



The Wild Times

August 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

As we hit the middle of the Summer of 2020, we still face a great deal of uncertainty. I was planning on actively coaching the Webster Schroeder Cross Country team by now, doing preseason work for the expected start of official practices in mid-August, but we are still prevented from meeting with the team. The NY State high school athletics leadership has already postponed fall sports to late-September and cancelled State and Sectional championships, and they are preparing for fall sports to be postponed to early spring.



Among the uncertainty and potential for gloom, I am proud to be a member of the Rochester Orienteering Club! Our members have responded to the cancellation of all of our spring and summer events, with a wonderful display of selflessness, creativity and resilience, to put on a full schedule of training and Sol-O events. The overlapping Sol-O events at Webster, Mendon Ponds, Harriet Hollister and Oatka Creek parks that ran from mid-April to mid-June provided great opportunities to get out of the house as restlessness grew with the lockdown duration. June also saw the release of the 2020 Rochester Map Adventure course, which again provides a great excuse to explore the city parks and neighborhoods. A Canoe-O event at Braddock's Bay was also added during late June and early July to provide a different navigation experience. The latest event opened on July 18th at "Oak Openings", a map we usually access via starts from the Rotary Sunshine grounds.

I would encourage everyone to think creatively about August and early-September events. These have traditionally been Score-O and Sprint events as we wait for the overgrowth in some of our forests to recede, but Course Setters are free to propose any event format they desire. If you set it, they will come!

I started a new job in February, and after just three weeks almost the entire company was moved to working from home. I consider myself very fortunate to still be working when I see (and report on) the waves of new unemployment claims every week. I hope that each one of our Rochester Orienteering Club members is doing well and staying healthy, and I look forward to being able to resume regular events (with modifications as needed to ensure a safe environment for all) and discussing route choices in person again!

Mike

Training Courses 2020... by Rick Worner

2020 has been a strange year in many ways, but we were able to design 5 training events! The winter started out very mild and allowed us to set up a training course at Mendon East that people were able to use throughout the winter. The woods were wide open with no ground cover, so many areas that are a little green in the warmer weather were easier to see in the terrain. The small numbered red cards made it a bit more of a challenge.

#2: The last time the club used Rattlesnake Wildlife Management Area for orienteering was in 2011. The map was used a couple of times for Rogaines but not for regular O events. We first went down in March when there was still some snow on the ground to check out the map. Although the area has experienced some logging it remained largely unchanged and needed only a few vegetation updates to make it suitable for a training event. It was fun to be in some new terrain and to find the points for the training event. Thanks to Soren Lindahl for picking up the points at the end of the training period.

#3: The southwest corner of Durand Eastman West is not often used for our regular season orienteering events because it gets quite overgrown. In the early spring it was pretty open in most places and has some interesting terrain. We saw lots of turkeys and deer while we were setting the courses. We also put out a training course on Durand Eastman East that sent people into the area south of the golf course. Although there are permanent markers in this area, it is rarely used for regular meets. Although vegetation was starting to fill in there was still lots of open woods. We found some points that haven't been used for many years.

#4: Another area that hasn't been used very often was the area at Mendon Ponds south of the Nature Center. It is another area that has some interesting terrain that is more remote from the usual start locations used during the regular orienteering season. Linda updated the map and planned the courses. It was another area that was new for many people.

#5: It took us a while to locate the old canoe map of Braddocks from 2016. Luckily Don Winslow had a copy. The water was higher this year and most of the old small channels were still open. We spent a few hours checking them out to update the map and more than a few times we had to rely on the GPS to verify our location. We were surprised that a couple of groups actually did most of the course on SUPs. This got tougher as the weeds started to grow up in many of the smaller channels. Thanks to Russell Nordquist for picking up the points.



Normally we spend many of our spring and summer seasons traveling to orienteering meets in other parts of the country. It was fun to offer the training courses this year and gave us a lot of fun times out in the woods. We hope that others will continue to set up training exercises in future years. Quite a few people utilized them this year and seemed to enjoy the extra training.

2020 Club Officers and Committee Chairs

Board of Directors:

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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

Our summer events are POSTPONED and some will be rescheduled as Sol-O events.

June 6 to August 31	Rochester Map Adventure
July 18 to August 9	Oak Openings Sol – O Event
Summer/Fall	Possibilities include: Letchworth, Durand Eastman, Alasa Farms, & Powdermills Park.

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!
BFLO	Check website for details!

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://empoweb.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!

Letchworth:

Kenny Eneboe & MK Cornfield

Kim Abell & Clara Manley

Jennifer and Paul Manley completed 2/3 of Letchworth.



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:

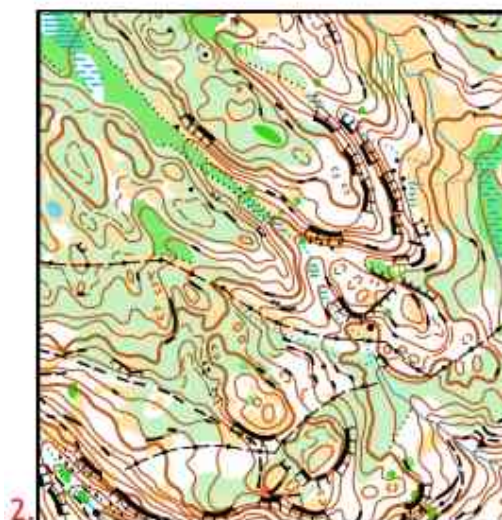
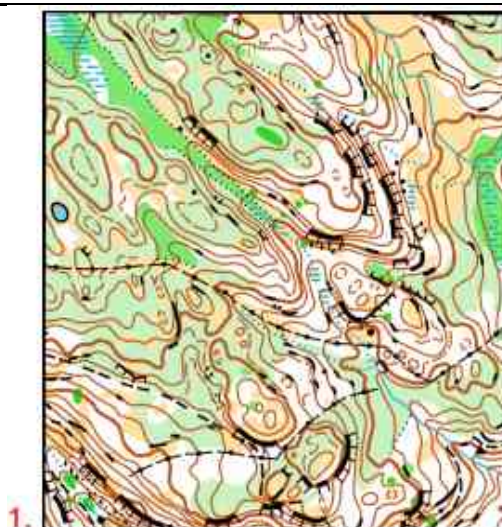
<http://www.us.orienteering.org/content/little-troll-program>

A Blast from the Past...

According to The Wild Times, June 2002 edition, who told a story of competing at West Point where the temperatures were in the 30s that weekend, snow fell during the competition, and he/she could see their breath inside the tin building barracks and dining hall? ... Answer on page 15

Puzzle Time...

Find 5 differences between these maps!



“Scottish Orienteering Association.”

Answer on Page 15

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

Fred Detwiler



Name – Fred Detwiler

Hometown – Webster, NY. Currently resides in Brighton.

Other family members – Grandparents Cheryl and Dick Detwiler, father Greg Detwiler, mother Clare Villard

Occupation/Grade in School – Fifth grade, Indian Landing School, Penfield

Other Hobbies – drama club, chorus, ski club, soccer, band (percussion), video games, drawing.

Involvement with ROC: Karl Kolva Award winner 2019

When did you start orienteering? – Age 3.

Why did you start orienteering? – I just wanted to tag along with my grandparents once, and I've been doing it ever since!

What level are you competing at? – White and Yellow

What do you love about orienteering? – Being in nature.

Favorite park in Rochester to orienteer in... I like them all.

Farthest from Rochester that you've orienteered – Alasa Farms and Genesee County Park

Favorite orienteering experience... Mendon White and Score-O, August 2019. Took 3rd out of 13 on White with only a little help from granddad. Then had fun on the score-O running with lots of other people. Covered 4 miles between the two events.

Worst orienteering experience... – My worst experience was one time when I got stung by a bee in the foot! I can't remember where that was.

Any future orienteering goal you may have... – to be able to do a Brown course in 2020. (Grandfather's input – I think this is a tad ambitious!)

Any advice for newer orienteers? – It doesn't matter how young you are, you can still be good at orienteering and have fun.

Greg Schmitt



Name: Greg Schmidt

Hometown: Port Angeles, WA

Other family members: Heidi Mergenthaler, James Schmidt, Evan Schmidt, dogs Juno and Nova, two cats too but they don't orienteer, yet.

Occupation/Grade in School: Research Professor, University of Rochester, The Institute of Optics

Other Hobbies: Climbing, Mountain Biking, Adventure races, Ultimate Frisbee, Camping, Hiking

Involvement with ROC: Racer

When did you start orienteering? Started with Adventure racing in 2006, eventually added on orienteering in about 2010 to train for adventure races. Wish I had gotten into it earlier, never even heard of the sport till after college.

Why did you start orienteering? Started adventure racing after watching Eco Challenge. It will be interesting to see if Bear Grylls will get a new

generation of racers out with the revival of the show later this summer.

What level are you competing at? Red courses in Rochester. I try to do at least two adventure races every year, one being 24 hours or more.

What do you love about orienteering? Finding an efficient way to run the course (I enjoy thinking about the Traveling Salesman Problem), and having a time constraint to put the pressure on. I also love going off trail. The more off trail the better for me, more of an adventure seeing new areas of park, animals, fungi, etc.

Favorite park in Rochester to orienteer in... Alasa Farms, navigation there can be tough, especially with two dogs. It's also beautiful, and smells like apples in the late summer/early fall. Also, a shout out to the Night-O courses, those are my favorite ROC races.

Farthest from Rochester that you've orienteered... Now that I think about it, I have raced a lot in any direction within a 6 hour drive time from Rochester. I need to expand that, maybe fly somewhere next. Any good races coming up on the west coast?

Favorite orienteering experience... So many great times, sunrises, frozen swamps, porcupines at check points, and lots more. If you see me out and about, feel free to come over and chat about races and racing.

Worst orienteering experience... The ticks in New Jersey, finding them on your stuff and still crawling around in your car days later!!!

Any future orienteering goal you may have... I would like to make it to a big international race overseas sometime, see more of what orienteering is like in the rest of the world.

Any advice for newer orienteers? More than once I have needed a backup compass. Have fun and go get lost in the woods!

Kathy Bannister

Name: Kathy Bannister

Hometown: Gainesville, NY

Family: sons, Lance and Chris, grandchildren: Quinn, Colin, Preston, Reagan, Nolan

Occupation: retired high school math teacher at Letchworth Central Schools



ROC involvement: Board member for many years, short stint as President, food prep for A meets and Rogaines, instructor at training events, course setter for A meets at Letchworth SP.

When did you start orienteering? My orienteering adventures started in the 1980's at Three Valley Campground near Arcade, NY for a ski O. The race was a qualifier for the Empire State Games which I attended in Lake Placid. I was "hooked" on O and I hadn't even met Rick and Linda and learned about foot O! They often invited me to travel with them with then toddler, Lindsay to attend out of town meets.

What level do you compete at? I currently compete at advanced level brown.

What do you enjoy about orienteering? Lets be clear, I've never been a runner! I say "I hurry", I can jog for short distances. Everything else about O I love. I'm at home wandering in the woods. I enjoy the mental 3D puzzle and the physical challenge of varied terrain, elevation change etc. I love visiting other states, countries and peoples. I find orienteers are amazing people. They are friendly, smart, and interesting. What more could one want!

What is your favorite park in Rochester to orienteer in? My favorite Local park is Mendon because of the complex glacial terrain.

Furthest away from Rochester that you've orienteered: I've orienteered in many countries with New Zealand being the furthest away.

My most memorable event... a street sprint in Genoa, Italy. I was jogging through narrow alleys and small piazzas, the "red light" area and then I heard a commotion ahead. My route was taking me through the middle of a protest! Police behind shields on one side

and protesters on the other!!! Yikes! I waved and kept going hoping my bib number would explain my presence.

Worst O adventure... After more than 35 years of events I have many to choose from. I'll skip those I made huge errors and just go for broke, as in broken wrist. At the US Champs north of Syracuse, I slipped on a branch on a hillside and heard my wrist break. A very nice Canadian woman walked me to a meet official who took me to urgent care and waited with me. Dayle and Rick Lavine stepped up to get me and my car home. More proof that Orienteers are special people!

Future goals: include O in more states and some eastern European countries.

Advice to beginners... go slowly at the start and savor the adventure. I hope you love it as long as I have and you don't have to run!

Kim Abell



Name: Kim Bruce Abell, M.D.

Hometown: Brattleboro, VT (but Fairport, NY for the past 13 years)

Other Family Members: Spouse Deborah Abell and sons, Ethan (20) and Matt (18)

Occupation/Grade in School: Family physician at UR Medicine, Penfield Family Medicine

Hobbies: Bicycling (had to cancel planned cross USA bike ride summer 2020 due to COVID-19, may try again in summer 2021, Hiking (completed ADK 46'er Summer 2019, #11971), Sailing & Bareboating, Adventure Racing, Nordic and Alpine skiing, Percussion with various bands (Low Standards, Scatter the Mud, Table 15), photography and drone flight.

Involvement in ROC: Participant in ROC events. Hope to volunteer more in the future. Would like to learn map making and course setting skills.

When did you first start orienteering? I first went orienteering in January 1996 (age 26) with the Bay Area Orienteering Club while doing a radiology rotation with Orienteer and UVM Alum Evan Custer, M.D. It was somewhere in the East Bay, don't remember which park.

Why did you start orienteering? I was invited to participate by Dr. Custer and I think I did yellow then orange courses. I didn't orienteer again until we moved to Fairport in 2007. My sons needed orienteering to complete First Class rank for Boy Scouts, so I contacted ROC and they invited the troop to an event at Oatka Creek. Encouraged to continue by family friends, the Manleys, I caught the bug and became a Lifetime Member of ROC.

What level are you competing at? I like to challenge myself with the Red and Green courses.

What do you like about orienteering? I love the map reading, problem solving and treasure-finding aspects. I don't care much for the running but I like being in the woods.

Favorite park in Rochester to orienteer in ...Mendon Ponds Park

Farthest from Rochester that you've orienteered ... California or Tucson AZ for Western States Championships Sun*Fest in 1996, A meet.

Favorite O-moments: Winning Rochester Map Adventure solo 5 hr Bike in June 2018; October 2014 Vampire-O with Deb at Camp Eastman; August 2016 6-hour ROGAINE at Ellicottville with Todd Sheehan

Least favorite O-moments: 2014 USARA Nationals, we had to plot our own UTM coordinates, 21 hours in, it was 3 am in the rain and I was stubbornly insisting to my exasperated, wet teammates that control # 17 was nearby our stopped location. After 45 minutes of fruitless searching I relented and we found it just a little further down the trail.

Future orienteering goals: learn map making and course setting. Orienteering abroad?

Two pieces of advice: One: Just show up and go have some fun. Two: when you think you've gone far enough, just go a little bit further to find the checkpoint.

Louise Cook

Name: Louise Cook

Hometown: Rochester, NY

Other family members: Son Dan (Florida) and sister Joanne (Rochester)

Occupation/Grade in School: Retired; formerly in Commercial Insurance at a local agency

Other Hobbies: Hiking and canoeing

Involvement with ROC: Former maps representative

When did you start orienteering? 1996 or 1997

Why did you start orienteering? I wanted to get outdoors more, and I learned about orienteering from Dayle Lavine, whom I met on a local Genesee Valley Hiking Club hike. It sounded interesting, so I tried it and joined the club after my first course at Powder Mills Park.



What level are you competing at? Was at Intermediate

or Advanced Beginner; now only at Beginner because of my June 2019 knee injury at the Rotary Sunshine Camp orienteering event where I dislocated my knee and tore 3 ligaments.

What do you love about orienteering? Being out in the woods and all my orienteering friends and acquaintances. Everyone is so kind.

Favorite park in Rochester to orienteer in... I like Oatka Park, plus it's nearer my home in Churchville.

Farthest from Rochester that you've orienteered... Finland and Sweden in 1998.

Favorite orienteering experience... Placing in the top three at a few CNYO Rogaines.

Worst orienteering experience... On the second day of 5 days I spent orienteering in Finland, very heavy rain started pouring down as I was approaching my 3rd control. I decided to quit my course. [Note: The course levels in Finland were at least one step higher than in the U.S., but I was unaware of that fact when I signed up, and I couldn't change course level once the 5-day competition began.] As I started to make my way back to the start, the DEET I had applied to my head to ward off the mosquitoes started to run into my eyes. It burned, I cried and then lost my concentration and became disoriented. It took me a while to calm down and re-orient. When I arrived back at the start area, I then had to walk about another 2K back to the main assembly area. It was the first time I quit a course, and I felt terrible about that. The experience shook my confidence quite a bit.

Any future orienteering goal you may have... I'm still recovering from my 2019 knee injury, so just getting out into the woods again on a beginner course is my main goal!



Other Hobbies - Learning, reading, cheering on the Buffalo Bills!

Involvement with ROC: In the past I was a frequent volunteer, usually in charge of String-O with my daughters. In the last few years, our schedule has made it difficult to regularly commit to meets.

When did you start orienteering? Once in June, 2006, then not again until 2010

Why did you start orienteering? During a leadership development program at the Center for Creative Leadership in Colorado Springs, CO, our team building challenge was an orienteering course at the Garden of the Gods. My sub-team took on the toughest, farthest points and we made it! I remember the "flags" were tiny cubes. I'm so glad we have more reasonable sized flags at the ROC. I forgot all about orienteering until 2010 when I was thinking about how much my daughter liked maps...light bulb moment!

What level are you competing at? Still mostly Yellow even after all these years, and I also like Score-Os and the Rochester Map Adventure. My daughter, Faith, and I always orienteer together.

What do you love about orienteering? I love exercising in beautiful parks; it's shinrin-yoku (forest bathing) with a challenge/purpose.

Favorite park in Rochester to orienteer in... Rotary Sunshine Camp

Farthest from Rochester that you've orienteered... Colorado Springs, CO

Favorite orienteering experience... Rochester Map Adventure, the year we won the 3-hour on-foot division

Worst orienteering experience... After years of enjoying Webster Park, we encountered snakes...on BOTH sides of the park. We have since renamed it

Stephanie Reh

Name - Stephanie Reh

Hometown - Grew up in Ripley, NY; live in Rochester (Greece)

Other family members - Husband: Matthew; Daughters: Faith (pictured) & Leah

Occupation/Grade in School - Chief Operating Officer at Continual Care Solutions and President & Accountability Evangelist at Kidden Prep, LLC

“Snake Park” and have refused to return. Pathetic, I know!

Virtual O

One way to pass the time is to visit Mark Lattanzi's website and do some virtual orienteering for free. It's a version of hole-in-map orienteering. Basically, you have two images: one is a map with holes in it and the other is a grid of the cut-out map pieces. You examine the map and pieces and match them up. Prizes available!

<http://www.virtualorienteering.org/virtualO/index.php>

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

Mendon Sol - O March 23 to April 5

In the spring, as our lockdown had just begun and with the weather getting nice, I had an urge to get outside, and I expected many other orienteers would as well! The southern end of Mendon Ponds Park is the closest part of the park to me and an area I know pretty well, but it is not really used for our meets since there are no convenient pavilions for setup. This was no longer a concern under the circumstances, so I was able to set a course there and give others an excuse to go out to the park. I added a couple of variations to give shorter and longer options and was glad to see that people took the opportunity to run them all. Special kudos to Doug Hall for doing flag pickup - and in an impressively quick time!

Steve Brooks completed the Long Course in 50:10, ToolModel completed the Medium course in 1:14:41,

and Stephanie Reh was our sole participant in both Short courses completing them in 1:31:00 and 1:30:45.

Zack Butler, CS

Webster Sol - O

April 22 to May 3

Webster Park was the site of our April 18 - May 3 Sol-O Series event. The park is one of the larger county parks and has lots of wooded area and some small hills. It would seem to be an ideal place for orienteering - except for the dense undergrowth. The map has quite a lot of medium green and dark green on it and some of this is thorns. The park also has a dense trail network, which pulls us orienteers out of that green vegetation and turns things into a trail run instead of a navigation challenge. This makes it more challenging to set a good O course in Webster Park.

There are, however, a few small areas that are really great for orienteering, with interesting contours and open woods. I tried to make use of these areas for the two advanced courses I set. I packed a handful of controls in each small "fun" area so that runners would take only a minute or two between each of these controls. Then I linked these areas by adding controls that could be reached by following multiple sets of trails. By giving the orienteer a choice of routes, I intended to have them keep thinking during these trail run sections.

Part of my design goal for the long advanced course was to use the part of the park that is east of Holt Rd. We almost never go there and the woods there are really beautiful. The mill stream cuts this area and is fed by two smaller streams, so there is almost no chance to set a course where runners would stay completely dry. In other words, there would be water to cross. I warned people about this in my course notes. In the end, the long course turned out to be pretty long and maybe more challenging than intended, given the possibility of both wet feet and excursions through dark green thorny vegetation. Two hours turned out to be a pretty decent time, and no one did it in under one hour. One intrepid explorer, Mark

Salas, turned it into an all-day adventure race while teaching a friend the basics, and then apparently the advanced intricacies, of orienteering during a reported seven hour outing. Anyway, spending the whole day playing in the park sounds like a great idea to me! Just remember, with this Sol-O format we won't be sending out a search party to find you.

I ran each of the courses myself, just for fun. While I was at the park I had a chance encounter with someone who had never tried orienteering, but found us online and wanted to give it a try. It was a special challenge to try to give beginner tips to someone who was headed out on an intermediate course while maintaining social distancing from that person. I hope they found it an enjoyable experience and not an exercise in frustration. If so, maybe we'll pick up a new club member or two when we eventually return to our group meet format.

Results were self-reported on Attackpoint. I should probably note that there was one runner who claimed to finish the course in one minute and twenty seconds, instead of one hour and twenty minutes. This broke the Attackpoint ranking points for everyone on the planet when the results were automatically tabulated. The problem has since been rectified.

I'm grateful to all who ran the course and then took the time to provide constructive feedback. Sorry about the control on that one rootstock... you know the one. It was in the midst of a few new, large, unmapped rootstocks and the old rootstock has decayed to less than half a meter high. And I'm NOT sorry about the control in the lower part of the reentrant by the swamp. You didn't have to go directly through the mud there, but I saw your footprints. And possibly hand prints!

Who would have thought there'd be this many stories about an event that wasn't an event!? Thanks for coming out to Webster, one at a time.

-Doug Hall, course setter

Mendon Sol – O May 2 to May 17

Carl Palmer designed 3 courses for this event. The

long advanced course featured 2 places where the user could do a 4-control sub-loop in order or reverse order - most orienteers chose the 'in-order' option. John Courain finished the Long Advanced course in 57:45 just edging out Steve Brooks, 1:00:52. Don Winslow's time of 59:49 on the Short Advanced course beat Zac Borden, 1:04:45 and Ed Deller was the lone finisher on the Intermediate Course with a time of 36:55. Carl apologizes for a misplaced control that was corrected by some of the earlier orienteers - he misinterpreted a small valley on the map as a hilltop. Time for better glasses!

Carl Palmer, CS, also asked the following on Attackpoint: Special award goes to the orienteer who best describes their route strategy for the Mendon Sole-O Score-O.

- Using computer algorithms is not against the rules (I hear there is a course at RIT ...)
- Why did you start where you did?
- What was your trade off of distance vs. hills vs. mud? ..

Doug Hall responded with:

Route strategy... I was going for minimum distance to collect all 18 controls. I decided to use a control as my start/finish so I wouldn't have to cover any extra distance to get to/from my start location (I chose control 2). I thought about starting part way between two controls along my intended line of travel, but that required additional work to navigate to that place, plus I would then need to carefully identify my start so I could later use it as my finish. Using a control eliminated that problem.

First I determined (at home) my intended order to visit all the controls in the minimum distance and penciled in my route on my map. To find the control order that yielded the minimum straight line distance I used PurplePen to draw my own version of the score-O map, then I used my intuition to pick an initial route that seemed pretty good. Finally I revised my route by trial and error, trying variations on the control order and comparing the overall length of each trial course. This was not exhaustive, so there's a slight chance there's a better course that I didn't discover.

While running I tried to go as straight as possible to minimize distance traveled. Straight up the steep slope. Straight through the swamp. Straight into the

2m high thorns? Um, no. Went around that. Also, found out I'm apparently not very good at going straight even when there's not impenetrable thickets in the way.

Do I need to include prep time to my total time for this course? If so, I took a very long time! Running time was 1:21:20. But that's unimportant... my total distance covered (according to my Garmin watch) was 7400m.

Harriet Hollister Sol - O

May 16 to May 31

Harriet Hollister (officially called Harriet Hollister Spencer State Recreation Area) is located southwest of Honeoye Lake, about a 50-minute drive due south of downtown Rochester. It has been used by ROC for Ski-O events in the past, and has recently been mapped by Mark and Barb Dominic for spring-summer-fall orienteering.

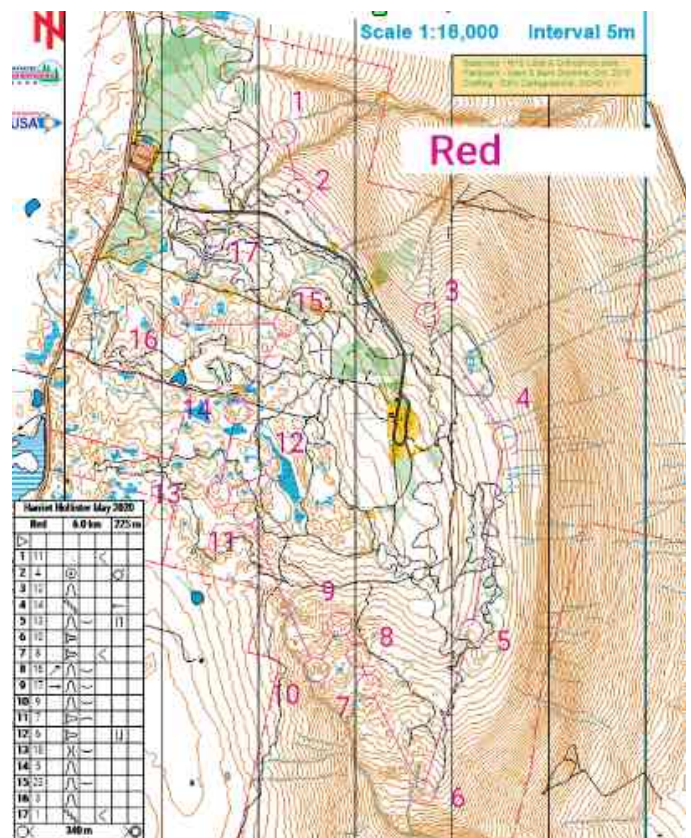
Our first regular meet ever on this map was scheduled for May, 2020, but of course COVID interfered. Courses were set for a Sol-O event instead. I volunteered to be course setter (before knowing that this would be a Sol-O event) because I had virtually no knowledge of Harriet Hollister, and what better way to get to learn a new area than to take on the task of setting courses?

My first two visits to the park, in mid March, were to hike as much of the area as possible with map in hand, basically getting to know the venue and how it was mapped. I was immediately struck by four aspects of HH: (1) Some of the terrain was, for all practical purposes, unusable for orienteering, as it was quite steep; (2) With a few small exceptions, it was almost entirely open woods! (Awesome!); (3) There are significant areas of nice contour detail; and (4) It is loaded with trails, most of which were made for skiing, snowmobiling, or mountain biking.

The mapped area of HH is 3.3 km²; however, there is the steep area mentioned above, plus one narrow section between two pieces of private land that isn't particularly useful for traditional point-to-point orienteering. In addition, there is a small section on the other side of the

main road which I didn't explore; it could be conceivably used, but it was somewhat isolated from what I considered the best orienteering areas. Subtracting out all of the above results in about 2.2 km² of usable, and generally very high quality, orienteering terrain. For reference, Webster Park is about the same size; Oatka Creek is about 1.9 km²; and Ellison Park is 1.8 km².

Initially, when I was designing courses to be used in a regular one-day event, I was struggling with White and Yellow courses, to avoid making them too difficult. I designed courses that looked good on paper, but when I checked them out in the field, I concluded that a lot of people on White and Yellow might have some difficulty. The problem was that the network of trails was dense and rather complex. I do feel that these courses are possible, but before I spent more time on them, the decision was made to cancel the one-day event and have it be a Sol-O event. For the Sol-O events, we did not set White or Yellow courses, because controls on those courses would be very visible to general (non-orienteering) users of the park. As the courses were going to be in place for more than 2 weeks, it seemed likely that some controls would go missing in that time frame.



Four courses were offered: Short Orange, Orange, Brown, and Red. The map of the Red course is shown below. People could do the course and enter their results on Attack Point. Some people did the courses without reporting results, so the number of reported results somewhat understates the number of people who did the courses. These are the number of reported results: Short Orange: 3. Orange: 1. Brown: 7. Red: 11. Steve Brooks had the fastest time on the Red course, with Rick Worner winning the Brown. The Short Orange was won by a person whose Attack Point name, “royjasonb,” I don’t recognize and who doesn’t reveal his real name!



Rochester Map Adventure

June 6 to August 31

It became quite clear, probably sometime in April, that we would NOT be having the Rochester Map Adventure in the usual way! Having everyone together in a relatively small area getting registered, receiving maps, etc. just was not at all advisable, given the COVID situation. So, as with the other spring events, this was converted to a Sol-O event. This was actually easier than the other events, because there are no controls to be put out and then collected in the Rochester Map Adventure – to show that you’ve been to a “control”, you need to answer a question that can be easily answered from information at that location – for example, a historical marker. See example section of the map below. Some of the question/answer sheet is on page 16.

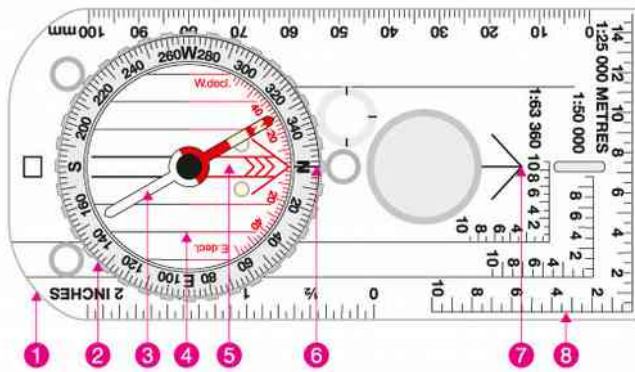
The course setting team of Anne Schwartz, Rick and Dayle Lavine, and Dick Detwiler got to work; we decided we’d borrow as much as we could from previous years, to avoid having to re-create this event from scratch. For starters, last year we had around 160 controls identified, which we trimmed down to 100 for the actual event. Some of those were trimmed for good reasons (for example, deciding that the control was too difficult, or somehow ambiguous), but most were perfectly good controls, we just had more than we needed. We also resurrected some controls that had been used many years ago. All of these controls then needed to be vetted, as some things can (and did) change over time, rendering a few of the potential controls totally unusable, and others usable by modifying the question and/or answers.

The full maps and question/answer sheets are available on the ROC website, along with some more detailed information about the event. You can do this event on foot or by bike, as individuals or as a team. The competitive categories are 3 hour and 5 hours, where on a single day, you take either 3 hour or 5 hours to visit as many controls as possible. You can also do this non-competitively where you can tackle the course in multiple outings, parking in different places each time if you wish. **Whether you do it competitively or not, if you want to know what answers you got correct, there is an e-mail address to send them in, to be scored.**

Officially, the course closes on August 31, but of course you’re welcome to continue to find controls after that. It’s just that no results received after that will be official.

Know Your Compass

www.ordancesurvey.co.uk



1. **Base plate** – this is what the compass is mounted on and has rulers and scales on it to help you measure distance. You will also notice a black line running the length. When taking your bearing on the map – this line can be used to line up where you are and where you want to go to.

2. **Compass housing** – within the rotating bezel there is the magnetic needle (see number 3 for details). Around the bezel are marked 360° of a circle – these will give you your bearing.

3. **Compass needle** – it is floating in a liquid (usually alcohol) so it can freely rotate. The red end always points to magnetic north.

4. **Orienting lines** – they are fixed within the compass housing and can be aligned with the easting lines on your map to ensure you accurately align the compass with grid north.

5. **Orienting arrow** – this is fixed within the compass housing. When you come to take your bearing – you will align the compass needle with this arrow.

6. **Index line** – on some compasses, as shown here, it is a fixed black line within the bezel, on others it could be an arrow on the base plate. It is at this mark that you take your compass bearing.

7. **Direction of travel arrow** – this does what it says on the box – this is the direction in which you will be traveling in after taking your bearing.

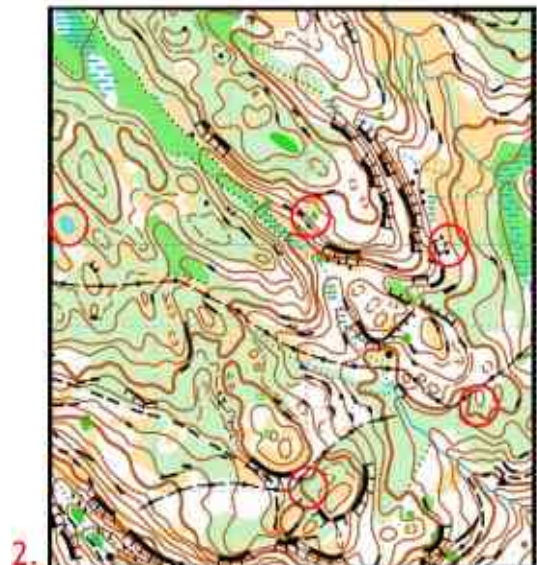
8. **Compass scales** or romer scales – these can help you measure distance and accurately help you work out your six-figure grid reference.

A Blast from the Past Answer

Carol Moran!

See our website for the full article!

Puzzle Time



First Class



4800 Eddy Ridge Road
Marion, NY 14505



Meet one of our youngest members on page 6!

In the next issue of The Wild Times...

- * Read about two of ROC's members in the series, "Meet the ROC," Gary Maslanka and Sergey Dobretsov!
- * Please submit articles or ideas to Don Winslow by November 1, 2020... reroteacher@rochester.rr.com



In Memoriam: Tom Cornell, who was instrumental in our permanent O course program, ROC logos, and A-Meet T-shirt design!