

**ROCHESTER**

**ORIENTEERING**



# *The Wild Times*

April 2024

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

## ROC President's Corner... by Zack Butler

### Let's Go on a Hike Together - At Different Times!

Living in the southern end of Monroe County, I spend a lot of time in Mendon Ponds Park. As an orienteer, I like to hike both on and off-trail, and am always looking for new and interesting places to discover. While sometimes I am hiking with friends or family, often I am alone, so when I discover a new spot, I want to share it somehow. And orienteering, and especially course setting, gives me that chance!

When I am out in the woods and find a new spot, I will keep a mental map of it and file it away to use in a future event. Then at that event, I know that people are getting a chance to visit that exact place. When they come back, we might discuss it, how they got there, and what they found. Even if we don't get the chance to catch up, just knowing that they have been there is fun to know.

And it doesn't have to be an event that I've set - I am often just as excited to run someone else's course and come back, knowing that I have been to places that they have led me to. This was especially gratifying for the Sol-Os that we ran during the pandemic, but even to this day, having that sense of connection in the woods, even when being out there alone, is something special.

So, let me just end with this thought: if you have not yet done any course setting, might you consider it? It's a great way to get people to go on a hike with you, even if you aren't there with them! Linda Kohn is happy to instruct new course setters! See her at a meet for more information.



## Spring 2024 Icebreaker at Mendon Ponds – April 21st

**Please join us!** Sunday, April 21<sup>st</sup> at Mendon Ponds Park. Cavalry Lodge. Mini-Rogaine (2 hour or 4 hour long score-O). Zack promises to provide a great experience to start the new season off right! Check the website for more details as they get finalized! It'll be great to be back out in the woods and Mendon Ponds is a big favorite for so many orienteers!

Remember to register online at: <https://roc.us.orienteering.org/>

## 2024 Club Officers, Committee Chairs & Directors

### Board Officers:

President: Zack Butler  
zack.j.butler@gmail.com  
President-Elect:

Past President: Gary Maslanka  
gmm650b@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

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Doug Hall doughfs@gmail.com

Zack Butler zack.j.butler@gmail.com

Katie Dunn katiejdunn14@gmail.com

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:

#### 2024 Tentative Schedule

The scheduling committee has put together a tentative 2024 schedule. We tried to pick maps that were not used in 2023 or use a different section of the map. We will be bringing back the Genesee Country Village map that has not been used since 2017 and the canoe/kayak O that has been missing for a couple of years.

The season's opening event will be a 2- or 4-hour Rogaine at Mendon like the event held at Durand last spring.

The club will host another national event NRE at the end of April or in early May of 2025 at Mendon Ponds. We are currently in discussion with Buffalo about them hosting another day so we can make it a weekend for people who must travel.

The annual trail race is not an orienteering event, but for over 30 years we have used it to supplement our local meet budget. We often lose money on local meets because the Monroe County Park shelter costs.

The schedule and dates are still tentative so we welcome your comments or feedback!!

Please send to [wornerkohn@gmail.com](mailto:wornerkohn@gmail.com)

**April:** Mendon Ponds Mini-Rogaine similar to last year's Durand event (3 hours) **SUNDAY, 4/21**  
Genesee Country Village Classic (Met with Director earlier this fall) **SATURDAY, 4/27**

**May:** Webster Park Classic **SUNDAY, 5/5**  
**World Orienteering Week Event** at Cumming Nature Center Classic **SATURDAY, 5/18**

**June:** RMA **SUNDAY, 6/2**  
ADK EXPO, **SATURDAY, 6/8**, and Canoe/Kayak O at South end of Braddocks Bay. **SATURDAY, 6/15**

**July:** Two Score O Events at smaller parks on a weeknights **WEDNESDAYS, 7/10 & 24**

**August:** Two Score O events at smaller parks on weeknights **THURSDAYS, 8/8 & 22**

**September:** Letchworth West Classic, **SUNDAY, 9/15** Mendon West Classic. (Save East side for 2025 NRE) **SATURDAY, 9/28**

**October:** Harriet Hollister Classic **SUNDAY, 10/6**  
Durand East Classic **SATURDAY, 10/27**

**November:** Trail Race (May consider moving this to the end of October to avoid conflict with Fleet Feet Races. **SATURDAY, 11/2**

**December:** Annual meeting and activity **SUNDAY, 11/3**



In May 2024, between the dates of May 18<sup>th</sup> and May 26<sup>th</sup>, any activity can be registered as a World Orienteering Week event!

#### Outside of Rochester:

CNYO	Check their website for details! <a href="http://cnyo.us.orienteering.org/">http://cnyo.us.orienteering.org/</a>
BFLO	Check their website for details! <a href="https://buffalo-orienteering.org/">https://buffalo-orienteering.org/</a>
EMPO	Check their website for details! <a href="https://empoclub.org/">https://empoclub.org/</a>
NCO	Check their website for details! <a href="https://northcountryorienteering.org/">https://northcountryorienteering.org/</a>



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## Permanent Course Finishers

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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 our members to download on our website.

Letchworth: Karen Godshell  
Mendon: John Coniglio

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## Opportunity through NEOOC

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INTERNATIONAL  
MASTERS GAMES  
ASSOCIATION



PAN-AMERICAN  
MASTERS GAMES  
2024 CLEVELAND

Cleveland, Ohio is proud to host the 2024 Pan-American Masters Games!

### **Orienteering Event Schedule**

Saturday July 13

Urban Sprint

Kent State University

Monday & Tuesday July 15-16

Middle and Long Events

Cuyahoga Valley National Park



Orienteering events hosted by the Northeastern Ohio Orienteering Club.  
*Registration for individual sports closes June 12th. All ages 35+ are eligible.*

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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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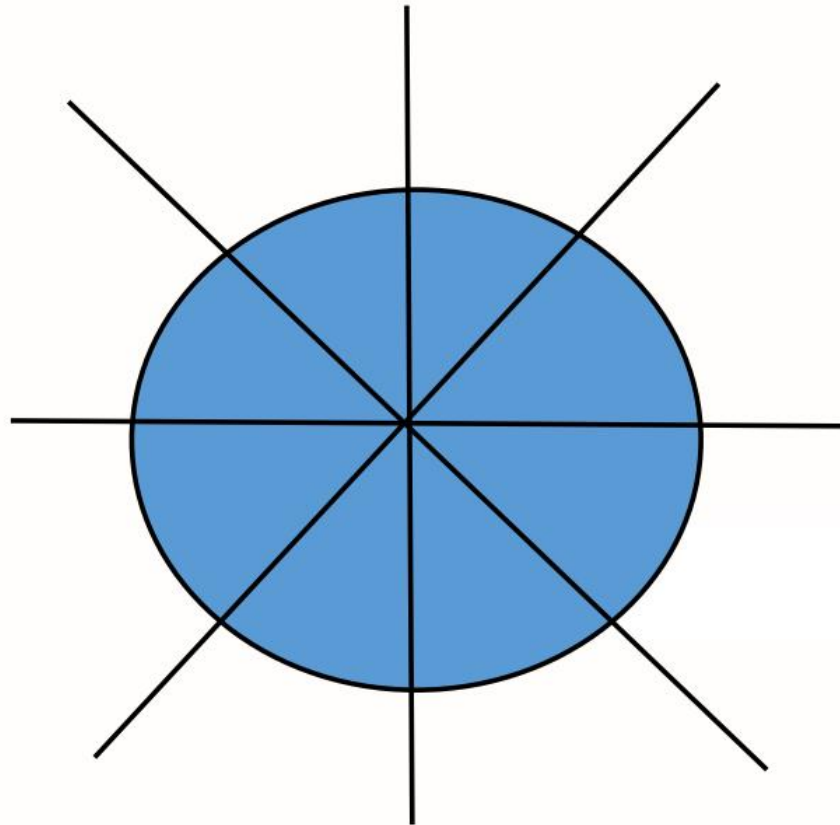
## Puzzle Time.... Answer on page 15

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Will this puzzle have your head spinning in circles?

Use the clues to out where each feature is positioned on the circular grid below.

- I am standing in the middle of a circle facing North, surrounded by 8 different features, namely, an Ant hill, a Boulder, a Cairn, a Knowl, a Pit, a Statue, a Tree and a Well.
- The Boulder is directly behind me and opposite the Ant hill
- The Tree is 90 degrees from the Knowl and opposite the Cairn
- The Pit is to my East
- The Knowl is opposite the Statue
- The Cairn is 45 degrees from the Ant hill
- The Statue is in between the Boulder and the Pit



[www.britishorienteering.org.uk/Home\\_Resources](http://www.britishorienteering.org.uk/Home_Resources)  
#orienteeringathome



Credit: from the BritishOrienteering.org website



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## POM and MOM Trip by Rick Worner and Linda Kohn

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This was our fourth trip to the Portugal Orienteering Meeting (POM) which is held every February and our second time in Spain for the Maximus O Meeting (MOM). These are two of the few winter events and draw many Scandinavians and other Europeans for a field of about 2,000 runners in each event. This year the



View from POM Arena 2

Portugal event was near the town of Almeida. Almeida itself is a walled city dating back to medieval times. We actually stayed in an apartment inside the walls and had a control right outside our window during the sprint relay event. Speaking of sprint events, one of the signature events of POM is a Night Sprint (see map). This year it was in a thousand-year-old city with lots of narrow streets and passageways. Runners were started every minute from each age group...that comes out to 15-20 runners every minute. It is crazy running around such a small space with hundreds of runners with headlamps going in different directions looking for controls on 20 different courses. You really had to concentrate to stay in contact with the map.





POM Night Sprint Map

The areas around Almeida were extremely rocky with lots of large, wait, make that HUGE boulders and boulder clusters. It was a challenge to maintain contact with the map in areas with heavy concentrations of rocks since only the largest were mapped. We were amazed at how many rocky features didn't make it onto the map and had to constantly make decisions about what was big enough. There were lots of old stone fences amongst the rocks to add to the confusion. For the most part we got around the courses OK. There was a lot of open area with little undergrowth and very little deadfall so it was easy to get around if one used the yellow to navigate. However, arriving in the circle often meant searching for the right pile of rocks then finding the control within the pile. It was hard to keep running rather than stopping to wonder at the magnificence of the terrain.

Unfortunately, Linda fell off a 5-foot-high barbed wire fence on the third day of competition near the finish and broke her collarbone. After an X-ray at the local hospital, she was able to get a sling and a brace. She took pictures on the 4th day of competition and was still able to complete all of her courses in Spain...walking!

The second week we spent in Navaluenga, a small town in Spain. This area was also very rocky and a bit steeper. We were there on Carnival Week so we got to observe local celebrations on the days leading up to Ash

Wednesday. Peter and Gail Gagarin (NEOC) and Dave Hunter and Janet Findlay (EMPO) also competed in both meets, we really enjoyed comparing routes as well as checking out the local cuisine. Gail was the big winner in Spain, getting a local sausage as a prize.

Both meets were extremely well organized with excellent terrain, maps and courses...and I can't forget to mention the friendly people throughout the entire trip. If you would like to hear more about our trip or want some advice on planning your own trip, we'll be at most of the local events.

Peter Gargarin's AP log shows most of the maps we used. [https://www.attackpoint.org/viewlog.jsp/user\\_62/period-7/enddate-2024-02-25](https://www.attackpoint.org/viewlog.jsp/user_62/period-7/enddate-2024-02-25)

More information.

[https://pom.pt/2024/wp-content/uploads/sites/12/2023/06/ING\\_Boletim-0-POM2024\\_.pdf](https://pom.pt/2024/wp-content/uploads/sites/12/2023/06/ING_Boletim-0-POM2024_.pdf)

<https://maximuserientacion.com/mom/>

We would highly recommend these events to anyone. Portugal is an easy trip and the country is quite inexpensive and friendly.

<https://www.facebook.com/portugal.o.meeting/>

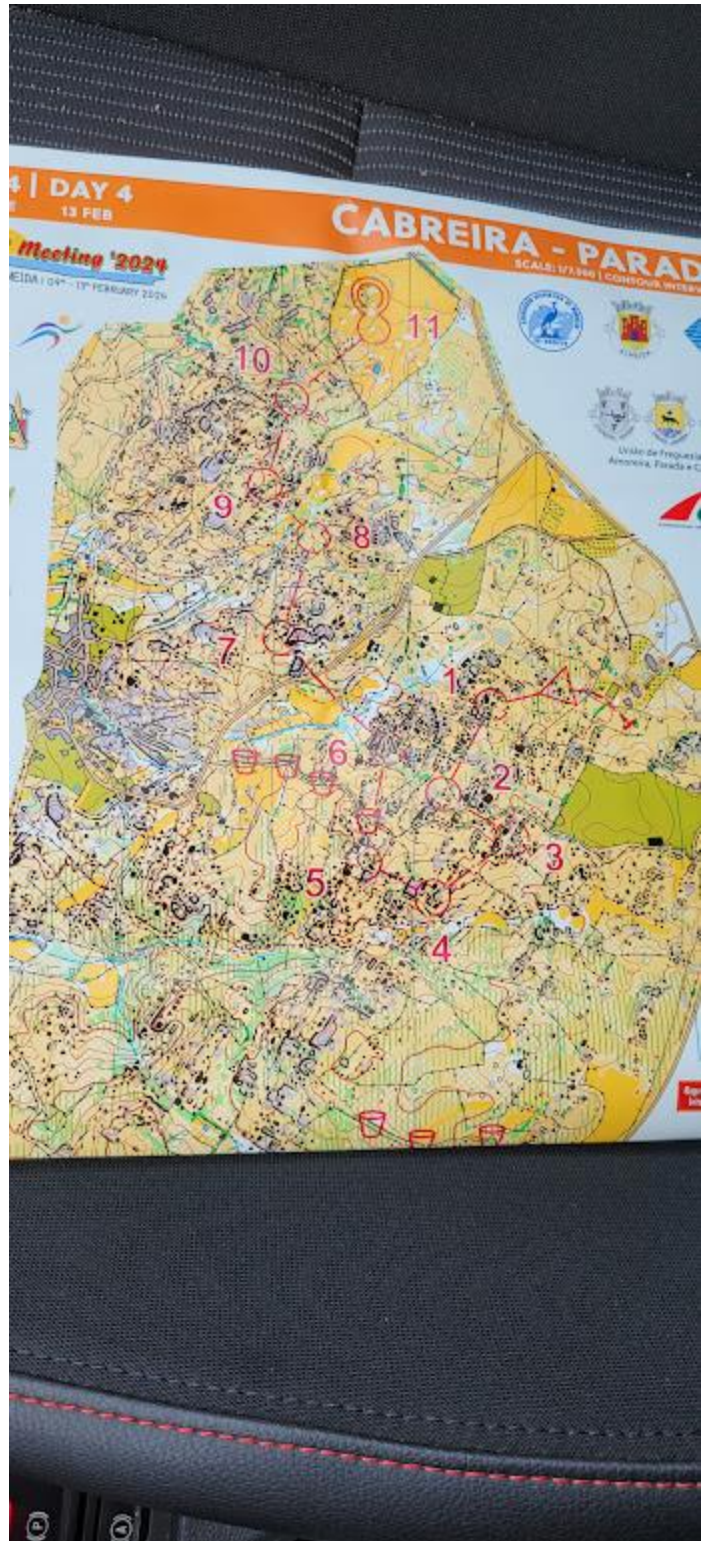


Rick and Linda with the Gagarins





Competitors coming to the finish!



Map for Day 4 in Portugal

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## 2025 NRE Reminder

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Our next major event is penciled in for Mendon Ponds in the spring of 2025. I hope that many of you will be able to volunteer again. Any questions, contact Rick Worner. See <https://orienteeringusa.org/events/calendar/>

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

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We have a full schedule in 2024 and will need regular volunteers at every event. **There are 9 Course Setter openings right now! Linda Kohn is happy to review the how-tos of course setting with anyone interested. See her at a meet or at [wornerkohn@gmail.com](mailto:wornerkohn@gmail.com)** 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@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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A True/False quiz according to the March 2002 *The Wild Times*...

1. ROC had an Interscholastic Championships for high school students.
2. Richard and Nancy Burgey offered a 6-session orienteering course through the Webster Continuing Education program.
3. ROC Board voted to purchase electronic punching equipment: 30 controls and 50 fingersticks for \$3500.
4. Of the list of the 57 volunteers from 2001, there are only 5 people still active with the club.
5. This little tyke found a control on the String O at Rochester's Highland Park.



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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### Soren Lindahl

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**Name:** Soren

Lindahl

**Hometown:** Born in Webster, currently reside in Ontario

**Other family members:** wife – Steph, 2 adult sons – Austin & Jesse



**Graduated from:** R.L. Thomas HS in Webster

**Other Hobbies:** going for a motorcycle rides, hiking, camping –anything that gets me outdoors really but downhill skiing (especially in the Rockies) is the bomb-diggity!

**When did you start orienteering?** About 20 years ago

**Why did you start orienteering?** Went along with my sons' Boy Scout Troop to the Scout-O hosted by CNYO – thank you Jim Russell!!!

**What level are you competing at?** I don't compete, I just love running around the woods but I usually pick the longest most advanced course available.

**What do you love about orienteering?** Being outside, getting some exercise doing something I find extremely fun.

**Favorite park in Rochester to orienteer in...** Mendon Ponds - not too far from home and I love the terrain.

**Favorite orienteering experience...** Several stand out. During COVID, when we had the solo series, there were two I found especially enjoyable. The course at Rattlesnake Hill Wildlife Management Area and one at the southeast corner of Letchworth State Park. Both were fairly remote locations, did not encounter too many humans. Gave the feel of a real wildlife adventure – I love that. The other events that stand out would be all the years I went with my sons' Scout Troop to the Scout-O.

Combined some of my favorite activities – camping, spending time with my sons, watching them and their peers learn how to be independent, and of course two days of orienteering.

**Worst orienteering experience...** The Alasa Farm event earlier this year. I had trouble right from the start, could not find the first control. It went downhill from there and I finally gave up and just walked out with only two or three controls.

**Any future orienteering goal you may have...**  
To never have to have a search and rescue team come find me.

**Any advice for newer orienteers?**

Two pieces of advice:

#1 If you are not getting lost occasionally, you need to select a more challenging course.

#2 Don't follow me! (see #1)

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## Alex and Natalie Nazarenko

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**Name:** Natalie & Alex Nazarenko

**Hometown:** Williamsville, NY



Natalie



Alex

**Other family members:** The most important is our granddaughter Jin (Juniper).

**Occupation/Grade in School:** We're retired SUNY college teachers (Computer Science (N) & Analytical Chemistry (A))

**Other Hobbies:** Tai Chi and skiing (N)

**Involvement with ROC:** since 2017

**When did you start orienteering?** 1968...

**Why did you start orienteering?** When you're in a forest, it's only natural to read the map.

**What level are you competing at?**

Yellow/Brown (F70+/M70+)



## What do you love about orienteering?

Forests, creeks, hills, ...

## Favorite park in Rochester to orienteer

in...Mendon Ponds

## Farthest from Rochester that you've

orienteered... We both are from Kyiv, Ukraine...

## Favorite orienteering experience... Meeting

each other (we don't remember when it exactly was, but we've been running for the same University team since 1971)

## Worst orienteering experience... Impossible!

I'd never blame myself!

## Any future orienteering goal you may have...

Being able to make it next year.

## Any advice for newer orienteers? Study

technical tricks (for example, count steps to know how far you are. In my case (A), 60 steps are equal to 10 mm on a 1:10000 map).

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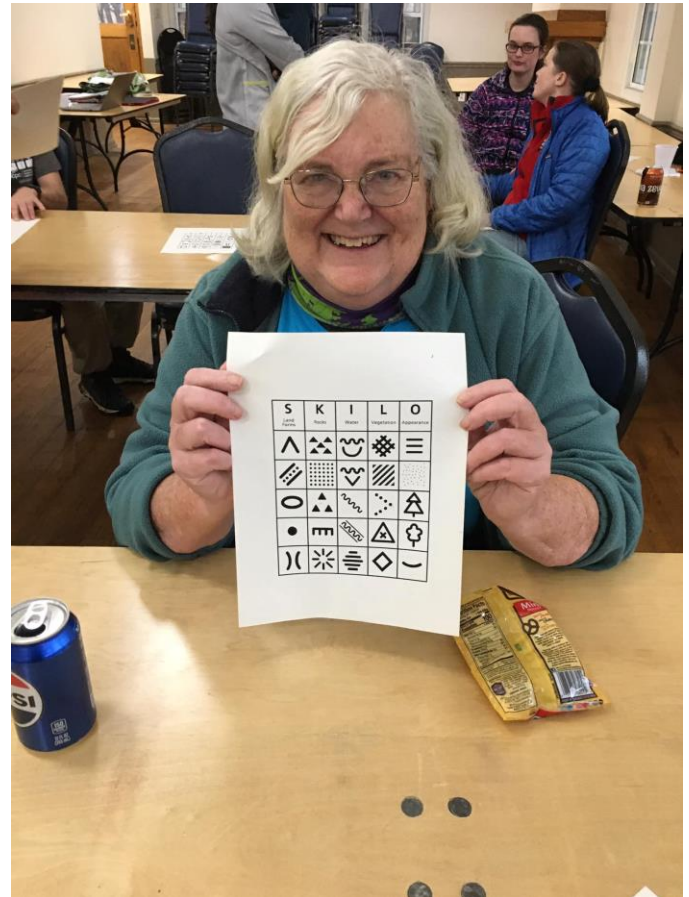
## Past Meet Recaps

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### Annual Meeting at Camp Eastman (12/3)

Before the meeting Tyler Borden and Patty Borden offered a yellow and orange and red course where Linda

Kohn, Don Winslow and Zack Butler finished first respectively. Speedy Zack also finished first on all 4 of the grid mazes!!! We also played orienteering symbol BINGO and lots of prizes were given away. Gary led the membership meeting and we enjoyed the orange and white frosting orienteering themed cupcakes!



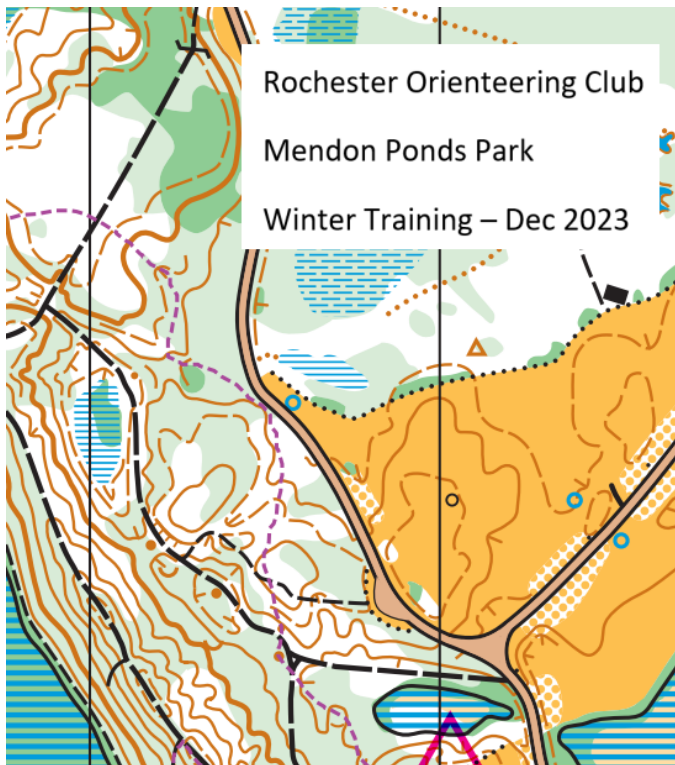
Nancy Burgey playing BINGO at Camp Eastman!

### Training Event by Andrew Beckmann at Mendon Ponds (12/2023)

Due to the interest in advanced training, Andrew put together a short (~2 .5km) Line-O course on the west side of Mendon Ponds.

The map had a purple line that was supposed to be followed, and along that line there were 14 controls randomly spaced. The controls all had descriptions but weren't shown on the map. If you followed the line, you found the controls. This training is best done with a GPS watch, done perfectly your track will be the same distance as the line.

Please let Andrew know what you thought of it!



Beginning section of the Line-O training  
By Andrew Beckmann



Lindsay at registration at Winterfest

### Genesee County Park (2/17)

We had 13 starts for Gary Maslanka's courses that day. There was a beginner course (2.5K), intermediate course (4K), and an advanced course (5.6K) and we actually had snow! Rebecca Beck was the lone finisher for the beginner course, Jim Pamper finished first on the intermediate course and Tom Rycroft finished first on the advanced course in a time of 60:42.

### Winterfest at Mendon Ponds (January 2024)

Well, it wasn't much of a winter around Rochester and we didn't have many participants. Zack Butler designed the courses and Lindsay Worner manned headquarters.

Don Winslow talked up orienteering to everyone he saw out on the course. One gentleman he met probably parked as far away from the lodge as he could, and had quite a walk to get to the start! It was still a nice day to be out in the woods.



Shea Coleman, Gary Maslanka & Katie Dunn @ GCP





Finnegan looking pleased with finding the control!

### Mendon Ponds Sol-O Course (April 2024)

Depending on when you're reading this, this may still be available!!! Tags and orange streamers were out from early April **until April 14** for a Sol-O practice course! The vegetation is very low at the moment so visibility is good in the woods. Control locations were picked with a variety of difficulty levels to be well suited for our beginners' clinic on April 14, so not all of the controls on the advanced courses are particularly advanced. Hopefully it is still a fun challenge! Note that the course will be up during the eclipse on April 8 if you want to practice your night orienteering in the middle of the day! Maps are attached.

[mendonpracticecourseandorienteeingclinicfortrailrun.zip](#)

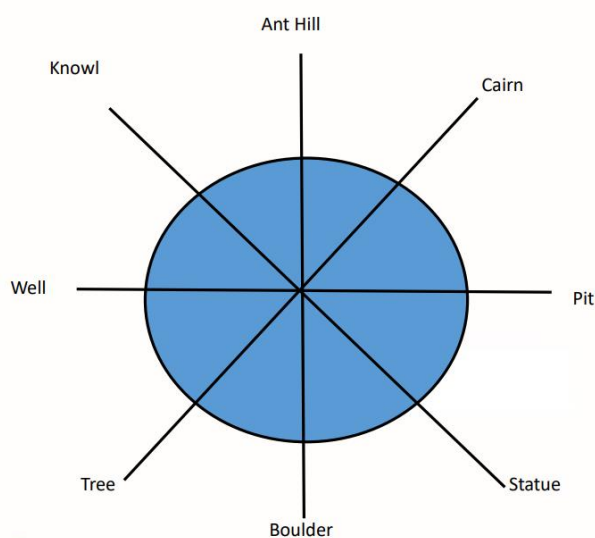
### Intro Clinic for Trail Runners (4/14)

Katie Dunn and Shea Coleman organized a clinic for trail runners on Sunday, April 14 from 9-11 am. It was really an intro to orienteering clinic geared towards trail runners, and not intended for experienced club members. Thank you to those who considered volunteering to help with registration, setting flags, flag pick up, or leading small groups who want some guidance from 9-11 am. Event details could be found [here](#).

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### Puzzle Time Answer...

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### A Blast from the Past Answer...

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1. True, Rick Worner organized the championships.
2. False, Dick Detwiler taught the workshop.
3. True, and we're glad for the advances in technology.
4. False, so many people are still involved with the club! Dayle & Rick Lavine, Jim Russell, Bob Bundy, Kathy Bannister, Kay Sheehan, Dick & Cheryl Detwiler, Jim Tappan, Linda Kohn & Rick Worner, Sergey Dobretsov, Louise Cook, Eric Barbehenn, Paul Schwartz., Laurie Hunt, and Joel Shore.
5. False, the picture is from the Parade Grounds at Letchworth.

## FIRST CLASS



4800 Eddy Ridge Road  
Marion, NY 14505



Linda Kohn in Spain

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

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- Read about recaps of our spring events!
- Submissions due by July 1, 2024



Portugal Orienteering Meeting (POM) view for Arena 2. See Rick and Linda's article on page 6.