

**ROCHESTER
ORIENTEERING
C L U B**



The Wild Times

March 2013

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

The official newsletter of the Rochester (NY) Orienteering Club

Membership Renewal Reminder!

It's the time of year to pay attention to your membership expiration date, and renew if necessary!

Many memberships expired at the beginning of this month (March 1, 2013).

Check the address label on this newsletter – it will give your expiration date.

If it is in fact March 1, 2013, your membership needs to be renewed to continue enjoying the reduced fee for meets (\$4 for members, \$8 for non-members) for the upcoming season. Plus, of course, ROC greatly appreciates the members who give their financial and volunteer support.

ROC Orienteering Skills Workshops Saturday, March 16, at the Cornell Cooperative Extension, Highland Park

Sharpen your skills! ROC is offering a workshop on Orienteering Skills on March 16 at the Cornell Cooperative Extension, located on Highland Avenue in Highland Park.

Classes will be offered in beginning and intermediate orienteering skills and course setting. The workshop will run from 8:30 am until noon. Classes may include outdoor activities if the weather permits. Beginners class is appropriate for age 12 and up. Children under age 16 must be accompanied by a parent or guardian.

Course setting students will need to bring a PC with software downloaded prior to the workshop. Check the website for full class descriptions.

Workshops are free to members of ROC. Non-member fees are \$10 per person, \$15 per family. All fees are fully redeemable towards ROC membership on the day of the workshop. Pre-register online on the website and mail your check payable to Rochester Orienteering Club by March 10th to: Laurie Hunt, 28 Hearthstone Road, Pittsford, NY 14534.

Beginner O Skills -- Is this class for you?

- You are new to orienteering.
- You've done some White and Yellow courses.
- You've done Yellow courses or above but could use help to improve your performance.

Intermediate O Skills -- Is this class for you?

- You have experience on Orange courses and above.
- You've been orienteering successfully but haven't had any "formal" training.
- You're having difficulty completing Orange courses.
- You continually pass by your control, or don't go far enough.
- You just want to improve your O knowledge and skills.

Course Setting with Purple Pen -- Is this class for you?

- You are interested in learning more about course design.
- You are comfortable completing Orange and above courses.
- You might enjoy setting a semi-permanent course or designing courses for ROC meets.

2013 Club Officers and Committee Chairs

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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 \$2 (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 – March through September, 2013

Rochester Area

Saturday, March 16	Highland Park , Cornell Cooperative Extension. Indoor workshops -- Beginner and Intermediate Orienteering Skills; Course Setting with Purple Pen. 8:30 a.m. to 12 noon. See web site for details.
Sunday, April 7	Durand Eastman , West Side (start at Camp Eastman, Rotary Cabin). Regular Meet. Start from 12 noon to 2:00 p.m.
Saturday, May 20	Black Creek Park . Regular Meet. Start from 10:00 a.m. to 12 noon.
Saturday, May 4	Rochester Map Adventure. Mass start at 11:00 a.m. See web site for more details. Start at South Avenue community center.
Saturday, May 18	Mendon Ponds Park , Hopkins Point lodge. Regular Meet. Start from 10:00 a.m. to 12 noon.
Sunday, June 2	Braddocks Bay, Canoe-O . Start at Braddocks Bay Hotel. 1:00 p.m. mass start.
Saturday, June 8	ADK Expo at Mendon Ponds Park , Beach area.
Sunday, June 23	Webster Park . Kanatota A cabin. Regular Meet. Start from 12 noon to 2:00 p.m.
Thursday, July 11	Genesee Valley Park . Trail Challenge. Canalside Shelter. Mass start at 6:30 p.m.
Saturday, July 27	Mendon Ponds Park , Stewart Lodge. Regular meet. Start from 10:00 a.m. to 12 noon.
Thursday, August 8	Durand Eastman Park , Log Cabin Road shelter. Sprint, Score-O, and White courses. White and Sprint start from 6:00 p.m. to 7:00 p.m. Score-O mass start at 6:45 p.m.
Thursday, August 29	Ellison Park . Trail Challenge. Orchard Grove shelter. Mass start at 6:30 p.m.
Saturday, September 7	Genesee Country Museum nature preserve . Regular meet with special format. Start from 10:00 a.m. to 12 noon.
Saturday, September 21	National Orienteering Day. Cobb's Hill Park , Tay House lodge. White, Yellow, Sprint, and Score-O. Start from 10:00 a.m. to 12 noon.
Sat. or Sun., Oct 5 or 6	Letchworth State Park , specific location and starting times TBD. Regular meet.

Outside of Rochester Area

See web sites of the sponsoring club for details.

Sat., April 13	BFLO annual meeting. Emery Park. Pot Luck Lunch, President's Awards, Short Orienteering Event.
Sat., April 27	BFLO . Learn and Try Orienteering, plus White, Orange, and Green courses. Emery Park.

Fri – Sun, May 10-12	EMPO . U.S. Individual Orienteering Championships. Camp Wakpominee, Fort Ann and Moreau Lake State Park, Gansevoort, NY
Sat., May 11	BFLO . Schoellkopf Boy Scout Camp.
Sat./Sun June 1 & 2	CNYO . 9 th annual Regaine.
Sun., June 9	CNYO . Daddy O. Lime Hollow Center for Environment & Culture, Cortland, NY
Sun., June 9	BFLO . Hunter's Creek Park South. 90-minute Score-O.
Sat/Sun, July 13 & 14	CNYO . 23rd Annual ROGAINE Connecticut Hill Wildlife Management Area, Newfield, NY
Sun. July 28	BFLO . Sprague Brook Park. 90-minute Score-O.
Th. Aug 18	BFLO . Chestnut Ridge Park. Annual picnic.
Sun. Sept 8	BFLO . Delaware Park. The Olmsted Challenge – 2K orienteering course.
Sat. Sept 21	BFLO . Chestnut Ridge Park. National Orienteering Day.
Sat. Sept 28	BFLO . The Ellicottville Adventure Run & Hike.

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://empoweb.org>
Other clubs: See Orienteering USA web site.

Orienteering USA Classic Championships – Postponed to 2014

ROC had planned on hosting a 2-day A-meet on October 5 & 6 at Letchworth State Park East which would be the US Classic Championships. This has been postponed to October 2014.

The reason for the postponement is that, after inspection of the map and the terrain during early course-setting visits to the park by the course setting team, it was concluded that the map needed significant updating, including a new base map using LIDAR technology.

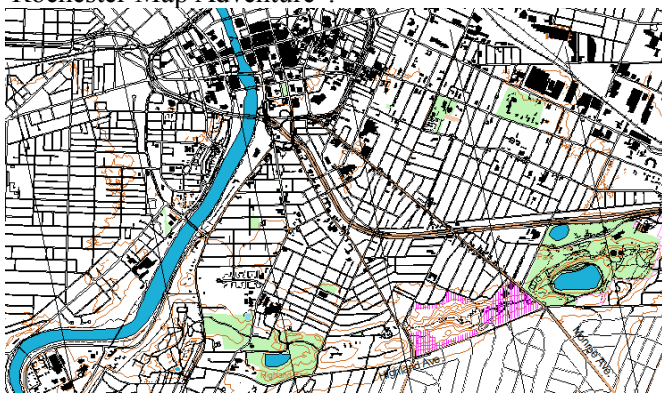
No LIDAR data exist at the present time, but LIDAR is expected to be available from NY State by late 2013. A re-map of the park will be done when that is available.

The alternative was for ROC to spend \$5000 for a LIDAR flight this spring, which would have allowed for the re-mapping in time for the 2013 meet. Since data would be available for no charge to the club soon, it was decided to postpone the meet.

2nd Annual Rochester Map Adventure, Saturday, May 4 3 or 5 hours of adventure!!

Would you and a friend(s) or family member(s) enjoy spending a Saturday afternoon searching the city for locations that have some interesting facts or trivia?

If this sounds like fun then why not plan to join the Rochester Orienteering Club for the second annual “Rochester Map Adventure”.



Teams and individual hikers, bicyclists and runners will receive detailed maps of a large portion of the city of Rochester including the South Wedge, Cobbs Hill Park, Highland Park, Mt. Hope Cemetery, Pinnacle Hill, University of Rochester, Corn Hill, Downtown, the

Park/East Avenue area, and the Neighborhood of the Arts. The maps will have circles drawn on them indicating the exact locations of the trivia points.

Note that although this year’s region of the city is similar to what was used last year, it isn’t identical. In rough terms, it is shifted somewhat north compared to last year. So the course will have a different “look and feel” than last year’s.

At each circle marked on the map, participants will have a question which can readily be answered by information visible. Example questions (taken from last year’s event):

- What is the first name of sculptor of statue of Nathaniel Rochester? (Answer: Pepsy)
- When did Frederick Douglass move to South Avenue? (Answer: 1852)

Maps will be distributed 15 minutes prior to a mass start. There will be 3 hour and 5 hour time categories.

Free food and drinks will be available at the end of each time block. The teams with the most correct answers in the least amount of time will be the winners.

Starting Location: South Avenue Community Center (near Highland Park)

For more information, see: roc.us.orienteeing.org

Register Online at Active.com; see ROC web site for link as we get closer to the event.

Entry fees:

- \$15 per adult participant (\$10 for ROC members)
- \$5 for one or more children under 18 when competing with an adult
- \$5 Late fee for registration on site if space permits.

Event Schedule:

- Registration open – 10:00 a.m.
- Maps handed out – 10:45 a.m.
- Mass Start – 11:00 a.m.

A Trip to the “Middle Earth” by Rick Worner and Linda Kohn

In January Linda and I made a trip to New Zealand to attend the Oceania Orienteering Carnival, visit friends and take a tour of the country. We rented a used car termed by the rental company as an “El Cheapo” and brought our tent and sleeping bags in the bottom of our luggage.

After a 24-hour flight we landed in Auckland on the North Island to start our journey. Unfortunately, our baggage was on another schedule and didn’t arrive for another four days. The next challenge was to drive our

standard transmission car on the left side of the road. This required constant concentration especially at the numerous roundabouts throughout the country. After a couple of days of turning on the windshield wipers instead of the turn signals it all began to make sense with only a few scary moments.

The highway system in NZ is quite good for such a small country, but very few roads follow a straight line since the topography is very hilly. A 200-mile trip usually took around 5 hours instead of the 3 hours we might expect in the US and the one-lane bridges kept us alert. Gas/petrol was around \$5 per gallon with far fewer gas stations along the way.



Most nights we camped at what are called “Holiday Parks”. These were multi-use areas often in or near towns that provided tent camping, trailer/caravan hookups, small cabins and motel type rooms with kitchen facilities. They all had common kitchens, bathrooms and showers included in the \$25 price. Most had some form of Internet connections for a small fee. All were well maintained and the communal facilities gave us a good chance to meet other travelers. A couple of times when the weather was really bad we opted for one of the small (8’x12’) cabins (\$35-50). There are lots of these parks throughout the country. We often opted for the smaller ones in the little towns. Shopping for food was quite easy and inexpensive. The supermarkets were smaller, but otherwise quite modern and well stocked.

The adventure started on the North Island. The day after we arrived we headed north to pre-Oceania meet in a sand dune area put on by an Auckland club. One of the first things we discovered was that our Northern Hemisphere compasses were not going to work well in the Southern Hemisphere. If you could hold them absolutely level they would eventually settle and point north, but the needle most often tilted and got stuck on the way around. Since our “O” clothes were still in the delayed baggage we did the courses in our flight clothes. For me that meant

running/scuffling in “Crocs”. So with a poorly working compasses and wearing non-standard “O” clothes it was an interesting start to the trip. Eventually we came back in and purchased SH compasses and went back out on the courses. The terrain was quite technical even at 1:7500 and foreshadowed what lied ahead of us.

After the meet we headed south and spent three days in the area around the recently erupting Mt. Ruhepeui. Some areas were still closed because of the eruptions. Although it was summer in NZ, there was still quite a bit of snow on the mountain. One sunny day in very high winds (60MPH +) we hiked above the highest ski area in terrain that resembles the moon. Still wearing my “Crocs” added to the challenge. On day four they finally located our luggage and flew it to an airport an hour and a half away.

The first day of Oceania was at a sand dune area on the West coast called “Manawatu” It was a ways from the main road, a place that we never would have gone to if it weren’t for the O event. After passing around 20,000 sheep (40 million in NZ) we parked in a large field/paddock and headed into the forested dunes. Most of the coastal dune areas in NZ are planted pine plantations that are very complex and generally open for running. We found we needed to stay on a compass bearing and maintain a good pace count to orienteer efficiently. The scale was again 1:7500 with 2.5m contours. Linda was pretty steady and I was OK except for that one BIG mistake. This turned out to be the story of most of the orienteering on the rest of the trip. Linda ended up winning the W60 category for the week and I continued to either have a BIG mistake or a DQ almost every day. Linda’s result was quite impressive as her category included the best women from Australia and NZ with a spattering of Swedes and Norwegians who were part of a large Scandinavian tour group.

Day 2 was another dune area similar to day 1, but with a little more green in the forest and a very complex dune area right near the end. Another steady day for Linda with me having a good run, but skipping a control in the middle resulting in a DQ.

Day 3 was another sand dune area with about half the map set in open sand dunes with no trees right next to the ocean. This was also the site of the first WRE day for the international elite. Many of the best orienteers from Norway, Sweden, and Switzerland etc. were there. We were able to watch them as they ran through the open dunes. Quite impressive how fast they run and still being able to navigate. After their event we got to run on the same map. Running in the open dunes was fun and interesting. The last few controls ducked back into the woods before reaching the finish. I was good in the open

areas, but had trouble in the woods. Linda was again good all of the way and had another top ten finish.

After this event we headed south again to the capital city of Wellington. It lies on the southern tip of the North Island and looks like a combination of Vancouver and San Francisco.

The first event in Wellington was a WRE Sprint qualifier for the elite runners. It was held on the grounds of the national capital building in downtown Wellington and utilized the neighborhoods that adjoined the area. We were allowed to wander around the course as the runners navigated the courses. The finish was right in front of the capital and it drew quite a good crowd of orienteers and other pedestrian spectators. The capital security guards looked a little nervous, but everyone really enjoyed the setting and it gave orienteering a nice publicity opportunity.

Day 4 started with the elite WRE finals, again held in downtown Wellington on the grounds of Wellington College. The finish and a spectator control were located in a soccer/rugby/cricket stadium. It was a very exciting place to watch since we were not allowed on the course. After the elites were finished it was our turn to try the courses. After a 2K uphill walk through city neighborhoods we started in a hillside park and ran mostly downhill to the campus before finishing in the stadium. Courses were a little tricky in the buildings on different levels near the end. No problems for the elite and Linda, the usual problems for Rick. Same results as other days. Top ten for Linda. Middle of the pack for Rick.

After the Wellington events we had a rest day and headed back north on the East coast of the North Island. Day 5 was in a hilly logging area called “Ngatawhai” which means Silver Beech in the native Maori language. This was an area of large planted pine trees and native forest with a huge ravine down the middle. I was surprised to receive a 1:15000 map at the start and never really noticed until near the middle of my run after making my daily BIG mistake crossing the giant ravine. Trying to make up for my mistake I skipped #7 for another Dairy Queen Day (DQ that is). Linda again had few mistakes and finished in the top ten.

Day 6 was in the Hawkes Bay area. This area resembles the wine growing areas of California and has lots of vineyards and sheep. We again drove a long way off the main road to large sheep station/big farm with many hilly paddocks and some beautiful native trees. It was intersected by creeks with steep slopes and lots of cliffs. Much of the courses ran through these cliffed streams and it was important to find the openings in the cliffs along the way. Linda was brilliant this day and won her age

group by nearly five minutes. Rick on the other hand got a little impatient trying to figure everything out and made another BIG mistake, which put him near the bottom of his group.

The final day was also the site of the final WRE elite event. The elite ran in the morning to determine their places in the afternoon chase start. We got a chance to run on the map in between the heats utilizing age group mass starts to speed up the process. This was by far the most complex terrain of the week. It was mostly open, very hilly paddocks with many ups and downs. We wondered how they could have a mass start for so many people at the same time and not have a lot of following. After the 200-meter run to the start triangle (where I was in the top ten) we headed out into the open paddocks. Almost immediately half of the people disappeared, as there were multiple routes to the first control. After control 5 and my BIG mistake of the day (I followed the wrong group), I was almost alone out on the course for the rest of way. Linda again avoided the any large errors and finished 3rd. After compiling the results for the all the events Linda was the overall winner of the W60 class. Rick had a lot of fun and didn’t threaten any of the leaders in M65.

Complete results for all the days can be found at http://www.attackpoint.org/eventdetail.jsp/event_9266

W60A											
Pos.	Name	Club	min/km	Leg 1	Pos.	Leg 2	Pos.	Leg 3	Pos.	Total	Pos.
1	Linda Kohn	United St	18.74	14:50	2	25:46	1	39:52	1	42:10	1
2	Miriam Rosen	South Isl	20.89	15:25	5	30:51	3	44:47	2	47:00	2
3	Rudite Limbena	Latvia	22.96	17:39	8	32:28	4	48:29	3	51:39	3
4	Carol Brownlie	Wulundic	23.88	15:03	3	34:19	6	51:26	4	53:44	4
5	Sirpa Lakanen	Finland	25.25	15:18	4	29:55	2	54:12	6	56:49	5
6	Jan Hardy	Australo	25.43	17:49	9	36:04	7	53:53	5	57:13	6
7	Shella Cois	Yarra Val	25.71	17:06	7	34:18	5	54:59	7	57:51	7
8	Val Finch	Forth Val	29.37	20:29	11	42:40	9	1:02:55	8	1:06:05	8
9	Elizabeth Bicevskis	Australo	31.74	19:25	10	40:23	8	1:08:44	9	1:11:25	9
10	Valerie Barker	Bushflye	32.27	14:10	1	50:48	10		0	1:02:47	0
	Jennifer Komysshan	Wulundic	37.40	36:43	16	1:00:32	12	1:21:00	10	1:24:09	10
	Coral Dow	Bushflye	37.44	27:41	12	58:56	11		0	1:16:47	0
	Paula McDiarmid	Southlan	38.46	29:16	13		0		0	1:30:47	0
	Judy Allison	Red Roo	39.56	16:28	6	1:02:16	13		0	1:10:47	0
	Inger Eismark	Sweden	42.66	34:51	15	1:07:09	14		0	1:08:47	0
	Jennifer Binns	LOST	48.21	32:40	14	1:15:53	15		0	1:34:47	0
	Kristina Wahlin	Australo	0.00		0		0		0	1:32:47	0
	Lynda Rapkins	Enoggeri	0.00		0		0		0	1:06:47	0

After the last day we headed back south to catch the ferry to the South Island. We spent a couple of weeks touring the South Island which is much like a combination between Colorado and the coastal rainforest areas of Oregon and Washington. Without going into all the details, (we do have pictures taken mostly by Linda to prove we were there) we would say that NZ is a beautiful place with great natural sites to visit. It is geared to the outdoor traveler and most of the natural sites a well maintained and free to visitors. The people are very

friendly and self-reliant. Many have traveled and realize that they live in a special place and don't desire to live anywhere else. The country appears to be mainly middle class with few signs of wealth or poverty. The agricultural sector drives the economy and quite a few of those sheep make their way to China, Japan and India in the form of sweaters, legs and chops. Although there seems to be a high interest in American politics there are not many signs of Americanization other than McDonalds and Subway.

On our way back north we had a chance to visit a former teaching colleague from Morocco days and a high school orchestra mate/friend of Linda's from Little Falls who is currently the principal cellist in the Wellington Symphony. It was interesting to get their perspective on New Zealand and international events.

It was a GREAT trip and one we would highly recommend to all of our orienteering friends.

Rick & Linda

Get to Know the ROC!

If you know a ROC member you'd like to see mentioned in this series, contact Don Winslow.

Name – Tim Dobretsov

(see photo on back cover)

Hometown - Penfield, NY or Saint-Petersburg, Russia when I stay with my grandparents.

Other family members – Mom, Tatyana, dad, Sergey and baby sister Alexandra

Occupation/Grade in School - 6th grade at Bay Trail Middle School

Other Hobbies - Hockey, violin, skiing and tennis.

When did you start orienteering? Dad took me out on a course in a Baby Bjorn when I was 6 months old ;-). It took me 7 more years to do a white course on my own.

Why did you start orienteering? It's a family business!

What level are you competing at? - I went to the North American Champs in October, M-12

What do you love about orienteering? Running, thinking and being surrounded by the woods.

Favorite park in Rochester to orienteer in... Mendon Ponds because it has a lot of everything – trails, hills, woods and swamps.

Farthest from Rochester that you've orienteered... My

dad and I went to the West Point A-meet last May. Besides being the farthest, it was really interesting... all the military people, Humvees, and the tour of the Academy.

Favorite orienteering experience - Empire State Games in 2010. I was only 9 but had to compete in the scholastic category. It took me 2 hours to complete the course but to my surprise, I got the bronze medal!

Worst orienteering experience... US Champs at Moreau State Park. Because of the fallen leaves none of the trails were visible, that was the first time I felt close to being lost in the woods...

Any future orienteering goal you may have... I would like to orienteer in Russia where my family is from. And, of course, win the next US Champs in my age group.

Any advice for newer orienteers? Read the course notes. Trust the map and the compass. Have fun!

Get to Know the ROC!

Name - Sandra Lomker

Hometown - Englewood, NJ



Other family members – Partner Tom Cornell, 5 children and their significant others, 10 grandchildren, 4 great grandchildren (not including Tom's)

Occupation/Grade in School - Retired Teacher & Social Worker/graduated Cornell University with BS and NYS Certificate to teach 0-3rd grade and at 49 years back to University of Buffalo, graduated '88 with a MSW

Other Hobbies - Hiking, Backpacking (not as much now), Reading, Quilting, Advocating for Children & Families

When did you start orienteering? 20 years ago

Why did you start orienteering? Tom interested me in the sport and I signed up to bring the food to the next meet

What level are you competing at? I was Brown, but

now only Yellow

What do you love about orienteering? Being in the woods and enjoying nature

Favorite park in Rochester to orienteer in... Mendon

Furthest from Rochester that you've orienteered... Quebec, Ontario, & Colorado

Favorite orienteering experience... Rogaines especially with Tom and Jim Lavine

Worst orienteering experience... Getting disoriented in Mendon, embarrassing as I probably know this park the best

Any future orienteering goal you may have... to become a more efficient and accurate orienteer

Any advice for newer orienteers? Enjoy the experience and have fun!

Get to Know the ROC!

Name – Karl Kolva

Hometown – Irondequoit, NY and Halifax, PA before that



Other family members – wife, Mary

Occupation/Grade in School – retired mechanical engineer, BS in Science

Other Hobbies – traveling to points of interest

When did you start orienteering? 1975

Why did you start orienteering? My youngest son and I visited St. Catherines, Canada to meet an orienteering requirement for Eagle Scout in Boy Scouts.

What level are you competing at? – M90 Brown

What do you love about orienteering? The mental and physical challenge to follow a prescribed course through the woods

Favorite park in Rochester to orienteer in... Mendon

Ponds, for the variety of terrain

Farthest from Rochester that you've orienteered... Anchorage, AK

Favorite orienteering experience - orienteering in glacial terminal moraine terrain

Worst orienteering experience... getting off the map into recently timber-harvested forest; difficult through the remaining discarded debris

Any future orienteering goal you may have... doing a course at age 100!

Any advice for newer orienteers? Do not be afraid of getting lost. The task of relocating successfully is uplifting.

Get to Know the ROC!

Name – Jennifer Manley and family

Hometown – Fairport, NY



Other family members - husband Paul, Clayton (age 12), Clara (age 11)

Other Hobbies – hiking, mountain biking, Geocaching, skiing – we enjoy being active as a family

When/Why did you start orienteering? About ten years ago. Our first time was a Score-O at Powdermills Park. Some friends arranged babysitting and we went with another couple. It was like a double date. I wondered why I had never done it before because it combined hiking with my fascination with maps. After that we started taking the kids with us. The kids say they've been orienteering for as long as they can remember.

What level are you competing at? “Competing” doesn't sound like the right word, but we enjoy completing Orange courses.

What do you love about orienteering? Jen – I love the satisfaction of spotting a control that we've struggled

with. I also love that Orienteering pushes us to hike farther and faster, with a mission. Paul – I love that Orienteering gets us out on some rainy, gray days, and it turns into a great adventure. The weather never stops us. Clara – I like seeing great sights like the deep “pits” at Oatka Creek Park. Clayton – I like having destinations rather than wandering aimlessly around.

Favorite park in Rochester to orienteer in... It’s too hard to pick one, we like them all. But it’s especially fun to orienteer in the ones that we don’t know as well.

Furthest from Rochester that you’ve orienteered... Letchworth.

Favorite orienteering experience... Jen – Doing a Night-O with the kids and shining our flashlight into the eyes of several deer. Paul – Learning to use a compass after 10 years of orienteering, and being in awe when we found a few controls dead on. I couldn’t believe it worked the way it did.

Worst orienteering experience... Jen – Some of the worst are also the most memorable and fun. I remember a DNF on one of my first Orange courses, because one of the kids wanted to play in a stream by some cool rocks. I really wanted to finish the course, but with young kids we’ve needed to be flexible, and enjoy the fun along the way. I joke about the fact that the family team keeps us from being competitive, but we’d rather stop and watch a deer that we come across, than worry about our time.

Any future orienteering goal you may have... Jen – I’d like to orienteer in Western Massachusetts, where I grew up. Clara – I’d like to try some navigating on my own.

Any advice for newer orienteers? Just do it! If you like getting out, Rochester Orienteering Club is a great organization. They are very welcoming, and offer great events for competitive or recreational orienteering. We really appreciate all that the volunteers do. (And don’t wait 10 years to learn how to use a compass!)

Want More Orienteering? Go West!

By Brian Thomas

It hasn’t been the snowiest or coldest winter in recent memory, but many of us cannot wait to get out into the woods this spring. If you are looking to make the most of your spring season, consider taking the short drive west to attend a meet sponsored by the Buffalo Orienteering Club (BFLO). You’ll find an experience very similar to our meets here in Rochester – friendly faces to greet you at registration, electronic punching at many events and

beautiful woods waiting to be traversed. BFLO usually either offers a selection of three or four courses ranging from beginner to advanced difficulty or a 60 to 90 minute Score-O event.

If you are looking to make your trip more worthwhile, consider visiting Downtown Buffalo or Niagara Falls after the meet. During the fall months, there are several pumpkin patches and apple orchards between Rochester and Buffalo. BFLO also offers semi-permanent “map hikes” at many of the parks in which it holds meets. Come for the orienteering meet, then stick around and give the map hike a try at your own leisure. Chestnut Ridge Park has a disc golf course, and both Sprague Brook Park and Hunters Creek Park allow mountain biking on designated trails.



Some ROC members and others planning their routes at last fall's Ellicottville Adventure Run and Hike.

The signature event on the BFLO calendar is the Ellicottville Adventure Run & Hike. Starting at the lodge at the base of the Holiday Valley ski-resort, this three or six hour mini-rogame event is one of the most challenging orienteering events in proximity to Rochester. Controls are placed on or between the ski trails as well as in the state forest land which borders the south edge of the ski resort property. Held at the end of September, this event is a perfect way to enjoy the fall colors while taking part in a unique competition.

BFLO has approximately ten maps, and last held an A-meet at Chestnut Ridge Park and Sprague Brook Park as part of the Canal Cities Challenge in 2011. Several parks are southeast of the City of Buffalo, making them easily accessible from the Rochester area. Schoellkopf Boy Scout Camp is only fifteen minutes past the Darien Lake amusement park. There will be a meet held there on Saturday, May 11th. In addition to their orienteering meets, BFLO is also hosting three trail races this year.

The spring and summer schedule for BFLO is included on

Page 3 of this newsletter. If you're looking to try some new terrain this year, consider attending a BFLO meet. I hope to see some familiar faces there!

Mendon Ponds Park January 20, 2013

It was a very cold day. The wind was fierce. There was no snow on the ground, so an official Ski-O was out of the question. Winterfest is always a GO, whatever the weather, and ROC is included in the annual Mendon Ponds Winterfest. ROC is given Hopkins Point Lodge for the day. Sandra Lomker and Nancy Burgey spent the day in Stewart Lodge explaining the sport of orienteering, and we did get a few first timers.

An official Ski-O was out of the question without snow. ROC's resourceful and inventive Jim Russell designed a Scatter-O, which was a perfect event for the circumstances. Jim did put out a classic White course for first timers and orienteers out for a simple stroll. Scatter-O courses find a specified number on controls from a set in any order.

The 3 options of Scatter-O were challenging and a leg-stretcher for all. Jim suggested considering the wind direction when deciding on a route choice to avoid running into a big, freezing headwind when crossing large open areas. "Stay in the woods, as much as possible" was the advice for the day. (The START banner blew down twice)

A cup of chicken soup or a cup of hot chocolate warmed the hands and body after braving the wind and the cold. The feeling of accomplishment and of joy for having left a warm, cozy house for a winter adventure was palpable. It is always energizing to be with fellow orienteers!

Thanks to our volunteers:

- Meet Director: Rick & Dayle Lavine
- Course Setter: Jim Russell
- Greeter: Carol Moran
- Registration: Laurie Hunt, Rukhsana Cofer, Sandi Willsey, Richard Burgey
- Start/Finish/E-Punch: Tyler Borden, Heidi Hall, Rick Lavine
- Flag Pick-Up: Ed Deller, Jim Pamper, Alexander Yevstifeev, and Doug Hall
- Food: Dayle, Sandi Willsey
- Instruction: Jim Russell

White 2.2k 45m

Name	Class	Time
1 Tyler Holmes	M-14	26:17
2 Katie, Kathy and Fergus Carney	T2	50:06
3 Carol Moran	Rec	53:49
4 Greg Doskos	T2	56:48
5 Chris Cottrell, Leia Johnson	T2	58:10
6 Bryn Holmes	F-12	61:42
7 Patty Borden and Jeannette Wahl	T2	79:50
Laureen O'Neill	Rec	DNF

Short 8 of 24

1 Tyler Borden	Rec	23:09
2 Marie Heerkens	F45+	39:00
3 Barb Russell and Alex Schroo	T2	44:02
4 Rukhsana Cofer, Liz Farrands	T2	63:11
5 Hannah Francisco	F-18	66:08
6 Heidi Hall	F40+	71:22
7 Pirates of the Galactic Allian	T2	84:13
8 Richard Marlin	M60+	99:39
9 Laurie Hunt	F60+	102:24
10 Michael and John Patchen	T2	108:23
11 Zak Borden	M-21+	110:47
Richard Burgey	M70+	DNF 6

Medium 16 of 24

1 Rob Holmes	M40+	47:12
2 Russell Nordquist	M35+	47:54
3 Don Winslow	M45+	66:39
4 Greg Michels	M40+	69:41
5 Ed Deller	M55+	71:02
6 Joel Shore	M45+	75:59
7 Jim Borden	M50+	88:30
8 Paul Hutkowski	M40+	95:51
9 Alexander Yevstifeev	M-21+	96:25
10 Jeff Monnier	M45+	101:57
11 Sandi Willsey	F50+	102:07
12 Zack, Simon, Nate, Christy Butler	T4	150:11
13 Ben Francisco	M-16	158:15

Long 24 of 24

1 Rob Stevens	M45+	77:27
2 Jason Ureckfitz	M40+	78:18
3 Steve Tylock	M45+	85:37
4 Brian Thomas	M-21+	114:52
5 Jim Pamper	M50+	118:38
6 Doug Hall	M45+	129:20
7 Tom Story	M55+	146:41
8 Bob Bundy	M65+	152:38
Sergey Dobretsov	M40+	DNF 22
Gary Maslanka	M55+	DNF 23

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



Rick Worner and Linda Kohn in New Zealand. See article about their trip in this issue.

First Class



40 Erie Crescent
Fairport, NY 14450



Tim Dobretsov. See "Meet the ROC" article about Tim and others in this issue.