

**ROCHESTER**

**ORIENTEERING**



# *The Wild Times*

**August 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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### Back to basics...

When children are taught a sport or a skill it always starts with the fundamentals. Learning the basics provides the solid foundation on which to build. That said it is not uncommon for even elite athletes to have slumps. Hitters can't hit, pitchers can't throw strikes, field goal kickers are wide left and biathletes can't hit their targets. When interviewed after having these slumps athletes and coaches often say "we went back to the basics." Most of the orienteers I know have not had much if any instruction or coaching. If you want to become better at orienteering it's up to you to decide what you need to do. One approach is to review your last several events and make a list of what you did and did not do well. Based on that review you can decide what skills you need to improve upon and then make a plan to address them. A good start maybe to review the basics.



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### **New Map this month! Shadow Pines in Penfield on August 24<sup>th</sup>**

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Shadow Pines, Score-O and Beginner course... 600 Whalen Rd, Penfield, NY 14526

Registration from 6 to 6:30 and 6:30 Mass start for Score-O and Beginner (White) - 2km, 8 controls, 10m climb with starts between 6-6:30

Course Setter's notes: Score-O: 26 controls, 1 hour time limit

This is a new orienteering map which Dick Detwiler and others have spent many hours field checking. The land was a golf course which now belongs to the Town of Penfield. There is a Permanent orienteering course here that was an Eagle Scout Project from Boy Scout Troop 312. They are maintaining the course and maps are available for the Town of Penfield Recreation Dept. should you want to come back again.

The areas consist of a Northern section which has a Frisbee Golf course that follows the old golf course in some places. We will be sharing the area with them on this evening. The area has paved paths, mowed trails and areas with weeds, trees, and some areas with more vegetation...

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## 2023 Club Officers, Committee Chairs & Directors

### Board Officers:

President: Gary Maslanka  
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President-Elect: Zack Butler  
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Past President: Steve Tylock  
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Treasurer: Lindsay Worner  
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Secretary: Don Winslow  
reroteacher@rochester.rr.com

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Equipment: Rick & Dayle Lavine  
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Mapping Chair: Linda Kohn  
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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](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:

August 24, 2023	Shadow Pines (NEW MAP!) Score-O
September 3, 2023	Harriet Hollister Bike-O
September 23, 2023	Sprague Brook OUSA Masters Champs
September 24, 2023	Letchworth State Park East OUSA Masters Champs
October 8, 2023	Powder Mills Park Mass Start – Mass Finish
October 21, 2023	Stony Brook State Park Classic Event
November 4, 2023	Mendon Tail Run
November 12, 2023	TBD Night-O
December 3, 2023	Camp Eastman Annual Meeting & Event

### Outside of Rochester:

CNYO	<p>Check their website for details! <a href="http://cnyo.us.orienteering.org/">http://cnyo.us.orienteering.org/</a></p> <p>April 1, 2023 Pratts Falls County Park Opening date for their POC <a href="http://cnyo.us.orienteering.org/PrattsFalls/">http://cnyo.us.orienteering.org/PrattsFalls/</a></p> <p>Open Houses: September 9 and October 21</p> <p>September 23-24, 2023 Sportsmen's Days at Carpenter's Brook Fish Hatchery Sprint Course</p> <p>November 11 &amp; 12, 2023 Highland Forest County Park Scout – O</p>
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BFL O	<p>Check their website for details! <a href="https://buffalo-orienteering.org/">https://buffalo-orienteering.org/</a></p> <p>August 26, 2023 Ellicottville Adventure Run</p> <p>September 23, 2023 Sprague Brook OUSA Masters Champs</p> <p>October 14, 2023 Erie County Forest (Sardinia) Score-O</p> <p>November 11, 2023 Knox Farm Night-O</p>
EMPO	<p>Check their website for details! <a href="https://empoclub.org/">https://empoclub.org/</a></p> <p>September 16 – Lock 7 September 30 – Tawasentha Score-O October 21 – Pinnacle/Pleasant Valley November 11 – Grafton Lakes</p>
NCO	<p>Check their website for details! <a href="https://northcountryorienteering.org/">https://northcountryorienteering.org/</a></p> <p>September 9, 2023 Riddle Me Rogaine</p> <p>February 24 &amp; 25, 2024 Black River Wild Forest Winter Rogaine</p> <p>April 8, 2024 Pleasant Lake State Forest Total Solar Eclipse Rogaine</p>



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## Permanent Course Opportunities

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We have courses at Webster Park, Durand Eastman Park, Mendon Ponds Park, and Letchworth State Park. You can get maps at our events or on our website. They are free for members to download on our website.

Recent Finishers - both from Letchworth

John Hayland

Sonni Olbert



Also on April 29, 2023, Don Winslow taught a mini-class on orienteering to a group of teachers from the NYS Master Teacher Program. This program provides professional development in various science and math related activities. This group found about half the Letchworth controls in the park. Hope to see their names here soon!

### Corridor Controls

Some juniors have been set a corridor training exercise. They have been told that there are controls out in the area and they may pass some. Which of the controls from the list given could they potentially see in the corridor?



Corridor Controls																
101					107				114				121			
102				108				115				122				
103				109				116				123				
104				110				117				124				
105				111				118				125				
106				112				119								
				113				120								



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## President's Message continued...

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Few if any orienteers run a perfect course, which means there many things for us to improve upon. Orienteering is both a mental and physical challenge, and after an event, you often hear people say things like (a)“I overshot #5” or (b) “I made a parallel error and went up the wrong reentrant on #11”, or (c) “I didn’t have a good route to #7” or (d) “I just ran out of gas midway and struggled on the second half”. In (a) perhaps the person did not know when to start looking for the control. This could be the result of not knowing the map scale, the meaning of map symbols, or not having a good route. Mistake (b) could be the result of a bad attack point, or not seeing the differences in the shape and/or direction of the reentrants. A lot of things could be the cause of mistake (c). Was the area devoid of contours and features? Was it overly complex making the map hard to read? Was there thick vegetation in the area? Did the person not see an alternative route? At first glance item (d) looks like the result of the persons fitness level, but route choice could also be factor. Did they climb hills they could have gone around? Not see the gap in the cliff they could have gone through?

Perhaps the most important O-skill is “reading the map”. Reading the map can be thought of as interpreting the map and relating it to the terrain it depicts. Without this skill it is unlikely we will plan good routes and be able to follow those routes. Typically, topographic lines are the most prominent feature on an “O-map”. They depict the shape of the terrain and show us where the hills, valleys, reentrants, and flat areas are. They also show us how steep slopes are and how quickly and where the slope angles change.

Map color and symbols provide detail. Color tells us if an area is water, pavement, an open field, open woods, a thicket, or out of bounds. Symbols show us things like trails, rootstocks, boulders, rocky ground, cliffs, buildings, and fences. Symbols depicting trails show where the trails go and tell us if the trails are large, small, or indistinct.

Often overlooked are map scale, contour interval, and the date the map was last updated. Knowing the map scale allows us to estimate distance, while knowing the contour interval helps us determine the prominence of a terrain feature and the steepness of a slope. This information helps us decide if going up and over a hill is better or worse than going around it, and lets us know if we’re looking for an obvious feature or something more subtle. Knowing when a map was last updated can give us insight into its accuracy, especially regarding vegetation. Has light green vegetation become dark green? Is the rootstock still there? And should you count on being able to find that vegetation boundary or small trail?

With better map reading and interpretation skills we can plan better routes and stay in contact with the map as we move along our chosen route. An ideal route requires the least physical effort to traverse, contains numerous features we can use to monitor our movement along the route and provides a distinct attack point close to our target control. Both attack points and features used to track our movement along our intended route should be easily identifiable features such as sharp trail or stream bends, trail or stream junctions, boulders, distinct vegetation boundaries, hill tops, or man made features like buildings.

A compass is the second most important orienteering tool used during an event or while navigating in the woods, after the map. All compasses tell us one thing: that is which way is magnetic north. This allows us to orient the map, so that “forward” on the map matches the direction we are facing in the terrain, and thus things that are to the left (or right) of that line on the map are to our left (or right) in the world.

Some compasses have a rotatable bezel which allows us to take a bearing. A common misconception among new or non-orienteers is that the way to navigate in the woods is to take a bearing from where you are to where you want to go and just follow that bearing until you get to your destination. Bearings can be difficult to follow accurately over long distances, especially when there are topographic and vegetative obstacles that push us off

the intended bearing. Often faster and more accurate is to navigate from one visible feature to the next; if you need to run a compass bearing, and sometimes you do, best to keep it as short as possible and use a method such as pace counting to estimate how far you have gone.

The accuracy of pace counting varies, sometimes greatly, depending on the person, terrain, and day vs night. That said it does provide a rough estimation on the distance covered which can be very helpful when there are not obvious features to work with, such as at night, when navigating through thick vegetation or on flat featureless terrain. Pace counting is based on the simple idea that for each person it will take them some average number of paces, not steps, to walk or run a given distance, typically 100 meters for orienteering. To determine your pace count, go to someplace where you have access to an area/path of known distance. For example, a typical football playing field is 100 yards long with 10-yard end zones. One hundred meters is equal to 109.4 yards so a line starting at the end of one end zone and going to the far goal line works well. A pace is two steps so count each time your right (or left) foot touches down as you walk the 100 meters using your natural gait, not an exaggerated one. If you think you might use pace counting as you run, repeat the exercise at a run. Pace count will vary based on the terrain (e.g. uphill vs downhill, smooth path vs rough bushwhacking), so if you are able, it can be useful to repeat the exercise in different terrain. For reference my walking pace count is 70 to 80 depending on the terrain.

If you are a person who spikes all your controls and make a minimal number of mistakes navigating to those controls, reviewing the basics may not be what you want or need to do. I suggest next time you try a harder/longer course, do your course at a faster pace, or purposely use fewer trails. Whatever your level of skill, going to events outside of the Rochester area is a great way to improve. It will introduce you to new terrain and variations in mapping along with an opportunity to meet some new friends. Whatever you do get back to the basics of it all.... have fun!!!

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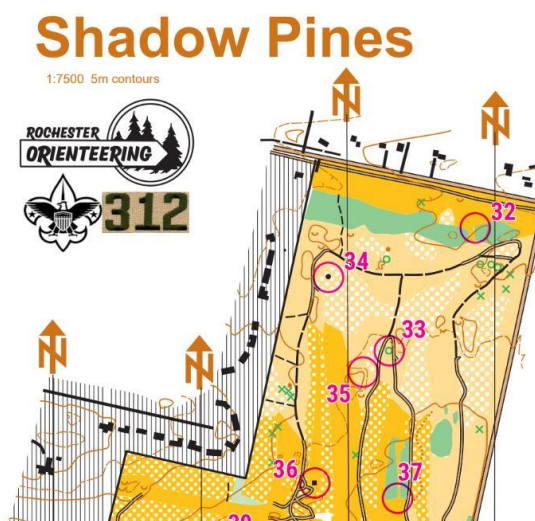
## Shadow Pines continued...

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The Southern section is varied terrain and vegetation. It was the rest of the golf course so it also has some paved trails, mowed paths (not as much as the northern section).

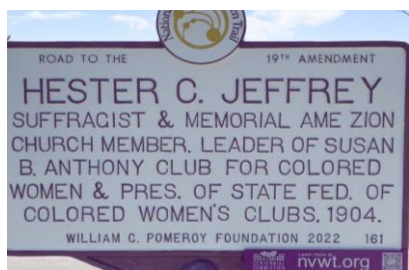
Expect to find some tall grass, thistles, weeds, and areas of small groves of trees. There are some large mature trees and some open areas that are growing back to forest. There will be some climb involved, don't let the northern section fool you! There is a creek which has many rocks along it. You have 60 minutes for get as many controls as you can. The controls have varying point values. You may choose to get some of the controls in the southern section, if you do, PLEASE USE CROSSWALK HEADING TOWARD LARGE FENCED IN BARN. Traffic along the road and intersection is not used to runners so **BE CAREFUL!**

Please be back on time! Since it will start getting dark soon after the course closing time of 7:30, control pickup will begin right at 7:30. The penalty for being overtime is 10 points per minute or fraction of a minute. String-O!! Bring your kids (or prepare to unleash the kid inside you). It will be e-punch so bring your sprinting shoes and we will see who earns the fastest string-O time!! Pre-packaged snacks, fruit and jugs of water/Gatorade will be available. Don't forget to sign up to volunteer and pre-register. See you in the woods!



## Rochester Map Adventure 2023

30 teams/ individuals set out from Abundance Food Co-op on foot or bike for a 2- or 4-hour urban map adventure. The area covered included Highland Park, Cobbs Hill Park, Mt. Hope Cemetery, Corn Hill, downtown, the Neighborhood of the Arts, Park Avenue, and other city neighborhoods. There were 100 control points, with each control asking a multiple-choice question that could be easily answered once in the right location. See below for examples of questions.



*What is the last name of the person whom this sign is about?*



*In what year was this park dedicated?*



*What is the prominent color in the petals of the flower to the left of the butterfly?*

Most controls were worth 1 point, but 18 controls were worth 2 points – all 11 of the controls in Mt. Hope Cemetery, and the seven most distant controls (eastern-most controls, in the Culver Road area). The cemetery controls were given the bonus because navigation is a bit tougher than on city streets, and although it was fairly close to the start, it was somewhat out of the way – not really on a good route choice to other places with a lot of controls.

Many thanks to Abundance for opening their cafe area for us to use as a start/ finish and registration place.

Dick Detwiler coordinated the vetting, registration, scoring, and course setting. Course setters included Dick, Anne Schwartz, and Rick Lavine. Thanks to the vetting efforts of Joel Shore, Paul Schwartz and Rick Lavine, along with very attentive participants of course, we had almost a 99% correct answer rate overall.

- The Holmes team won the 2-hour bike division with 38 controls and 48 total points, barely edging the Lindsay Worner/Jack Worner/Chris Joyce team with 46 points.
- Jean and Todd Sheehan won the 2-hour foot division, with 31 controls and 42 points; again, it was close, with Don Winslow in 2<sup>nd</sup> place with 40 points, and Carl Palmer in 3<sup>rd</sup>, also with 40 points, but finishing about a minute later than Don!
- The Dobretsov team won the 4-hour bike, getting all 100 controls and answering every question correctly, for 118 points. The Mark Salas team was second with 105 points.
- Zack Butler won the 4-hr foot category, with 71 controls and 84 points; the Hall team was second with 73 points.

Thanks to Joel Shore and Don Winslow for handling pre-registration and to Rick Lavine for being the greeter and timer.

Thanks also go to Paul and Anne Schwartz, Dick Detwiler, and Joel Shore for scoring the answer sheets.

It was a great day to explore Rochester!



This is why we vet! The picture on the right was originally planned as a control, with the question being what was the house number with the large boulder in the front yard. The vetter could not find any house with a boulder in the area of the circle. The course setter was very puzzled, and went back to have a look again – the boulder was indeed gone! Who would have thought a boulder of this size would just disappear between the time of course setting and the time of vetting?



-Anne Schwartz, meet director

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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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## 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:

**Monday, Sept 4:** Regular registration deadline. **Some folks may want to try the White, Yellow, Orange Rec courses at a much lower price! Only \$5!!!**

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

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We have a full schedule this fall 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 have to pay to register! Please consider helping the club and volunteering! It's a great way for newer folks to get to know everyone.

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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, ROC was planning an A-meet just like we are planning one next month. Can you name at least 3 similarities and 3 differences between the events 20 years apart?

Answer on page 15!

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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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## Ali Dobretsova

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**Name:** Ali Dobretsova

**Hometown:** Pittsford, NY

**Other family members:**

Tatyana Dobretsova (Mom), Sergey Dobretsov (Dad), Tim Dobretsov (Big Brother)



**Occupation/Grade in School:**

6th grader at Barker Road Middle School

**Other Hobbies:**

I love swimming, crafts, skiing (Downhill and Nordic), traveling, biking, horseback riding, reading and math.

**Involvement with ROC:**

I enjoy helping during the meets as well as running the courses.

**When did you start orienteering?** As soon as I was born, my dad put me in a baby carrier and

started orienteering with me.

**Why did you start orienteering?** I had NO choice. Just kidding. :) I cannot imagine who I could be if I didn't orienteer, because I get to know new orienteers and always happy to see old friends, feel relaxed, close to the nature. And I enjoy seeing all the animals and plants, saying "hello" to my orienteering friends and all the dogs I meet while running!

**What level are you competing at?** Yellow

**What do you love about orienteering?** Running with a purpose to beat myself, run faster and choosing the best way as well as thinking fast where to go next.

**Favorite park in Rochester to orienteer in...**

Harriet Hollister because I love the scenery.

**Farthest from Rochester that you have orienteered...** Canada

**Favorite orienteering experience...** Last year's Billy Goat at the Letchworth State Park! Felt a bit strange to be the only kid doing Kid's Goat but it was very cool to see so many racers and to be able to complete such a long course.

**Worst orienteering experience...** When I missed a checkpoint and had to go all the way back once I realized what had happened. This was the first time I was doing a course on my own without anyone shadowing me. I felt pretty frustrated but on the positive side I was able to figure out what happened on my own!

**Any future orienteering goal you may have...** I want to go to the winter Empire State Games and ski on the Olympic Nordic trail at Mt. Van



Hovenberg. But I want to make sure I'm ready for that since there are no White or Yellow courses. Hopefully, there will be enough snow next winter to practice!

### **Any advice for newer orienteers?**

The best way to get good at orienteering is to have more practice. You may make a mistake but that is part of learning how to orienteer. But my best suggestion is to have fun and not give up if something does not go as planned!

**Occupation/Grade in School:** Evelyn and John are philosophy professors at RIT, and Eamon and Bronwyn attend School of the Arts in Rochester.

**Other Hobbies:** Cross-country skiing, camping, nature study, board games, and logic puzzles, which are all activities that support our orienteering habit!

**Involvement with ROC:** We love to attend meets and sometimes compete each on our own, in pairs, or as a family team. The family members usually sign up for different courses or start off in opposite directions for Score-O courses so that the intrafamily competition doesn't get too intense.

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## **Capps family**

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**Name:** Capps Family

**Hometown:** Rochester, NY

**Family members:** Evelyn Brister and John Capps (first picture), Eamon Capps (second picture), Bronwyn Capps (third picture)



**When did you start orienteering?** We started with the permanent courses around Rochester during the pandemic. The question is: Why did it take us so long? Friends encouraged us to give it a try for

years, and our biggest regret is not starting over a decade ago.

**Why did you start orienteering?** We started the permanent courses after we became bored hiking trails we knew and wanted to see the landscape with fresh eyes. It was nice that the permanent courses gave us a target and some structure. Once we built some confidence, we began to attend meets.

**What level are you competing at?** Usually Intermediate or Short Advanced. One of us is a long-distance runner, one is a sprinter, one has good memory, and one's a strong navigator. We try to play to our strengths, and we're always learning as we aim for stepwise improvement.

**What do you love about orienteering?** How welcoming it is and suitable for all levels! We avoid competitive situations and don't think of ourselves



as

athletes, so we were nervous about coming to meets at first. It was a happy surprise to find that the club members form personal relationships and are supportive of every orienteer at every level.

**Favorite park in Rochester to orienteer in...**It's

not the place, it's the time of year: Ski-O can't be beat.

**Farthest from Rochester that you've orienteered...** We took a 12-year-old friend with us last August for the 3-hour Ellicottville Adventure Run in McCarty Hill and Rock City State Forests. That was a strenuous day, and she was quite a trooper!

**Favorite orienteering experience...**It was great when the kids (10 and 15 years old) beat the parents at a Webster Score-O by a wide margin!

**Worst orienteering experience...** "How did I miss that control? I ran right past it!"

**Any future orienteering goal you may have...** We're learning to use a compass more competently and confidently. In the future, we'd love to orienteer in Europe!

**Any advice for newer orienteers?** Just practice and have fun!

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## Meet Recaps by Lindsay Worner

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Durand Eastman Mini-ROGAINE (4/2)

CS: Rick Worner/Linda Kohn

It has always been Rick's dream to use ALL of Durand Eastman Park. This isn't usually possible since when the golf course is open it is uncrossable making the map very choppy. But an April 2nd meet was early enough that the golf course wasn't open yet (it also meant it could be a very cold meet). We lucked out and it was a sunny and cool day, perfect for running. There were controls all over both the East and West portions of the map. There was a 3-hour time limit and you could get controls in any order. We had a great turn out and there were 7 people who were able to get all the controls!

Mendon Ponds (4/23)

CS: Sergey Dobretsov

MD: Rick Worner

Well, we had a bit of a mis-step in the scheduling and what we had thought was a Saturday meet turned out we had reserved the shelter for Sunday. Thanks to everyone for being flexible! It worked out better that way since we got to start at Cavalry Lodge which makes the course setting more technical with direct access to the glacial features on the east side of the map. Sergey did not disappoint with fun technical courses that were not without some climb. With 50 starters it was a great turn out and a fun meet!

Harriet Hollister (5/7)

CS: Zack Butler

MD: Vince Cassano

This is only the 3 or so times we have used this map for an official local meet so it is still relatively new to many. It is a fun piece of land situated on top of a large hill (often having more snow in the winter than in Rochester, good for Ski-O). There is a network of trails used by hikers and mountain bikers (check out the BIKE-O in September). Some areas were closed due to some environmental concerns but Zack made it work and created the full selection of courses. Luckily everyone was back before the rain started. Thanks to Vince for being my sub meet director.

Webster Park (5/20)

CS: Andrew Beckmann

MD: Lindsay Worner

It was a dark and stormy night...well it was day but you wouldn't know it by how dark and rainy it was. I don't think it stopped raining even a little bit for any part of the meet. Participants did say that it wasn't THAT bad since it was still warm enough to feel ok as long as you kept moving. There was not much chit-chat after the event. Big thanks to those who went back out to get controls, getting wet a second time is never fun. A wet string-O gave some a challenge as course setter Rick made you have to go the 'right' way around the tree. :)

Rochester Map Adventure (6/4)

CS: Joel Shore

MD: Dick Detwiler

A great day for another episode of the Rochester Map Adventure! A change in length to 2- and 4-hour categories and a return of bikes made the event a little different than previous years. With the shorter time the controls were placed closer together so the density of controls increased meaning you found more controls faster! This made the 2-hour foot category pretty fun since competitors could manage to get up to 30 controls! Good planning on the part of the organizers :) I went out on the bike with my family and found 35 controls in 2 hours with a few playground stops along the way. Our starting location of Abundance Co-Op on South Ave. made a great centrally located spot to access some great parts of Rochester! The Dobretsov family once again showed their dominance by getting all 100 controls in the 4-hour bike category!

Alasa Farms (6/18)

CS: Doug Hall

MD: Lindsay Worner

As I arrived to set up I was greeted by a rowdy donkey and some horses who wondered what I was up to. This farm, Cracker Box Palace, is an animal shelter for injured or mistreated farm animals. They do great work and worth supporting if you are interested. We mapped Alasa farms (which is land owned by the farm as well as an adjacent parcel owned by the Genesee Land Trust) a few years ago and it has always provided orienteers with a challenge! This year Doug did not disappoint, with an even longer than usual course, Blue 7.8 km. US Orienteering team member Ali Crocker ran the course in 75 minutes. The next finisher was 30 minutes behind her! It was a long and beautiful day in the woods for some. When orienteers returned they could visit more animal friends along the string-O and then get a carrot to feed to animals! I think they were glad we visited!

Highland Park (7/12)

CS: Dick Detwiler

MD: Lindsay Worner

Our first evening meet of the summer was a hot one. Dick gave everyone an hour to find as many controls as they could. The park was surprisingly quiet for a warm evening so runners were pretty speedy in clearing the course. The summer meets are usually weekday events as we found summer



weekends were pretty busy. A quick after work summer score-O seems to fit in well for busy summers.

Ellison Park (7/26)

CS: Heidi Hall

MD: Lindsay Worner

Well I thought it was warm at the Highland meet but I was wrong. Another hot and humid score-O. Thanks to Heidi for setting a fun score-O with a twist! If you did any of the controls in numerical order (which is not necessary in a score-o) you got bonus points. The more consecutive controls you did in a row the larger the bonus! You may not think that sounds too hard but the shortest distance to get all the controls was around 6 km but if you did them in order to get the largest bonus it was 10km!! You still had to complete the course in the 1 hour time limit. Luckily Heidi was able to do lots of quick mental math to compute the bonuses. No one was able to get all of them in order but some came pretty close.

RIT Sprints

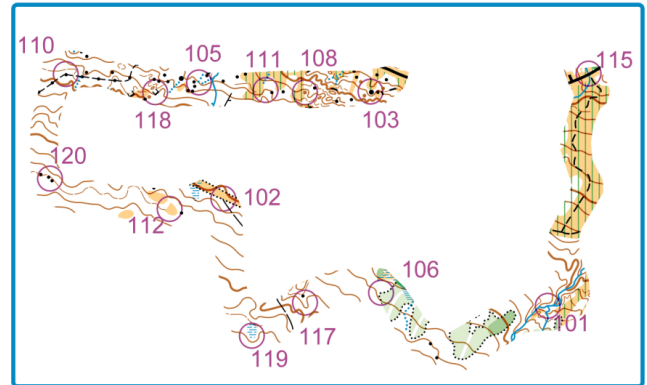
CS: Zack Butler

MD: Lindsay Worner

The RIT campus was mapped a while ago but isn't used every year because it is a little more work than a regular park meet. We have to do some extra paperwork for RIT and the map always has to be updated because they are constantly doing construction on campus. Zack made 4 courses; east, west, nature and a beginner. Sprints are meant to be quick (15 to 20 min) courses where you have to think fast. Choosing the wrong route can lead to backtracking or slower times. Sprint maps also have some different features to show underpasses, uncrossable walls, and flower beds.

## Puzzle Time Answer...

Some of the controls could be in several different places - but some locations are suggested below.



Corridor Controls			
10 101	⊙	⊙	⊙
10 102	⊙	⊙	⊙
10 103	⊙	⊙	⊙
10 105	⊙	⊙	⊙
10 106	⊙	⊙	⊙
10 108	⊙	⊙	⊙
10 110	⊙	⊙	⊙
10 111	⊙	⊙	⊙
10 112	⊙	⊙	⊙
10 115	⊙	⊙	⊙
10 117	⊙	⊙	⊙
10 118	⊙	⊙	⊙
10 119	⊙	⊙	⊙
10 120	⊙	⊙	⊙

## A Blast from the Past Answer...

Similarities:

- Rick Worner was Meet Director
- One of the days was held at Letchworth.
- Entry fees were waived for volunteers.

Differences:

- Entries were on an USOF entry form.
- Fees were collected via paper check.
- Dick Detwiler handled the registration.

## FIRST CLASS



4800 Eddy Ridge Road  
Marion, NY 14505



Meet Bronwyn Capps  
and her family... page 12

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

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- Read about recaps of our fall events and some members of ROC
- Submissions due by November 1, 2023



We have finally received and placed the plaque for the bench dedicated to Karl and Mary Kolva near Pat Lake in Durand Eastman Park. Karl helped form our club and worked faithfully with local schools. His wife, Mary, helped treat us all with her baked goods after finishing a local event!