

ROCHESTER

ORIENTEERING



The Wild Times

April 2022

ROC Helpline: (585) 310-4ROC
Website: roc.us.orienteering.org
Find us on Facebook and Meetup!

THE OFFICIAL NEWSLETTER OF THE ROCHESTER ORIENTEERING CLUB

ROC Past President's Corner.... By Steve Tylock

Back to the Future

Have you ever retraced your steps intentionally? It's an interesting sort of way to make something better out of an action that didn't quite go right.

There was the day that I arrived at a control - I was pretty sure it wasn't the one I was looking for, and while I generally have tried to create a habit of not getting distracted by other controls, I looked anyway. It wasn't the control I was looking for, it was the control after that - I was off some 100m from where I wanted to be! So I had to navigate the reverse direction to the right control, but you know what - I just turned exactly around and ran full speed the way I had just come. I may have had a top split for that control. (to follow my lagging split for the previous)



And given that our parks are not always extra big, there are times when traveling between two different pairs of controls you may pick a route that passes through the same area. I say why not?!? If the first trip gives you some evaluation of the terrain and where you want to go, the second pass allows you to travel just a little bit more confidently.

Lastly there's the tourist option. Sometimes because you know the other route will be not-so-fun, and sometimes you pick a path because you just love that section of the forest. For this I'll call up Letchworth Park. Now the first thing I like to tell outsiders about Letchworth is about the walls between the parking lot and the cliff - they're there to keep the flocks of interested sightseers from stumbling into a troublesome situation. What they don't necessarily recognize is that those walls stop outside the scenic view areas. And so, there are wonderful sections of path that follow along the gorge cliff. If it's not extraordinarily out of the way, I'll choose that path every time.

And so, this year we are going into the future by doing the things we have always done - holding great events.

Club Leadership

Apparently I'm not good at seeing some parts of the future... I made a bold statement in the last newsletter, and here it is 2022 and I've failed to recruit a successor. And so, I'm in it for the year, but will consider my most important job for the year to be to find someone else to lead the club in 2023. If you'll make this easy on me (by volunteering), pull me aside at one of our events this year.

Continued on Page 4

2022 Club Officers, Committee Chairs & Directors

Board Officers:

President:

President-Elect:

Past President: Steve Tylock
stylock@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
Nburgey@gmail.com

Permanent Os: Nancy Burgey
Nburgey@gmail.com

Website: Tyler Borden
tpb6816@gmail.com

Board of Directors:

Tyler Borden tpb6816@gmail.com

Stina Bridgeman

stina.bridgeman@gmail.com

Stephen Brooks skorpdogg@hotmail.com

Andrew Beckmann toolmodel@gmail.com

Rukhsana Palmer

rukhsana.cofer@gmail.com

Ed Deller eddeller4@gmail.com

Heidi Hall hhall@rochester.rr.com

Gary Maslanka gmm650b@gmail.com

Rick Lavine rdavine@frontiernet.net

Lindsay Worner Lindsay.worner@gmail.com

Tom Rycroft crazychemboy@hotmail.com

Anne Schwartz anneschwz@yahoo.com

Steve Tylock stylock@gmail.com

Doug Hall doughall@rochester.rr.com

Zack Butler zack.j.butler@gmail.com

Katie Dunn kdunn7@ur.rochester.edu

Carl Palmer carl.palmer.phd@gmail.com

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:

April 30, 2022	Mendon Ponds Park
May 7, 2022	Middle Distance NRE at Harriet Hollister State Recreation Area
May 8, 2022	Billygoat at Letchworth State Park
May 21, 2022	Rotary Sunshine
June 5, 2022	Genesee Country Museum Classic pending approval... if not, will substitute
June 11, 2022	Rochester Map Adventure at Heroes Brewery & ADK Expo at Mendon Ponds

Outside of Rochester:

CNYO	<p>Check their website for details! http://cnyo.us.orienteering.org/</p> <p>November 5, 8:30 AM – 1:30 PM Scout O Guided Map Hikes and extended dates Highland Forest Park</p> <p>November TBA Turkey O</p>
BFLO	<p>Check their website for details! https://buffalo-orienteering.org/</p> <p>May 1, 11:00 AM – 12:00 PM Cherry Blossom Challenge Delaware Park</p> <p>May 15, 11:00 AM – 12:00 PM Chestnut Ridge Park</p> <p>June 4, 11:00 AM – 12:00 PM Emery Park</p>

EMPO	<p>Check their website for details! https://empoclub.org/</p> <p>May 14, NRE at Rotary Scout Reservation Poestenkill, NY</p>
NCO	<p>Check their website for details! https://northcountryorienteering.org/</p> <p>June 4, 3,6, and 9 hour options Reign of Terraces Rogaine Yellow Lake State Forest</p>

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.

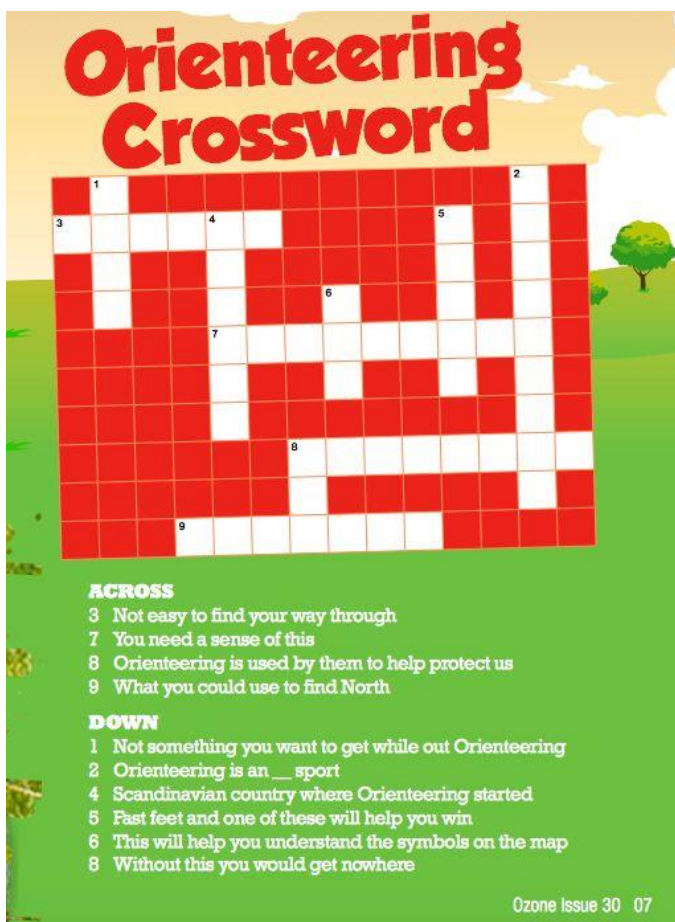
A Blast from the Past...

According to the May 1997 Wild Times edition, do you know who organized a training session at Letchworth on May 17, 1997? The thought of “training” sounded too intimidating so it was proposed to call it Fun-O!

A couple of the events included a Memory-O and a Rebus-O. This person’s helpers included Tom Cornell and Sandra Lomker, and Tom and Carol Moran.

Answer on page 7

Puzzle Time



Orienteering Crossword

ACROSS

3 Not easy to find your way through
7 You need a sense of this
8 Orienteering is used by them to help protect us
9 What you could use to find North

DOWN

1 Not something you want to get while out Orienteering
2 Orienteering is an __ sport
4 Scandinavian country where Orienteering started
5 Fast feet and one of these will help you win
6 This will help you understand the symbols on the map
8 Without this you would get nowhere

Ozone Issue 30 07

British O Zone ...

<https://www.britishorienteering.org.uk/>

Answer on page 7

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!

Kolva Award Nominees



In 2009, ROC established this award in honor of Karl Kolva 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.

Please forward any nominees to the BOD!

From the President - continued

Course Setting and Event Directing

2021 started with some energized people, but slowed down as the year went on. Though we did get back to holding events in person, all together! I'm confident we can work towards a fuller schedule this year, and the rule is - if we can get a director (or two), and we can have courses placed on maps, we can pull together all the other parts to make it happen. (and we can even split course setting into preparing and day-of, that has also worked well)

And so, my ask is this - if you feel at all inclined, volunteer early and energetically for these significant roles.

We're also agreeable - your ability to design a special event - say a Memory Motala where participants have to hold their compass in the opposite hand than they normally do - has never been greater!

See you in the woods,
steve

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.

Andrew Beckmann

Name: Andrew Beckmann

Hometown: Cincinnati, Ohio



Occupation/Grade in School: Engineer

Other Hobbies: Cycling, Hiking, Skiing

Involvement with ROC: Board of Directors

Member

When did you start orienteering? Late 2018

Why did you start orienteering? Co-worker mentioned it, and it sounded fun

What level are you competing at? Advanced

What do you love about orienteering? Getting out in the woods and having to think critically in a time-sensitive situation.

Favorite park in Rochester to orienteer in...

Most of them. Being from Ohio it's been a wonderful way to get to know areas that I might not otherwise go to.

Worst orienteering experience... A "shortcut" at Genesee County Park. Through a large patch of thorny bushes, into a hip-deep creek and back into thorny bushes. I've learned to be not as committed to my routes....

Any advice for newer orienteers? Think faster than you move!

Overlook NRE & Letchworth Goat

On May 7th and 8th, 2022, the Rochester Orienteering club will offer an exciting weekend combination of the Overlook NRE middle on Saturday and the 42nd annual mass start Billy Goat and Kid Goat on Sunday.

On Saturday we will host a one-day **NRE middle distance event** on a new map at Harriet Hollister Spencer State Recreation Area, and on Sunday we will offer the 42nd annual Billy Goat. Some history, <http://www.billygoat.org/articles.html>

The plan at this point is to start the Saturday event at 12 – 1:30 PM to give people an opportunity to drive in on the morning of the event. Harriet Hollister is around 40 minutes south of Rochester, NY overlooking Honeoye Lake. It has a moderate trail system, interesting contour detail and very open woods. Mark Dominie is the mapmaker. Stina Bridgeman will be the course setter.

The Billy Goat will be a mass start at 9AM on the Letchworth West map that was updated by Mark Dominie in 2019. The length of Billy Goat will likely be in the range 13-15K with an adequate amount of climbing to justify the name. A shorter "Kid" 5-7K, will be offered for all those people who are tasked with driving home after the event. A free lunch of soup and sandwiches will be offered after the event if Covid conditions permit. BG t-shirts will be awarded to all finishers who beat the three hour and 30 minute time limit. The courses will close at 2PM. Tom Rycroft is the course setter.

Unfortunately, the park is not open at this time of year for camping or cabin rentals. Other commercial sites near the park,

<https://theridgecampground.com/> , <https://www.woodstreamcampsite.com/>

Motels south of Rochester are about a 45 minute drive and there are a limited number of motels closer to the park. With the early start on Sunday people should be able to head home by early afternoon.

Registration is now open. Looking forward to welcoming all the young and old "goats" from all over the US and Canada.

Rick Worner, Meet Director

Cumming Nature Center

February 12, 2022

On Saturday, February 12, the Rochester Orienteering Club offered two beginner clinics at 12PM and 2PM. Interested participants could register by going to the CNC Nordic Fest website.

The club also offered three courses for members and the general public. There is no fee from ROC, but CNC charged \$5 for a trail pass.

Beginner - 2K, 8 controls, 35m climb

Intermediate - 4K, 11 controls, 50m climb

Advanced - 6K, 11 controls, 110m climb

The courses were marked with regular orange and white control markers, but no punches or Sportident boxes. Participants recorded their own start and finish times. The courses were in place until the end of March.

This event was also listed as a Sol-O and could be accessed on the UsynligO phone app. Go to <https://usynligo.no/allracesmap> to learn more about this fun app.

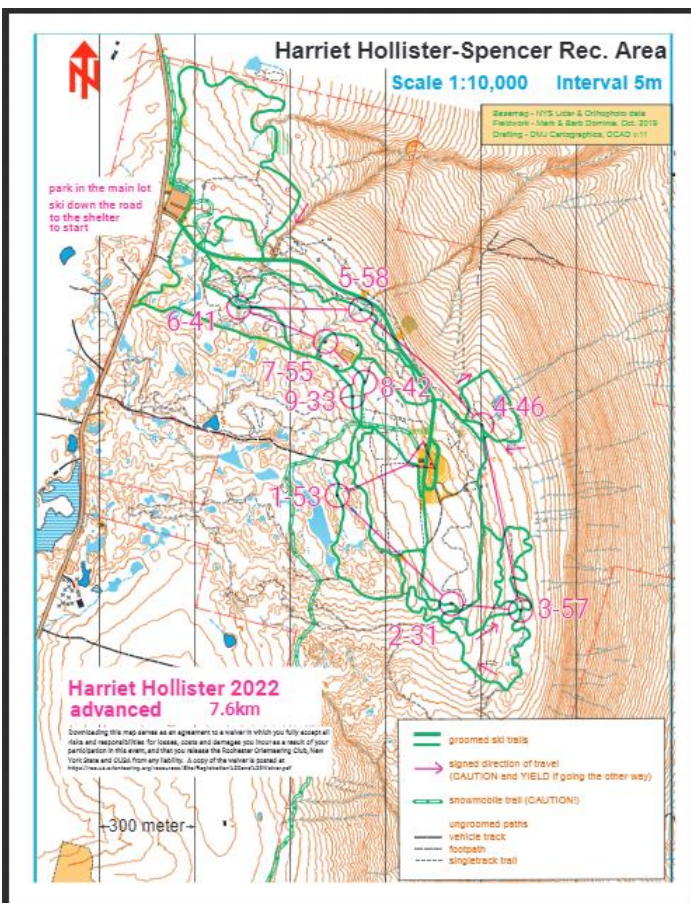
Course Setters and Organizers: Rick Worner & Linda Kohn

Harriet Hollister State Park Ski O Winter 2022

This ski-o was Sol-O format, meaning that the courses were up until the end of ski season. People could just print a map and do them at any time. The Start and Finish were at the shelter – people skied ~1km down the park road from the parking lot to get to there. Controls were marked with 3x3" orange-and-white tags and orange streamers instead of the usual flags. Participants could also use UsynligO on any of the beginner, beginner plus, intermediate, or advanced courses. (<https://usynligo.no>)

Course Setter: Stina Bridgeman

Also, here's a link for a Ski O article Stina wrote: <https://rxcsf.org/2022/02/an-intro-to-ski-orienteering/>



Page 1 of the advanced course

ROC Club Shirts and Buffs

Please contact the club at contact@roc.us.orienteering.org if you are interested in ordering a club shirt or buff. Laurie Hunt is still figuring out pricing dependent on quantity, but prices last time were \$35 for a V Neck shirt, \$40 for a Zipper shirt and \$10 for a buff.

World Orienteering Day

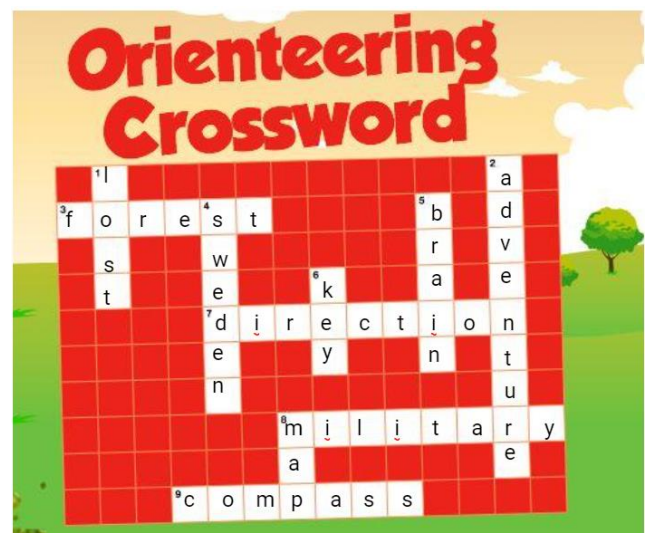


Now in its 6th year, World Orienteering Day is coming this May. A couple of years ago, there were almost 400,00 participants. Check out <https://worldorienteeringday.com/>

A Blast from the Past Answer...

This ROC star was Kathy Bannister!

Puzzle Time Answer



FIRST CLASS



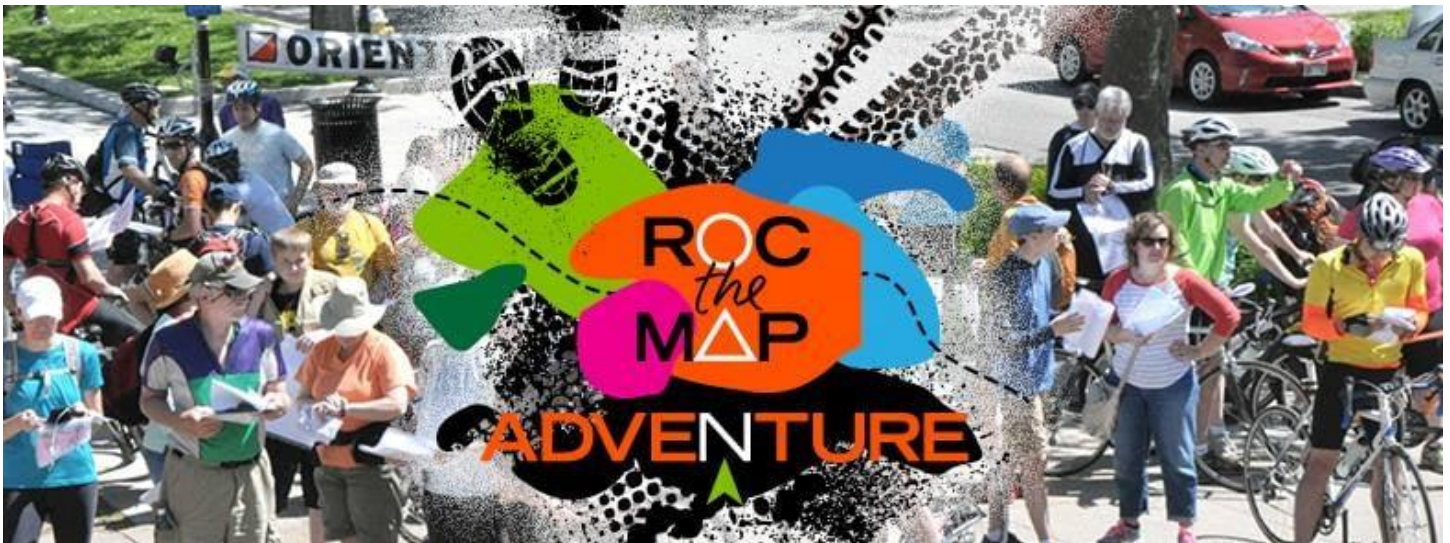
4800 Eddy Ridge Road
Marion, NY 14505



Meet our newest board
member ... page 5

In the next issue of The Wild Times...

- Read about recaps of our new spring events and more about the members of ROC!
- Submissions are due by July 1st, 2022



The Rochester Map Adventure... coming in June 2022!