

**ROCHESTER**

**ORIENTEERING**



# *The Wild Times*

April 2023

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

THE OFFICIAL NEWSLETTER OF THE ROCHESTER ORIENTEERING CLUB

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## ROC President's Corner.... by Gary Maslanka

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### **GOOD PLANNING and SUITABLE CLOTHING**

There is an old saying that tells us "There's no such thing as bad weather, only unsuitable clothing."

As much as I agree with the idea, I will admit there is bad weather. Hurricanes, tornadoes, and blizzards with 6 feet of snow all fit my definition of bad weather. However, they are all infrequent (for now) and fortunately for us they are rare in this part of the county. The inclement weather and environmental conditions we encounter on a regular basis can be more tolerable, even enjoyable if we just wear suitable clothing and plan ahead.

Continued on page 5



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### **First Event of 2023: Mini Rogaine at Durand Eastman**

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**SUNDAY, APRIL 2, 2023** – It's time to find your orienteering shoes and supplies and get ready to participate in the Rochester Orienteering Club's Icebreaker event! On Sunday, April 2, we are hoping to use the entire Durand Eastman map for a 3-hour event. At this point we don't know when the course is opening for the season. We are hoping it will still be closed so that you can cross it on your routes. If not, we will have to work around it. Some of the points will be in the south end where we don't often get to go because of the vegetation during the growing season. Registration will be from 12-12:45 with a mass start at 1PM. Please pre-register on the website if you can. We will likely start north at the shelters north of the golf clubhouse on King's highway. We will try to get the bathrooms open for the event. You can stay out for up to three hours, but may return earlier if you wish. Bring your own water bottles as there will be no water on the course.

## 2023 Club Officers, Committee Chairs & Directors

### Board Officers:

President: Gary Maslanka  
gmm650b@gmail.com  
President-Elect: Zack Butler  
zack.j.butler@gmail.com  
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  
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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](http://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 2, 2023	Durand Eastman Park Mini ROGAINE
April 22, 2023	Mendon Ponds Classic Event
May 7, 2023	Harriet Hollister Classic Event
May 20, 2023	Webster Park Classic Event
June 3, 2023	Rochester Map Adventure
June 10, 2023	Mendon Ponds Park ADK Workshop
June 18, 2023	Alasa Farms Classic Event
July 12, 2023	Highland Park Score-O
July 26, 2023	Genesee Valley Park Score-O

### Outside of Rochester:

CNYO	<p>Check their website for details! <a href="http://cnyo.us.orienteing.org/">http://cnyo.us.orienteing.org/</a></p> <p>April 1, 2023 Pratts Falls County Park Opening date for their POC <a href="http://cnyo.us.orienteing.org/Pratts Falls/">http://cnyo.us.orienteing.org/Pratts Falls/</a></p> <p>June 17-18, 2023 Finger Lakes National Park ROGAINE</p> <p>June 2023 Date: TBD Daddy-O</p>
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	<p>September 23-24, 2023 Sportsmen's Days at Carpenter's Brook Fish Hatchery Sprint Course</p>
BFLO	<p>Check their website for details! <a href="https://buffalo-orienteing.org/">https://buffalo-orienteing.org/</a></p> <p>April 30, 2023 Cherry Blossom Challenge Delaware Park</p> <p>May 20, 2023 Emery Park Classic Event</p> <p>June 17, 2023 Hunter's Creek Score-O</p> <p>July 16, 2023 Chestnut Ridge Classic Event</p> <p>August 26, 2023 Ellicottville Adventure Run</p>
EMPO	<p>Check their website for details! <a href="https://empoclub.org/">https://empoclub.org/</a></p> <p>May 13 – Peebles Island May 20 – Washington Park June 3 – Margaret-Burke June 24 – Camp Wakpominee</p>
NCO	<p>Check their website for details! <a href="https://northcountryorienteing.org/">https://northcountryorienteing.org/</a></p>

## Permanent Course Opportunities



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.



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

## Puzzle Time.... Answer on page 11



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

Solve the clues and reveal what we would like to be doing.



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

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

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

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

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

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

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

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

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

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

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

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
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

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

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My 19<sup>th</sup> is in  AND 

My 20<sup>th</sup> is in  but NOT in 

My 21<sup>st</sup> is in  AND 

My 22<sup>nd</sup> is in  AND 

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## President's Message continued...

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In early February the US Ski-O champs were held in the Lake Placid area. Well in advance of the event the national weather service predicted extremely cold temperatures (-10 degrees F) and dangerous wind chills for Friday's sprint, very cold temperatures (0 degrees F) for Saturday's middle, and downright balmy temps (30 degrees F) for Sunday's long. There was talk on AttackPoint about how to dress for Friday's temps mixed with comments about how cold was too cold. [https://www.attackpoint.org/discussionthread.jsp/message\\_1505341](https://www.attackpoint.org/discussionthread.jsp/message_1505341)

Fortunately, Friday's sprint was short and held at a ski area with thick vegetation bordering the trails that blocked most of the wind. The area also had a large heated lodge where people could prepare and quickly move in and out of the cold. Of the 77 people entered 55 decided to give it a go, 51 finished, 4 called it a day before completing their course. Looking around prior to the event it was obvious people had thought about and planned for the conditions. People used various layers to dress for the cold, including an assortment of face coverings to minimize exposed skin to the greatest extent possible. Puffy jackets of various thickness were common as were balaclavas, double layers of hats, thick insulated mittens, boot covers, chemical heat packs and windproof outer-layers. When it was finished, I heard people say their skis had no glide, their glasses had fogged, and that they were constantly covering/uncovering the layer over their mouth so they could breathe. Surprisingly I didn't hear people say they had gotten overly cold. Score one for good planning (competitors and organizers) and suitable clothing.

Suitable clothing for hot weather is quite different it needs to let our sweat evaporate and if possible, provide shade and protection from the sun's UV rays. Good planning can involve deciding to move at a slower pace, carrying water and taking breaks so we don't overheat.

A combination of rain and cold is maybe the hardest to dress and plan for and I'll leave that conversation for another day. Suitable clothing and proper planning can also help protect us from ticks, the carriers of Lyme disease. Knowing an area has a high concentration of ticks can help us plan the steps we need to take to minimize our exposure. Various sources, including NYSDOH, recommends wearing light colored clothing and tucking the bottom of our pants into our socks. Both the NYSDOH and the CDC recommend the use of insect repellents. The CDC also recommends treating clothing with a 0.5% solution of permethrin. For what it's worth, I'm personally a fan of permethrin treated clothing. I've been in events where team members with permethrin treated clothing had no ticks on them after an event and their teammates without treated clothing had several. Please be aware that if you have pets, be sure to read the directions and cautions provided with the product(s) you are using, as although permethrin has little effect on dogs, **it is toxic to cats**. It can also be a problem if it gets into aquatic environments. Please do some research and decide for yourself which if any of the recommended products you are comfortable using. Here are a few links you may find useful.

<https://www.health.ny.gov/diseases/communicable/lyme/> [https://www.cdc.gov/lyme/prev/on\\_people.html](https://www.cdc.gov/lyme/prev/on_people.html)

<https://www.consumerreports.org/health/insect-repellent/is-permethrin-treated-clothing-safe-and-effective-a7181708753/>

<https://www.consumerreports.org/health/insect-repellent/how-to-use-permethrin-on-clothing-safely-a4370607226/>

So the next time you decide the weather is too wet/cold/hot/whatever to do your planned activity give it some more thought, you might realize you have the right clothing to make it or an alternative activity enjoyable.



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## Annual Meeting and Club Party Recap... by Lindsay Worner

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### December 4, 2022 at Greece Canal Park

The Rochester Orienteering Club like other organizations must have an annual meeting to discuss the state of the club and elect new board members. This year's meeting was held at Greece Canal Town Park with a new map! I had been investigating this park for its potential but the main problem is that it is very wet and green. This fall's lack of rain made the map more accessible and a December event makes the green less of a concern. So, Linda Kohn got to work making this new map with GPS tracks from our many walks around the park and aerial photos. It wasn't perfect, but it was fun to have a new place to explore. Along with a foot-O course I set out a String-O and a Grid-O as well as having some fun orienteering puzzles for an indoor activity! There are so many variations of orienteering and it was fun to be able to try something new. This Spring we have a full range of events, make sure you check out events and sign up to volunteer. I will continue to be the meet director until summer and hope to see you all out in the woods!



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## OUSA Memberships

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If you have been enjoying the local orienteering scene with our club, you may want to check out membership at the national level with Orienteering USA. The link is: <https://orienteeringusa.org/membership/> This helps support our national teams and there are benefits to you as well. You get a discount whenever you register for a national meet, a monthly email newsletter, and a great end of the year review magazine, and more!



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## Winterfest at Mendon Ponds Park... by Nancy Burgey

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There was not much winter for Winterfest again this year. It was a rainy cold day at Hopkins Point Lodge in Mendon Park. There were lots of people waiting for the horse drawn wagon rides and a few adventured down to Hopkins Point. Richard Burgey designed an easy course with 11 controls and had a few others controls to extend it for a Score-O course. We had 4 groups – 3 on the easy course and 1 on the Score-O course. Everyone completed and enjoyed their experience. There were many others that stopped by asking about orienteering and wanted to learn more. We explained what orienteering is and directed them to the calendar on our website for future events. We also suggested the permanent courses as a way of getting outside. Thanks to Richard and Nancy Burgey, Zach Butler, and Doug and Heidi Hall for volunteering.



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## 2023 OUSA Masters Championships

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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](mailto:wornerkohn@gmail.com) with questions. Volunteers will be reimbursed for the fee they pay. From the <https://www.ousamasters2023.com/> website:

**Sunday, July 24:** Early Bird registration deadline.

**Monday, Sept 4:** Regular registration deadline.

**Sunday, Sept 17:** Last minute registration deadline.

**Friday, Sept 22:** Sprague Brook model course open 2:00 - 7:00 PM.

**Saturday, Sept 23:**

10:00 AM: Info and registration desk opens at Sprague Brook.

9:00 AM - 12:00 Noon: Sprague Brook model course open.

11:00 AM: First starts at Sprague Brook.

12:00 AM - 2:00 PM: Food service at event HQ.

2:00 - 7:00 PM: Letchworth model course open.

5:30 PM: Cheese Factory tour at East Hill Creamery, 346 S. Main St., Perry, NY 14530.

6:15 - 7:30 PM: Dinner at East Hill Creamery.

**Sunday, Sept 24:**

8:00 AM: Info and registration desk opens at Letchworth.

7:00 - 11:00 AM: Letchworth model course open.

9:00 AM: First starts at Letchworth and 2:00 PM (or earlier if possible): Awards presentation.

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## Orienteering with the Worners by Rick Worner

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### Portugal Orienteering Meeting

In February Linda and I attended the annual Portugal Orienteering Meeting. It consisted of two middle distance events, two long distance events and a night sprint. There were ten Americans attending and a couple of thousand other people mostly from Scandinavia and Europe. The terrain was hilly with numerous rock formations and dotted by Olive and Cork trees. It was challenging to navigate through yellow corridors on the map and to decipher the rock formations once in the control circle. The best Scandinavians had little difficulty as they are used to very complex terrains in their home countries. We had mixed results with some good and bad days. The weather throughout the week was sunny with temperatures in the 60s so it was a nice break from our winter weather. The weekend following the POM event we participated in another smaller event with about 500 people. The terrain there had almost no rocks, but the emphasis was on finding the best routes through ridges and valleys. We rented small houses close to the event sites and did some site seeing when we were not orienteering. Portugal is an easy and inexpensive place to visit and has many different types of orienteering terrains. The event is held every February. This was the third time we have attended; Doug and Heidi Hall went there once as well. Some copies of the POM maps from Peter Gagarin's AP log. He was on the same courses as Rick and very similar courses to Linda.

[https://www.attackpoint.org/viewlog.jsp/user\\_62/period-7/enddate-2023-02-26](https://www.attackpoint.org/viewlog.jsp/user_62/period-7/enddate-2023-02-26)

### Virginia Orienteering

Linda, Lindsay and I attended the Royal Romp event in Virginia on March 11 and 12. The event site was in the Prince William Forest (reason for use of the word "Royal") After driving much of the way down in a snowstorm we had two days of breezy and cool weather for the event. It was typical ridge and valley terrain with mostly open woods. The first day's map was in a section of the park that had only one small trail on the entire map. You had to use streams and green patches to navigate as the contours were very, very subtle in many places. I was lost for about 20 minutes on my 5th control. Day two's map had more trails and a road through the middle so it involved more route choice decisions. Linda won first place in her age category and Lindsay was second to a former OUSA team member. I had a wonderful weekend in the woods. Again, I will borrow an AP post from Peter Gargarin showing the maps

[https://www.attackpoint.org/viewlog.jsp/user\\_62/period-7/enddate-2023-03-12](https://www.attackpoint.org/viewlog.jsp/user_62/period-7/enddate-2023-03-12)

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## ROC Needs You!... to Volunteer! By Steve Tylock

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Well here we are looking forward to an exciting spring of orienteering as we say goodbye to the few storms of this past winter. Sadly, the snow wasn't significant for those of us looking to get out on our skis that often, but there's no grousing about lost loves. Speaking of the Ruffled Grouse (which are native to NY and much of the Northeast), one of the unheralded joys of orienteering is finding interesting birds in the woods. I've always been excited to catch sight of an eagle, turkey or other birds with more color. And then there was the one event where a control was unfortunately set a bit too close to a nest - the mother provided direct visuals, taking it upon herself to dive bomb everyone who came to punch...

But back to courses - we have got a full schedule this year and will need regular volunteers at every event. If you're not on the volunteer email list and would like a handy reminder to let you know what specific openings we have, please contact me at stylock at [gmail.com](mailto:stylock@gmail.com). You can also check into the club's website under volunteers for descriptions and a link to our volunteer page. And remember - we arrange things so that volunteers can still get out on a course and don't think they should have to pay to register!



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## Kathy Bannister on NBC Nightly News

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If you were watching the nightly news on March 15, you saw our own Kathy Bannister orienteering in Arizona. The clip also shared how reliance on GPS devices may lead to cognitive decline, including dementia. One study says orienteering can help! Kathy said she likes orienteering because of the fun, the exercise and the opportunity to solve the puzzle of navigating an orienteering course. Using a GPS lets our brain do less work, but reading a map stimulates the hippocampus region which is responsible for memory and navigation. One of the first symptoms of Alzheimer's disease is losing the ability to get from Point A to Point B. One final piece of advice they gave us was "getting lost on purpose," so next time you're in the woods and you've made a mistake navigating, you can just tell everyone you were strengthening your brain!



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## Kolva Award Nominees

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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!

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## O Tips for Beginners

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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 are here to help!

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## A Blast from the Past

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20 years ago, this duo taught a 6-week orienteering workshop through the Webster Continuing Ed Program. Who were they? Answer on page 11!

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## Get to Know the ROC

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

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## Jack Worner

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**Name -** Jack  
Worner

**Hometown -**  
Rochester

**Other family  
members -**

Lindsay Worner  
(Mom), Chris  
Joyce (Dad),  
Linda Kohn  
(Grandma), Rick



Worner (Grandpa) **Occupation/Grade in School -**  
Currently hanging in the yellow room of the YMCA  
with the other 2-year-olds.

**Other Hobbies -** Riding bikes, using tools, playing with  
trucks and other heavy equipment. Eating yogurt,  
crackers and drinking lots of milk.

**Involvement with ROC:** I hang out with my parents and  
grandparents at meets. I also like to hang with Nancy  
and Patty who help me color pictures. At the end I am  
the official e-punch box (aka 'beep beep') turner off.

**When did you start orienteering?** While in the womb,  
so my whole life!

**Why did you start orienteering?** I had no  
choice...everyone in my family orienteers.

**What level are you competing at?** I am at the string-O  
level and crushing it in my age category!!!

**What do you love about orienteering?** Beep beep!  
Oh, and cookies at the end.

**Favorite park in Rochester to orienteer in...** Greece  
Canal Town park was super fun because it has some  
sweet playgrounds for after the course.

**Farthest from Rochester that you've orienteered...**  
Not very far yet...I am not the best sleeper in other  
places but I might make an appearance at West Point this  
Spring.

**Favorite orienteering experience...** When the beep  
beep box was hung from the flag with rubber bands, it  
was a bouncy beep beep!

**Worst orienteering experience...** When I got back  
from beep beeping and there were no more cookies left.  
Luckily mom had a stash in our bag, phew!

**Any future orienteering goal you may have...** To be  
faster than everyone in my family!!

**Any advice for newer orienteers?** The first beep beep  
is always the hardest, you have to stay focused!

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## CS Workshop by Linda Kohn

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The first course setting workshop since 2018 was  
held on March 18. The 13 participants learned  
about the characteristics of different course levels as  
well as how to use Purple Pen to plan courses. I'm  
hoping to see some new names in the "course  
setter" spot on the volunteer list. In case you were  
not able to attend, there will be another workshop  
next spring.

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## Mendon Trail Run

### November 5, 2022

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2022 ROC President, Steve Tylock, survived the 20K challenge

After a 2-year pandemic Hiatus, ROC resumed its annual trail race at Mendon Ponds on November 5. It was a gorgeous warm, sunny day that felt more like early Fall than nearly winter. This allowed for quite a festive atmosphere for runners and spectators and runner support teams in the area around the finish, as there was no need to hide from the elements.

There were 45 finishers for the 10K, 28 for the 20K, 17 for the 30K and 36 for the 50K. Results are at <https://scorethis-results.com/Results.php?raceid=20221105MNTR>.

The 2023 trail race will be held on November 4th. Spread the news - with an earlier start to promotion, hopefully we can get the attendance numbers closer to pre-pandemic levels.

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## Tick Testing

### by Laurie Hunt

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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](http://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!

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## Puzzle Time Answer...

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Running in Sunlit Forests

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## A Blast from the Past Answer...

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It was Laurie Hunt and Dick Detwiler!

## FIRST CLASS



4800 Eddy Ridge Road  
Marion, NY 14505



New board member,  
Jen Manley

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### In the next issue of The Wild Times...

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- Read about recaps of our spring events, members of ROC, and the Kolva Memorial Bench at Durand!
- Submissions are due by July 1, 2023



Kathy Bannister, keeping her brain healthy! See the article on Page 9