bring the community together.

Before leaving town, we'll also host the US Trail-O Championships on Friday August 5th. This discipline of orienteering requires careful analysis of maps and terrain to precisely identify features while allowing for competitors with limited mobility. The convention will include an educational session on it, and it will also be available as a recreational event.

And finally, on the weekend of August 6-7, the Buffalo club will be hosting Sprint, Middle, and Long distance events in the parks south of the city.

If you have never been to an "A meet", you'll want to attend to see the best that orienteering has to offer. Terrain, courses, and logistics are top notch, and you'll compete along side the best in the nation. If you have been to A meets, you'll want to attend these - that offer a great deal right here in our neighborhood.

All information and registration is on-line at 2011CCOF.org, and look for "The Whole Darn Thing!" discount to make the experience affordable. Deadlines apply to Early, Regular, and Late registration, so don't delay.

(Also see the full-page ad in this issue of The Wild Times.)

Season-Opening Icebreaker (including Club Series #1) Saturday April 16 at Webster Park

The opening meet of the 2011 spring-summer-fall orienteering season will feature a new starting location within Webster Park, and also a newly-mapped area west of the park which will provide the opportunity for people on the Green and Red courses to experience some new terrain and "enjoy" some longer-than-normal courses.

The meet will be Saturday, April 16, at Holt Lodge (starting between noon and 2 p.m.). Holt Lodge is on the east side of Holt Road, just south of Lake Road (this is essentially right across Holt Road from Parkview Lodge, the more typical starting venue at Webster Park). This will allow people on the White and Yellow courses to experience the terrain on the east side of Holt Road, which was added to our map a year ago.

The area that has been added this year is the Whiting Road nature trail area, on the west side of Whiting Road. The Green and Red courses will venture into this area.

Courses are being fine-tuned as of this writing, but approximate course lengths are: White 1.3 km; Yellow 2.1 km; Orange 4.3 km; Brown 3.9 km; Green 6.6 km; and Red 8.3 km.

2011 Club Officers and Committee Chairs

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rahklh@frontiernet.net

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Michael.Lyons@xerox.com

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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.

Spring-Summer 2011 Schedule

Rochester Area

Saturday, April 16	Annual Icebreaker. Webster Park. Holt Lodge. Regular meet and Club Series # 1. A portion of Green and Red courses will utilize the Whiting Road area. Start from 12:00 noon to 2:00 p.m.
Saturday, May 5	Mendon Ponds Park. Cavalry Lodge. Regular meet and Club Series # 2. Start from 12:00 noon to 2:00 p.m.
Sunday, May 22	Dryer Road Park, Victor. Regular meet and Club Series # 3. Start from 12:00 noon to 2:00 p.m.
Sunday, June 5	Lincoln Park. White, Score-O, and Sprint Series #1. Score-O mass start at 2:00 p.m. Sprint and White start from 1:00 to 2:00 p.m.
Saturday, June 11	ADK Expo at Mendon Ponds Park, Beach area.
Wednesday, June 15	Mendon Ponds Park. Devil's Bathtub Shelter. White, Score-O, and Sprint Series #2. Score-O mass start at 7:00 p.m. Sprint and White start from 6:00 to 7:00 p.m.
Wednesday, June 29	Basil Marella Park. White, Score-O, and Sprint Series #3. Score-O mass start at 7:00 p.m. Sprint and White start from 6:00 to 7:00 p.m.
Saturday, July 9	Ellison Park. White, Score-O, and Sprint Series #4. Score-O mass start at 11:00 a.m. Sprint and White start from 10:00 to 11:00 a.m.
Sunday, July 31 through Friday, Aug. 5	Orienteering USA Annual Convention and Canal Cities Orienteering Festival. See details elsewhere in this newsletter.
Saturday, August 20	Genesee Valley Park. White, Score-O, and Sprint Series #5. Score-O mass start at 11:00 a.m. Sprint and White start from 10:00 to 11:00 a.m.

Outside of Rochester Area

See web sites of the sponsoring club for details.

Sat. April 16	BFLO. Emery Park. Four Courses Beginner to Advanced
Sat. April 23	EMPO. Peebles Island State Park, Waterford, NY
Sat. May 7	EMPO. Five Rivers, Delmar, NY
Sat. May 14	BFLO. Schoellkopf Boy Scout Camp Sprint and 90-Minute Score-O
Sun. May 22	EMPO. Tawasentha Park, Guilderland, NY
Sat. & Sun. June 4-5	CNYO. 7th Annual REGAINE. Morgan Hill State Forest, Cuyler.
Sat. June 11	CNYO. Thacher State Park, New Scotland, NY

Sun. June 12	BFLO. Hunter's Creek Park South 5km Trail Run. The Explore Erie County Parks Series.
Sun. June 12	BFLO. Hunter's Creek Park South Four Courses, Beginner to Advanced
Sun. June 19	CNYO. # Annual Daddy-O. Pratt's Falls Park, Pompey.
Th. July 7	BFLO. Hunter's Creek Park North. Sprint Course and 60-Minute Score-O
Th. July 14	BFLO. Chestnut Ridge Park. 5.1 Mile Trail Run The Explore Erie County Parks Series
Sat. & Sun. July 30-31	CNYO. US Classic Championships. Happy Valley Wildlife Management Area Williamstown, NY. (North of Syracuse)
Sat. & Sun. Aug. 6 & 7	BFLO. Sprague Brook Park. Saturday: AM Middle Distance. PM Sprint & Picnic Chestnut Ridge Park. Sunday: AM Long Distance
Th. Aug. 25	BFLO. Chestnut Ridge Park. Club Picnic
Sat. & Sun. Aug. 27-28	CNYO. 21st Annual ROGAINE. Charles E. Baker State Forest (Brookfield Horse Trails), Sherburne

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>

Other clubs: See USOF web site.

Recent Permanent Course Finishers - Congratulations!

Mendon

Ed Deller 11/23/10 Fairport NY
Patti Dhillon 11/30/10 Pittsford, NY

Webster

David Brown 12/1/10 Macedon NY

2011 Ski O News by Dayle Lavine

The two ROC Ski Orienteering events, both in Mendon Ponds Park, had great snow and great courses. Will we ever have a better winter for Nordic Skiing in Rochester??

The Empire State Games were held in Lake Placid the last weekend of February. ROC can be proud of all of our Ski Orienteers. Four ROC members earned special recognition, based on a points list for participation at multiple events and their finish at the ESG finals.

Congratulations to: **Zack Lyons**- MS; **Stina Bridgeman**-FO; **Pavel Korniliev**-MO; **Jim Pamper**-MM

The Annual CNYO Snowgaine, a 2 day event, was held March 12th&13th. This is a very challenging endurance event. This year's location was the Winona State Forest on the Tug Hill Plateau. A new ROC member, Eugene Vasiliev was on the winning team with 1,790 pts). Pavel Korniliev and Sergey Dobretsov came in a close third with 1,640 points. (their team name- Russian Bikers Unlimited) Stina Bridgeman and Anne Schwartz won the women's first place.

Sweden hosted the World Ski Orienteering championships. Alex Jospe and Cristina Luis began their outstanding Orienteering careers here in Rochester at our local ROC events! Both of these super skiers and orienteers made the US Ski O team this year. It was really exciting to read about their racing experiences. The women's team had outstanding results, the best, ever for Americans at this event. (for those of us who get the USOF O net, it was really exciting following the races in Sweden)

Pavel and Sergey traveled to Norway for the World Masters Ski Orienteering Event.

Empire State Games Results

ROC members are underlined in the results below.

Male Scholastic (3) 5.1 km 6 C

	<u>Name</u>	<u>County</u>	<u>Time</u>
1	<u>Zachery Lyons</u>	Monroe	42:04
2	Tyler Koziol	Washington	2:17:29
	Kestrel Owens	Rensselear	mp

Male Open (5) 12.9 km 12 C

1	<u>Sergey Dobretsov</u>	Monroe	1:15:22
2	Martin Donnelly-Heg	Onondaga	1:17:18

3	<u>Pavel Korniliev</u>	Steuben	1:22:54
4	<u>Mitch Collinsworth</u>	Tompkins	1:30:21
5	Aims Coney	Hamilton	1:33:24

Male Masters (5) 9.4 km 8 C

1	David Hunter	Essex	56:29
2	<u>Jim Pamper</u>	Livingston	1:09:02
3	Thomas Hay	Erie	1:10:58
4	Doug Swank	Rensselear	1:12:12
5	<u>Gary Maslanka</u>	Livingston	1:28:11



Male Masters medalists. Thomas Hay (bronze), David Hunter (gold), Jim Pamper (ROC, silver)
(All Ski-O photos by Elizabeth Hane.)

Male Grandmasters (1) 9.4 km 8 C

1	Mitch Hansen	Oneida	1:37:30
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Female Grandmasters (3) 5.1 km 6 C

1	Terry Myers Coney	Hamilton	41:09
2	Elinor George	Saratoga	41:51
3	Susan Hawkes-Teeter	Albany	45:53

Female Open (1) 12.9 km 12 C

1	<u>Stina Bridgeman</u>	Ontario	1:47:1
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Female Scholastic (1) 5.1 km 6 C

1	Melanie Sergeiv	Rensselear	30:45
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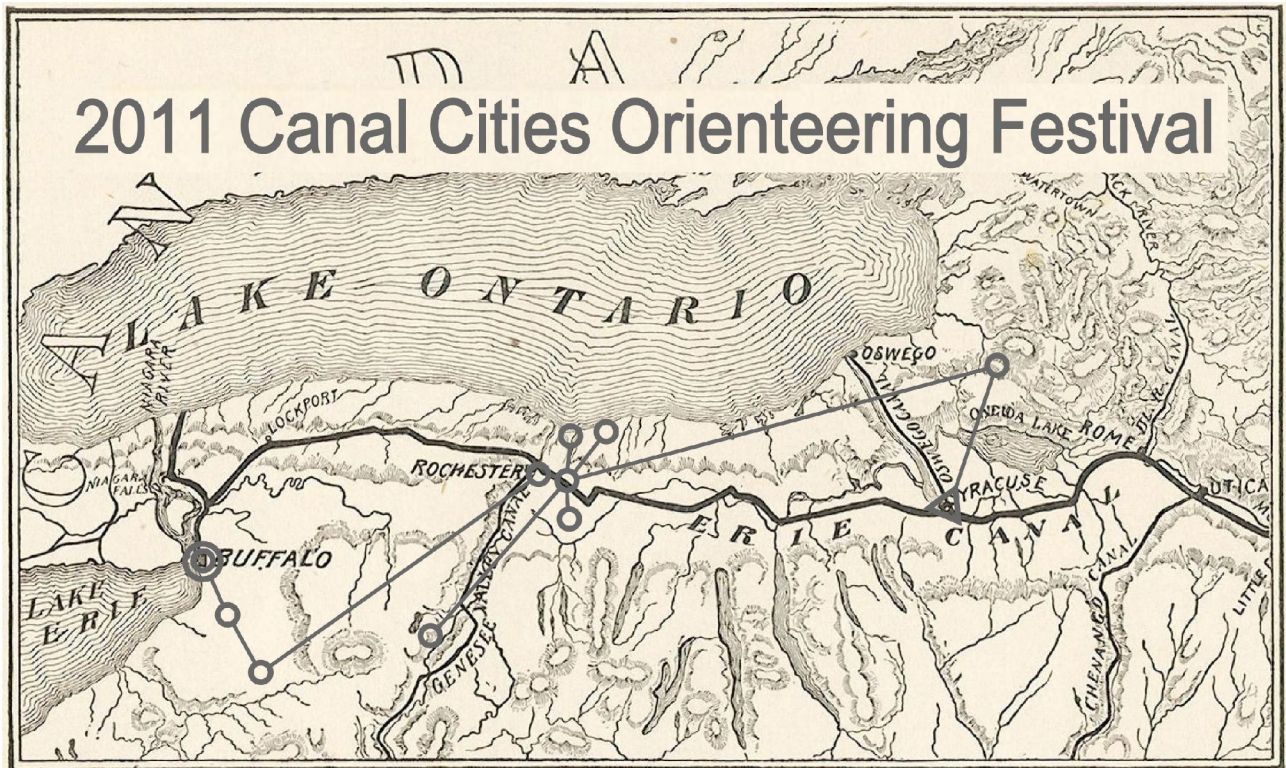
Female Masters (4) 9.4 km 8 C

1	Janet Findlay	Essex	1:00:16
2	Cindy Gretzinger	Broome	1:16:10
3	<u>Sandi Willsey</u>	Ontario	1:54:00
	Beth Gurzler	Saratoga	mp



Female Masters medalists: Sandi Willsey (ROC; bronze), Janet Findlay (gold), Cindy Gretzinger (silver)

2011 Canal Cities Orienteering Festival



July 30-31: US Classic Championships hosted by CNYO at the Happy Valley WMA.

August 1-5: Orienteering USA Convention, Annual Meeting, and Weeklong Orienteering Activities in the Greater Rochester area hosted by ROC.

August 5: US Trail-O Championships at the historic Highland Park in Rochester.

August 6-7: Canal Cities Challenge hosted by BFLO at Sprague Brook and Chestnut Ridge Parks.

Consolidated registration including early, regular, and late deadlines and a special "The Whole Darned Thing!" discount.

Affordable Hotel and Camping options.

Online information and registration at 2011CCOF.org



Daily convention training sessions at parks like Letchworth, the Grand Canyon of the East.

O formats included during the 9 day event:

- Classic
- Night
- Mountain Bike
- Canoe
- Trail
- Sprint, Middle, Long



Local Meet results

Mendon Ponds Ski-O January 16, 2011

<u>Blue Course</u>	<u>16.5K</u>	<u>12 controls</u>	
Sergey Dobretsov			* 60:38
Erik Pieh			64:25
Pavel Korniliev			* 66:20
Mitch Collinsworth			* 71:42
Randy McGarvey			* 72:00
Tom Hay			82:52
Eric Smith			* 109:54
Tyler Borden (Foot)			92:21
Zak Borden (Foot)			132:52

<u>Red Course</u>	<u>12.5K</u>	<u>11 controls</u>	
Peter Dady			* 73:30
Jim Pamper			* 77:19
Nick Gretzinger			81:00
Stina Bridgeman			* 81:27
Steve Tylock			* 82:05
Rob Stevens			89:00
Linda Kohn			89:00
Tom Lamme			95:10
Sue & Victor Klassen			96:51
Ben Price			109:00
Eugene Vasilier			NT
Rick Worner			DQ

<u>Green Course</u>	<u>9.5K</u>	<u>11 controls</u>	
Gary Maslanka			* 83:34
Cindy Gretzinger			91:55
Dayle Lavine			98:25
Sandi Willsey			* 171:26
Dick Detwiler (Foot)			74:59

<u>Brown Course</u>	<u>8K</u>	<u>8 controls</u>	
Zach Lyons			* 57:56
Tim Dobretsov			84:55
Laurie Hunt			168:00

<u>White Course</u>	<u>6.5K</u>	<u>7 controls</u>	
Pat Young & Heather Wellman			55:00
Tim & Patty Borden			63:55
Heidi & Doug Hall			68:45
Riesa Cassano			87:59
Joanne Hemenway & Louise Cook			91:48
Don & Drew Winslow			93:30
Cathy Medina, Joan Sewert, Kathy Pleninger			104:30
Nancy Heaney, Terri Medina, Jill Ghysel, Beth Wardum(?), Jessica King, Zack Simon, Christy Dryden, Simon Butler Nathaniel Butler			128:02

Score Course
Snowshoe or Foot, 8 controls, 90 minute time limit

(8) Raman Baldzizhar	69:00
(8) Zach Rheaume	73:30
(8) Brian Thomas	76:00
(6) Patrick Rault Emily Gauker	70:40
(6) Max Rempel, Oksana Polesskaya, Sam Rempel, Michael Rempel	86:10
(5) Nancy Burgey	59:10
(5) Karl Kolva	62:00
(5) Carol Moran	66:43
(5) Sandra Lomker	71:13
(5) Jen, Betty & Thomas Brayer	79:17
(5) Elizabeth Hane	86:21
(4) Beth Debartelo & Anna Turiskey	59:37

* ESG Qualifier

Mendon Ponds Ski-O February 6, 2011

Our second Ski-O of the year in Mendon Ponds Park started at Cavalry Lodge. The courses set by Jim Russell had very little overlap with the previous meet. The night before the meet, a heavy layer of wet snow fell, making travel difficult off the beaten track. Jim's advanced courses offered opportunities to shorten the distance by bushwhacking, but that could be very slow (unless an earlier skier made a trail for you.)

We tried a new preregistration procedure, masterminded by Tyler Borden, which allowed members to enter their information online. This seemed to work quite well. We also used e-punching. In addition to the usual advantages (a record of the time for each leg,) it eliminated the need for the start/finish crew to wait outside or signal through the window.

Volunteers: greeter - Sandi Willsey, e-punching and results - Tyler Borden; food - Mary Kolva, Sandra Lomker, Dayle Lavine; start/finish - Stina Bridgeman, Rick Lavine; control pickup - Jim Pamper, Randy McGarvey, Sue and Victor Klassen; course setter and map printing - Jim Russell; meet directors - Rick and Dayle Lavine.

<u>Blue</u>	<u>8.9k</u>			
<u>Name</u>	<u>Class</u>	<u>Club</u>	<u>Time</u>	
1 Erik Pieh	MO	ROC	65:08	
2 Mitch Collinsworth	MO	ROC	66:33	
3 Randall McGarvey	MO	ROC	67:40	
4 Georg Nadorff	MO	ROC	81:02	
5 Eugene Vasiliev	B-Rec		113:50	
David Fergusson	MO	ROC	DNF	

Green 5.4k				8 Steve Tylock	MM	ROC	96:41
1 Joel Shore	G-Rec	ROC	73:41	9 R. Victor and Sue Klassen	R-Rec	ROC	97:15
2 Richard Lavine	G-Rec	ROC	78:12	10 Mitch Hansen	MG	CNYO	105:30
3 Dayle Lavine	G-Rec	ROC	78:40	11 Richard and Denise Bilsback	R-Rec		105:42
4 Ed Deller	G-Rec	ROC	95:09	12 Tom Lamme	MM	ROC	106:30
Mike Lyons	G-Rec	ROC	DNF	13 Chad Borden, Jessica Hishman	R-Rec	ROC	148:21
Orange 4.4k				14 Jenna Bilsback, Hanna Jonasse	R-Rec		151:16
1 Andy Grund	O-Rec	BLFO	71:00	Zach Lyons	R-Rec	ROC	DNF
2 Jim Borden	O-Rec	ROC	73:36	Sandi Willsey	FO	ROC	DNF
3 Chuck Wright	O-Rec		82:14	White 3.1k			
4 Michele F, Laura W	O-Rec		98:49	1 Maggie Hall, Meaghan Wilson	W-Rec	ROC	34:25
5 Clara Manley	O-Rec	ROC	99:20	2 Anna Pogharran	W-Rec		44:35
Karl Kolva	O-Rec	ROC	DNF	3 Doug Heidi Hall	W-Rec	ROC	60:16
Laurie Hunt	O-Rec	ROC	DNF	4 Zack Butler, Christy Dryden, Simon Butler,	W-Rec		69:03
RIT Outing Club	O-Rec	RIT ROC	DNF	Nathaniel Butler	W-Rec		78:52
Louise Cook	FG	ROC	DNF	5 Barb Alex Abby Schroo	W-Rec	ROC	89:18
Tyler Borden (foot)	O-Rec	ROC	58:17	6 Elanor Nadorff, Ann Betz	W-Rec	ROC	89:52
Red 6.2k				7 Patty Borden, Jeannette Wahl	W-Rec	ROC	100:33
1 Elspeth Ronnander	FO	ROC	66:31	8 Sandra Lomker	W-Rec	ROC	135:24
2 Jim Pamper	MM	ROC	66:45	9 Carolyn, Liam, Lauren Orr	W-Rec	ROC	
3 Peter Dady	MM	CNYO	67:43				
4 Thomas Hay	MM	BFLO	70:03				
5 Rob Stevens	MM	ROC	73:05				
6 Gary Maslanka	MM	ROC	81:39				
7 Stina Bridgeman	FO	ROC	90:09				

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



Empire State Games Ski-O Male Open medalists: Pavel Korniliev (ROC; bronze), Sergey Dobretosov (ROC; gold), Martin Donnelly-Heg (silver) (Photos by Elizabeth Hane)



Stina Bridgeman, ROC, Female Open Gold.

First Class



40 Erie Crescent
Fairport, NY 14450



Zach Lyons, first place, Male Scholastic, Empire State Games.