

ROCHESTER
ORIENTEERING
C L U B



The Wild Times

September 2012

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

The official newsletter of the Rochester (NY) Orienteering Club

National Orienteering Day Saturday September 15 at Highland Park

Annual National Orienteering Day will be Saturday, September 15, at the Cornell Cooperative Extension on Highland Avenue in Highland Park. People can start any time between 12:00 noon and 2:00 p.m.

What is National Orienteering Day (NOD)? NOD 2012 is held during the month of September, with most clubs having NOD events on the third weekend (September 15-16). Each of the NOD events across the country features newcomer instruction, a variety of courses from beginner through advanced, a souvenir topographic map, a complimentary copy of Orienteering North America magazine (while supplies last), and a chance to take home sponsor prizes.

As ROC has traditionally done for NOD, entry is free for anyone doing the White course.

Courses offered are:

- White (easiest) – 1.8 km
- Yellow (novice) – 2.4 km
- Sprint (intended for intermediate to advanced orienteers) – 2.6 km
- Random-O (intermediate to advanced) – visit 24 controls in any order

The Sprint course is the final race in the club's annual Sprint Series competition, which consists of 6 Sprint races, with competition in different age and gender categories. Each person's best 4 out of 6 races counts towards the series score. At the conclusion of the Highland Park Sprint, the winners and runners-up in each category will be announced.

In this issue

This issue will be a bit different than the standard Wild Times, because we are fortunate to have many very interesting articles submitted. Because of this very welcome windfall of content, there was no room left to publish all of the meet results. These results are all available on the ROC web site, of course. It's intended in the future to continue to publish meet results in the Wild Times, so this is an exception rather than the "new norm".

Articles you will find in this issue include:

- Information about the US Classic Championships which ROC will be hosting in 2013.
- Information about the annual Mendon Trail Run.
- Getting to Know ROC! A new series of articles by Don Winslow, helping people get to know their fellow club members. Three people are featured in this issue: Laurie Hunt, Patty Borden, and Adam Smith.
- An article about the mapping and development of a permanent course at the nature center at the Genesee Country Village and Museum.
- An article written by Laurie Hunt titled "What's so great about the Rochester Orienteering Club?" This was submitted for publication in the digital version of Orienteering North America.
- An article by Steve Tylock about the inaugural running of the Rochester Map Adventure, which was held on June 12.
- Solicitation for nominations for the Kolva Award (for ROC members between 14 and 20 years of age).

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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), a Trail Challenge (long course with easy control placement), 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.

Schedule – Fall 2012 and Winter 2013

Rochester Area

Saturday, September 15	Highland Park. National Orienteering Day. White, Yellow, Random-O (Score-O), and Sprint Series #6. Start from 12:00 noon to 2:00 p.m.
Sunday, September 30	Letchworth State Park , west side. Trailside Lodge. Regular meet and Club Series #5. Start from 12:00 noon to 2:00 p.m.
Sunday, October 28	Oatka Creek Park. Oatka Creek Lodge. Regular meet and Club Series #6. Start from 12:00 noon to 2:00 p.m.
Saturday, November 3	Annual Mendon Trail Run. East Lodge. 5K, 10K, 20K, 50K. Start times: 8:00 a.m. 50K, all other distances 9:30.
Saturday, November 3	Mendon Ponds Park Night-O. West Lodge. Mass Start at 6:30 p.m.
Saturday, December 1	Annual Meeting & Scrooge-O, Powder Mills Park. 5:00 p.m.
Sunday, January 20	Ski-O at Mendon Ponds Park. Hopkins Point Lodge. Start from 11:30 to 2:00 p.m.
Sunday, February 3	Ski-O at Harriet Hollister. Start from 11:30 to 2:00 p.m.

Outside of Rochester Area

See web sites of the sponsoring club for details.

Saturday, Sept. 15	BFLO. National Orienteering Day. Chestnut Ridge Park.
Sunday, Sept. 16	EMPO. National Orienteering Day. Colonie Mohawk River Park,
Saturday, Sept. 22	CNYO. National Orienteering Day. Lime Hollow Center for Environment & Culture, Cortland, NY
Saturday, Sept. 29	BFLO. Holiday Valley Resort, Ellicottville. 3-Hour and 6-Hour Runs and Hikes for Individuals & Groups.
Saturday, Sept. 29	EMPO. Garnet Hill XC Ski Center, North River, NY. Part of "Winter Tune Up" (Score-O format on updated map)
Monday, Oct. 8	EMPO. Dwaas Kill, Clifton Park, NY
Sunday, Oct. 14	BFLO. Sprague Brook Park. 90-Minute Score-O
Sunday, Oct. 14	EMPO. Cole Hill, East Berne, NY.
October 19-21	DVOA. Delaware Water Gap National Recreation Area , northeast area of Pennsylvania. 2012 North American Orienteering Championships and World Ranking Events: Sprint, Middle & Long Courses. (Pre-registration required.)

Sat-Sun, Nov. 3-4	CNYO. Scout O. Highland Forest, Fabius, NY
Saturday, Nov. 3	EMPO. Woods Hollow, Town of Milton, New York. EMPO championships.
Sunday, Nov. 4	EMPO. Five Rivers Environmental Education Center, Delmar, NY Scout orienteering event
Sun., Nov. 11	CNYO. Turkey O. Highland Forest, Fabius, NY
Nov. 30 – Dec. 2	OCIN. Cincinnati, OH. Fall A Meet. US championships in Night, Relay, and Ultralong. Pre-registration required.
Sunday, Jan. 17	BFLO. Byrnclyff Resort. Ski-O

Attention!

Before traveling to any ROC meet, please call the Hotline at (585) 377-5650 or visit our web site.

Meet locations, details, and schedules may change at any time – the Hotline and web site 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>

Orienteering USA web site: <http://orienteeringusa.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 Orienteering USA web site.

Recent Permanent Course Finishers - Congratulations!

Letchworth

Kristina Modjeski 4/26/12 Rochester NY
Maria, Olga, & George Huber 6/15/12 Macedon, NY

Mendon

Stephanie & Faith Reh, Danielle Chiesi
8/23/12 Rochester, NY
Ben De Bruler 8/23/12 Katy, Texas

Webster Park

Mia Pagano 7/31/12 Walworth, NY

US Classic Championships 2013

ROC will be hosting the 2013 US Classic Championships at Letchworth State Park East on October 5&6.

The Classic Champs is two days of regular courses with the times added together to determine the winner. Meet Director Rick Worner is looking for people willing to volunteer. In most cases volunteers will be able to participate at a reduced cost. Lindsay Worner and Rob Holmes are the course setters and Linda Kohn is the Technical Director. We expect 300-400 people from the US and Canada to attend. Please contact Rick at wornerkohn@aol.com if you would like to volunteer.

ROC Mendon Ponds Trail Races

ROC will host the 18th annual Mendon Ponds Trail races on November 3, 2012 at East and West Lodges. 5K, 10K, 20K, and 50K courses are offered. This is the major fundraiser for the club each year netting over \$2000 for the club to use for making maps and buying equipment. Volunteers are needed for registration, parking, food and road crossings. We usually struggle to find volunteers for this event and have to rely on people outside the orienteering community to help out. The continuation of this race in the future depends on increased volunteer support. Larry Zygo, one of the founders and the meet director, is moving to Lake Placid and will need to be replaced. Contact Dick Detwiler if you can help.

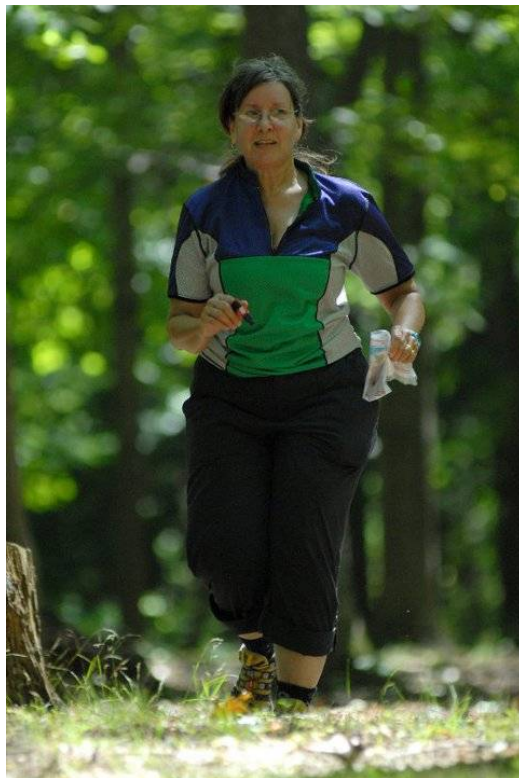
Get to Know the ROC! Laurie Hunt

This series was conceived and written by Don Winslow. If you know a ROC member you'd like to see mentioned in this series, contact Don.

Name - Laurie Hunt

Hometown - Rochester, NY

Other family members – Husband, Laurence Sugarman, Son, Zachary, 33, daughter, Emily, 30, stepdaughter, Emily 25, stepson, Nathan, 21. Two dogs and two cats.



Occupation/Grade in School - Retired from BOCES 2 as a teacher of Cosmetology at the Career and Technical Center. I'm currently a docent at the Memorial Art Gallery and examining for Practical State Board Exams in Cosmetology.

Other Hobbies - Weaving, fiber arts, playing the upright bass and hammered dulcimer, gardening.

When did you start orienteering? around 1999-2000, on a gorgeous October day at Black Creek Park. I was one of the 200+ people (!) who showed up after an article about orienteering was published in the D & C. That was IT for me.

Why did you start orienteering? I kept hearing and reading about it and it sounded intriguing. I was nervous about trying it. I think I've always liked maps, and I grew up prowling the woods in my backyard near Oak Openings in Rush.

What level are you competing at? Brown 60+

What do you love about orienteering? You can't think about anything else except the map and the woods. Smelling the plants, catching a glimpse of wildlife in the forest. When you know a control is on the other side it makes you scale that hill that you would never consider climbing otherwise.

Favorite park in Rochester to orienteer in...not really in Rochester, but Pinewoods, where I spent time as a Girl Scout. It's magical to me.

Furthest from Rochester that you've orienteered... Moreau Lake State Park, I think.

Favorite orienteering experience... Every time I actually nail a control! I have a mental montage of favorite runs and meets,

but no one particular experience stands out.

Worst orienteering experience...besides breaking my wrist and ankle in two separate falls, possibly getting the wrong map at an A meet with a clue sheet for the course I was supposed to be on. It took me about four controls to figure it out. My O nightmares would fill a whole issue of Wild Times.

Any future orienteering goal you may have...To attend more meets in other locations. I'm registered for NAOC this year, so that's a start.

Any advice for newer orienteers? Learn about pace counting early in the game. It would have saved me a lot of steps. Get some help from more experienced orienteers. And get involved with the club. It will make your experience much richer.

Get to Know the ROC! Patty Borden

Name - Patty Borden



Hometown - Greece

Other family members Husband Jim, Children: Chad, Tyler, Zak; My Mom, Jeannette, loves to go with us too

Occupation - Teaching

Other Hobbies - Gardening, reading, biking

When did you start orienteering? 2005?

Why did you start orienteering? Friend Kathy Curry convinced me to try it with her family

What level are you competing at? I like doing white courses by myself, but will try a more challenging one with an experienced person.

What do you love about orienteering? I like exploring our parks with my family and friends, and seeing parts of them that I wouldn't otherwise see.

Favorite park in Rochester to orienteer in... Letchworth is

my favorite park, because it is so big and has such variety of scenery; Mendon would be a close second.

Favorite orienteering experience... doing the permanent courses with the family as a group and working registration with club members at the meets are my favorite experiences.

Worst orienteering experience... Getting soaked at Letchworth or any park is the worst, but I will still go even if it is raining!

Any advice for newer orienteers? Finding a friend or family member to share it with makes it even more fun. Don't forget to ask for help; the club members have a wealth of experience, expertise, and enthusiasm!!

Get to Know the ROC! Adam Smith

Name - Adam Smith

Hometown - Syracuse

Other family members- wife (Joanna), 2 kids under 6 (Poppy & Antonia)

Occupation/Grade in School -Insurance Underwriter with the Hartford

Other Hobbies- Geocaching

When did you start orienteering?- NOD September 2010 in Syracuse



Why did you start orienteering? My wife told me to get out of the house and get a hobby, so I racked my brains and asked myself what do I like doing?—Answer: running and being in woods, and I remembered back when I was 10 years old I did orienteering in Northern Ireland at camp and loved it but had never thought about it again until 25 years later. So, I Googled it and came up with CNYO and then ROC!

What level are you competing at? Green and sniffing around Red

What do you love about orienteering? The mental challenge and running in the woods, but not being in direct competition. Going at your own pace and then see how your peers did.

Favorite park in Rochester to orienteer in... I quite like Powder Mills.

Furthest from Rochester that you've orienteered... EMPO, Thatcher Park

Favorite orienteering experience... the US Champs in 2011 in Happy Valley Wildlife Management Area, Williamstown--my first ever event of its type.

Worst orienteering experience... Dryer Road Park -- a total nightmare from start to finish, a maze of bike trails and a complete DNF for me!

Any future orienteering goal you may have...to compete in more US Champ events--2013 looks to be a great year with Letchworth Park and EMPO getting the go ahead to stage events.

Any advice for newer orienteers? Study maps, study control descriptions, but more importantly go out and have fun and come back for more!

Genesee Country Museum and Village mapping and permanent course

By Laurie Hunt and Mitchell Houser

Last summer, when Karl Kolva went to the Nature Center at Genesee Country Village to teach students orienteering, he discovered an outdoor treasure. This little-known area, steps away from the 19th Century living history museum, features miles of trails, deciduous woodlands, erratic boulders, limestone and dolomite walls, and a vernal pond. Karl shared his idea to map the area with the ROC Board, and in our ignorance, most of us were perplexed as to why we would map the Village. The idea was intriguing, however, of having an event take would take us back in time.

A trip to the Nature Center was all it took to realize we would not be orienteering in petticoats and breeches. We approached the directors and asked permission to create an orienteering map of the Nature Center that could be used by ROC for meets and also be a resource for their summer camps and special programs.

Linda Kohn, Karl Kolva and Laurie Hunt did the initial field checking this summer, with mapping assistance from Dick Detwiler. The map was used for the summer program and will be developed further for ROC events. An added bonus to this project was the request by Eagle Scout candidate, Mitchell Houser, to create a permanent orienteering course. Here is his story...

By Mitchell Houser

The road to Eagle Scout is quite long and it is the highest honor in Scouting. The journey begins when you're young and you learn about earning badges and having fun. Once you get all that out of the way, it becomes about hard work and organization.

To start the process off, you need to find a place in your community to do the project. For me, this was a very easy choice because I knew for sure I wanted to do my project at the Nature Center. I had attended summer camp for years there and after I became too old I returned as a volunteer and I always helped at the special events. It was a big part of my life, and I hoped that through my help that maybe it would impact someone else just like it impacted me.



The first time I went and explored my options, I chose another project involving the ponds there. After hours of research and work, it ended up not being a viable project. Unperturbed, I returned to the Nature Center and looked for another project. This time, when an orienteering course was mentioned, I chose that project. I had some experience through Boy Scouts before in orienteering and it seemed very interesting and definitely a good activity for the Nature Center to have available.

The next step of the process was to begin research. I started reading about orienteering on the Internet and asking about it from the adults in my Scout Troop. I was given the name of the Rochester Orienteering Club through the Nature Center due to the amazing map work they're doing, and I saw that there was an event going on. I went to the event and it was definitely a very great experience! It was good exercise for me and my whole family.

I started working on my initial ideas for the project, and after presenting it to the Nature Center, the Committee of my Troop, and my Scout Master, it was time to get the approval of the Round Table. They are a body in Scouting that, among other things, goes over your project with you and approves or rejects it depending on how viable it seems and how organized you've been up to that point. I was nervous presenting, but I was confident in the work that I had put into the project up to that point. It seemed as though my hard work had paid off! The project was approved so it was finally time to start more of the groundwork.

By communicating with the Rochester Orienteering Club, I found that the next step was to begin figuring out a map for my course. They had been working on a map already and without them my project wouldn't be possible, but I had to help narrow down the points for my map specifically. Melissa, the manager of the Nature Center, and I went out into the woods to see if we could try and figure out some good locations. A great idea of someone at the ROC was to mark the spots with red duct tape. It was good to get out and walk around and we ended up picking about 20 spots we thought were good.

Another part of my project involved the summer camp at the Nature Center. One of the courses there is in orienteering, and I tried to take a teacher role and helped with organizing and planning what we were going to do. Part of this was an orienteering course, and the ROC once again graciously helped us with that! The kids definitely enjoyed it and I think that they ended up learning a lot more about orienteering.

After camp, the ROC was able to come out and help me decide on my points. We once again went through the woods and looked at the points Melissa and I had thought about previously. Some of the points were possible locations, but some were not. We looked for more and eventually we decided on 18 points.

Once all the planning was done, I realized that I needed some way to finance this whole project! I was looking through a magazine and there was an ad for a site where t-shirts could be designed. I went to this site and designed a t-shirt that had an orienteering theme and eventually took the design to a local t-shirt printing business. He said that the design looked great, so I created an order form and I asked if people were interested in supporting my project. I was initially worried that there wouldn't be much interest, but my Troop did an amazing job supporting me, buying over 50 t-shirts! I also sent letters out to my relatives and local businesses for some help. They also showed me lots of support with some cash donations and a pizza. I soon had raised more money than my project would cost, with all of the remaining money going to the Nature Center.

I was also able to arrange another donation in the form of an auger! A rental store in Batavia was very generous and allowed me to use an auger for a weekend. I organized my troop, and we soon mobilized. Using a cart that the Nature Center had, we were able to go throughout the woods and dig the holes and install the posts in about 7 hours. It was tough work, but everyone pitched in and made it very successful.

There is still work to be done on my project, but its nearing its completion and I definitely wouldn't have gotten this far without help from many people, especially the Rochester Orienteering Club! So, I just wanted to thank everyone and I hope that my orienteering course will be a great addition to the Nature Center.

Nominations solicited for Kolva Award By Karl Kolva

In 2009, ROC established this award for ROC members, between the ages of 14 to 20, that meet the following criteria and are nominated for this award by another ROC member. The criteria are as follows:

1. Attendance and participation in age related orienteering events.
2. Service to the Rochester Orienteering Club.
3. Showing interest in improving his or her orienteering skills. and
4. Demonstrating good citizenship and sportsmanship in other activities.

Nominations must be submitted to any member of the Awards Committee no later than October 31 of the current year. They are: Rick Worner and Linda Kohn, Carol Moran, Sandra Lomker, and Karl and Mary Kolva.

What's So Great About the Rochester Orienteering Club?

**Article written by Laurie Hunt, and
submitted for publication in the digital
version of Orienteering North America**

What's so great about the Rochester Orienteering Club? As the real estate agents would say, "Location, location, location!" Nestled between the shore of Lake Ontario and the Finger Lakes, Rochester, NY boasts numerous parks with a variety of characteristics that make them perfect for orienteering. The glaciers sculpted an elegant terrain that became the canvas of brilliant landscape architects such as Frederick Law Olmstead early in the 20th Century. While the weather can be unpredictable from one moment to the next, the temperate climate and seasonal changes provide opportunities for orienteering on skis, snowshoes, bikes, and boats. Add a group of dedicated volunteers to the equation and you have the makings of a successful club. The club's reputation is built on holding quality events, community outreach, and keeping its sizeable library of maps up to date.

My first orienteering experience was in 1999, after reading an article in our local paper about an event that was being held that weekend. I awoke on a glorious October morning and headed out to Black Creek Park, unaware that the registration queue of over 200 people came as a total shock to the meet workers. They were accustomed to far less than half that number. They were so gracious and accommodating, those friendly people whom I now consider my orienteering family. They made everything look so effortless, so I had no idea how much work went into holding a meet. Now that I am the Club President, it's my job to know.

ROC's meet schedule is the soul of its year, with a Sprint Series, a Club Series, Score-O's, Ski-O's, a Trail Run, and the newest event, Trail Challenges. A large volunteer sign-up sheet is posted at the meets, and Volunteer Coordinator Sandra Lomker makes calls to fill the many jobs required to put on events. Club "fathers" Rick and Dayle Lavine have generously loaned ROC their garage to house all the club equipment. Karl Kolva built shelves so everything could be well organized. Dayle has provided a welcoming sign and checklist for the Meet Directors who come to pick up equipment for the meets.

The Voice of ROC is Carol Moran, who tends the Hotline. Her friendly, recorded message gives the most up-to-date meet information, and Carol fields requests and returns calls. Carol also keeps in contact with park offices and stores that sell maps for our four Permanent Courses, which were created and are maintained by Tom Cornell. Quite by accident, Tom's graphic design skill and Sandra's position as Volunteer Coordinator have resulted in a unique and unexpected ROC tradition. Each year Tom designs a tee shirt with the meet schedule printed on the back. The "color of the year" is held in strict secrecy! Volunteers who help out at five meets during the previous season get a free tee shirt and the remaining shirts are sold. The shirts are great advertising, a perk for volunteers, and handy for keeping track of the 20+ events held annually.

Dick Detwiler holds the position of Mapping Chair. While many members contribute to keeping the maps up-to-date, Dick holds responsibility for most of the major mapping updates. Times have changed since the days when a map was printed and the version was updated every few years. OCAD can be blessing or a curse when athletes now demand maps that are revised up to the minute. Club laptops allow for on site mapping updates, with an archive for monitoring version control. Dick spends many hours in the field and at his computer to maintain map quality. Dick also edits the club's quarterly newsletter.

One of the most important and underrated jobs at ROC meets is that of the Greeter. The Greeter's role is to stand at the entrance of the event, welcome arrivals, and determine how much help they need to navigate the registration process and get out on a course. A "deer in the headlights" look is usually a good clue that they need to be walked through registration and be directed to whomever has volunteered to give beginner instruction that day. Meet volunteers make an effort to follow up with new folks when they finish their course and encourage them to come again. That personal touch can be more important than the actual orienteering experience for a newcomer.

Technology is responsible for positive changes in a variety of club operations. Newsletters and schedules are now printed and mailed directly to members by an outside firm, reducing labor and costs. In addition to the ROC Facebook page, we recently started a social networking site at meetup.com to get information out to a wider audience. Under the direction of tech-savvy club member Tyler Borden, ROC meet operations been brought into the 21st century. New online registration for all events has streamlined the registration process and reduced waiting lines. The e-punch equipment that was once used for special events has become the standard for all meets. Participants enjoy getting printouts of split times and seeing their meet results immediately on a monitor at the Finish.

The club was concerned that all this new technology would intimidate some volunteers, so we offered three free classes on a Saturday in early March at the local Cooperative Extension Office. (March is an unlikely month to be orienteering in Rochester!) The facilities offered a comfortable space with a large screen for presentations. In addition to training on the e-punch equipment there were sessions on course setting and how to be a meet director. Neighboring clubs were invited, lunch was provided and everyone went home well fed and more knowledgeable.

Also thanks to Tyler, a new venue has been added to our schedule to attract other athletes to orienteering. This year the club is holding three Trail Challenges, or "light orienteering", to coax runners to try the sport. 5k and 10k routes are punctuated with White to Yellow level controls, with a 75 minute time limit. Most new participants are experiencing running with a map for the first time, and hopefully will get hooked and come back for a regular O event. The other new event offered this year was the Rochester Map Adventure, our first urban orienteering meet on bike and foot. A Trivia-O format, the club was able to package the maps after the event and sell them at the local map shops for ongoing use. This

summer the club also features a semi-permanent course, with the map available for printing on the website.

Long-time members Rick Worner and Linda Kohn have truly been ambassadors for ROC and the sport of orienteering worldwide. Rick was instrumental in planning the Canal Cities Conference in 2011, and every few years proposes that it's time for ROC to host an A-Meet. This ensures that the club is putting forth its best effort at all times. Linda teaches a course in orienteering at Rochester Institute of Technology and does numerous workshops and mapping throughout the area for schools, clubs and Scouts. Another community advocate is our oldest member, Karl Kolva, who at 89, continues to teach orienteering to young people and give instruction at local meets. Karl's wife, Mary, received an Honorary Lifetime Membership for her contributions to the club, including providing home-baked goods for meet refreshments. Additionally, ROC's Board of Directors works tirelessly to promote orienteering through community events such as the ADK Expo, EMS Days, and local park clean-ups.

Like all clubs, ROC faces many challenges. One of the biggest hurdles for the club this year was the necessity to create and implement a Safety Plan for local meets. The club now has a cell phone and the ROC Assistance Line number is printed on all maps and on club whistles. Ongoing topics for Board discussions are increasing membership, determining club dues and meet fees, and attracting and keeping a strong volunteer base.

As we move into our busy fall season, my hope is that we offer something positive for each of our more than 150 members. When someone new comes to an ROC event I want them to feel the same welcome that I enjoyed for my first experience. And most of all I dream that there will be 200 more people waiting in line.

-- Laurie Hunt, ROC President 2012

Highlights of a new type of event for ROC, the Rochester Map Adventure! (Held June 12) By Steve Tylock

By Rick Worner, Dick Detwiler, Rick Lavine, and Steve Tylock (ROC)

Finding new ways of challenging people to make their way around local parks has been a habit of the Rochester Orienteering Club since the late 1970's. The notion of creating a larger event across the city started brewing among club members and leaders several years ago. When putting together the schedule for 2012 a small group of club members wondered if we could devise a 3-5 hour event that utilized a cluster of small city parks and neighborhoods. We hoped that this challenge would appeal to hikers, runners, puzzle solvers, and orienteers.

That wondering blossomed in the Rochester Map Adventure this past summer.

We'd like to share what went into it from the perspectives of

locating the event, mapping the area, challenging the competitors, managing the activities, and competing.

Rochester

The City of Rochester and surrounding County of Monroe have over 15,000 acres of park land, an extensive and varied collection. A good selection sits just South of the center of the city – notably the County’s Genesee Valley Park, and the City’s Cobb’s Hill and Highland Parks.

The club often uses these parks for smaller, hour-long events, and recently hosted the 2011 US National Trail Orienteering Championships at historic Highland Park. In addition to the parks, this area also contains the campus of the University of Rochester and the notable Mount Hope Cemetery. It’s bordered on the Southern edge by the Erie Canal, and includes a variety of terrains and styles of homes and businesses.

In order to pool these locations together, we’d need to construct a longer event to allow participants to reach across the sites.

Map

Mapping an already well-mapped urban area isn't exactly rocket science, but creating a useful map for participants in a rather grand adventure is a bit of an art. The club’s use of shared GIS data from the city and county showed pavement boundaries, building outlines, and contours. This eliminated a good deal of tedious work.

Technologically, the club evaluated several options including USGS topological maps, the Open Street Map, and Global Mapper, settling on the later for this project. The first two methods were less manageable / editable for what we wanted to do.

In addition to a full map of the area at 1:40,000 scale, we provided a more detailed map for each of the individual parks from our regular map collection. The large map was essential for overall route planning, the smaller maps assisted in precise navigation. (Competitors were forbidden to use any other navigation aids such as street maps, mobile devices, and GPS)

Adventure – The Course

Events of this type have been held in other locations (perhaps most notably San Francisco) for several years. Brining one to Rochester was new to us.

We hoped to make the event appealing to runners and cyclists as well as those looking for an interesting tour. The navigation challenge was to choose the most efficient route and leave enough time to get back. Besides the parks, highways, a cemetery fence, a canal and a river provided obstacles to a straightforward route. We elected to have two timeframes for competition: a 3-hour and a 5-hour classification. The shorter allowed both casual and competitive contestants to complete the event in a modest amount of time. The longer provided the earnest competitors with a long-duration challenge.

By specifying the locations carefully, contestants were guided to streets with little traffic, and across pedestrian paths wherever they existed. The mostly residential southeast section of Rochester and adjoining suburbs allowed this without too much difficulty. Busier, less pedestrian friendly streets were

identified with heavy solid lines. All contestants were warned to travel cautiously.

By employing trivia questions instead of flags to mark controls, we were able to choose interesting locations: historical sites, sculptures, cemetery monuments, and interesting buildings. Finding “trivia” in parks can pose a challenge, but many parks include historic or species designated trees and most include sculptures. (And while we don’t want to encourage the practice, we were able to use some tree carvings in one local park.)

Some of the more notable trivia questions included:

First name of Buffalo Bill's foster son (Headstone S of building N of hilltop)

Frederick Douglass quote: "I know of no rights of race superior to the rights of ___"

Who loves Amy? (on tree SE of trail junction)

Normal orienteering practice is to employ flags – and we had concerns over their security. On the other side, seemingly permanent objects can (and do) disappear! A favorite gravestone featuring a catcher’s mitt seems to have vanished since it was used in another event several years ago. A colorful fence was taken down by a new home owner. (Luckily the course setter rides by this home a few times a week and noticed;-) The worst case was the removal of a sculpture’s name plaque, possibly stolen as scrap metal shortly before the event!

In practice, we honored all answers as discrepancies arose concerning the specifics – it seemed that two different people loved Amy and noted it on nearby trees...

Most controls were fairly accessible to bicycles, but several were not. Some trails were off limits because of park rules, and others were not negotiable due to terrain. Bikers had to compensate with a more roundabout route than those on foot (or choose to carry their bike).

Without an exact science to help with planning, the distance seemed “about right”. The entire map at 1:22,000 would fit on an 11 by 17 sheet, but we didn’t use a substantial part of this area. In hindsight, the distance was quite right as only a few participants able to get to all of the locations in five hours while riding bikes.

Adventure - Management

Like clubs across the country, we’re always looking for ways to attract a larger pool of participants into Orienteering. We hoped that this event would appeal to hikers, runners, puzzle solvers, and orienteers, and advertised it at local outdoor stores like Eastern Mountain Sports, on the local running calendar, and in the local media.

We included categories for individuals, teams and families – on foot and on bike. The event headquarters took place at the Cornell Cooperative Extension across from Highland Park. The rented auditorium had enough inside-space for people to study their maps and provided shelter in case of rain or hot weather. It didn’t rain, but as temperatures were in the upper 80s, the participants appreciated the AC.

Participants could pre-register on Active.com and we allowed

same day registrations for an additional \$5 (to encourage pre-registration). Fees were \$15 per adult (with a \$5 discount for club members), and \$5 for any number of children in a group. Every participant received a packet of maps and a pen. Clues and answer blanks were printed on card stock so they would hold up better during the meet. The packets included one large master maps and several small park maps. Everyone had 15 minutes to study their maps and started together at 1:00 p.m.

The challenge covered 61 different locations, and each location's question was worth one point. The late penalty was one point per minute. From the course maps it appeared that a participant would need to cover around 30 miles to get to all of the locations.

Results

Overall, we succeeded in attracting a number of new people and received very positive comments from almost everyone in the event. A total of 70 people participated, about a third on bikes and two-thirds on foot. It was a hot day and on a very busy weekend. We had hoped to have the event a little earlier in the spring when it might have cooler and when the parks were less crowded. Since the event used a trivia format we didn't have to set out or pick up any controls and we can now add the map to our selection of permanent course maps for people to use in the future. Many of the people who didn't get to all 61 points expressed an interest in doing the rest on another day.

One individual biker and one team of bikers reached all the locations in 5 hours. For the 3-hour category, teams or individuals on foot got between 9 and 31 controls; in the 5-hour category, teams/individuals working on foot got between 17 and 43 controls. It appeared that controls were readily

available for walkers while spread out so that even the top runners (who covered 20-22 miles) didn't come close to reaching all of the locations.

From the competitor's point of view, the challenge involved estimating their capabilities across several hours on a warm and sunny day – and then performing. Those capabilities changed according to effort, hydration, degree of difficulty, and fatigue. An early plan to sweep counter clockwise across 100% of the available locations might give way to an 80% revision half way through, and an 60% revision as bodies slow towards the end.

High scoring individuals tended to have a plan, be in fit shape, and brought along resources to stay hydrated and energized. Post event discussion revealed several different cluster-optimization strategies to get to the most locations with the shortest path for both 3 and 5 hour classifications.

The refreshments afterwards – always the best tasting ever...

Annual

As an inaugural event, the results have been very positive. 23 groups and 14 individuals, 12 cyclist entries and 25 foot, 20 3-hour entries and 17 5-hour. On the financial side, the adventure more than broke even (which is all we hoped for heading into it).

We're looking to make this an annual event – it was well received by the both club members and newcomers, and has the right kind of challenges for each. And while we may find new locations in this area of town for next year, we're scouting out other meta-park conglomerations for the future.

We'll see you out there.



Luke Lyons at the Seneca Park meet.



Greg and Fred Detwiler finishing at the Powder Mills meet.

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

	<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



Getting ready for the start of the 10K Trail Challenge at Cobb's Hill Park. Photo by Patty Borden.



Three generations of the Lamb family, at Powder Mills Park meet. Photo by Patty Borden.

First Class



40 Erie Crescent
Fairport, NY 14450



*Stina Bridgeman at the
Seneca Park meet.*