



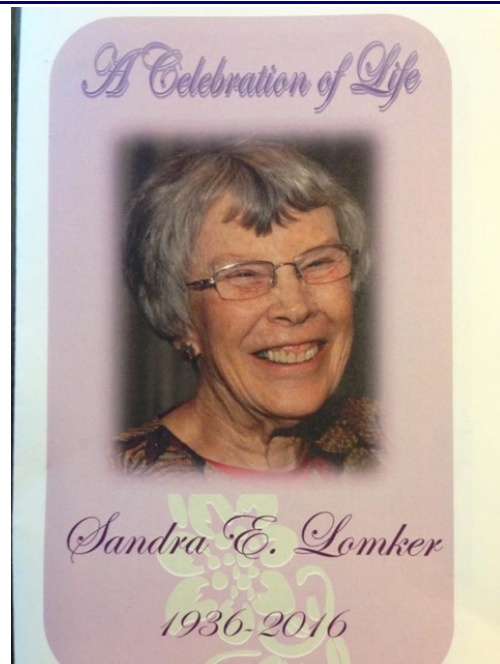
The Wild Times

September 2016

ROC helpline: (585) 310-4ROC (4762) Web site: roc.us.orienteering.org
Find us on Facebook and on Meetup.com

The official newsletter of the Rochester (NY) Orienteering Club

Punching their final control...Farewell to Carol and Sandra by Laurie Hunt, Club President



Within a three-week span this Spring, ROC lost two dear orienteering friends. The first loss was sudden, unexpected, and truly unbelievable. Carol Moran, our smiling ambassador, full of life and energy and always on the go...gone. She had just participated in her first meet at Webster Park after recovering from hip surgery, ready to take on the world again.

Not long after, we received news of the passing of Sandra Lomker. Sandra had been surprised when she received a diagnosis of cancer last Fall, and had she not been forced to leave her duties as volunteer coordinator she probably would not have shared that news. She wouldn't have wanted to burden others with her illness. While she hoped for a recovery it was not to be, despite quietly and courageously going through treatment.

We took them both for granted, really. So much of what they did was behind the scenes. Carol was "the voice of ROC", with a landline in her home known as the ROC Hotline. For years she answered questions, responded to inquiries, and helped anyone who called with an orienteering problem or request. Carol also took care of sending membership packets to new members and thank you's to renewing members. She had a tote bag filled with membership packets at every event, ready to hand out personally and save the club the cost of postage. Her cheery hello and big smile greeted so many as they arrived at our meets. And she was always there to lend a hand, no matter how large or small the task. While going through Carol's orienteering memorabilia after her death, we discovered that she saved news articles on many club members, even when the news wasn't about orienteering. With so many years of involvement in ROC her collection of papers,

photos and maps will provide us with a great club history.

Devoted to everyone else, Sandra was entirely selfless. She was like a human filing cabinet. She knew every aspect of what was going on in the club, the details of the members' lives and families, and how to ask people to help in a way they just couldn't refuse her. She carefully tracked everyone's volunteer efforts, encouraging them to work that fourth and fifth meet so they could earn their schedule tee shirt. She came to meets even when she wasn't going to participate, just to make sure everything was going to run smoothly. She made sure the watermelon got purchased for the refreshment table and that the club had a presence at the annual Pick Up the Parks. As former club secretary she was our resource for questions on parliamentary procedure, the club charter, and anything else we needed to know. A veritable Energizer Bunny.

We learned a lot about Carol and Sandra at their memorial services. It was sad that they had to pass away in order to learn how much they had in common, although they were very different people. If you had taken notes you could have made a great Venn diagram. Both educators of children, devoted moms, and committed to service in our community. We will miss them dearly and are grateful to them for their devotion to ROC.

A memorial fund has been set up in memory of Carol and Sandra. The Board is discussing how to best use the funds and would appreciate your suggestions. Contact any board member. If you would like to make a donation we will be accepting them at our September 11th meet and offering photo button mementos.



A group of ROC members, many in their club shirts, at Sandra's memorial service.

2016 Club Officers and Committee Chairs

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President: Laurie Hunt hunt.laurianne@gmail.com

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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 – September through February

Rochester Area

| | |
|--------------------------|---|
| Sunday, September 11 | Genesee Country Village/Museum Nature Center. Classic event. Start from noon to 2:00 p.m. |
| Saturday, September 17 | Durand Eastman Park. Conifer Shelter. National Orienteering Day. White, Yellow, Orange. Start from 10:00 a.m. to noon. |
| Saturday, October 8 | Mendon Ponds Park, east side. Classic event. Calvary Lodge. Start from 10:00 a.m. to noon. |
| Sunday, October 23 | Mendon Ponds Park, west side. Classic event. Hopkins Point Lodge. Start from noon to 2:00 p.m. |
| Saturday, November 5 | Mendon Trail Run. Stewart Lodge. 10K, 20K, 30K, 50K. Start times: 8:00 a.m. 50K, 9:30 a.m. 10K, 20K, and 30K. Pre-registration is suggested as there is a limit on participants. |
| Saturday, November 12 | Ellison Park. Night-O. Hazelwood Grove Lodge Mass start at 6:00 pm |
| Sunday, December 3 | Brighton Town Park Annual Meeting. Details TBD |
| Sunday, January 15, 2017 | Mendon Ponds Park. Winterfest Ski-O. Hopkins Point Lodge 11:30-2:00 pm |

Before traveling to any ROC meet, please call the Helpline 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!

Outside of Rochester Area

See web sites of the sponsoring club for details.

| | |
|----------------------|---|
| Sept. 17-18 | HVO. US Two-Day Classic Championships. Ward Pound Ridge Reservation. |
| Sept. 23-25 | UNO. North American Orienteering Championships. Middle / Long / Sprint distance courses. Storrs Pond/Oak Hill, Burnt Mountain, and Dartmouth College campus, all in and around Hanover, New Hampshire. |
| Saturday, Sept. 24 | BFLO. Sardinia County Forest. 3 hour score-O. |
| Sunday, October 9 | BFLO. Schoellkopf Boy Scout Camp. 3 hour score-O. |
| Saturday, October 15 | EMPO. Berne Switzkill Farm/Cole Hill, Berne Standard beginner, intermediate, and advanced/experienced courses. |
| Fri-Sun, Nov. 11-13 | CNYO. Scout-O. Location and details to be announced. |

| | |
|-----------------------|--|
| Dec. 17 or 18 | EMPO. Ski-O. Tentative. (Editor's note – aren't all ski-O's tentative?) |
| Sunday, Jan. 22, 2017 | BFLO. Ski-O. TBD. |

Contact information

ROC Helpline: (585) 310-4ROC (4762) (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.org/>

Central New York Orienteering (CNYO) web site: <http://cnyo.us.orienteering.org/>

Don't Get Lost Adventure Running (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.

Permanent Course Finishers

Congratulation to the following for completing the following courses

Durand East

Barry Gheer -
Borden Family

Durand West

Barry Sheer -
Borden Family -
Don Winslow

Letchworth

Sam Lowenstein & Family -
April Miller

Mendon

John Hayward –
Barry Gheer -
James Ransom -
Dean Clayton -
Kevin Fisher and Sydney Laramie -
Ruth Dorrough -
Janet Mlinar –
Turinsky Family -
Nancy Buck -
Dan & Anne Holahan & Family --
Alexander McClean

Permanent Course finishers cont.

Webster

Barry Gheer -
Sam Lowenstein & Family -
Kevin Fisher and Sydney Laramie -
Christine Durosss

New ROC Website! By Lindsay Worner

We are excited to launch a new Rochester Orienteering Club website! Same address but new look. Along with this new website we will be using Wild Apricot membership services. You will be able to manage your club membership as well as to renew via PayPal (credit card also). The service also generates automatic reminders for renewal and events you sign up for.

Current members will receive an email to invite them to login and update their information. If you are not a current member please consider joining by signing up on the new website!

Through our new website we will have online registration for all our events allowing you to pay when you register so you don't have to bring any cash to events. With this new system when you register you will be asked if you want to 'Pay' now or be 'Invoiced' which means you can pay later or at the meet.

There is also a page for donations and permanent map sales. Maps can be mailed to your home for \$10 again using PayPal (credit card).

All the information about volunteering will still be listed. Please contact Steve Tylock if you like to volunteer for any meets.

The website construction is still ongoing and we hope to have even more features in the future so continue to check back. We are always looking for feedback to improve.

Please email me at Lindsay.Worner@gmail.com with suggests or problems you encounter. Thanks!

~Lindsay Worner & ROC Board of Directors

Mendon Trail Race Update Race Date: November 5

For many years (several decades), ROC has organized and run the Mendon Trail race in November. It has always included 10K and 20K distances. A number of years ago, a 50K option was added, and more recently, a 30K option. This race has become quite popular in the local and regional running community, attracting entrants (especially in the 50K) from many states and from Canada. Many runners have given us very positive

feedback over the year on the quality of the race and the course, and the relatively low entry fees.

In addition to the satisfaction of putting on an event which is so appreciated by the running community, this race has been an important fundraiser for the club. Expenses involved in producing our local orienteering meets have risen dramatically over the years, including increases in lodge and shelter rentals, expenses related to electronic punching, and the re-charter fee, which was 25 cents per start as recently as 2009, and has now risen to \$1.50 per start. The income from the trail race is important in being able to absorb these cost increases while keeping our local meet entry fees low.

Larry Zygo was the original meet director, with much assistance from his wife Marilyn. Larry and Marilyn left the area to move to the Lake Placid area a few years ago. Brian Thomas very generously agreed to take over the meet director duties, and has done a great job directing the meet for the past 3 years, including implementing the use of UltraSignup for registration, and switching to a different timing service which saved significant money.

Being meet director is a huge job which Brian is unable to continue doing. The board talked about various options, including "selling" the race to another organization. An offer was made, but the amount offered was relatively low compared to the income we realize from the race. It was decided that ROC would keep the race, at least for now.

Heidi Hall has graciously offered to be meet director. The expectation is that as many of the meet director duties as makes sense will be delegated to others (purchasing food, for example, which is a non-trivial task for a race such as this). It will be very important for other club members to step up to help out, both with delegated tasks from Heidi, and with the many other tasks needed to put on a race of this magnitude.

Many entries have been received already, even though we're about 2 months from the race date. In fact, we've received 50 entries in the 50K alone! This includes many from well outside of the Rochester area, including four from Canada.

2017 "A" Meet

Every two years ROC tries to sponsor a national level "A" meet for orienteers from all over the U.S. and Canada. These help us raise funds to update our maps and provide our members with a chance to experience a high level meet without taking a long trip. The club will be hosting a meet at Letchworth on September 16 and 17, 2017. It will be a classic style event with times for each day added together to compute the final results. Day one will be on the East side of the park and day two will be on the West side. A discount will be offered to all members who volunteer at the meet. Please mark your calendars.

Fall 2016

This fall the U.S. Championships and the North American Championships will be held in New York and New Hampshire. The U.S. Champs will be in the Hudson Valley on September 17 & 18 and the North American Championships will be held at Dartmouth College in Hanover, New Hampshire on September 23, 24 & 25. Linda Kohn is designing the sprint courses at Dartmouth. Check the OUSA site for more information. <http://www.us.orienteering.org/>

New club logo And logos through the years!

Club President Laurie Hunt has re-designed the ROC logo (which can be seen on the upper left of the front page and the back page of this issue), staying with the same general design that has been used for many years but has undergone quite a few iterations. Laurie compiled these iterations for old time's sake, and they are shown on the back cover of this issue.

Thanks Laurie, for the latest design, and the walk back through time!

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! Michael Burkett

Hometown -Liverpool, NY

Other family members -Son - Ethan who enjoyed the Ice Breaker and ROC the Map Adventure this year.,

Sisters - Heidi & Margaret, Parents - Thomas & Bonnie.

Occupation/Grade in School - GIS Analyst for Monroe County

Other Hobbies -Hiking, Camping, and Cycling.

When did you start orienteering? -I started regularly coming to ROC meets two years ago.

Why did you start orienteering? I had tried orienteering in the past a couple of times and had a lot of fun. I heard about ROC through friends and had more free time after finishing school and my thesis, so I decided to start coming to meets.

What level are you competing at? Right now I am competing on Orange courses. I am hopefully going to try a Brown course later this season.

What do you love about orienteering? It's a challenge. It challenges my navigation skills which I really enjoy. Also, I am a map nerd. I love maps and used to collect National Geographic maps.



Favorite park in Rochester to orienteer in... Powder Mills Park... Provides terrain and route options.

Farthest from Rochester that you've orienteered... I went to a Ski-O at Paul Smith's Interpretive Center two winters ago.

Favorite orienteering experience... Night-O, so much fun. Kind of like playing capture the flag at night, which is also a lot of fun!

Worst orienteering experience... I haven't had any really terrible experiences yet. (Knock on wood)

Any future orienteering goal you may have... I would like to compete at an A-Meet.

Any advice for newer orienteers? Just try it! Stick around after finishing and talk to other orienteers you can learn a lot by talking about decisions you made and others have made.

Get to Know the ROC!

Ed Deller

Hometown- York, PA

Other family members- Wife Newcomb Losh who started orienteering last year. Three adult children: one local, one in North Carolina, one in California.

Occupation/Grade in School- Business development for LiquidPixels, an imaging software company

When did you start orienteering? Winterfest 2010

Why did you start orienteering? I had gone to several Winter Empire State Games in Lake Placid when my kids competed in XC skiing and I wanted to participate in the games myself. I had met some Ski-O folks while up there and thought Ski-O might be my best chance to enter the games. So, I went to two Ski-O meets at Mendon Ponds and then to Lake Placid that winter. It was fantastic! I was mentored by Rick and Dayle Lavine and they were instrumental in helping me prepare.

What level are you competing at? Usually intermediate.



What do you love about orienteering? The sense of adventure! Orienteering takes me off the beaten path and lets my imagination run as well as my body. I've always liked maps, geography and outdoor exploring. I don't know why it took me so long to find this sport.

Favorite park in Rochester to orienteer in...Mendon Ponds. It's familiar but diverse and so it is continually interesting to explore.

Farthest from Rochester that you've orienteered... Lake Placid, NY

Favorite orienteering experience...The Lake Placid Mt. Von Hoevenberg experience was a favorite. The snow was great and the setting was gorgeous.

Worst orienteering experience...A spring meet at Black Creek, I think in 2013. It was muddy and wet and I got way off course in a particularly mucky area. I was a DNF for that one.

Any future orienteering goal you may have...Just to keep doing it and trying new venues.

Any advice for newer orienteers? It took me a while to learn that I had better times when I slowed down to really understand my location and take safe routes whenever in doubt. My mistakes are much smaller than they used to be.

Grin and Bear It

by Rick Worner

It had been a few years since we made a trip to the Canadian Rockies so when we saw the announcement for the Western and Canadian Orienteering Championships in Alberta we sent in our entries. One thing we noticed right away was the requirement that everyone had to carry a canister of bear spray with them while orienteering. Initially this seemed like an unnecessary requirement as we had orienteered in Alberta before and had never encountered bears while actually orienteering. We also wondered how effective a small spray can was going to be against a 500 pound Grisly Bear. In any case, we sent in our \$40 for the spray since it was required.

We flew to Calgary and stayed in town a few days visiting a friend from our days teaching in Casablanca, Morocco. Calgary is a wonderful place with lots of parks and bike paths. Seems like everyone was outside doing some sort of exercise. We hiked in a number of the parks and watched people ride on sections of the 135K bike path that surrounds the city. On one of the days we headed out of town to the Kananaskis Valley for a longer hike to mountain lake in the high country. As we walked from our car to the trailhead we noticed a large brown image near the edge of the parking lot. As we got closer we recognized it as our first bear encounter. The bear seemed pretty happy eating the red berries on the bushes and didn't seem to interested in us. Our second encounter occurred when we arrived at the lake and spotted another bear 20 meters from us. No danger since it was also busy eating berries. When we went back to Calgary we read in the newspaper that because of an unusually wet spring there was a record size crop of red berries along trails and parking lots throughout the Rockies and that the bears were their biggest customers.

Apparently, most years the bears go to the high country to find their summer food and have far fewer encounters with park visitors.

The first weekend was at Blue Lake near Hinton, Alberta. After a nice drive up through Banff and Jasper parks we set up our tent in a provincial park campground near Blue Mountain. It was a nice campsite with quite a few nice red berry bushes close by. We made sure to keep the site clean and locked all our food in the car. No weird noises or heavy breathing outside during the night.

Blue Lake was a glacial area like Mendon with smaller hills and hundreds of small depressions. Because of the wet spring the forest floor was covered with thick moss and patches of ... berries.

We got through the training day and day 1 with no bear sightings, but on day two a mother and two cubs were sighted on the best route from control 7 to 8. A number of people had to alter their routes to avoid them and word passed quickly from one participant to the other about the unmapped obstacle. Lucky for me I did a 180 degree mistake coming out of 7 and ran the wrong way for a couple minutes before realizing my error. I then had to take a different route to 8 and never saw the bears.

At the Blue Mountain event we met an orienteer from Vancouver who was the event controller for the Canadian Championships being held in Canmore, Alberta the next weekend. He told us that because of the large number of bears in the Canmore area that the organizers were having to look at alternative locations for the event and had to hire a company to go out in the woods and find the locations with bear activity that might be close to a control sites. Interesting, we thought to ourselves.

We camped at a Provincial park around 20 miles east of Canmore where the middle distance event was being held on Saturday. The area had fewer berries and fewer bears so it was deemed safe for Day 1. The bear experts were still required to go out in the woods the morning of the event to check on the level of bear activity in the area and no one could start without their bear spray canisters in a ready to use location. In the morning before our start we had to go to the Canmore Nordic Center for our bear spray instruction video and our practice session with an actual canister. You have 8 seconds of propellant that has a range of about 20 feet. After checking the wind direction your first shot is at the feet of the bear so that the spray will drift upwards and get into the eyes. Your second shot, if you are still alive is at the head of the bear as its gets closer. Maybe the best hope is that the bear has been sprayed before and will take off when he sees the canister. We were armed and dangerous.

The orienteering was very detailed and the woods were

pretty green so finding controls and seeing bears was difficult. At the end of the day it was announced that the long area was being closed to outdoor activities due to the high levels of bear activity and the high number of human encounters. Having planned ahead the organizers had set contingency long courses on the same map as the middle so the competition went on. Since the Monday sprint was originally on the same map as the long, it looked like it might also be cancelled unless they could find another site quickly. Fortunately, Monday was a Canadian national holiday and we were able to use the campus of Calgary University for the sprint and the sprint relay.

No bears to worry about at the university. ROC had a relay team in the sprint relay. Stina Bridgeman, Mitch & Nate Collinworth and Linda Kohn. I ran with a couple of members of the Vancouver Club. Stina also did a lot of hiking in the park between the events and probably has a few bear stories as well.

It was a great two weeks of hiking and orienteering. Linda was the most successful ROC member winning her age group at the Western and Canadian Championships. She was second at the WCOC sprint by one second. Might have been that one second where she heard something in the woods and stopped to check and see if it was a

Maps, results can be viewed at <http://www.coc2016.ca/results.html>

Rick Worner and Linda Kohn

CNYO's 12th Annual Regaine Comes to Letchworth by Stina Bridgeman

If you didn't come...you missed a great event!

The regaine is the most recent innovation in CNYO's long-running series of "gaining" events. It was originally envisioned as a 24 hour relay-style rogaine event where, instead of always traveling together, teammates alternate stages with one person resting while the other was running. However, a "lone wolf" option was also offered, allowing an individual competitor to alternate run and rest stages. That proved to be the more popular option, and now the regaine is purely an individual event. The details of the stages have also evolved over time – now the 8 stages range in length from 1 to 5 hours, and competitors can arrange the stages however they'd like as long as there is at least rest stage between run stages. Adding to the strategy is that the traditional many-points-per-minute late penalty only applies on the last run stage

– for earlier stages, the penalty is a delayed start of three times the overtime amount on the next run stage. So it can be advantageous to be a little late... For the less hard-core, a shorter version consisting of one, two, or three run stages over the 24 hour period is possible.

This year, mapping commitments for the North American Orienteering Championships meant that Mark Dominie was unable to do the course setting as usual – so ROC's own Tom Rycroft and Gary Maslanka stepped up to the plate. This turned out to be a massive undertaking, involving working with Mark to extend the existing orienteering map (Tom ran every trail to get GPS tracks), identifying and field-checking interesting control sites over an area close to 50km² in size, having multiple meetings with park officials to get permission for the event, hanging 62 flags, helping out at base during the event, and picking up the many of the flags afterwards.

There were a few planning challenges – the railroad bridge construction project rendered a prime section of terrain out of bounds, the construction and park rules meant that the river could only be crossed at the footbridge near the Lower Falls, and steep terrain and recent serious accidents in the park meant park officials imposed a 10pm-5am dark zone during which no one was allowed in the woods. As a result, the format of the regaine was a little different this year – just three run stages (fit into 10am-10pm and 5am-10am windows), stage lengths from 1 to 6 hours, and point penalties for overtime on all run stages (not just the last one). (I didn't mind missing out on the overnight stage since that's my least favorite.)

In spite of those challenges – and the hot and humid weather Saturday and the rain Sunday – it was an excellent event! I chose to split the 12 hours on Saturday into a 6 hour run stage, a 1 hour rest, and a 5 hour run with a final 4 hour run Sunday morning. That didn't quite maximize daylight, but I decided to put the 5 hour on Saturday instead of Sunday because it seemed mentally easier to have the shortest stage last.

Since base camp was on the eastern edge of the map and 4.5km from the footbridge, my strategy was to use the longest stage to get as much as I could on the west side of the river and then stay on the east side for the other two stages. I did stick to that much of the plan, though I kept scaling back my ambitions. (Too hot!) By the time I'd climbed out of the gorge on the west side about an hour into the race, I was done with running and everything after that was at a slow trudge. Fortunately I never had to hurry – not sure I could have managed that! For the second stage I primarily covered the Big Bend area – still walking, but the temperature was starting drop a little so it was more pleasant. The last 90 minutes

or so were in darkness and I was pleased to find several of the more technical controls without problems. Sunday morning I was pleasantly surprised to discover that there wasn't any dew – which meant I got to enjoy dry feet for a whole 15 minutes before it started raining. :) Overall, I really enjoyed the interesting and scenic control locations, more technical legs that took advantage of the orienteering-quality sections of the map without going beyond the spirit of a rogaine or what the 1:20,000 map could support, and all the gorgeous open woods (many thanks to the course setters for avoiding the nasty stuff).

Local meets

Camp Eastman April 24

97 starts

No ice to break through on ROC's official first of the season event THE ICEBREAKER. On the other hand, there were lots of muddy shoes because the course, designed by Linda Kohn, crisscrossed a very wet, swampy low area. There were fallen logs that a few realized could be used as a foot bridge with the help of a big stick for balance but this was a challenge none the less.

There were many first timers because of the Orienteering skills workshop masterminded by Laurie Hunt with Heidi Hall's great presentation. There were a lot of happy faces when the first timers punched the finish box.

The red and green courses had a kilometer run (or walk) between the North and South orienteering

controls. It is unfortunate that the Van Lare sewage treatment plant is smack in the middle of some great orienteering, with lots of complicated hills and trails and rough stuff to traverse. Vandalized controls is a rarity at our events, but this time a rowdy group of kids/teens smashed a control box and threw flag, stand and all into the woods. Ed Deller managed to retrieve it and another control they did not smash.

With sunshine, great courses and a super great crew of volunteers, this event was lots of fun.

Meet Directors: Rick and Dayle Lavine

Course Setters: Rick Worner, Linda Kohn, Steve Tylock

Registration: Patty Borden, Nancy Burgey, Carol Moran

Greeter: Laurie Hunt

Instruction: Don Winslow

Start/finish: Jim and Tyler Borden

Refreshments: Zak Borden

String-O: Dayle Lavine

Pickup: Bob Bundy, Richard Burgey, Ed Deller, Joel Shore

Webster Park May 7

84 Starts

Saturday's Webster Classic had 84 starts- not surprising considering the beautiful weather! Dick Detwiler set a full complement of courses for all levels to enjoy. Greg Michels and Anne Schwartz shared meet director duties. Faith and Stephanie Reh set an exciting string-O course for our young beginners to feel the thrill.



Linda Kohn punching in at a gigantic rootstock at the Webster meet.

Thanks to Jim Borden for being on site to answer any orienteering questions that people had. Food was provided by Anne Schwartz.. Thanks to Laurie Hunt and Carol Moran for greeting, and so much more! Actually, Laurie helped put out controls early Saturday morning. Heidi Hall, Nancy Burgey, Rukhsana Cofer, and Patty Borden made registration go very smoothly.

Tyler and Zak Borden, and Stina Bridgeman handled the electronic entries and finishes. Thanks to Zak Borden, Bob Bundy, Richard Burgey, Doug Hall and Olga Huber for retrieving all the controls after everyone had finished. And an extra thanks to Olga for going out again to find the e-punch box that didn't land in her bag the first time! Lesson learned the hard way, that it's best to double check before moving on!

-Greg Michels + Anne Schwartz



The extended family of Doug Brooks (in hat) at the Webster meet.

ROC the MAP Adventure May 21

The 5th annual ROC map adventure is in the books – this year, with a slightly different name (“ROC the MAP Adventure!” as opposed to the previous “Rochester Map Adventure” name) but the same basic format: There are lots of checkpoints scattered across a large section of Rochester, and at each checkpoint there is a question to be answered. Finding the answer to the question both shows that you were there, and also gives you some information about Rochester and its history that you may well not have known about. Each correct answer scored 2 points; an incorrect answer cost 2 points; the late penalty was 1 point per minute or fraction of a minute.

There were 57 individuals or teams competing this year, consisting of 118 people, of all ages.



We had 115 checkpoints this year, in areas such as downtown, Corn Hill, the South Wedge, Mt. Hope Cemetery, the Neighborhood of the Arts, the Park/East Avenue areas, Upper Monroe, and the Highland Park area. (One had to be thrown out – see explanation later in this write-up.)

We've been pretty lucky with the weather (in particular, avoiding rain) for the first four map adventures, and also for about the first 4.5 hours of this one – but our luck ran out in the last half hour! This meant that people doing the 5-hour category, unless they finished with ample time to spare, came back pretty wet, and probably more important, they came back with wet question/answer sheets. This made scoring the sheets a bit more challenging.

There were significant problems with two of the checkpoints: On #14 (“What does the billboard show?” with choices being cat, dog, fish, or sheep), the billboard was changed between the time the checkpoint was selected and vetted, and the day of the meet. The new billboard had none of the above choices on it! We decided to throw that out for everyone – our apologies to those who went to it, which is probably a high percentage of you, since the checkpoint was fairly close to the start/finish location. Thus, we wound up with 114 controls that were scored.



Then for #9 (“What is depicted in the mural on the SW corner?”), the control circle was shown on the wrong street (one side street from the correct one). Most people who attempted this one did find it, although some lost time; we decided to keep this control in the scoring.

In addition, there were two checkpoints that had somewhat ambiguous answers: #30 (“Color of trim at 61”), the intended answer was A (yellow and purple), but enough people (about 5 or 6) answered D (red) that we accepted either answer. And #55 (“Color of house with solar panels, as seen from the ridge from the south”) had choices that included gray (the intended answer) and white. One of the organizers (one who didn't choose or vet this control) visited it on a walk during the competition, and felt that it was a light enough gray (and also barely visible!) that white would have been a realistic choice, so we accepted either (although only a few people chose white).

In addition, there were a couple of typographical style

errors on a couple of questions that didn't seem to cause anyone any difficulty, but both were pointed out by a few people. #93 had “Adwen Inn” as one of the answers, but the actual answer was “Adwen Place” (not a choice listed). And #100 asked about the colors of “birdfeeders”. They were actually “birdhouses”. We apologize for all of these errors or ambiguities.



In spite of these errors, and the soaking rain that affected many of the 5-hour competitors, it is fair to say that a good time was had by all (or at least by a very large majority!).

Powder Mills Park June 5

Despite the daunting weather forecast, 52 starters made their way to Powder Mills Park and were rewarded with a variety of challenging courses from Rob Stevens and showers that mostly stayed away (though the swampiness of the low-lying areas caused a number of competitors to come back rather muddy!). Thanks to all who volunteered, and all who came out to compete!

Course Setter: Rob Stevens

Greeter: Laurie Hunt

Registration: Heidi Hall, Rukhsana Cofer, Patty Borden

Start/Finish/E-Punch: Tyler Borden, Stina Bridgeman

Flag pickup: Don Winslow, Richard Burgey, Michael Alexander, Dayle Levine, Zack Butler

Refreshments: Bordens

Rick & Dayle Levine and Zack Butler, meet directors

Braddock Bay State Park Canoe-O June 18

It was a fine day on Braddock Bay with lots of sunshine a light breeze coming off Lake Ontario. The Army Corp of Engineers is in the process of restoring the marshes in the bay by cutting new channels and digging new potholes to promote the flow of water and to improve the habitat for fish and aquatic plants. The new channels, although not designed for navigation, created an interesting maze for orienteering. We spent many hours in the marsh tracking the channels on GPS and later matching them with existing aerial photos to create an accurate map for the course.

We counted a total of 27 canoes and kayaks at the mass start. Boats took off in all directions. Some headed for the controls in the open areas of the bay while others, including the eventual winner Stina Bridgeman, headed into the maze. Prior to the start we tried to demonstrate some helpful tips to be efficient in the narrow channels. These included grabbing cattails on both sides of the boat and pulling the boat through and placing one foot on the floating bog to push while keeping the other foot in the boat. There were a total of 24 regular controls and one bonus control with the clue being Where Gilligan was stranded. Controls were worth 10-40 points and the bonus was worth an additional 20 points. The maximum orienteering score was 620 points. Additional points were awarded for pieces of garbage (1 pt for each piece up to ten), best decorated boat (10), best decorated participant (10), and infamous "style" points awarded by the organizers for things like praising the map, the courses or the meet director. Picking up the most controls and falling out of your boat at the finish also earned some extra points from the organizers.

Stina was the overall winner as she completed the course 2:15:00 and then piled up "style points" by complimenting the mapmaker and meet director, helping later finishers land their boats and picking up most of the controls. She ended up with 645 points, while Chris Joyce and Lindsay Worner finished second with 630, helped by 10 points for trash that included two full size muddy tires. Bob Bundy got an additional 5 points for his creative exit from his boat at the finish.

Doug and Heidi Hall got 10 points for best boat decorations and Kathy Bannister in her moth costume got 10 points for best costume.

Almost everyone hung around for a picnic in the town park. Special thanks to Kathy Bannister and Kay Sheehan for the nice salads and to Lindsay Worner for

the brownies.

Thanks to our volunteers:

Meet Director: Rick Worner

Mapper: Linda Kohn

Highland Park July 13

Score-O and White. 36 starts

Course Setter S Bridgeman

Meet Director A Schwartz

Greeter H Hall

Registrar D Hall T McNellyN Burgey

Start/ Finish & Epunch (3)T Borden S Bridgeman

Flag Pick-up T Borden Z Borden Rob Stevens B Bundy Gary Maslanka

Food A Schwartz

Inst. Clinic J Borden

Irondequoit Bay Park West July 27

44 Starts

On a hot, muggy evening we had a great turn out for our 2-lap score-o in Irondequoit Bay Park West. Doug devised a map exchange event with a total elapsed time of 1 hour. Competitors could get as many controls on map A as they wanted and then exchange for map B and go back out to the same areas of the park but looking for a different set of controls. In addition to the heat, the hilly nature of the park made the event a challenge. We also had a fun white course available.

Thanks to all our great volunteers who make the meet directing job so much easier:

Patty Borden (greeter), Zak Borden (food), Zach Butler, Nancy Burgey, Rukhsana Cofer and Anne Schwartz (registration), Tyler Borden (start/finish), Jim Borden (instruction). Special thanks to our pick up team for working into the dark to bring back controls: Olga Huber, Jim Pamper, Gary Maslanka, and Jason and Kelly Urckfitz

Thanks to Doug for setting a fun and challenging course.

Heidi Hall - meet director

Genesee Valley Park August 13

31 Starts

The score-O in the prime of summer 2016, placed strategically before a major event (Rogaine), almost got canceled due to lack of volunteers. But persistence paid off and ROC was able to get a quorum to organize the meet. Thanks to everybody who pitched in, ROC was able to put up a challenging Score-O and a White course for about 40-ish participants, including a couple of new and returning O-families.

We were prepared for a stormy event, with a 90% chance of rain predicted. The rain did not happen, but the runners did return drenched from sweat in the 90-degree hot & humid weather. As you can see from the results, we had some excellent finish times posted by our young members of the ROC. The kids' parents who introduced Orienteering to the kids a decade ago finished slightly behind them, but nevertheless proud of their children taking up the sport so well.

Barring for a slight concern with a teenager separating from his family (who was later found by Tim Dobretsov), the event was smooth and enjoyed by all. Thanks to the volunteers & participants for making this a successful event.

Meet Directors: Tom McNelley, Ravi Nareppa

Course Setter: Mike Burkett

Flag Setter: Steve Tylock

Registration: Rukhsana Cofer, Patty Borden, Anne Schwartz

Instruction: Jim Borden

Start/Finish: Tyler Borden

Pick up flags: Don Winslow, Tim and Sergey Dobretsov, Nathan and Mitch Collinworth

Food: Zak Borden

Seneca Park Trail Challenge August 28

19 Starts

Course setter - D Detwiler

Meet Director (last-minute fill-in – thanks Steve!) - S Tylock

Greeter - D Hall

Registration - D Winslow, L Worner, H Hall, D Hall

S/F - T Borden, L Worner

Flag Pickup - T McNelly, J Borden, Z Borden, A Schwartz

Food- P Borden

Instruction - A Schwartz



The Point of an Attack Point Is That It's a Point

The control should have been a piece of cake. A stump, barely 50 meters from a half-mile long logging road lying perpendicular to my route. What could be a better sign that my control was near?

So I trotted off. Down the hill, across the dry creek bed, and up the next ridge. Found the road, then plunged into the brush. And kept plunging. And thrashing. And wandering. And saying bad words about all the little clearings that looked exactly the same as the one that was home to my stump. For 45 minutes.

(Why is it that when I get lost, I always end up wandering for 45 minutes? Maybe that's how long it takes me to learn a lesson, after all those "one hour" classes in college that lasted just about 45 minutes.)

At any rate, I finally went back to the logging road, found a junction that I could identify on my map, then paced back the proper distance and found my missing control. Piece of cake.

THE MORAL OF THE STORY: An attack point is a point, not a line. Find a half-mile long logging road, and most of it will be hundreds of meters from the control you're looking for. Find a junction on that road—a single point—and you'll know exactly where you are on the map, and which way to go to regain control. --Jerry Rhodes

Use Route Choice Aids to Get There From Here

As you progress as an orienteer, the issue of route choice becomes more and more important. It can help to start thinking about this as a beginner when the choices are easy. What do we mean by route choice? Your route choice is the plan that you make when you look at the map and decide how to get to the next control.

When leaving one control for the next, the natural tendency is to look at where you are and to plan a route towards the next control. However, orienteering experts counsel you to do the opposite: look first at the next control and work your way backwards (in your planning) to where you are. Let's discuss a few things that you should look for when doing this sort of planning.

Handrail

Handrails are commonly provided on White and Yellow level courses. A handrail is a distinct linear feature that is obvious on both the map and the ground. The most common handrail is a trail. Other handrails may be streams, fences, or edges of clearings. As a beginner you should always look for a handrail to follow to the next control. Beginner courses are designed with the expectation that you will use handrails. If you choose to take a more direct route that does not follow a handrail, you risk losing contact with the map. If a handrail is not available for a section of a White course, the course setter will usually make one by placing streamers through the woods.

Attack Point

An attack point is a distinct feature near a control that is easier to get to than the control itself. For instance, suppose your control is a boulder on a hillside with many boulders and that there's a fence junction 150 meters in front of this control. Make that junction your attack point, because it should

be easy to get to there. The idea is to pick out an attack point, get there quickly, and then navigate carefully to the control. Orange courses are supposed to be designed so that there is always a good attack point 100 to 200 meters from the control.

An orienteering leg will often have more than one choice for the attack point. In this case, if the leg is designed well, the safest, closest, and easiest-to-find attack point will not be on the straight-line route to the control. In that case you need to make a decision: Should I lose time in the interest of safety, or should I take more of a risk and attack the control directly from further away? Your confidence in your fine map-reading skills plays a major role in this kind of decision.

The existence of a reliable handrail can affect your choice of attack point. If you can run on a trail several hundred meters to your attack point, then it is often preferable to taking a shorter route through terrain. Your confidence in your fine map-reading skills and your relative running speed on a trail versus in the terrain can help you make this kind of decision.

Collecting Feature

Collecting features are used to help you identify a bounded area. As you move up to Yellow or Orange, you may find times when it is useful to cut across an area between trails. If you are heading for a second trail which will cross your path, this trail is your collecting feature. You can be sure that it will "collect" you back onto a handrail. A collecting feature may also be used when leaving a control that is off trail. By heading in a direction perpendicular to a handrail, you can be sure to be "collected" by it when you hit it.

Catching Feature

A catching feature is a large, easy-to-find feature past the control. Catching features are important because they allow you to navigate more

confidently from your attack point to the control, knowing that if you should miss the control for some reason, you will soon hit the catching feature and know you have gone too far. In fact, a catching feature can be thought of as being an attack point past the control. If a control has an obvious catching feature behind it, you can take advantage of that to use a more risky attack point on your initial approach to the control, knowing that if you miss the control and have to go back from the catching feature, you have lost little, if any, time over people who took the safer initial approach.

Putting it all Together

Always make a plan for each control. Be sure you know which features on the map you plan to follow before starting out on each leg.

White level orienteers should be looking carefully for the handrails between the controls. In most cases this will be a trail, but it may also be a stream, fence, or other linear feature. Remember that the course designer expects you to use handrails, so you should be able to find such a route. You may even have two trails to choose between.

Yellow level orienteers should start by looking for an attack point. If the control is not right on a handrail, look for a close spot that will be obvious and that you can get to by following handrails. If you choose to go off of a handrail, don't go too far, and try to approach handrails from a perpendicular direction to be sure that they "collect" you.

All of these techniques are used by even the most advanced orienteers. The only difference is the types of features they use for these purposes. And, remember, no matter what level you are, after you've finished your course, study your map to see if you might have missed some of these aids, and talk to other orienteers to see how he or she might have approached each of your controls.

-- Clare Durand, Dennis Wildfogel, Steve Gregg



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

More pictures from the Rochester Map Adventure



First Class



422 Woodland Lane
Webster, NY 14580



An ROC logo, totally different from the more recent iterations, from WAY back!

Various ROC logos over the years! (Pulled together by Laurie Hunt)

