



The Wild Times

November 2014

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

The official newsletter of the Rochester (NY) Orienteering Club

Annual Meeting, Pot Luck, and Members-Only Orienteering Event Sunday, December 7, 2014 at Camp Piperwood

The Annual Meeting, a pot-luck meal, and a members-only orienteering event will be held at Camp Piperwood (on Turk Hill Road, near Casa Larga winery – specific directions will be on our site at the meet approaches).

Date: Sunday, December 7 Schedule:

- Board of Directors meeting at noon (everyone is welcome)
- Club Annual Meeting at 1:00 pm (90 minutes for pot-luck and meeting)
- Event at 2:30 pm (details about the orienteering event will also be communicated on the web site as the meet date approaches)
- Control pickup at 3:30 pm with enough time to get back before dark.

For the Pot Luck we ask that you bring a dish to pass. Something that you really enjoy sharing with others - a salad, side dish, main course, or perhaps a dessert. The club will supply cold drinks, coffee and tea. You will need to bring your own plates and dinnerware. Please bring serving utensils for all Pot Luck items.

There is no charge for the event, but we would like you to pre-register so we know how many people are coming in order to buy drinks and to plan the activity.

We looking forward to seeing you there!-- Steve Tylock, ROC President



*Action at the US Spring Championships at Genesee Valley Park on Oct. 3. Pictured:
Jacob Walters from West Point, Samuel Evans from West Point, and Christian
Michelson from Dundas, ON*

2014 Club Officers and Committee Chairs

Board of Directors:

President: Steve Tylock, stylock@gmail.com

Past President: Laurie Hunt,
hunt.laurianne@gmail.com

President-Elect: Vacant

Treasurer: Lindsay Worner,
Lindsay.worner@gmail.com

Secretary: Don Winslow,
reroteacher@rochester.rr.com

Membership: Mike Meynadasy,
mikemey1@yahoo.com

Equipment: Rick & Dayle Lavine,
rdlavine@frontiernet.net

Mapping Chair: Dick Detwiler Rlshadow@aol.com

Hotline: Carol Moran, Pwtmoran@frontiernet.net

Newsletter: Dick Detwiler Rlshadow@aol.com

Volunteer Coordinators: Sandra Lomker/Tom
Cornell slomker@frontiernet.net

Publicity: Steve Tylock stylock@gmail.com

Retail Map Sales: Vacant

Permanent O: Tom Cornell,
tcornell@frontiernet.net

O Education: Jim Russell,
jrussell37@rochester.rr.com

GPS Coordinator: Mike Gallagher
maf1953@gmail.com

Web Site: Sergey Dobretsov
Dobretsov@yahoo.com and Tyler Borden
tpb6816@gmail.com

Course Consultant: Linda Kohn
wornerkohn@aol.com

Board of Directors:

Anne Schwartz anneschwz@yahoo.com

Bob Bundy rbundy1@rochester.rr.com

Brian Thomas bthomas570@gmail.com

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Rob Stevens rjseme@rit.edu

Stina Bridgeman stina.bridgeman@gmail.com

Tyler Borden tpb6816@gmail.com

General information on local meets

Courses

The club uses the OUSA "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 \$6 per map for ROC members and \$10 per map for non-members. If several people enter as a group using the same map, the fee is still \$6 (members) or \$10 (non-members). There is a \$1 discount if you use Online Registration (see below). The White and Yellow courses are \$5 per map. A person or group can do a second course for \$2 additional charge.

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 – December 2014 through June 2015

Rochester Area (events from March and beyond are tentative at this time)

Sunday, December 7	Camp Piperwood. Annual meeting and Potluck . Members only O event. See web site for more details as the date approaches.
Sunday, January 18	Mendon Ponds Park. Ski-O. Hopkins Point Lodge. Start from 11:30 a.m. To 2:00 p.m.
Saturday, January 31	Webster Park. Ski-O.
Saturday, March 21	Instructional clinics. Cobb's Hill Park / Fleet Feet store. Details TBD.
Saturday, April 18	Black Creek.
Sunday, April 26	RIT. One-person relay.
Saturday, May 9	Mendon Ponds Park. Trail Challenge.
Saturday, May 30	Rochester Map Adventure. Start at Fleet Feet Armory store on Culver Road.
Sunday, June 7	Rotary Sunshine Camp.

Outside of Rochester Area

See web sites of the sponsoring club for details.

December 21	EMPO. Ski-O at Lapland Lake at Northville, NY.
January 1	EMPO. Ski-O at Garnet Hill XC Ski Center, North River, NY
January 24	EMPO. Ski-O at Partridge Run WMA, Berne, NY
January 25	BFLO. Ski-O at Byrnclyff Resort, Varysburg, NY
February 7-8	Empire State Winter Games, Lake Placid area.
March 7-8	NYSSRA Nordic Championships, Lake Placid area

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.

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!

Successful US Championships!

The Rochester Orienteering Club, thanks to many ROC volunteers and some not from ROC, held a very successful US Orienteering Championship event (Sprint, Medium, and Long) in early October. We were honored to have orienteers from 8 countries, 3 continents, 27 states, and 6 Canadian provinces. There were a total of 1,023 starts for the three events (266 for the Sprint held in Genesee Valley Park, 383 for the Long held in Letchworth, and 374 for the Middle, also held at Letchworth).

Thirty-three ROC members also competed in the event; for many, it was their first A-meet experience. Some notable performances of the ROC members:

- Sprint:
 - Hannah Collinsworth, 1st, F-14
 - Tim Dobrestov, 2nd, M-14
 - Nathan Collinsworth, 3rd, M-14
 - Maggie Hall, 1st, F-18
 - Marilyn Robak Zygo, 3rd, F55
 - Stina Bridgeman, 1st, F40
- Long:
 - Hannah Collinsworth, 1st, F-14
 - Tim Dobrestov, 2nd, M-14
 - Maggie Hall, 1st, F-18
 - Dayle Lavine, 3rd, F70
 - Stina Bridgeman, 2nd, F40
- Middle:
 - Hannah Collinsworth, 1st, F-14
 - Tim Dobrestov, 2nd, M-14
 - Maggie Hall, 1st, F-18
 - Dayle Lavine, 3rd, F70
 - Stina Bridgeman, 1st, F40

See some pictures from the Sprint race on the front and back cover.

Get to Know the ROC! Series by Don Winslow

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

Get to Know the ROC! Doug, Heidi, and Maggie Hall



Names: Doug¹, Heidi², and Maggie³ Hall

Hometown: Webster

Other family members: Kate

Occupation/Grade in School: office manager¹, optical engineer², high school student³

Other Hobbies: bicycling, auto sports (autocross, rally), crochet, archery, horseback riding

When did you start orienteering: approximately 2005

Why did you start orienteering? Because they said go! But seriously we heard about it through a friend and Heidi was helping lead a Girl Scout troop so we tried it out before bringing the troop to an event.

What level are you competing at? Red¹, Orange², Brown³

What do you love about orienteering? Going for a run through the woods, and the combination of mental and physical challenge

Favorite parks in Rochester to orienteer in... Mendon Ponds Park and Webster Park

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

Favorite orienteering experience... the theme events like Vampire-o and Poker-o

Worst orienteering experience... night-o with a puppy!

Any future orienteering goal you may have... participate in the A meet this fall, and try orienteering in another country!

Any advice for newer orienteers?

Keep doing it even if it seems difficult at first. You learn from every event!

Get to Know the ROC! Sean Sims

Name – Sean Sims

Hometown – Pittsburgh, PA

Other family members – Married (Peggy) with twin 4 year old sons (Aiden and Owen).

Occupation/Grade in School – Information Technology Analyst at RIT

Other Hobbies – I geocache and kayak.

When did you start orienteering? – 2013 at the Genesee Valley Park Trail Challenge

Why did you start orienteering? – I've always wanted to and was invited by a friend.

What level are you competing at? – Orange, working towards Red.

What do you love about orienteering? – Orienteering is a sport that is great for all ages. I love that I can bring my young kids to a meet and they are able to participate too.

Farthest from Rochester that you've orienteered... – I participated in the Turkey-O in Syracuse last year.

Favorite orienteering experience... – The Map Adventure has been my favorite event so far. It was a different experience from a normal meet and provided a unique and challenging way to see the city.

Worst orienteering experience... – Last year's Night-O in Webster Park when I ended up horribly lost and bumped my head on a downed tree.

Any future orienteering goal you may have... – I'd love to orienteer in all 50 states...eventually.

Any advice for newer orienteers? – Take your time and don't be afraid to ask for help. If you think you're lost, forget about the next control and find yourself on the map first.

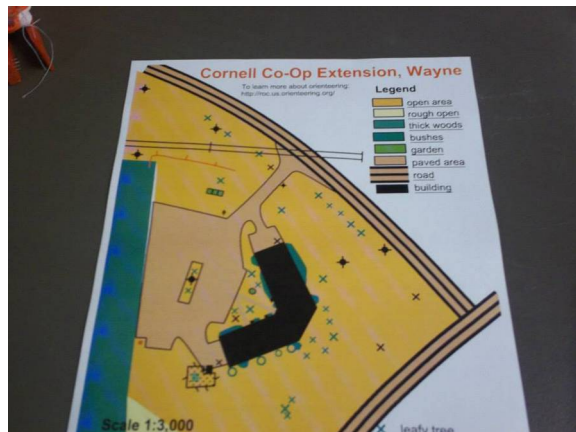


Wayne County Cornell Cooperative Extension Orienteering Class



Linda Kohn, assisted by Don Winslow, ran a class for some 4H students at the Cornell Cooperative Extension in Newark, NY, on June 12th. Students learned about O maps and their symbols and colors before venturing outside and navigating around the campus. Then students selected three

placements on their maps for controls and went out in the field to place them. After switching maps, they went outside to locate several of them.



Local meets

Just a reminder that, in order to save space and thus printing and mailing costs for the newsletter, results are not routinely included in the newsletter. They are all available on the ROC web site.

Durand Eastman Park TC July 22, 2014

We had a nice turn out for the club's first Trail Challenge of the season held at Durand Eastman Park on a hot day in Rochester! Dick Detwiler did a great job as always designing a 4K and an 8K course for all to appreciate. People enjoyed taking a one loop or two journey around Durand Lake, and one participant even reported he felt like he was sweating the following day! One unfortunate discovery during the race was when control #6's epunch unit was found missing, but we were relieved when Mike Lyons found it after a careful search. I guess the admirer of the box decided it wasn't worth keeping.

We had 38 starts and the following volunteers to help out. If you enjoy participating in our meets please consider volunteering in the future. Without the help of our members these events would not be possible. Please contact Sandra Lomker for more information using the Volunteers link on our website.

- Meet Director: Don Winslow, Helper Drew Winslow
- Course Setter: Dick Detwiler

- Greeter: Katie Winslow
- Registration: Cheri Winslow, Greg Michels, Patty Borden, Heidi Hall
- Start/Finish/E-Punch: Tyler Borden, Jim Borden, Doug Hall
- Flag Pick-Up: Sean Sims, Olga Huber, Brian Thomas, Patty Lyons, Dick Detwiler, Mike Lyons #6
- Food: Anne Schwartz

Durand Eastman Park August 7, 2014

48 starts

- Meet Director: Anne Schwartz
- Course Setter: Dick Detwiler
- Greeters: Carol Moran, Mary and Karl Kolva
- Registration: Sean Sims, Patty Borden, Greg Michels, Cheri Winslow
- Start/Finish/E-Punch: Tyler Borden, Zak Borden, Don Winslow
- Flag Pick-Up: Olga Huber, Zak Borden, Jonathan Erbeling, Steve and Rachel Tylock, Linda Burgey, Sean Sims
- Food: Anne Schwartz
- Instruction: Laurie Hunt

Highland Park Trail Challenge August 16, 2014

25 starts

It was a great day for a Trail Challenge in Highland Park. There were 25 starts, a good turn out for a mid summer event. Tyler set an interesting course and had figured out a way to have the time paused so you could safely cross the road.

Tyler also set up the Grid-O course for everyone to try. It was fun to watch and cheer on your fellow competitors and see if you could beat their time. There were different level of difficulty so anyone could try it. The Borden family set up and helped get everyone started on the Grid-O. Thank you.

Among our competitors we had a person who grew up here and is currently living in China stop by and compete in the 8k. He is visiting his family here in Rochester. We also had 2 foreign exchange students out on the 4k course. One is from Denmark and the other is from Germany. Hope to see them again. There was also a gentleman from Texas. A good time was had by all.

There was lots of planes in the air since the Air Show was this weekend. We got to see a few planes that we would not normally see and 5 in formation, you would never see that here!

Remember that if you volunteer you do not have to pay an entry fee. So think about volunteering for the next couple of meets, contact Sandra Lomker.

For the 8k because the second road crossing checkpoint is used before in the course as 8 the software didn't calculate times properly. I have corrected the times and you can check for errors by using the overall total time from the splits links and removing upto 2:00 min from split 9 and 16 to find your proper race time. This shuffled the ranking around a bit and

despite Tim missing the last control and having to go back he comes away with the win.

The following people volunteered to make a successful meet. Thank you for your help, it makes the meet go along smoothly.

- Meet Directors: Nancy & Linda Burgey
- Course Setter: Tyler Borden
- Greeter: Carol Moran
- Registration: Louise Cook, Patty Borden, Marsha Reed (a first time volunteer)
- Start/Finish/E-Punch: Tyler Borden, Don Winslow, Jim Borden
- Flag Pick-Up: Richard Burgey, Carl Palmer, Zak Borden, Jon Erbeling
- Food: Anne Schwartz
- Instruction: Don Winslow

Mendon Ponds Park September 7, 2014

83 starts

- Meet Director: Rick Worner
- Course Setters: Richard Burgey, Sean Sims
- Course Consultant: Linda Kohn
- Greeter: Laurie Hunt
- Registration: Cheri Winslow, Patty Borden, Doug Hall, Sandra Lomker
- Start/Finish/E-Punch: Tyler Borden, Stina Bridgeman, Steve Tylock, others who are practicing for Championships
- Flag Pick-Up: Zak Borden, Ed Deller, Marsha Reed, Linda Kohn, Rick Worner, Zak and Jim Borden
- Food: Nancy Burgey
- Instruction: Don Winslow
- String-O: Turinsky Family

ROC's National Orienteering Day Cobb's Hill, September 21

Throughout the country orienteering clubs celebrate National Orienteering Week to encourage new people to participate in this fun outdoor map-and-compass "thinking sport". Individuals, families, and groups enjoy getting out in the woods for a "treasure hunt" to walk, run, or amble through parks to find orange and white controls. ROC celebrated their special day on Sunday September 21 at Cobbs Hill Park.

The weather was not looking good with rain and wind in the forecast. Fortunately ROC has pop-up tents which were used to protect the registration and finish areas. Also ROC used School #1's parking lot and large trees to protect food and other items. To make the event a little more festive there was a drawing for prizes. Thanks to The Map Shop for a 1895 map of Rochester, EMS for a Gift Certificate to be used for a rental, USOF for a 1-year membership, ROC for a 1-year membership, permanent maps of Webster and Mendon, 2 tech shirts, inexpensive compasses and whistles. Most persons waited for the drawings and other persons were mailed their winnings.

There were 54 starts including groups from the Tay House Boy Scouts and the Wilson Outdoor Club plus new people and

many club members. Many returned soaking wet and yet happy and looking forward to next year's event.

Many thanks to the Volunteers who helped make this day special:

- Meet Directors: Sandra Lomker, Patty Borden
- Course Setter: Tyler Borden
- Greeter: Rick Worner
- Registration: Nancy Burgey, Carol Moran, Anne Schwartz, Marsha Reed
- Start/Finish/E-Punch: Tyler Borden, Heidi and Doug Hall
- Flag Pick-Up: Bob Bundy, Joel Shore, Sean Sims, Richard Burgey
- Instruction Don Winslow
- String-O: Turinsky Family
- Food: Jim Borden

Mendon Trail Run November 1, 2014

The 2014 edition of the Mendon Trail Run was held on Saturday, November 1st. After many years at East and West Lodge, the event was moved to Stewart Lodge in order to accommodate more participants. We had a record number of entries with 365 people from 11 states and provinces signed up for the race. This makes the Mendon Trail Run the largest trail race in Monroe County. In addition to the 10k, 20k and 50k races, this year a 30k race was added. The 30k proved to be a hit with over 50 runners registering for this distance. This is a unique distance for a trail race as there are very few races between half-marathon and marathon/ultramarathon distances.

Race day brought traditional weather for the trail run. Although the races started dry, the rain picked up during the day making the conditions challenging for runners completing laps of the 10k loop at Mendon. Runners were supported by great volunteers from both ROC and the trail running community at the aid stations and appreciated the warm lodge with snacks after the race.

The 50k mens' race was won by Michael Hoffman of Rochester who was on record pace through four of the five laps before finishing with the second best 50k time in the history of the race. Several ROC members had great performances, highlighted by Carl Palmer, who won the 10k mens' race. Katy Kuczek was second overall in the womens' 20k race, and Greg Michels won his age group in the 30k race. In the 50k ultramarathon race, ROC members Rob Feissner (5:04) and Mike Meynadasy (5:56) both had strong finishes.

A huge thanks go out to everyone who took a day off from orienteering to support the trail race this year. This event raises several thousand dollars for the club yearly and increases our visibility within the trail running community.

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 e-punch
Director Setter Finish Pickup

Please enclose a check payable to the Rochester Orienteering Club and mail to:
Rochester Orienteering Club, 40 Erie Crescent, Fairport, NY 14450

Pictures from the Mendon Trail Run (November 1, 2014)



ROC member Greg Michels competing in the 30K at Mendon. Greg finished 7th out of 38, in a nice time of 2:44:47.



ROC member Carl Palmer, on his way to the overall win in the Mendon 10K! Congratulations Carl!



Jason McElwain (J-Mac) in the 30K. He finished 3rd out of 68.



ROC membership chairman Mike Meynadasy, competing in the 50K Mendon trail run. He finished 41st out of 103 starters.

First Class



40 Erie Crescent
Fairport, NY 14450



*Zach Lyons at the NA
Championships in Ottawa,
Canada*

Additional pictures from US Sprint Championships



Frederic Elias, Quebec



Liz Drew, United Kingdom



Samuel Evans, West Point



*Jared Giszack, Fork Union Military Academy,
Virginia*