



THE OFFICIAL NEWSLETTER OF THE ROCHESTER ORIENTEERING CLUB

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

Reviewing Results

On some days you miss the features in the woods, on other days you might misread the map. And some days you get everything right!

In all cases it's fun to share with others. Did they make the same mistakes as you? Did they notice any of the clues that helped you along? This might happen at the finish area, or it might get written online. It might be a subjective judgement, or an objective comparison of GPS tracks (they can be cruel though).

One of the most impressive aspects of orienteering that I have seen is the ability of some to instantly determine that there's an error of some sort. The map is not correct here, or that the control is not correctly placed. An even greater ability is to find a control that has been misplaced in spite of the error in the map or setter's judgement! Admittedly these don't happen often, but it is still impressive to hear about!



Continued on Page 5

Annual Meeting and Club Party... by Lindsay Worner

December 4, 2022 at Greece Canal Park, 1:00 – 6:00 PM

Every year the club must hold a meeting to meet the requirements of being a non-profit. We need to have a quorum, so to entice you to the meeting, we will also be having lots of fun O-activities as well as a catered dinner (soups and sandwiches). This year we are holding this event on a **NEW** map. Greece Canal Town Park has a number of trails, open areas, and water features. The park's address is 241 Elmgrove Road.

We will be in a large heated lodge with a number of indoor and outdoor Orienteering activities such as Map Memory, Indoor O-Courses, Grid-O, Score-O, String-O, Streamer-O and any others (suggestions welcome).

Because we are ordering food, pre-registration is required and the price will be \$12/person, kids 10 & under are free, but everyone still needs to be registered!

Want to help out? Unfortunately, volunteers will not receive a free entry but help is still be very appreciated. Sign up on the website. Comments, questions, or suggestions? Email me, Lindsay.Worner@gmail.com

2022 Club Officers, Committee Chairs & Directors

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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:

| | |
|-------------------|---|
| November 5, 2022 | Mendon Trail Run |
| November 13, 2022 | Camp Eastman Night-O |
| December 4, 2022 | Annual Meeting and Party at Greece Canal Park |
| January 29, 2023 | Winterfest at Mendon Ponds Park |
| February 2023 | Ski O events TBD! |

Outside of Rochester:

| | |
|------|---|
| CNYO | <p>Check their website for details! http://cnyo.us.orienteeing.org/</p> <p>November 5/6, 8:30 AM – 1:30 PM Scout O Guided Map Hikes and extended dates through November 13th Highland Forest Park</p> <p>November 6, 2023 Turkey O Highland Forest Park</p> <p>A new POC course opened as of April 1, 2022 at Pratt's Falls and is open April through October! Info: http://cnyo.us.orienteeing.org/PrattsFalls/</p> |
| BFLO | <p>Check their website for details! https://buffalo-orienteeing.org/</p> <p>November 12, 2022 Cazenovia Park Night-O</p> |

| | |
|------|--|
| EMPO | <p>Check their website for details! https://empoclub.org/</p> |
| NCO | <p>Check their website for details! https://northcountryorienteeing.org/</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.

Webster: **Your name could be here!**

Letchworth: **Your name could be here!**

Mendon: **Your name could be here!**

Durand: **Your name could be here!**

A Blast from the Past...

According to the Spring 2003 Wild Times edition, do you know which ROC couple drove through an Oklahoma blizzard to get to the BAOC area to do some ski orienteeing?

Then they did a rogaine at Briones Park, more orienteeing in Annadel Park, another rogaine in Oregon, a week of orienteeing in Washington, and a week of orienteeing in Colorado? They also had to deal with the poison oak which was “lurking almost everywhere.”

Who is this super couple?

Answer on page 11

Puzzle Time



SOA Puzzle 84

Control Matching - Line Features

Match the terrain image, to the map and the control description.

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Example of one of the activities you can do at the end of the year party at Greece Canal Park!

From the Past President... continued

This year, as the club was recovering from the isolation imposed by Covid, I shared that it was not a time to evaluate the club, events, or people's participation - all of those aspects had been turned around on the map. No, it was better to do the thing we had done, knew how to do, and had success with in the past. And we did - and I thank all. We have those that helped run events, and those that came to events! Everyone played an important part!

It does not take much insight to realize that the post-Covid world is not quite the same as it was before. And now that we have had this year's events, held as best as we could, we can look around and see what's working and what might need some adjusting.

That will take some insight though - figuring out how things have changed - and what appropriate adjustments we might make to grow and succeed.

To that end, I leave off this year with a changeover that as I write this, I'm not sure of. I am confident though that we will have seen enough happening this year to give us a step toward an even better 2023. I'm going to turn my attention to volunteers, events, and course setting.

And will see you in the woods and **the annual meeting on December 4th**!

steve

String O... by Lindsay Worner

String-O is a great way for young children to try out orienteering. The idea being that you don't have to worry about the navigation, you just follow the streamer and 'punch' the controls. It used to be that you collected a sticker at each control. The goal is to have kids moving fast and having fun. With the return of String-O at the Mendon meet, we discovered that it can really be fun for ALL ages. It was a real test of your e-punching speed (as there was no air punching). Do you hold the box in one hand and punch with the other, which finger do you wear the punch on, do you even wear the punch or just carry it, discovering you can punch on either side of the box, running in shoes or bare feet, and remembering to count controls - these were some of the debates that occurred. The results were posted on the wall similar to the old days of punch cards. The races were tight, only seconds separating the top 5 runners. The younger racers did the course multiple times to try and perfect their punching technique. Even running barefooted was a strategy many youngsters employed! In the end, the winner took 1 minute and 27 seconds! Make sure to try it out at the next event (or sign up to set the course)!



New Meet Director... by Lindsay Worner



Have you noticed that I, Lindsay Worner, have been the meet director for many meets this season?? Well, that is because I am the Meet Director for the whole '22-'23 season. A little history and background; the meet director position includes many jobs and can be a bit time consuming, the club was having difficulty getting volunteers to fill this position. In the past the club board has discussed paying a meet director for a season to ease the volunteer burden on the club, unfortunately no one was interested in the position. Then COVID happened and it was not an issue since we didn't have in person events. This past summer the club found itself in the same position of needing meet directors. At the last board meeting in August, I proposed to create a paid meet director position \$200/event and then offered to be that person. The board discussed it and they decided to try it for one season (Summer '22 - Summer '23). My thinking is that having me as the meet director consistently would give other members of the club confidence to volunteer for other positions and hopefully to encourage some new orienteers to volunteer. COVID really put a strain on the social aspect of the club which is generally how we get people to volunteer. I am hoping this season will get the club back on track. Also, I am really excited to be able to spend as much time as I have to make our events awesome! I am loving setting out the String-O and planning some fun events like the Vampire-O and the

Annual Meeting/Party/Event. It is great to see the same people at every meet and get to put some names to faces. Another goal of mine is to get some more families and kids interested in our events. I would love to hear your feedback! Let me know what you would like to see more of, and please bring friends to events, YOU are the best way for the club to advertise!

Updates...by Rick Worner

Map Hike Updates

The map hikes at Cumming Nature Center and Genesee County Park had both been updated with new larger 6"x6" two sided markers that are easier to see. The maps are available free of charge at the parks.

New Permanent Course

Eagle Scout Nathan Chidsey is creating a new permanent course at Shadow Pines Park in Penfield. Dick Detwiler is producing a new map and Linda Kohn has been working with Nathan on the courses. The permanent markers are being purchased with a donation from the Kolva family in memory of Mary and Karl

Kolva. The course should be in operation early next year.

OUSA Ski Orienteering Championships 2023

The OUSA Ski Orienteering Championships will be held on February 3, 4& 5 in Lake Placid and Saranac Lake. More information can be found at <https://empclub.org/ski-orienteering-nationals-2023/>

2023 OUSA Masters Championships

ROC and BFLO are co-hosting the 2023 OUSA Masters Championships on September 23 and 24, 2023 at Letchworth State Park East and Sprague Brook County Park. Volunteers can contact wornerkohn@gmail.com

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!

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.

Seneca Park

July 27, 2022



Ed Deller instructing before the start

40 starts... Our volunteers were:

Course Setter: Linda Kohn

Meet Director: Rick Worner

Greeter: Patty Borden

Registration: Laurie Hunt, Nancy Burgey, Ed Deller

Timing: Tyler Borden

Instruction: Don Winslow

Flag Pick Up: Mike Lyons, Jim Borden, Richard Burgey



Bob Bundy nearing the finish

Winners on each course were:

Beginner 1.3K:

1 Will Luongo Rec 10:05

Intermediate 2.7K:

1 Evan Schmidt, Ben Gorman T2 19:16

Long 5.2K:

1 Greg Schmidt M40+ ROC 28:35

Oatka Creek Park

August 6, 2022

Our August 6 event was held at Oatka Creek Park in Scottsville. Course setter Andrew Beckmann created a Score-O and a White course. It was a hot day with high humidity, but there was some relief to be had in the shade of the woods. We set up in the upper parking lot and made the best of the shade provided by the club's Ez-Up canopy.

The White course was dominated by Eamon Capps, who completed the course solo in 35 minutes. Louise Cook received such enthusiastic greeting that she did not start until after the official start window, having been delayed by hugs and conversation. She took a shortcut in order to finish before flag pickup.

On the Score-O there were six entries that cleared the entire course. Soren Lindahl took longer than the 90-minute time limit, and the penalty for being over time pushed him way down in the final results. Zachary Armstrong managed to clear the course in the fastest time, followed exactly one minute later by Tom & Erin Rycroft. It was interesting to note that no two paths were the same for those who cleared all the controls. Rounding out the top ten were "the usual suspects". There were quite a few entries that scored in the mid-300 point range and higher, an impressive result for such a hot and humid day. In the unsanctioned, unofficial and unimportant 30 minute category there were no finishers.

A great big "thank you" to all the volunteers, including Andrew, Laurie Hunt, Nancy & Richard Burgey, Patty & Jim Borden, Tyler Borden, Stina

Bridgeman, Gary Maslanka and Steve Tylock.

It was great to see several people who hadn't been to a meet in a while. Looking forward to seeing you all again soon!

- Heidi and Doug Hall



Louise Cook, Nancy Burgey, Laurie Hunt, and Heidi Hall at Oatka Park



Eamon Capps, winner of the 2.7K White Course

Ellison Park

August 28, 2022

It was a hot and humid August day when we gathered to hear Steve tell us his intentions for the courses he designed. Steve has set a few different styles of courses besides just the usual classic courses over the years. Most notably his 'Avalanche' courses at Letchworth! Ellison was a mass start with the goal being that the winning times on all the courses would be close to the same, meaning everyone would start together and potentially finish close together as well no matter which course you were on. That meant that the lengths of some of the courses were a little different, for example the beginner course had to be a little longer otherwise they would finish before the other courses and the Long advanced was maybe a bit shorter to finish in the goal time. These courses worked out well for the heat and Ellison Park which is not super technical. Orienteering is a pretty cool sport when you think of all the ways you can vary and create courses. Have an idea for a type of event you would like to see, send me (Lindsay Worner) an email and we can try to make it happen. One different event for sure will be the night-O in November, come check it out!



Nancy Burgey and Patty Borden at registration

Mendon Ponds Park

September 11, 2022

39 starts... Nothing could stop orienteers from enjoying a rainy warm day at Mendon Ponds Park. Sergey Dobretsov designed some longer than normal courses to account for inflation 😊. With the added length the courses were able to visit some of the more technical areas of the park. Course setting from East Lodge can sometimes be difficult so Sergey placed the start across the road, meaning there was a walk to the start. Although this is uncommon for our local meets, national and international meets often have walks to the start which can be as long as 5km (longer than the course itself). These longer distances are usually only at very large events in Europe that need to accommodate thousands of runners (yes THOUSANDS). Having a walk to the start can be very useful for course setters and a nice warm up for orienteers. Want more information about national and world events? Check out OrienteeringUSA.org. Back to the Mendon meet, string-O made its debut and fun was had by all. Make sure to check it out at the next meet, it's not just for kids. Check out my article about String-O in this newsletter... page 5.

Genesee County Park

September 17, 2022

37 starts... Genesee County Park is south of Batavia and is used for many activities. There are horse trails, snowmobile trails, playgrounds, shelters, a beautiful nature center, a sensory garden, and baseball fields. It also has a well-maintained network of trails and some nice open woods with some water features. The weather was a little warm but we will take it for the middle of September! Lindsay Worner held a beginner clinic an hour before the event to give some people more instruction that we usually offer (there is always instruction available at meets, just ask). The beginners all found their way around the course and

seemed to enjoy it! Linda Kohn designed the courses and Zack Butler put the controls out. Zack was also one of the speediest String-O runners. Air punching was on for the string-o which led to some super speedy times, no slowing down to punch! We had some Buffalo club members attend and we encourage all our members to check out the Buffalo Schedule and try out some of their meets! buffalo-orienteering.org

Webster Park

October 2, 2022

35 starts - Big thanks to the Burgeys who stepped up and designed a Score-O for the Webster Park meet. The Burgeys threw in a twist with different point values for the controls so there was definitely some strategy and a 10 point penalty for every minute over time. The String-O headed into the woods a bit and was a hit! We had a scout troop and some of the club regulars complete the course multiple times. Here is a results recap from the Burgeys:

Thank you for participating at the Webster Score-O. First of all, Congratulations to Zachary Armstrong who visited all 29 controls, however, he was back 1:44 minutes late and lost 20 points. Greg Schmidt was 2nd, he visited 26 controls, however he was late by 1:06 minutes and lost 20 points. John Sawyko was 3rd on points and the first that did not go over the 60 minutes. He visited 24 controls. Great job by all that participated.

I was looking over the results and figured I would share what I saw. All the controls were visited by at least 3 orienteers. Number 126 had the most hits with 24, the least visited was 128 with 3 visiting it. When Richard was checking on the control placement the trees were not there, they must have come down in the wind the night before the meet. The other controls on the western side (119, 113, and 125) were visited by only 4 runners. Number 129 had 7 visits. Number 124 and 120 were visited 8 times, and the rest had 10 or more visits. A great day was had by all!



Doug Hall at the Webster meet

Cumming Nature Center October 22, 2022

44 starts...Our meet at Cummings Nature Center did not disappoint! We lucked out with a perfect day; warm temps and beautiful fall foliage. Linda Kohn designed the courses and found the map to be pretty much unchanged except for the work of some busy beavers who had created some larger wet ponds and dried up others. Very impressive work for such small creatures. There were 3 courses; beginner, short and long advanced. As well as a forest String-O with lots of obstacles. As usual Zack Butler pulled out the fastest String-O time, he is a speedy guy! Ali Crocker, a national orienteering champion, came for a visit with her family. She ran the long advanced in 47 minutes for 5.5 km. She and her family may attend a few more meets this year as she's temporarily relocated to the East coast. We will be heading down to

Cummings Nature Center one more time this winter for a ski-O event, so keep an eye out for more details.

Mendon Trail Run November 5, 2022



125 Runners... 45 on the 10K, 28 on the 20K,
17 on the 30K, and 35 on the 50K

Tick Testing by Laurie Hunt

After a recent meet, I found a tick on the back of my neck in the hairline. Then a second one on my neck two days later after going out in the woods again. FYI if you find a tick on your body you should send it to nyticks.org in Syracuse. They are testing the ticks and gathering data on NYS. The result of my first tick was that it was positive for Lyme and I expect the results on the second any day now. About 32% of the ticks in the state have tested positive for Lyme. My bites are healing well and I think I got the ticks off within a day so I'm not overly concerned beyond informing my doctor. Be careful out there!

A Blast from the Past Answer...

This couple is Rick and Dayle Lavine!

FIRST CLASS



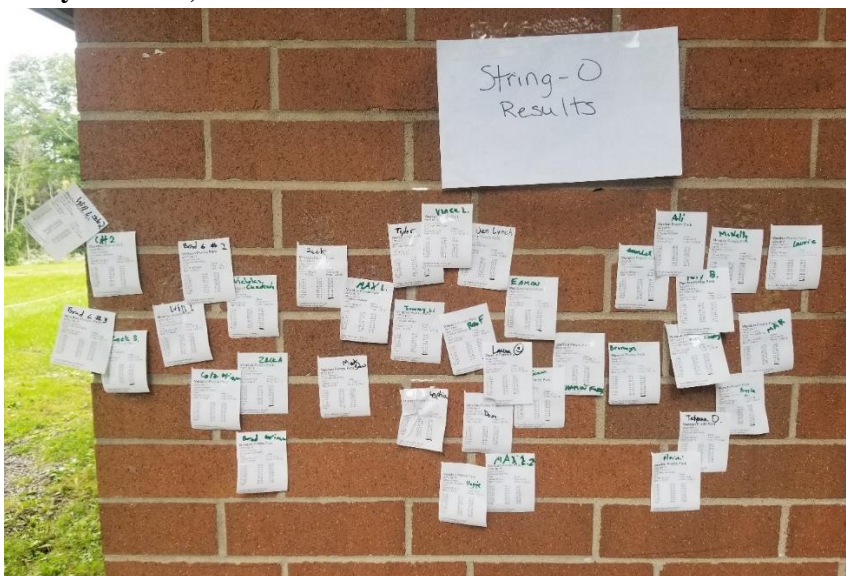
4800 Eddy Ridge Road
Marion, NY 14505



Anne Schwartz at
the Webster Meet

In the next issue of The Wild Times...

- Read about recaps of our winter events, Mendon Trail Run event, and more about the new 2023 season!
- Submissions are due by March 1, 2023



The String – O is back! See the article on Page 5