



The Wild Times

April 2020

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

ROC President's Corner... by Mike Lyons

Well, this orienteering season has not gotten off to a wonderful start around the world, but it will be unforgettable! First, our annual meeting had to be canceled due to the severe storm that hit us in December. This caused a delay in electing our new and returning board members, and in allowing me to take over presidential duties from Carl Palmer. Now there remains a great deal of uncertainty due to the coronavirus pandemic. We know we will not be able to hold traditional meets in the near future, but orienteering will go on! Final details are being worked out, but our fantastic volunteers are continuing to plan the courses for the early meets and introduce the club to Sol-O: the social distancing form of orienteering. Watch the website for details, but the general idea is:



- * the courses will be up for almost two weeks prior to the scheduled event day
- * no entry fees!
- * choose when to do the course, at your convenience
- * there will be a variety of courses (probably not beginner, due to the likelihood of losing flags)
- * each participant will print their own map, or view the course on their phone
- * flags/markers will be hung, but no punching is required (just get close to the flag)
- * report your results (perhaps on Attackpoint); instructions will be provided on the website

I'm looking forward to a return to normalcy, and being allowed to gather again for our meets, but in the meantime, I am grateful that we have so many dedicated club members that are willing to keep us in the woods during this crisis! So many, that we already have a couple of additional courses available for preseason training! (The Mendon course designed by Zack Butler was 3/23 to 4/5 and Durand West by Rick and Linda will be 3/27 to 4/12).

Keep your eyes on the website and watch your email for details. Speaking of dedicated club members, I would encourage everyone to visit the Volunteer Page on the club's website, and choose some of the open positions for any of the meets this year. No matter your experience or skill level, there is a volunteer position for you! A reminder: there is a small stipend for serving as Meet Director, as well as a chance to split Meet Director duties so that you can participate in a meet that you are directing!

Sol-O Series... by Steve Tylock

Given the need to keep separated, the Club has decided that this year's regular events needed to be altered - we can't very well have a bunch of folks all running around in our parks at the same time and then poring over maps and sharing with each other afterwards. So our regular season events are going through a transformation....What we have in mind is that we'll release a set of courses at parks corresponding (generally) to what we have planned for the season, but they will be intended for solo excursions over a two week period.

The club will provide flagged courses on the park maps that will be downloadable from the member-only section of the club website. Members will be responsible for finding a time over the two week period to get to the park, prepare for their trip in the woods (including everything that might normally be expected - drinks, post-event snacks, compass, and a method of timing), and set out as directed on the map. We'll use an honor system of reaching (and elbow bumping;-) each flag and returning to the designated finish.

We'll have events setup on the Attackpoint site to share results, splits (or just the overall time), and add comments for all to see and reply to. Because there's no specific event window, it seems unlikely that anyone will encounter others on the course - but even then, there should be no problem staying a suitable distance away from each other or possibly discussing the course across a picnic table afterwards. We hope this gives members enough of a fix in the forest and will monitor the global and local pandemic situations as the year progresses. The tentative schedule bases two-week course offerings around the original date of an event:

Webster 4-18 → 5-1.....Mendon Ponds 5-2 → 5-15.... Harriet Hollister 5-16 → 5-29....Letchworth 5-30 → 6-12

Schedule Shirts & Club Shirts... by Laurie Hunt

It's time to order your ROC 2020 **Schedule Tee-shirt**! Do you ever think "when's the next meet?" but can't find your schedule? Don't feel like going online to check? Our low-tech solution is to pull your schedule tee-shirt out of the drawer to find the answer. This year our shirts are made from a tech fabric that feels like soft cotton. You can enjoy the softness while keeping cool as you run through the woods. Select from unisex, women's, or youth sizes. Only \$12 each. Did you know that you can get an ROC Schedule Tee-shirt absolutely FREE? When you volunteer for five or more meets in the 2020 season you not only earn a free shirt, you also get admission for that meet for free. Check the "Volunteer" tab on our website to learn more about volunteer opportunities. Can't get to a meet to pick up your shirt? Have it shipped to your home for \$5 for the first shirt, \$2 each per additional shirt. Go to roc.us.orienteering.org and order your schedule shirt under the "volunteer" tab. Sizes: Unisex S-4XL ...Ladies XS-4XL...Youth XS-XL

Have you attended an ROC event and seen members wearing a **club shirt**? Whether you attend a local meet or an event in another area, it's great to demonstrate that you are part of the Rochester Orienteering Club community. Our club is now offering a club shirt for the first time in four years. These are technical orienteering tops made by Bryzos, a Bulgarian company that produces top quality orienteering wear. We are offering two styles, the traditional zip-neck shirt and a mesh V-neck shirt. For the fashion-conscious orienteer, a matching multipurpose ROC buff is available in a breathable fabric. To determine your size please consult this chart(yes, it's metric, but we are orienteers!): <https://www.bryzosport.com/size-chart> THE SHIRTS ARE SIZED SMALL AND ARE FITTED, SO PLEASE ORDER AT LEAST ONE SIZE UP DEPENDING ON YOUR FIT PREFERENCES. Prices: Zip shirt \$40, V-neck \$35, Buffs \$10... TO PLACE AN ORDER go to <https://roc.us.orienteering.org> under the "volunteer" tab.



2020 Club Officers and Committee Chairs

Board of Directors:

President: Mike Lyons

bones.lyons@gmail.com

President-Elect:

Past President: Carl Palmer

carl.palmer.phd@gmail.com

Treasurer: Lindsay Worner

lindsay.worner@gmail.com

Secretary: Don Winslow

reroteacher@rochester.rr.com

Membership: Lindsay Worner

lindsay.worner@gmail.com

Equipment: Rick & Dayle Lavine

rdlavine@frontiernet.net

Mapping Chair: Linda Kohn

Wornerkohn@gmail.com

Volunteer Coord.: Steve Tylock

stylock@gmail.com

Newsletter: Don Winslow

reroteacher@rochester.rr.com

Publicity Chair: Steve Tylock

stylock@gmail.com

Course Setting: Linda Kohn

Wornerkohn@gmail.com

Permanent Os: Richard Burgey

Nburgey@gmail.com

Permanent Os: Nancy Burgey

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Website: Tyler Borden

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Doug Hall doughall@rochester.rr.com

Zack Butler zack.j.butler@gmail.com

Katie Dunn kdunn7@ur.rochester.edu

General information on local meets

Courses

The club will no longer be using the OUSA "color" designations, but rather names based on difficulty. A description of the courses is as follows:

Name	Beginner	Advanced Beginner	Intermediate	Short Advanced	Advanced	Long Advanced
Approx. distance	2-4 km	3-5 km	4-7 km	3-5 km	4-7 km	6-10 km
# of controls	4-12	5-12	8-12	8-12	8-12	8-15
Difficulty	Easiest	Easy	Medium	Hard	Hard	Hard

The Beginner 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 Advanced Beginner course is slightly more difficult than the beginner 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 Intermediate course requires more map-reading and course-planning skills than the advanced beginner course. Controls will generally have a good attack point, but the attack point may be more subtle than on the advanced beginner 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 advanced beginner course.

The Short Advanced, Advanced, and Long Advanced 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.

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 roc.us.orienteering.org). The beginner and advanced beginner 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 during the start window, and all meets offer a course suitable for beginning orienteers.

Schedule – April to June (subject to change)

Rochester Area

BFLO Check website for details!

From website: Early Spring events likely to be POSTPONED and rescheduled. Stay tuned for updates and possible independent orienteering activities.

Saturday, April 18	Beginner Clinic POSTPONED Fleet Feet Starts: 10:00 am
Sunday, April 26	Webster Park POSTPONED Classic Event — Parkview Lodge Starts: 12:00pm — 1:00pm
Sunday, May 3	Mendon Ponds West Clinic and Classic Event Starts: TBD
Saturday, May 16	Harriet Hollister Classic Event Starts: 10am – 11:00am
Saturday, May 30	Letchworth East Classic Event Starts: 10am – 11:00am
Saturday, June 6	Rochester Map Adventure Starts: see website
Saturday, June 13	ADK EXPO to promote orienteering! Mendon Ponds Beach Area Starts: 9:00 am
Saturday, June 21	Braddocks Bay Park Canoe O Starts: see website

Contact information

ROC Helpline: (585) 310-4ROC (4762) (questions about the club)

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

Congratulations to the following for completing the permanent orienteering courses since the last issue of the Wild Times!

Webster: Don Winslow

If you ever have questions about the club, please call the Helpline at (585) 310 - 4762 or visit our web site.



Outside of Rochester Area

See web sites of the sponsoring club for details.

CNYO Check website for details!

Kolva Award Nominees

We are looking for nominees for the 2020 Karl Kolva Award. In 2009, ROC established this award for ROC members, between the ages of 14 to 20, that meet the following criteria and are nominated for this award by another ROC member. The criteria are as follows:

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

Please send any nominees to any member of the board.

O for Kids

ROC does participate in the Little Troll program. Kids can do the String-O course or the Beginner/White Course, either while being shadowed, or by themselves at many of our meets. Once they collect 5 signatures for participating, they can send their postcard in to our national group to receive a patch.



- Little Troll = Complete the String O course
- Chipmunk = Complete White Course with adult help
- Rabbit = Complete White Course with some help
- Roadrunner = Complete White course alone or shadowed

For more information, see:
<http://www.us.orienteering.org/content/little-troll-program>

A Blast from the Past...

According to The Wild Times and various BOD minutes, how many different people served as ROC president since the early 70s?

- a. 19 b. 29 c. 37 d. 41

Answer on page 11

Puzzle Time...

Can you name these control features?

Crossword

Complete the crossword where all the clues are given as images from control descriptions. If you need some help with the control descriptions, the Newcomer's Guide on the British Orienteering website may be of use.



Across:

- 2. (7)
- 4. (3)
- 8. (9)
- 9. (4)
- 10. (6)
- 11. (6)
- 12. (3)

Down:

- 14. (7)
- 16. (7)
- 19. (7)
- 22. (5)
- 23. (3)
- 24. (5)
- 25. (6)
- 1. (4)
- 3. (3,4)
- 4. (5)
- 5. (7)
- 6. (8)
- 7. (5,3,4)
- 13. (4,4)
- 15. (9)
- 17. (6)
- 18. (5)
- 20. (4)
- 21. (5)

“Scottish Orienteering Association.”

Answer on Page 11

O Tip for Beginners...

from OUSA's website

New to O ? – Go to <https://orienteeringusa.org/> and check out the information that is there for newer orienteers. There are videos to watch on many, many different skills that orienteers can use. You will find information on the language of orienteering as well as supplies and equipment you may want to purchase as you progress. There's even a FAQ section that covers so much. **If you want more help with anything, ask someone at the next meet! We are here to help!**

Get to Know the ROC!

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

Jeremy Wachtman



Name- Jeremy Wachtman

Hometown- Rochester, NY

Other family members - Wife, Erin, daughter, Maeve, and son, Ian.

Occupation/Grade in School - Field Service Technician

Other Hobbies- Getting outside as much as possible trail running, biking, swimming, chasing two young kids on the playground.

When did you start orienteering?- Started in 2018 at one of the events in Mendon Ponds.

Why did you start orienteering?- I think I may have started like many others taking the progression from road running to trail running then to orienteering. It gives you a mental challenge and getting off the trail to find your own way.

What level are you competing at? I wouldn't call it competing but I keep trying to improve through Orange and Brown. I did try the Green at the NRE and that may have been a mistake!

What do you love about orienteering?- I like the relaxed atmosphere of the events, the idea that you are responsible for your own route and if you make a mistake it's up to you to figure it out.

Farthest from Rochester that you've orienteered... I was traveling for work in FL and had some time to kill. I found that they had a permanent course nearby. I was nice to get a different perspective of winter orienteering in FL with swamps, sink holes, and thick vegetation compared to our bare trees and frozen hills.

Favorite orienteering experience... Last winter I was able to spend some time with my wife hitting up a few of the controls on the Mendon Ponds permanent course. She wasn't as into the navigation as much as I was, but we enjoyed a day in the outdoors, moving towards a specific location and seeing different areas of the park.

Worst orienteering experience... I have had some real issues with Alasa Farms. I have tried the Orange in 2018 and the Green at the 2019 NRE both times were DNF's. A combination of overestimating my abilities and difficult courses. It wasn't the result I was looking for but still had fun and who knows there is always 2020 to look forward to maybe???

Any future orienteering goal you may have... After introducing my sister to the sport we are planning on teaming up for a Rogaine with her local Indianapolis, IN club this spring. Not sure how well we will do but it's a chance to visit some family, try something new, and get out in the woods.

Any advice for newer orienteers? Get out to the local permanent courses. I find it very helpful to be able to

practice these on my own time at my own speed without the personal pressure we put on ourselves during competitive situations. Also gives me a chance to introduce some friends and family to the sport.

Rachael Tylock



Name – Rachael Tylock

Hometown – Rochester (Penfield), NY

Other family members – Steve Tylock (Dad)

Occupation/Grade in School – I work as a Data Analyst, and I'm a Biostatistics Grad Student at UB

Other Hobbies – Rock Climbing, hiking, playing board games

When did you start orienteering? I started tagging along with Dad in elementary school. I started going out on my own in middle school. After a ~10 year hiatus, I restarted when I moved back to Rochester in 2017.

Why did you start orienteering? Orienteering is easily adapted to the participant. As a developing athlete, I was able to progressively complete more difficult courses, and that's enjoyable.

What do you love about orienteering? It's fun to compete in an event with so many dimensions to make improvements. Huffing up the hills? Do some workouts. Chose the wrong path? Learn for next time.

Favorite park in Rochester to orienteer in... There's just something about the RIT sprint series that's so much fun to me. Plus, the paved paths allow me to get some race walking in.

Farthest from Rochester that you've orienteered... Roanoke, VA

Favorite orienteering experience... Winning Vampire-O this year!

Any future orienteering goal you may have... Run for more than 50% of the course.

Any advice for newer orienteers? The easiest orienteering course can be completed within about 30 minutes of walking on defined trails, while the most difficult will take you off trail for miles of fun. Choose the course that puts a smile on your face and go do it!

Zack Butler and family



Name – Zack Butler, Christy Dryden, Simon Butler, Nathaniel Butler

Hometown – Honeoye Falls

Occupation/Grade in School – Professor (Zack), teaching and iPad repair (Christy), 10th grade (Simon), 4th grade (Nathaniel)

Other Hobbies – puzzles and board games (all of us!)

Involvement with ROC: Zack has set courses for a few meets and directed a couple of others.

When did you start orienteering? Christy discovered the Winterfest Ski-O in 2011 and we did it together – including Nathaniel, who was 9 months old that first time and riding on her back. It was at least another year before we did a non-ski-O!

Why did you start orienteering? Looking for good excuses to get outside as a family, especially in the winter.

What level are you competing at? We have gone out in all different combinations and different levels: from white (Nathaniel navigating) to yellow (Simon solo) to brown (Zack + Christy) to red (Zack solo).

What do you love about orienteering? For outdoorsy people who like puzzles – what could be better?

Favorite park in Rochester to orienteer in... Mendon Ponds is close to home and has all kinds of fun terrain – even after years running around there are still parts of it we haven't seen!

Farthest from Rochester that you've orienteered... Only done ROC events so far, would be fun to try it somewhere else. We vacationed in Iceland this summer, going back for orienteering would be pretty cool!

Worst orienteering experience... Probably injuries – Zack getting a pointy stick to the face, Simon getting a pointy stick to the foot...

Any advice for newer orienteers? Don't worry about speed, or even about getting (a little) lost, just enjoy being outdoors and learning how to read the landscape.

Other Hobbies: Swimming, Biking

Involvement with ROC: Previous President and Board Member, current President

When did you start orienteering? Around 2002

Why did you start orienteering? The real question is why I didn't start sooner! My father took me to a semi-permanent ("map hike") course in Buffalo and I immediately loved the challenge of the combination of running and problem-solving. I always preferred X-Country to road or track running, and this took things one step farther.

What level are you competing at? Advanced.

What do you love about orienteering? Many things! A couple of big ones: 1) that feeling you get when you are so in tune with the map that, even though you can't yet see the control, you know exactly where it is; 2) the family trips to locations we would not have experienced otherwise.

Favorite park in Rochester to orienteer in... Letchworth, with its varied terrain and plenty of open woods.

Farthest from Rochester that you've orienteered... I haven't measured, but I've had the chance to orienteer in northern and southern California, Washington state and British Columbia.

Favorite orienteering experience... Aside from spectating in the middle of the night via the Internet each time Nate competed at JWOC, I would say the 2010 Billygoat where Luke became the youngest official finisher at age 8, and our family set the record with 6 official finishers, spanning three generations!

Worst orienteering experience... When I was still age-group competitive, I was at a US Championship meet, I was running so fast on Day 1 that I underestimated my distance travelled by over 10% and made a brutal parallel error, convincing myself that the flag should have been where I was and the organizers must have made a mistake. By the time I recovered, I had probably lost nearly 30 minutes and that meant Day 2 (of the 2-day total time competition) would lose much of its meaning.

Any future orienteering goal you may have... I very much look forward to orienteering outside of North America someday!

Any advice for newer orienteers? Go back and re-do courses that you have done: it's amazing how much more you see with no time pressure, and you'll soon be noticing those things the first time around. Find old ROC meet maps for the next level up, so you can try out harder courses in a practice setting before trying it at a

Mike Lyons



Name: Michael Lyons

Hometown: Penfield, NY

Other family members: Wife, Christine and children: Chelsea, Nate, Zach and Luke

Occupation/Grade in School: Project Manager

meet. Take advantage of the ROC permanent maps and the BFLO map hikes (their “permanent” courses change every year) as good excuses to get out into the woods. Have fun!

Virtual O

A few weeks ago, a couple of ROC members participated in NEOOC's virtual O using Google Street View with their Cuyahoga Falls and Silver Lake Map.

The first five with all correct answers were:

- Mark Salas - Rochester OC
- Don Winslow - Rochester OC
- Naomi Jarvis - W Pennsylvania OC
- John Chesna - NE Ohio OC
- Jon Bobel - NE Ohio OC

<http://neoc.com/2020-virtual-cuyahoga-fallsquest/>

Volunteers

If you are a volunteer and are in need of a name tag, please contact Don Winslow. Many thanks to all our volunteers who make our meets run smoothly! Please visit the website to sign up as a volunteer! Volunteer 5 times and receive a FREE schedule shirt!

Local Meets

Ski O Weekend February 15-16

- 22 Starts – Cumming Nature Center
- 14 starts – Harriet Hollister

With the recent arrival of snow and temperatures conducive to skiing, we decided to re-schedule our Harriet Hollister Ski-o and run back to back events this weekend.



Patty Borden

Saturday at Cumming Nature Center, we were part of their annual Nordic Fest. The weather was gorgeous with sun overhead and nice temps with the late afternoon start. Linda set some challenging courses and everyone came back smiling because of the great skiing.

Stina set some fun and challenging courses at Harriet Hollister. The weather felt a bit chillier with the lack of sun on Sunday, but the skiing was also great. We had 22 starts at Cumming and 14 starts at Harriet Hollister with a handful of folks who made it both days!

Thanks to Doug for being my unofficial co-meet director. Thanks to Linda and Stina for designing and setting great courses. Thanks to Ed, Katie and Zack for help at registration, Tyler and Stina for timing, and Stina, Katie, Gary, Emily and Sergey for flag pickup! You guys make my job so easy!

Heidi Hall - meet director

Winterfest February 20



Nancy Burgey and Dayle Lavine

Winterfest at Mendon Ponds in January was canceled due to the presence of high winds. It was rescheduled later in February. It was a beautiful day at Hopkins Point, and we had around 15 people stop by. Our annual meeting, rescheduled from December was held later at West Lodge.

Dayle Lavine – Meet Director

Congratulations!

Congratulations to Chris Joyce and Lindsay Worner who married on March 14th. They are pictured here with Finnegan as their groomsdog. We also look forward our newest ROC member to be arriving July 2020!



2020 ARDF Championship

by Tom McNelly

Amatuer Radio Direction Finding Orienteering

Running through the woods with map and compass too simple for you? Then add headphones connected to a

radio with two directional antennas. Welcome to Radio Orienteering (also known as Foxhunting or ARDF). The idea is to find 5 hidden radio transmitters that take turns broadcasting for a minute, or in some races only 15 seconds. You can't make an extremely directional antenna much smaller than their long broadcast wavelengths and besides that they tell you at right angles to the transmitter so it's tricky to decide the direction towards versus away from! Plus you can get spurious reflected signals sometimes from metal power lines and fences or even ridges and hills.



Picture from OUSA's website

I had the opportunity to try it a couple months ago at my other orienteering club, the Austin one. Ken Harker, the sport's Western Hemisphere Director, and his wife Jen hold a semi-annual race there. As a complete novice using a borrowed receiver labeled only in Ukrainian Cyrillic, it took a while to get the hang of things. At one point I got a bearing and ran the 5 minutes until the signal cycled on again, only to discover I'd been running exactly away from it. Triangulating from two locations using the map works better if you can keep track of all the data. These controls are slightly easier to recognize than our standard ones because they have antennas but you need that because when you get close the signal gets strong in every direction.

It's a interesting sport, a fun challenge but so complicated that there aren't too many events, some held by amateur radio enthusiasts, some by Orienteers. The radio

receivers and transmitters cost fifty dollars and up but are often home built instead. Course setting the transmitters requires a HAM radio license but none is required for the runners. The national championships this year are in Boston June 9-14. They usually include an opportunity for newcomers to give it a try. The world championships in Serbia in September. If you ever get the chance to, try it.

June Boston Event: (cancelled)

<http://www.homingin.com/farsnews.html#boston20>

World Championships:

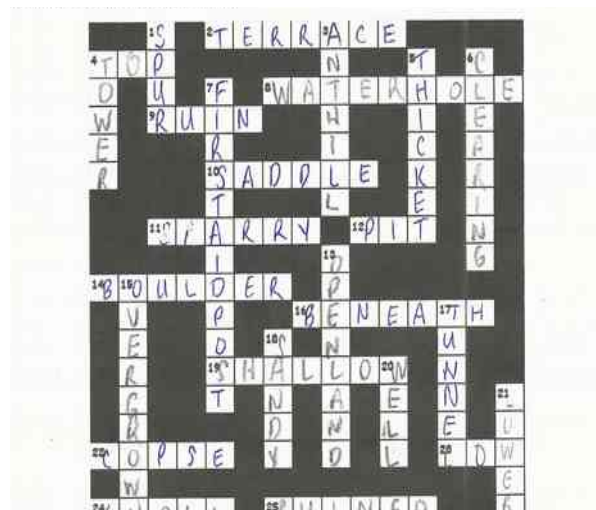
<https://ardf2020.org/wp-content/uploads/2019/11/Bulletin-1-ARDF2020.pdf>

A Blast from the Past Answer

19!

Rick Worner, Tom Moran, Dick Detwiler, Larry Zygo, Dayle Lavine, Kathy Banister, Karl Kolva, Jim Tappan, Jim Russell, Ravi Nareppa, Sergey Dobretsov, Eric Barbenhan, Mike Lyons, Rob Holmes, Laurie Hunt, Steve Tylock, Nancy Burgey, Doug Hall, and Carl Palmer

Puzzle Time



First Class



4800 Eddy Ridge Road
Marion, NY 14505



*Meet our new ROC president on
page 8*

In the next issue of the Wild Times...

- * Read about one of ROC's youngest members in the series, "Meet the ROC," Fred Detwiler!
- * Please submit articles or ideas to Don Winslow by July 1, 2020... reroteacher@rochester.rr.com

O Humor...

Reprinted with permission <http://iofun.narod.ru/>



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