



THE OFFICIAL NEWSLETTER OF THE ROCHESTER ORIENTEERING CLUB

ROC President's Corner.... By Mike Lyons

So, 2020 is drawing to a close, and Covid continues to throw wrenches into our plans. Our usual AGM format includes a low-key, fun event; however, this year we are precluded from meeting in person and having that activity. **The current plan is a Google Meet online meeting on December 13th.** I would encourage all members to join the meeting as we do need a quorum to conduct official business, and you won't want to miss the excitement! The free version of Google Meet is limited to one hour, and I can promise to keep our session safely under that time limit!



Looking back at the late summer and fall, we managed well thanks to our fantastic volunteers that gave us outstanding Sol-O courses. I didn't make it to Genesee County Park due to Cross Country coaching duties, but I can attest to the excellence of the courses at Alasa Farms and Letchworth State Park. Those trips were a little longer, but well worth it! The Rochester Map Adventure was also extended into the fall to allow many to explore the city as well. Keep an eye open for Ski-O announcements as plans are finalized for a modified winter season. And of course, if anyone wants to practice course setting in a laid-back environment, the club is always interesting in sharing training course information with our members. Trust me: if you set it, they will come!

One of the agenda items at the AGM will be the election of Board of Director members. Each member serves a two-year term, and we are always looking for club members that would be interested in participating in this way. You get to help set our club's direction, and our club gets the benefit of your unique ideas and perspective. Anyone interested may contact me or any current board member to express interest.

My term as President will expire soon, and we have not yet identified a President-Elect to serve next year. I would encourage those who care about the club's future to consider a thoughtful nomination for that position. I have really appreciated ROC this year. As normal social activities were completely shut down, the woods remained wide open and our tremendous volunteers enabled us to enjoy them to the fullest. I part with a wish for a Merry Christmas, Happy Holidays and a New Year featuring a return to normalcy!

2020 Club Officers, Committee Chairs & Directors

Board Officers:

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

Committee Chairs:

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: Katie Dunn
kdunn7@ur.rochester.edu
Course Setting: Linda Kohn
Wornerkohn@gmail.com
Permanent Os: Richard Burgey
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Permanent Os: Nancy Burgey
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Zack Butler zack.j.butler@gmail.com
Katie Dunn kdunn7@ur.rochester.edu

General Information on Local 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
Number 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.

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 is available at most of our regular meets, and beginners are welcomed to join us!



Schedule – subject to change

Rochester Area:

Our events are not scheduled at this time. We plan on having more Sol – O type events this winter that use a phone application making your phone buzz when at the control since flags in a Ski-O are on trails and may be too public. Please check our website for more details as they happen. If you would like to help set a course, whether it's a new course or revisiting a "vintage" course, please contact Steve Tylock.

Outside of Rochester:

CNYO	Check their website for details!
BFLO	Check their website for details!
EMPO	Check their website for details!
NCO	Check their website for details!

Contact Information:

ROC Helpline: (585) 310-4ROC

ROC Website: roc.us.orienteering.org

Orienteering USA: orienteeringusa.org

BFLO (Buffalo): buffalo-orienteering.org

CNYO (Syracuse): cnyo.us.orienteering.org

EMPO (Albany): empoclub.org

NCO (North Country):

northcountryorienteering.org

Permanent Course Finishers

We have courses at Webster Park, Durand Eastman Park, Mendon Ponds Park and Letchworth State

Park. You can purchase maps at our events or on our website.

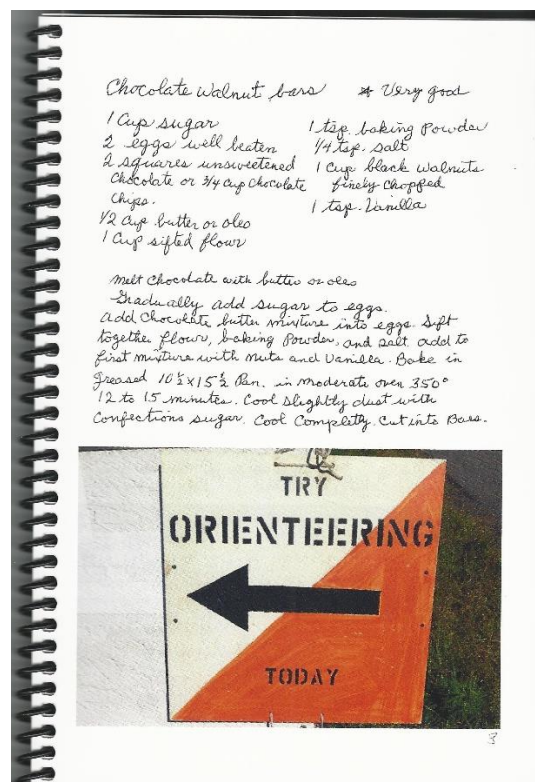
Congratulations to the following for finishing a course since our last issue of The Wild Times!

Webster: Matt Shevchuk

Marsha Reed

Durand West: Leah Richardson

Hungry?



From Mary Kolva's new recipe book recreated by her family.... Many of us can remember looking forward to finishing a course and the goodies she would have prepared for our enjoyment! The book has a foreword acknowledging Karl and Mary's contributions to the club, lots of O pictures, and over 60 recipes!

Kolva Award Nominees

Due to the circumstances of this year, we will not be awarding this award. In 2009, ROC established this award for members between the ages of 14 and 20 that meet the following criteria and are nominated by another ROC member.

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.

We hope to continue this award in 2021!

A Blast from the Past...

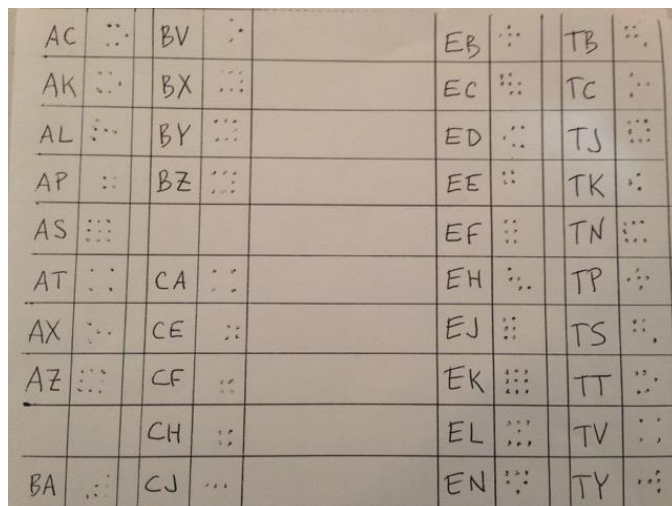
Can you match up the following people who were involved in ROC positions as indicated in the September 2002, The Wild Times, 18 years ago?

- | | |
|---------------------|--------------------|
| 1. O Education | A. Dayle Lavine |
| 2. Treasurer | B. Dick Detwiler |
| 3. Retail Map Sales | C. Kathy Bannister |
| 4. Past-President | D. Laurie Hunt |
| 5. Publicity | E. Rick Worner |
| 6. BOD Member | F. Louise Cook |
| 7. BOD Member | G. Bob Bundy |

Answers on page 11

Puzzle Time

Do you know what this picture has to do with orienteering?



Picture contribution from Laurie Hunt, Answer on page 11

O Tips for Beginners

From OUSA's website... New to O? Go to <https://orienteeringusa.org/> and check out the information that is there for new orienteers. There are videos to watch on many skills that orienteers use. You will find information on the vocabulary used in orienteering and equipment you may want to purchase as you progress. There's even a FAQ section. If you want help with anything, please ask a member at the next meet! We're here to help!

Volunteers

If you would like to volunteer at one of our events, please contact Steve Tylock. Of course we need folks to manage the event and set courses, but we couldn't put on events if we didn't have registration folks, people to greet and instruct new orienteers, and others to man the results table and pick up flags after the event.

Get to Know the ROC

If you have an idea for a ROC member you'd like to see mentioned in this series, please contact Don Winslow.

Sergey Dobretsov



Name: Sergey Dobretsov

Hometown: Leningrad, USSR - now St. Petersburg, Russia

Other family members: wife, Tatyana, son, Timothy, and daughter, Alexandra

Occupation/Grade in School: Solutions Architect at an IT company

Other Hobbies: Travel, biking, skiing

Involvement with ROC: Unfortunately, diminishing over time

When did you start orienteering? At 10

Why did you start orienteering? Combination of factors - the family was involved, and my local school was a base for great government run program

What level are you competing at? Right now - purely recreational... But some 30 years and 70 pounds ago I was very fast.

What do you love about orienteering? 1) It's never boring, in fact, you never run the same course twice in your lifetime. 2) It also provides a great balance between brain and physical power giving a fair chance to those with not so great athletic abilities 3) People who are involved in orienteering are typically much smarter than average!

Favorite park in Rochester to orienteer in...

Oatka and Rotary Sunshine. A lot of terrain detail without big hills ;-)

Farthest from Rochester that you've

orienteered... Probably Krasnoyarsk which is in the middle of Siberia. That was the 1993 Ski-O national champs. Never liked Ski-O in Siberia though, cold as hell and the skis have no glide, always feels like skiing on sand due to dry and

cold snow, totally different from what we were used to in the northeast.

Favorite orienteering experience... Making the Russian national junior team for the 1992 JWOC in Finland! Of course, the collapse of the Soviet Union helped a lot by making all the Baltic states independent with their own teams, but it was still quite an experience of going there and competing against the world's best on equal terms.

Worst orienteering experience... Anything related to Winona State Forest. Did 3 races there, all ending in misery - broke a ski in the first one, broke a pole in the second and, believe it or not, drowned a ski in the third while crossing a swelled out stream during the Snowgaine...

Any future orienteering goal you may have... I'm taking it easy, enjoying this lifetime hobby one race at a time!

Any advice for newer orienteers? Depends on the age and goals. For the young lions who want to get very competitive - 1) join a competitive cross country and/or Nordic program to build the athletic abilities, 2) get as much orienteering

experience by going to ROC events as much as possible and 3) keep doing your homework - analysis of the past races and research to build your technical skills. For more relaxed dudes, just enjoy all parts of it - the balanced exercise, the closeness to the nature, and the other great people involved in this sport.

Gary Maslanka

Name: Gary
Maslanka

Hometown:
originally
Buffalo NY,

Now living in Avon.



Other family members: Brother, Rob and his family in Arcade NY and nieces, Julie in Maryland, and Vickie in Lake George.

Occupation/Grade in School: NYSDEC
Environmental Engineer,

Other Hobbies: kayaking, road and mountain biking, xc skiing, biathlon

Involvement with ROC: Member of the board, and a very occasional course setter.

When did you start orienteering? Not sure, 1999? It was the first Allegheny Rogaine.

Why did you start orienteering? I was online looking for a trail run and came across the listing for the Allegheny Rogaine. Called a friend, and he said he would do it if we did the 24 hour event. A lot of basic mistakes were made that day, including walking through stinging nettles in shorts.

What level are you competing at? Long Advanced

What do you love about orienteering? It takes me to areas I haven't been before.

Favorite park in Rochester to orienteer in...
Letchworth east side

Farthest from Rochester that you've orienteered... Presque Isle, Maine for ski-o.

Favorite orienteering experience...It's hard to pick one, but most were at night during 24-hour events. Two that come to mind include taking a 10 minute break at about 2:00 am during a Rogaine at Sugar Hill Rogaine and being surrounded by 5 or 6 barred owls asking "who cooks, who cooks, who cooks for you?" The

other was in the Finger Lakes National Forest where our lights lit up a herd of cows, and all you could see were their eyes, they glowed so brightly that they looked like a group of space aliens.

Worst orienteering experience...There again hard to pick one, but skiing down a very long hill near the end of the first day of a Snowgaine, only to get to the bottom to realize that we should have taken the second left turn and stayed on top of the hill, is memorable.

Any future orienteering goal you may have...To get past this Covid thing and get a chance to do some traveling to some distant events again

Any advice for newer orienteers? Don't be in a hurry. Take the time to read the map and plan a good route for your ability. Whenever possible you should use terrain features as guides to navigate. Minimize the distance you run a compass bearing, and if you do run a compass bearing pace counting can help determine how far you have gone.

Local Meets Recaps

Oak Openings, July 18 – August 9

As the summer continued, we looked for more places to hold Sol-O events. In past years we have used the lands of the Rotary Sunshine Campus and the adjacent DEC land, known as the Oak Openings. This time around, courses were set only in the DEC land. The Sol-O format allowed us to start at the farthest corner from the Sunshine Campus side and visit all corners of the land. Social distancing was easy as this property does not generally get a lot of use. Also, being a bit later in the year than our usual visit, many of the paths and fields were more overgrown than usual, though this did not deter our intrepid orienteers! Three courses were set, with the Long-Advanced course getting the most activity (14 complete runs recorded on Attackpoint). Congratulations to Stephen Brooks for a speedy first place on the Long Advanced, and Don Winslow on the Short Advanced.

Zack Butler, CS

Durand Eastman, August 23 – September 13

I had a lot of fun helping to set the course for Durand Eastman, with mentorship, help and legwork from Linda! This was my first real course-setting experience, and I aimed to set a long-advanced course that used as many different areas of the map as possible. We had 13 finishers log Attackpoint results on the long-advanced course, with the top finishers clocking in at just under an hour. There were also three recorded finishers on short advanced, and one on beginner.

Course design was tricky, given how open all the woods were in most places, and how narrow the usable off-trail areas were, due to the quite inconveniently placed ponds and golf course segments. A few features that I originally wanted to

use already had permanent course controls, which I didn't realize until we did some field checking. I had also hoped to use the southwest corner of the map, because that was a challenging component of the spring Durand training course we had, but the thickets were just too thick. We wound up with a course that circled Eastman Lake, covered all the usable sections of the map, and had a nice mix of Durand's copious spurs and reentrants, one magnificent rootstock, and a marsh edge with absolutely no convenient streamer hanging points (my legs are still scarred from the grass burns).

We had to resort to streamers instead of flags, since the control locations were mostly quite visible from trails and roads. When we set the course, Linda handed me a sharpie and a streamer roll, and recommended that I liberally mark the control numbers in multiple places on the streamer for each control. If you haven't set a course with streamers before and tried to label them with a sharpie, there is probably a subtle art to it, but I wouldn't know. Apologies to anyone who couldn't read my handwriting, got lost, and then eaten by bears or mosquitos. I'm still conflicted as to whether the lesser of two evils is to: 1) eyeball the length you need to circumnavigate a tree so that you can write the control number in the proper place while the streamer is still on the roll, and then tie it so that the numbers face outwards; or 2) to tie the streamer to the tree first and try to write over the (less round but definitely not smooth) tree bark, or the free end that is flapping in the wind. Did I mention that you are also holding a map and compass? At least when I set ski-o courses this winter I'll have a map holder and wrist compass. Hmm, and lobster gloves...

Katie Dunn, CS

Linda Kohn, CS

Letchworth State Park, Sept 18 – Sept 28

There were 2 advanced courses to choose from. The parking area was the old Nunda Road and Gun Club. The woods were very dry and only Dish Mill Creek had water flowing and stream beds making for great route choices!

Best runs go to Steve Brooks on the Long-Advanced and Linda Kohn on the Short-Advanced.

One interesting detail was one of the orienteers from the Goose Adventure Club lost a wallet and cell phone while out on the course. Word got out and several people kept an eye out while attending to the map and terrain. The story had a good ending as Greg Schmitt found both lost items.



Goose Adventure Racing folks after their runs...

Tom Rycroft, CS

Genesee County Park, Sept 26 – Oct 11

ROC has a good relationship with Genesee County Park and Forest. Shannon Lyaski, the Nature Center Director, is a big supporter of orienteering and they publicize it in the Center and online. She advertised our beginner's clinic, and we were able to do three sessions of 15 people each this year.

After the clinic we set out the controls for the Sol-O courses. This year Linda designed the courses to start and finish on the other side of the park. The park has a good mix of trails and topographic features. The woods were generally pretty open, so

it required quick decision making and careful map reading to avoid mistakes.

The Long Advanced was posted as a 2-part course or a one-page course with several crossovers... so folks got to take their pick.

The park also has a permanent course for anyone who missed the meet. It is an easy 45-minute drive from Rochester.

Rick & Linda, CS

Alasa Farms, Sept 27 – Oct 18



Our Sol-O at Alasa Farms ended October 18. We worked with both Alasa and the NY DEC to get permission to run in the woods. Since bowhunting started October 1, the DEC had concerns about issuing a permit

for our event. With just days to go before the start of our event and no permit (yet) from DEC, we decided to restrict runners to the Alasa portion of the map and forego the use of the DEC property. I suspect that future events will work out better since we can apply for a permit further in advance and avoid hunting season. We might, someday, return to single day events and that will probably make permitting easier, too.

For this event we had both Short and Long advanced courses and a beginner course. At Monroe County parks we haven't been putting out beginner courses because we were concerned that flags placed at trail junctions might get vandalized or removed. Alasa's trails get used only occasionally

by hikers and horses and we judged that our flags would be safe if left at trail junctions for a few weeks. I know for sure that the beginner course was used, although no results were posted to Attackpoint, so I'm glad we took the chance on it. I hope all who tried it enjoyed the excursion through the beautiful woods.

Dick Detwiler and I worked together to design the courses and I put out the flags. I decided to go out and run the long course anyway (non-competitive). It was actually my first time running a course there, although I've set some courses and even helped with mapping the area. It turned out that the area is as challenging to navigate as everyone says it is! When I am setting out the flags, I take my time and make sure I never lose contact with the map and that I'm in the exact right spot, but when I'm trying to go fast, it's a different experience. Parallel features, a little too "rough" on the bearing and it becomes challenging pretty quickly. Of course, challenging ourselves is how we learn and improve. I hope I'm improving - it's so hard to tell sometimes.

Thoughts from Laurie Hunt:

One advantage of having the map ahead of time, especially at Alasa, is having some time to think about route choices ahead of time, subject to change. I only had a few of those experiences where you decide you are "lucky" to happen to find the flag. I could have been in big trouble between 3 and 4 because I cut over to the trail but was never actually sure if I was on the trail and then backtracked a bit. The flag was well hidden behind that rootstock, but it was the only rootstock in sight. I was on the wrong trail heading to 6 that I had just veered off the track a bit, judging from my Garmin track. And I got lucky on 7, I just bypassed it a bit. I came down the trail above it and went down the next reentrant, but I looked back and saw it. I didn't like that long leg to 8, and almost did one of those ends of course 180-degree errors. I realized quickly that I was off track. All in all, I was very pleased

with how I navigated, but am also grateful for the visibility in the park! It could have been much worse.

From Mike Alexander:

Jackie and I went to Alasa Farms today to do the short-advanced course. Unfortunately, a shoe malfunction made us stop early. The interesting thing was that we met two other groups of orienteers that I didn't know. The first was a couple walking back after finishing the beginners' course. The second was a family of five trying the short advanced (they said they were ready for a step up from beginner courses). Both groups seemed really happy with the experience!

Doug Hall, CS, pictured with wife, Heidi on page 9

Rochester Map Adventure 2020

Extended through October 15

As with our other events, the 2020 version of the Rochester Map Adventure was done as a Sol-O event. The course was designed by Anne Schwartz, Rick and Dayle Lavine, and Dick Detwiler, utilizing many controls that had been selected but not used for RMA 2019 (not used because we limited ourselves to 100 controls for automated scoring reasons, and we had found around 160 potential control points). We also used some controls from RMA's from many years' past. 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 maps and question/answer sheets were provided on the ROC website, along with some more detailed information about the event. People were able to do the event on bikes or on foot, and as individuals or teams, starting from the Abundance

Food Co-Op on South Avenue. Competitive time categories were 3 hours and 5 hours. In addition, a non-competitive version was offered, where people could visit as many controls as they wished in as many outings as they desired, starting, if they chose, from different places each outing. One group and one individual did the non-competitive version, both making their way to nearly all the controls.

There was interesting competition in the 5-hour foot division. Both participants, Chad Borden, and Donna Boots, are obviously serious runners because both covered just under 20 miles (Chad covered 19.81 miles and Donna covered 19.64). The route choices were substantially different though. Chad probably had an edge because he has done the Map Adventure in the past, while Donna lives 60 miles away and therefore is less familiar with Rochester. Congratulations to both on fine efforts!

Some comments from Donna Boots: “I completed the Rochester Map Adventure today. I did the 5-hour Solo on Foot. It was so much fun...I really enjoyed myself. It is such a great event. I absolutely love doing it...I get my run workout in... endurance training...and navigation practice that helps me to follow along where I am on the map without needing the compass. It is great for my beginner navigation skills and will help me progress to more advanced navigation. And it’s an ideal format for a ROYO (run on your own) event...even though group camaraderie before and after is a good thing it isn't a necessity. I wish I could have had another 2 hours to knock off another section of the map. As a solo racer foot is safer than biking the streets when following a map closely. Covered 19.64 miles in 4:52:41 and 63 Controls (16 of which were 2 pointers)not too bad for someone who lives 60 miles from Rochester.” (See picture of Donna, and GPS trace of her route, last page.)

Comment from Tom McNelly, one of the non-competitive entrants: “I enjoyed it and learned a lot about Rochester I didn't know. Took me 9 hours and 12 minutes total in pieces over several days to do them all on foot walking.”

Comment from Chad Borden: “Thanks for putting on this event, it's one of my favorites every year. According to my Garmin I covered 19.81 miles. I was trying to keep my mile splits at around 15 minutes. It was an excellent day, and I picked an efficient route.”

If anyone else wants to try the Map Adventure, it’s not too late! Since there were no “controls” to be picked up, the course still exists. I can send anyone who is interested electronic files of the maps and the question sheets. I’ll be happy to score your answers to let you know how you did on each question. If interested, e-mail Dick Detwiler at RLDetwiler@frontiernet.net.

A Blast from the Past Answers...

1. O Education... Laurie Hunt
2. Treasurer... Kathy Bannister
3. Retail Map Sales... Louise Cook
4. Past-President ... Dayle Lavine
5. Publicity... Rick Worner
6. BOD Member ... Dick Detwiler
7. BOD Member... Bob Bundy

Puzzle Time

It’s a picture of the pin punch master sheet. Before we had electronic timing with SI cards, orienteers would carry a punch card and use the pin punch to squeeze an impression in the corresponding control box on the punch card. The master sheet would tell organizers that the competitors went to the correct controls.

FIRST CLASS



4800 Eddy Ridge Road
Marion, NY 14505



Painted rock Don
Winslow left at GCP

In the next issue of The Wild Times...

- Read about our winter Ski-Os and more ROC members in the Get to Know the ROC series
- Submissions are due by March 1st, 2021



Pictured: Donna Boots and her route in the RMA