



The Wild Times

April 2012

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

The official newsletter of the Rochester (NY) Orienteering Club

Mary Kolva honored for contributions to ROC by Laurie Hunt

At the O workshops on March 3rd, Mary Kolva was honored for her many contributions to ROC at a lunchtime celebration.

Mary was presented with a lifetime membership award, a plaque thanking her for her service and a gift certificate to Michael's. Nancy Burgey embroidered a one-of-a-kind thank you banner that hung from a miniature control flag. The celebration culminated with cake and time to thank Mary personally.

While Mary declined to be officially interviewed, we chatted about her experiences with ROC through the years, and the appropriateness her being honored with a mini-control flag. At the birth of ROC, which was an offshoot of the Kodak orienteering club, there was no equipment, including controls. Mary said that she took apart a flag to see how it was constructed and then went to Frankel Brothers on Goodman Street to buy fabric. She made a pattern from the original flag and constructed 80 flags. She believes that the original controls are still used today. The next batch of flags, possibly 100, was sewn by Kathy Bannister. The third batch of flags were smaller, to be used as controls for String-O. No flags have been made since, though Karl inventories and repairs flags annually. (Karl also made the O signs that help us find our meets.)



Linda Kohn, Laurie Hunt, and Mary Kolva. Photo by Louise Cook.

The next pieces of ROC equipment Mary constructed were the club banner and start/finish banners, made from a bedsheet and black contact material. The club still uses the original banners, and also has a new banner thanks to Richard and Nancy Burgey. (Be on the lookout for the Burgey's new O-flag this season!) Mary says that she still has some of the original orange material that she used for the flags and banners.

Most recently Mary is known for her culinary talents. Rumor has it that some folks come to ROC meets just for the food. She started baking for the club because she enjoyed coming to meets, but didn't like sitting around. She perused her cookbooks for her favorite recipes, even recipes from her mother. As she learned what the orienteers liked best she started a looseleaf binder for the recipes. She indexed them and starred the club favorites. She began to label all her baked goods in consideration of dietary concerns. Sometimes Mary starts days ahead to provide refreshments for the hungry crowd.

What came as a surprise to me was that Mary did orienteer in the past. She and Karl would travel to meets in a motorhome and she would do White and Yellow courses. Her O career came to an abrupt halt on a cold and rainy day when Mary said "I quit!". Fortunately for ROC that only ended her orienteering career. Be sure to thank Mary as you enjoy your after-meet goodies!

**First spring meet Sunday, April 15, at Mendon!
See schedule on page 3 for details.**

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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 \$4 per individual or group for ROC members and \$8 for non-members. (Exception: The White course is \$5 for non-members.) If several people (a family group for example) enter as a group using the same map, the fee is still \$4 (members) or \$8.00 (non-members). Additional maps are available for \$1 each. A person or group can do a second course for \$1 (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.

2012 April through August Schedule

Rochester Area

Sunday, April 15	Annual Icebreaker. Mendon Ponds Park . Cavalry Lodge. Regular meet and Club Series # 1. Start from 12:00 noon to 2:00 p.m.
Saturday, April 21	Rochester Institute of Technology . Interfaith Center. White, Score-O, and Sprint Series # 1. Score-O mass start at 1:00 p.m. Sprint and White start from 11:00 a.m. to 1:00 p.m.
Saturday, May 5	Mendon Ponds Trail Challenge. Stewart Lodge. 10:00 a.m. mass start.
Sunday, May 20	Webster Park . Start location TBD. Regular meet and Club Series #2. Start from 12:00 noon to 2:00 p.m.
Sunday, June 3	Rotary Sunshine Camp . Regular meet, Club Series #3, and Sprint Series #2. Start from 11:00 a.m. to 2:00 p.m.
Saturday, June 9	ADK Expo at Mendon Ponds Park , Beach area.
Sunday, June 10	Rochester Map Adventure. Highland Park . Cornell Cooperative Extension. Mass start, 12:00 noon. See article in this newsletter for more details.
Tuesday, June 26	Black Creek 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 14	Mendon Ponds Park . Beach area. 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.
Wednesday, August 1	Cobbs Hill Trail Challenge. Start location TBA. 6:30 p.m. mass start.
Saturday, August 18	Seneca 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.
Saturday, August 25	Powder Mills Park . Regular meet and Club Series #4. Start from 10:00 a.m. to 12 noon.

Outside of Rochester Area

See web sites of the sponsoring club for details.

Saturday, April 7	CNYO . Green Lakes State Park. Beginner orienteering training.
Sunday, April 22	CNYO . Barry Park, Syracuse, NY. Park Series #1.
Sat, April 28	BFLO . Chestnut Ridge Park.
Wednesday, May 2	CNYO . Green Lakes State Park. Beginner orienteering training.
Saturday, May 12	CNYO . Thornden Park, Syracuse, NY. Park Series #2.
Sat.-Sun. May 12-13	CNYO . Finger Lakes National Forest. REGAINE VIII.

Sun, May 20	BFLO . Emery Park.
Sunday, May 20	CNYO . Thornden Park, Syracuse, NY. Park Series #3.
Wednesday, May 30	CNYO . Onondaga Lake Park, Liverpool, NY. Beginner Orienteering Training.
Sun, June 3	BFLO . Hunter's Creek Park South
Sunday, June 10	CNYO . Syracuse University, South Campus. Park Series #4.
Sunday, June 17	CNYO . Pratt's Falls Park, Syracuse, NY. Daddy-O.
Saturday, June 23	BFLO . Schoellkopf Boy Scout Camp
Thursday, July 12	BFLO . Chestnut Ridge Park. Trail run.
Sat.-Sun. July 21-22	CNYO . Pharsalia State Forest. Rogaine XXII.
Thursday, August 23	BFLO . Chestnut Ridge Park

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://empopo.us.orienteering.org>

Other clubs: See USOF web site.

Recent Permanent Course Finishers - Congratulations!

Mendon

Mike Vernarelli	12/16/11	Rochester NY
Laurie Hunt	3/3/12	Pittsford NY

Webster

Jim Curry	1/6/12	Rochester NY
Kathy Curry	1/6/12	Rochester NY
Derrick M Balsam	1/14/12	East Rochester NY
Behlok Family	3/9/12	Rochester NY
Randy Carlson	3/13/12	Rochester NY
Mr & Mrs David Weagley	3/20/12	Henrietta NY
Richard & Amy Adams	4/4/12	Rochester NY

The excellent article below about Karl Kolva was written by Mary Verneti and appeared recently in The Irondequoit Post. Reprinted by permission.

MEET YOUR NEIGHBOR

Octogenarian earns national honors – for ‘finding’ his way

By Mary Verneti, Messenger Post, Feb 17, 2012

Irondequoit, N.Y. — When the magnetic compass in his airplane failed during a training mission back in 1942, rookie Air Force pilot Karl Kolva was forced to reference the terrain below to guide him to safety.

Today, 70 years later, Kolva is using those same skills to guide him, only these days he isn't airborne. Instead, he's walking an orienteering course.

Kolva, of Irondequoit, who will celebrate his 89th birthday next month, is a nationally ranked orienteer and a charter member of the Rochester Orienteering Club.

In the latest rankings by the U.S. Orienteering Federation, Kolva earned the top status (gold) in his classification. And, it is not the first time Kolva has been recognized on a national level: In addition to earning numerous medals, in 2009 he received the President's Award in recognition of his years of service to the federation and the sport of orienteering.

Kolva became aware of the sport 30 years ago, when he was a mechanical engineer at Kodak.

But, he says, much of his life has been spent finding his way through unfamiliar territory.

"I grew up on a farm and I was always rambling far, far into the woods," Kolva said. "If I had ever broken my leg, my parents would have never found me!"

Kolva's adventurous spirit prompted him to enlist in the Air Force (then called the Aviation Cadet Program), in 1942. As a bomber pilot in World War II and later in the Korean War, he relied on his innate sense of direction and honed his map-reading skills.

"Aeronautical charts at that time looked a lot like today's orienteering charts; they showed



Karl Kolva, 88, a nationally ranked orienteer and a charter member of the Rochester Orienteering Club, has been recognized nationally, for the second time, for his expertise in the sport. (Photo by Mary Verneti)

the physical features — rivers, hills, forests — and we had to find our targets, much like finding the flags on an orienteering course," Kolva said.

His love for his sport of orienteering has taken him to meets from Alaska to Florida and nearly every state in between. His wife, Mary, accompanies him, but admits that she prefers to watch from the sidelines.

Laurie Hunt, president of the Rochester Orienteering Club, calls Kolva "Our number one ambassador for the sport" for his efforts

to introduce schoolchildren to orienteering.

Kolva helped produce an instructional book, titled "Orienteering and Map Games for Teachers," to be used as a teaching tool.

Kolva is also in the process of creating an orienteering map for the area surrounding the Genesee Country Village, in Mumford, Hunt said, that can be used in their educational programs.

"Creating an orienteering map is no small feat," Hunt said. "Every map needs to be completely field checked; that means someone has to walk every meter of the park. Because mapping is so work-intensive, maps are used for many years. Most of the maps we use at our club have Karl's name on them because he did the legwork to make sure it was accurate."

Kolva says he enjoys "the physical and mental challenge" of his sport.

Orienteering meets take place year-round, and in rain, blizzards and blistering heat.

For the true orienteer, however, the biggest nightmare is not inclement weather, but going "off map."

"Orienteers never get lost," Kolva said. "They 'relocate.' If you don't know where you are, whether you're flying or orienteering, the key is to get to a known point and from there you chart a course home."

Despite the mass of medals and awards he has accumulated throughout his orienteering career, Kolva has no intention of resting on his laurels.

Since competitions are organized according to age and ability, "In just over a year I can move to the 90 year bracket," Kolva says with happy anticipation.

Ticks

by Dayle Lavine

Orienteers we are, and off trail we go, into the woods and thickets, AND prime habitat for *Ixodes scapularis* the deer tick.

Rochester has been spared this tick until a few years ago, but it is in Monroe County and plentiful!!

PREVENTION: This will be the most important part of before and after orienteering .

BEFORE: You can spray your Shin guards and O pants with Pyrethrin – it is a spray that you use on clothing, NOT on the body.

BEFORE: a DEET insect repellent on the body. (Passport Health has a slow release DEET, at around \$10, which we are using)

AFTER: You must check over your body and the bodies of your children . The deer tick can be the size of a poppy seed! OK, brush off what you can, then comes

REMOVAL: One possible way to safely remove a tick is by sliding something underneath it such as a credit card. This does not always work. Another procedure is to remove the tick with fine-pointed tweezers available at some drug stores.

The BEST removal is with a tick removal tool available on the internet from :

Lyme Association of Greater Kansas City!!!! This kit is the best !! With a pronged tool, magnifier and antiseptic wipes . (I did not find a tick removal kit in Rochester!! So order one, it is a bargain, it has worked for us, it is part of our survival kit)

Grasp the tick as close to the mouth as possible and pull it out slowly. It does not need to be twisted or turned. Allow the tick to release itself.

Remove the tick slowly – this prevents the tick from vomiting bacteria from its tummy.

If mouthparts are left in the skin, they can be removed by a sterile needle or a doctor. They will work themselves out in a few days, but may cause itching.

Disinfect the site and the tools.

OK, get the tick removal kit and BE PREPARED.

Don't panic if you remove the tick within 24 hours!! But see your doctor if the tick is removed after 24 hours.

Bring the tick in alcohol to the doctor and ask for a shot of Doxycyclin to prevent Lymes disease.

ROC adds cell phone to its safety plan

by Karl Kolva

Orienteers are asked to carry a whistle with them when they are out in the woods on a course. This is just common sense. Blowing it three times in quick succession is the ages-old way of signaling the need for help. Of course, it does have its limitations. Sound waves lose power, following a physical formula, and do not reach out very far.

OUSA and IOF rules do not permit one to carry a cell phone with you when competing. This is , of course, intended to keep one from seeking assistance when out on a course.

The mere act of carrying a cell phone with you while out on a course does not in any way violate the ban on seeking navigational assistance. Having a cell phone with you greatly extends your reaching out for help when it is needed. Think of a cell phone as an “electronic whistle”.

ROC will begin having a live cell phone at its point of operation where it will receive incoming calls from those orienteers in need of help. The number for reaching this phone will be printed on the map the orienteer is using. Of course, the orienteer will need to be carrying a personal cell phone to place such a call. The cell phone coverage of the local area will determine the feasibility of this scheme of communication.

If you are unfortunate and break a leg while out in the woods, thus becoming immobilized, and you have your cell phone with you, you can talk to someone back at the base, and rescue operations can begin immediately.

Additional comments from Dick Detwiler: The cell phone will also be useful for situations other than an injury or medical emergency. If, for example, you are out on the course and it is close to the course closing time, and you are lost yet unhurt, using the phone is a useful way of (a) letting the meet director know you're OK, and (b) summoning assistance.

It is also stressed that the orienteer always has the option of calling 911 instead of the club cell phone if he or she feels that would be a faster way of summoning help. This could be the case, for example, if there were a very serious medical emergency and the orienteer were located on a major park road where emergency personnel could easily locate the person.

Club training day re-cap

On Saturday, March 3, 2012, more than twenty members of the ROC and BFLO clubs met at the Cornell Cooperative Extension for three orienteering related workshops. This is the first time that ROC has offered such a training trifecta, including lunch and a special celebration.

Rick Worner opened the program with a presentation on the responsibilities of a meet director. In the spirit of encouraging people to volunteer to be meet directors, Rick clearly spelled out the steps of the job. He reminded the group that experienced meet directors are always willing to mentor anyone who would like to learn the job. Rick also suggested that one could co-direct a meet with a partner or split the job with another volunteer, with one person setting up the meet and the other handling closing.

The second presentation demonstrated the use of our e-punching equipment and registration system. Thanks to Tyler Borden, ROC now enjoys electronic punching and electronic pre-registration at most meets. This is clearly a benefit to meet attendees as they can bypass the waiver process and registration line and get out on course more quickly. On completing the course it's exciting to get your printout in a matter of seconds, and to see your split times on each leg. (Great for bragging rights with your friends!) There is, however, a bit more of a learning curve with the technical nature of this process than stapling control cards on a line! Tyler plans to hold "on the job" training at the meets. Since we can't clone Tyler, we look forward to seeing some new faces working with our technical upgrades.

Linda Kohn gave an informative session on course setting and vetting. She explained the guidelines of course setting, including planning, field checking, preparing control descriptions, and making map corrections. She also explained the role of the course vetter and provided a chart of competition formats. Hand-outs from the presentations will be available online.

A chili lunch was provided thanks to Rick and Dayle Lavine, followed by cake in celebration of Mary Kolva's contributions to ROC.

Whether or not you were able to attend the workshops, we invite everyone to volunteer as a meet director, course setter, or meet worker. The meets you enjoy are a success thanks to the efforts of all our wonderful volunteers!

Please renew your membership! and reminder of the new membership and meet fee structure

As reported previously, the ROC board of directors has agreed to implement a new fee structure, proposed by the membership committee.

These changes involve *reductions in the cost of annual membership*, and *increases in most meet fees*, but with a reduction in the price of a non-member doing the White course. Note that there is a larger discount on the meet fees for members than previously, and the cost to join is less. So there is even more reason than ever for renewing your membership, or joining if you are not yet a member!

Details of the fee changes:

Membership fee changes:

Membership Type	Current Fee	New Fee	Change
One-Year Student Membership	\$10	\$10	0
One-Year Individual Membership	\$20	\$15	– \$5
One-Year Family Membership	\$25	\$20	– \$5
Three-Year Individual Membership	\$50	\$40	– \$10
Three-Year Family Membership	\$65	\$55	– \$10
Life Membership	\$200	\$200	0
One-Year Organization Membership	\$25	\$25	0

Meet Fee changes:

Item	Current Fee	New Fee	Change
Non-Member Meet Fee (Non-White course)	\$6	\$8	+ \$2
Non-Member Meet Fee (White course only)	\$6	\$5	– \$1
Member Meet Fee (All course levels)	\$3	\$4	+ \$1
Additional Map	\$1	\$1	0
Additional Start	\$0	\$1	+ \$1
Volunteer Meet Fee (Meet Director approved)	\$0	\$0	0

The previous ROC meet fees (\$3 for members, \$6 for non-members) were the lowest in the country. The new fees are still very close to being the lowest in the country, and are identical to or slightly lower than the fees of other NY state clubs like CNYO, BFLO, and EMPO.

Rochester Map Adventure

by Steve Tylock

This summer, 200 participants will be racing across the leafy portions of the city in the Rochester Map Adventure.

This urban challenge will lead competitors through Highland, Cobbs Hill, and Genesee Valley Parks, Mt. Hope Cemetery, Pinnacle Hill, the University of Rochester Campus, the Canal Bike Path and various City neighborhoods under either a three or five hour time limit. This park extravaganza will take place on Sunday, June 10 with a 12 noon packet pickup, 12:30PM map distribution, and a 1:00PM Mass start.

Teams, Families, and Individuals are welcome to register, and the club has created a separate registration category for bicyclists. (No use of autos!)

Participants will be tasked with reaching specific locations noted on the provided maps, and will answer questions about those locations. The winner will be the team that returns to the finish with the most correct answers (shortest time as the tie-breaker). With a penalty for returning late of course!

The Rochester Orienteering Club is organizing this endurance event to highlight the quantity and quality of urban parks within Rochester, and challenge participants to get around, in, and through as many of them as possible. The event will start and finish in the Cornell Cooperative Extension just South of Highland Park at 249 Highland Ave. Registration fees include pizza and drinks at the conclusion and top finishers will receive prizes.

More information and registration details will be published on the club's website at roc.us.orienteering.org as the event gets finalized.

Trail Challenge races

There is a new type of event that was offered at two meets last year (Genesee Valley Park and Highland Park) called a "Trail Challenge". This was pioneered in ROC by Tyler Borden at the Genesee Valley meet.

Basically, a Trail Challenge is a mass start cross-country race over fields and trails with a difference, as compared to cross-country races or trail races. The course is not marked out by marshals and cones but is instead defined by checkpoints (controls) that are marked on a specially made color map. The term Trail Challenge arises from choosing the fastest route between them.

The intent of this format is to appeal to people who might be decent runners but don't have much (or maybe no)

orienteering experience. They may find a White or Yellow course too short to be a physical challenge, but an advanced course like Green or Red to be frustrating navigationally.

A Trail Challenge is ideally about a White to Yellow technical level, but with longer legs, and longer in general.

An interesting feature about the Trail Challenge format is that following (technically not allowed in most orienteering events) is not only permitted, but encouraged. This led to some interesting head-to-head competition at the Highland Park meet.

This year, we will be offering three Trail Challenges, all as stand-alone events:

- May 5 at Mendon Ponds Park (5K, 10K)
- August 1 at Cobb's Hill Park (5K, 10K)
- September 9 at Webster Park (4K, 8K, 12K)

Trail Challenge entry fees:

Pre Entry: (all payment is made at the event)

Members	\$4	All distances
Non-Members	\$8	8K, 10K, 12K
	\$5	4K, 5K

Day of Meet Entry: (subject to available copies of the course map)

Everyone	\$10	8K, 10K, 12K
	\$7	4K, 5K

Join Meet-up.com!

ROC is now featured on meetup.com. Meetup is a great social networking site where you can learn about our club's activities, and other outdoor events that are happening in our area.

When you log on to [meetup](http://meetup.com) you will see a red button that says "find a meetup group". Enter the Rochester Orienteering Club and you will come to our dedicated page. You will be able to see up-to-date meet information and see who has rsvp'd. You can learn more about members through bios, and contact other group members through the site. Meetup will suggest other groups that you might enjoy based on your interest in orienteering.

ROC also has a site for ROC Training, with information on our new informal training session for members. Thanks to [meetup](http://meetup.com) we expect to see many new faces at the Icebreaker! Let's give them a warm ROC welcome.

Consider Joining OUSA!!

If you're not already a member of Orienteering USA, please consider joining!

Benefits include a subscription to *Orienteering North America*, the federation's magazine, covering orienteering sports in the U.S. and Canada, a very high-quality publication, discounts to A-meets, and access to the newly-developed digital version of *Orienteering North America* (which is more than just another way of accessing ONA – it is substantially different, taking advantage of digital technology). In addition to the benefits above, belonging to OUSA will help connect you with the broader orienteering community (beyond ROC), and will provide important support to our fine national organization.

The cost of membership is \$35 for individuals, \$40 for families, and \$15 for students 21 and under.

You can join on-line:

Go to orienteeringusa.org/membership

Tuesday Night Training

The first ROC Tuesday Night Training (held on April 3) was attended by ten enthusiastic trainees. Laurie Hunt volunteered to lead the first training event. Eleven controls were placed in a concentrated area of Mendon Ponds Park, and runners selected from short, medium, or ridiculously zig-zag courses. The length of their run varied greatly depending on what order the controls were visited. For extra navigational challenge all trails were erased from the maps, as well as other features that would aid in navigation such as stone walls.

The trainings are a members-only benefit, and will be held on the first and third Tuesdays each month. For more details go to meetup.com, ROC Training. To volunteer to lead a training please contact Rob Stevens.

Local Meet results

Winterfest Ski-O at Mendon Ponds Park – January 15, 2012

Well, who would have thunk it possible for a scheduled Ski-O to actually end up being a true ski-o with the real white fluffy stuff on the ground? Not me, given how it green it was last week and for so many weeks prior. So green that the first of the two events planned for the weekend was canceled in anticipation that there wouldn't be sufficient snow at Harriet Hollister Spencer Park to allow the event to take place. Thank you Mother Nature and the quirkiness of Upstate New York weather, for

Help clean up the parks!

by Sandra Lomker

ROC members will participate in the Annual Pick-Up-the-Parks program, Saturday, April 28th, from 9AM to noon. You may choose the park (Churchville, Durand Eastman, Genesee Valley, North Hampton, Powder Mills, Seneca, and Webster) you would like to work in, but please let Sandra, Volunteer Coordinator, know so a point can be added to your total towards a free 2013 schedule t-shirt <[sломker@frontiernet.net](mailto:slomker@frontiernet.net)>

The event will be held rain or shine. Arrive by 9AM for refreshments, orientation, job assignments, and safety instructions. Start work by 9:30AM. Participants should bring a pair of gloves, their own work tools, and should dress appropriately, if possible wear a ROC t-shirt to identify yourself.

At noon, Maggie Brooks and others will sponsor a picnic at Genesee Valley Park for participants. Additionally, a mini-ecological fair will be held at the Roundhouse Shelter in Genesee Valley Park from none until 3PM. For more information visit www.monroecounty.gov/pick_up_the_parks.

Eastern Mountain Sports in Pittsford Outdoor Club Days Friday, April 13th and Saturday, April 14th by Sandra Lomker

All outdoor club members including ROC can receive a 25% discount on EMS-branded items and a 20% discount on other nationally-branded items on these two days. Non-club members can enjoy the same discounts these two days if they donate to one of the participating clubs. (If you do not have a card, see the cashier at EMS.)

allowing our Mendon Ponds Winter fest Ski-O to be such a success!

We had 38 starts for a cold, but sunshine filled day which made the event even more enjoyable to experience. Per usual, a successful ROC event can't take place without the dedicated group of volunteers that take on the many tasks that are part of any Orienteering event. For the Winter fest we actually needed to have volunteers at two locations, Hopkins Point and Stewart Lodge. Thanks to Jim T, Tom C. and Sandra L., Richard B. and daughter Linda, for taking care of the try it course and information booth at Stewart Lodge.

At Hopkins Point we had the course designs of Jim R. who created 5 unique courses utilizing only 16 controls!!! Talk about efficient planning! Jim set the course with the assistance of the Worner/Kohn clan of Rick and Linda. Linda also provided her course consultant skills. Our official greeter was the always friendly Carol M. Comprehensive instruction was provided by the informative Don Winslow and Karl Kolva. Registration was handled very efficiently by Laurie H and Nancy B. Start and finish was handled with the usual high level IT skills of Tyler B. and Stina B. Patty B. seemed to be everywhere helping where needed as she seems apt to do, and which was welcomed and appreciated. Thanks to Sandra for providing the fresh fruit and Linda for contributing some banana bread.

Thanks go out to our official and "unofficial" control retrievers of Ed. D. Jim P. and Steve T and Pavel K. Bob B. is always efficient in submitting the O results to the newspaper following the meets and that is appreciated. Thanks also to Jim P. for helping with all the end of the meet tasks such as cleaning up and closing the lodge along with retrieving our meet signs, when I needed to leave early due to a family obligation. I was happy that I didn't spend the entire day hanging out in the lodge. I had the opportunity to try out my new snowshoes and walk the white course along with a newbie to our sport, Bob S., whom I met when he showed up to learn about the fun sport of Orienteering. It was a great snow filled day to do some O-ing!!

On a final note in the lost and found department, I am currently in the possession of some gloves that were left in the lodge. The one pair is black and white and the brand is Auclair. The second is a single black leather left glove and the brand is Thermolite.

Sandi Willsey, Meet Director

White 3.8k

Name	Class	Club	Time
1 Nancy Burgey	Rec	ROC	77:18
2 Bob Stokes	Rec		79:12
3 Elizabeth Hane	Rec	ROC	82:33
4 Laurie Hunt	Rec	ROC	105:23
5 Christy Dryden	T4		111:52
6 Carol Moran	Rec	ROC	112:28
7 Louise Cook	Rec	ROC	116:06
8 Kerry Murray	Rec		129:07
9 Esta Richter	Rec	ROC	155:52
Tom and Val Clifton	T2		DNF

Brown 4.4k

Name	Class	Club	Time
1 Tyler Borden	Rec	ROC	49:53
2 Edward Deller	M55+	ROC	69:32
3 Tim Dobretsov	M-16	ROC	71:28
4 Brian Thomas	Rec	ROC	81:17
5 Kate Cochrane, Jasmin Jackson	T2	ROC	86:33
6 Don Winslow	M40+	ROC	88:28
7 Jim Borden	Rec	ROC	99:15
8 Doug and Heidi Hall	T2	ROC	101:34
Denise McGarvey	Rec	ROC	DNF
Shawn Forney	Rec	CNYO	DNF

Green 5.4k

1 Richard Detwiler	Rec	ROC	62:52
2 Eric Boxer	Rec		69:49
3 Zachary Borden	Rec	ROC	76:33

Red 7.6k

1 Steve Tylock	M40+	ROC	78:30
2 Peter Dady	M40+	CNYO	81:33
3 Jim Pamper	M40+	ROC	82:15
4 Rob Stevens	M40+	ROC	85:54
5 Linda Kohn	F19+	ROC	94:24
6 Stina Bridgeman	F19+	ROC	99:12

Blue 9.1k

1 Erik Pieh	M19+	ROC	58:53
2 Sergey Dobretsov	M19+	ROC	73:19
3 Pavel Korniliev	M19+	ROC	75:33
4 Elspeth Ronnander	F19+	ROC	86:37
5 Eugene Vasiliev	M19+		89:38
6 Randall McGarvey	M19+	ROC	91:05
7 William Hawkins	M19+	ROC	92:12
8 Chad Borden	M19+	ROC	121:17
Gary Maslanka	M19+	ROC	DNF

Harriett Hollister Ski-O January 21, 2012

White 2.7k 40m

Name	Class	Club	Time
1 Don Winslow	Rec	ROC	41:26
2 Patty Borden, Jeannette Wahl	T2	ROC	102:30

Brown 3.7k 60m

Allison Pamper	F-16	ROC	DNF
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Green 4.4k 110m

1 Tyler Borden	Rec	ROC	50:32
2 Ed Deller	M55+	ROC	81:59
3 Jim Russell	M55+	ROC	86:04

Red 6.2k 170m

1 Jim Pamper	M40+	ROC	79:23
2 Linda Kohn	F19+	ROC	94:54
3 Joel Shore	M40+	ROC	102:25
4 Lindsay Worner	F19+	ROC	103:48

Blue 7.4k 195m

1 Erik Pieh	M19+	ROC	63:00
2 Sergey Dobretsov	M19+	ROC	72:26
3 Randy McGarvey	M19+	ROC	73:06

Thank You

ROC Volunteers 2011

These volunteers are the people that have made the Rochester Orienteering Club one of the most successful clubs in the country.

* Indicates having worked FIVE TIMES or more and earned a FREE T-SHIRT.
HAVE FUN AND VOLUNTEER THIS YEAR TO EARN YOUR FREE SCHEDULE 2013 T-SHIRT.

E-mail Sandra at <slomker@frontiernet.net>

Ankush Goel	Erik Pieh	Lindsay Worner*	Robin Shannonhouse,
Ann Schwartz	Faith Reh*	Lou Katz	OUSA
Barb Schroo	<i>Fleet Feet</i>	Louise Cook	Rufhsana Cofer*
Beth Turinsky	Frank Kuhn OUSA	Luke Lyons	Sandi Willsey*
Bob Bundy*	Gary Maslanka	Maggie Hall	Sandra Lomker*
Brian Jabs	George Turinsky	Marilyn R-Zygo	Sergey Dobretsov
Brian Thomas*	Glen Schorr, OUSA	Mary Kolva*	Stephanie Reh*
Carl Palmer	Greg Lennon, OUSA	Michelle Weiler	Steve Shannonhouse,
Carol Moran*	Heidi Hall	Mike Lyons*	OUSA
Casey Lamb	Jim Borden*	Mike Meynadasy*	Steve Tylock*
Cheryl Detwiler	<i>Jim May Apple Farm</i>	Mike Weinpress	Stina Bridgeman*
Chris Borraccia	Jim Pamper*	<i>N.A.Brewery</i>	<i>SuburbanDisposal</i>
Chris Lyons*	Jim Russell	Nancy Burgey*	Sue Klassen
Clare Durand, OUSA	Jim Tappon	Nate Lyons*	Susan Jenkins
Davin Reddington	Joe Seyfried	Patty Borden*	Tatyana Dobretsova
Dayle Lavine*	Joel Shore*	Paul Schwartz	Tim Dobretsov
Dick Detwiler*	Jonathan Erbelding	Pete Dady*	Tom Cornell*
Dominic Borraccia	Judy Dickinson, OUSA	Randy McGarvey	Tyler Borden*
Don Winslow*	Kalvin Connor	Ravi Nareppa*	Victor Klassen
Doug Hall	Kameron Holmes*	Richard Burgey*	Vince Cassano*
Ed Deller	Karl Kolva*	Rick Lavine*	Will Fritzing
Elisabet Arensen	Kathy Bannister	Rick Worner*	William Hawkins
Elizabeth Hane	Larry Zygo	Riesa Cassano	Zachary Borden*
Elsbeth Ronnander	Laurie Hunt*	Rob Holmes*	Zack Lyons*
Eric Barbehenn	Linda Kohn*	Rob Stevens*	

Rochester Orienteering Club membership application form

- \$10 for one-year student membership (high school or younger)
- \$15 for one-year individual membership
- \$20 for one-year full family membership
- \$25 for one-year organization membership (example: Scout group)
- \$40 for three-year individual membership
- \$55 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

Lyons family has successful weekend at the Flying Pig

Five members of the Lyons family (Luke, Zach, Mike, Patty, and Walt) competed in the Flying Pig on the weekend of March 30 through April 1, with outstanding results! The Flying Pig was hosted by OCIN, and included the 2012 Eastern States Interscholastic Orienteering Championships.

There were four events: One Sprint and three Middles. Here is how the Lyons family fared. Congratulations to all five Lyons participants!

Name and category	March 30 Middle	March 31 Middle	March 31 Sprint	April 1 Middle	Overall (best 3 out of 4 races counted)
Luke Lyons – Interscholastic Intermediate	1 st out of 11	1 st out of 11	1 st out of 11	1 st out of 11	1 st out of 11
Zach Lyons -- Interscholastic Varsity	2 nd out of 15	MP	1 st out of 20	2 nd out of 20	1 st out of 20
Mike Lyons – M45	6 th out of 13	3 rd out of 16	3 rd out of 16	MP	5 th out of 14
Patty Lyons – F50	2 nd out of 9	5 th out of 9	6 th out of 6	3 rd out of 10	3 rd out of 10
Walt Lyons – M70	2 nd out of 3	DNF	1 st out of 3	DNF	2 nd out of 6



Zach Lyons at the Flying Pig. Photo by Mike Minium, OCIN.



Luke Lyons at the Flying Pig. Photo by Chris Lyons.



Laurie Hunt is working on mapping the nature center at the Genesee Country Village and Museum in Mumford. Here are a couple of pictures that Laurie took of some rock features there, which are unusual ones for the Rochester area.

First Class



40 Erie Crescent
Fairport, NY 14450



Luke Lyons with his medal at the Flying Pig. Photo by Chris Lyons.