



ROCHESTER ORIENTEERING CLUB

2016 Meet Schedule



Always call the Hotline at (585) 377-5650 before traveling to any event, for directions, last-minute changes, etc.
Web site: roc.us.orienteering.org

What is Orienteering?

Orienteering is a sport which involves finding your own way from one checkpoint to another. You need no special equipment. Just show up at the local meets to participate.

Who enjoys Orienteering?

Orienteering is ideal for families. It appeals to all ages and fitness levels. You may treat it as a competitive race of navigational skill and physical speed, or simply as a hike through the countryside.

You may participate as an individual, or as a group or family.

Won't you join us?

Call the Orienteering Hotline at (585) 377-5650 for event status, directions, or specific start location, or to leave any questions about orienteering.

Also, please visit our web site at roc.us.orienteering.org for any schedule changes, for directions to the meet locations, for results, and for general information about orienteering.

The club has permanent orienteering courses at a number of local parks. This is a great way for beginners or families to learn or practice skills year-round at their own pace. For information, call the Hotline and leave a message.

Everyone is welcome

All meets offer beginner instruction, which is available approximately 15-30 minutes after the initial start. Signs to the starting point are always posted in the park.

For safety reasons, all entrants are encouraged to carry whistles

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 below). The White and Yellow courses are \$5 per map. A person or group can do a second course for \$2 additional charge.

Children can participate in the Little Troll Program by earning a sticker each time they participate. When enough stickers are earned they can send in their sticker card and receive a patch from the national orienteering federation.

Please pre-register!

All meets allow on-line pre-registration. (See the club web site for a link). This feature saves a significant amount of time and confusion for entrants and meet staff. We do not charge on-line, and prefer pre-registration even if your plans change and you are unable to attend the meet. There is a \$1 discount for pre-registering (discount doesn't apply to White or Yellow courses).

2016 Meet Schedule

Meets in county parks are co-sponsored by the Monroe County Parks Department.

March

- 19 (Sat) **Course Setting/Mapping/Meet Director Workshop.** Time TBD. 874 Edgemere Dr.

April

- 9 (Sat) **Orienteering clinic at Fleet Feet,** Armory location. 9:00 a.m. to 12 noon. See web site for details.
- 24 (Sun) Classic event. **Camp Eastman.** Rotary Lodge. Start from noon to 2:00 p.m.

May

- 7 (Sat) Classic event. **Webster Park.** Holt Lodge. Start from 10:00 a.m. to noon.
- 21 (Sat) **Rochester Map Adventure. South Avenue Recreation Center.** Three and five hour categories. **Mass start at 11:00 a.m. Pre-registration strongly encouraged.** Limit 200 people. More details on web site.

June

- 5 (Sun) Classic event. **Powder Mills Park.** Oak Tree Lodge. Start from noon to 2:00 p.m.
- 11 (Sat) ADK Workshop. **Mendon Ponds Park,** Beach Parking Lot. Beach area. 9:00 a.m. to 4:00 p.m.
- 18 (Sat) Canoe-O, **Braddocks Bay East.** State Marina, East Side. 10:00 a.m. mass start.

July

- 13 (Wed) **Highland Park.** Score-O. Pinetum Parking Area. Mass start at 6:30 p.m.

- 27 (Wed) **Irondequoit Bay West Park.** Score-O. Near Fish and Game Club. Mass start at 6:30 p.m.

August

- 13 (Sat) **Genesee Valley Park.** Score-O. Red Creek Shelter. Mass start at 10:00 a.m.
- 20 (Sat) **Regaine/Mini Rogaine.** Letchworth East. Nunda Rod and Gun Club. Hosted by CNYO.
- 28 (Sun) **Seneca Park.** Trail Challenge. Eagle Shelter. Mass start at 1:00 p.m.

September

- 11 (Sun) Classic event. **Genesee Country Village/Museum Nature Center.** Start from noon to 2:00 p.m.
- 17 (Sat) **Durand Eastman Park. Conifer Shelter.** National Orienteering Day. White, Yellow, Orange. Start from 10:00 a.m. to noon.

October

- 8 (Sat) Classic event. **Mendon Ponds Park,** east side. Calvary Lodge. Start from 10:00 a.m. to noon.
- 23 (Sun) Classic event. **Mendon Ponds Park,** west side. Hopkins Point Lodge. Start from noon to 2:00 p.m.

November

- 5 (Sat) **Annual Mendon Trail Run.** Stewart Lodge. 10K, 20K, 30K, 50K. 8:00 a.m. 50K, 9:30 a.m. 10K, 20K, and 30K. Pre-registration required.
- 12 (Sat) Night-O. **Ellison Park.** Hazlewood Grove. Mass start at 6:00 p.m.

December

- 3 (Sun) Annual meeting. **Brighton Town Park.** Details TBD.

January 2017

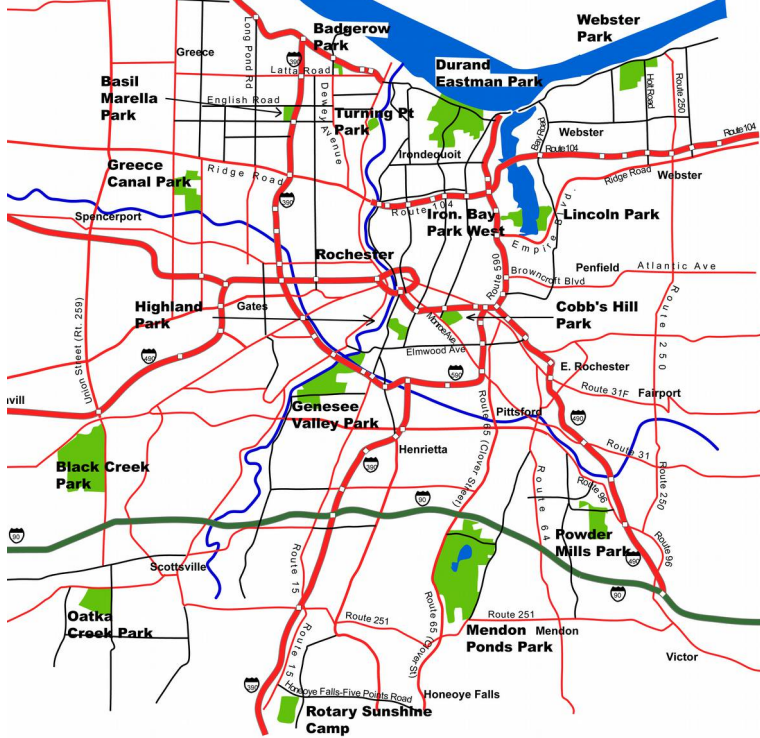
- 15 (Sun) Ski-O at **Mendon Ponds Park** Winterfest.

February 2017

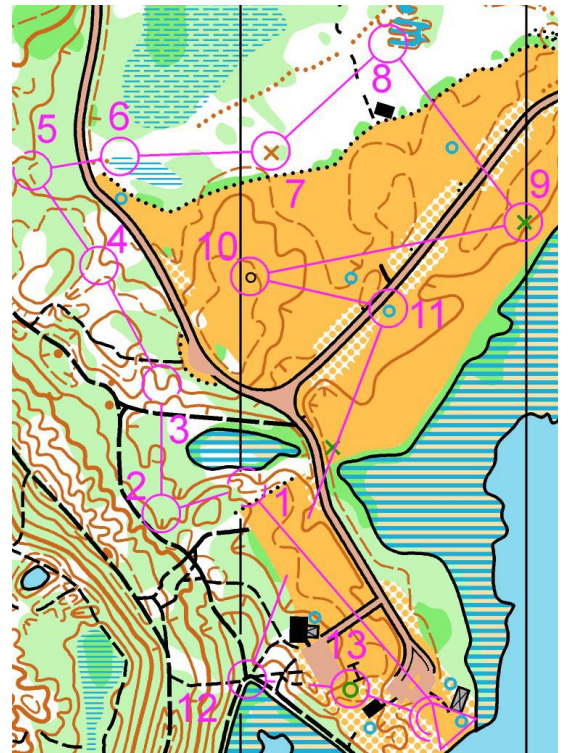
- (Sat) **Ski-O at TBD.**

Note: "Classic Event" refers to multiple course options, usually four or more, always including a White (easiest) course.

Location map to Rochester Orienteering Club orienteering areas



Example of Orienteering Map



Rochester Orienteering Club membership application form

- \$10 for one-year student membership (high school or younger)
- \$15 for one-year individual membership
- \$20 for one-year full family membership
- \$25 for one-year organization membership (example: Scout group)
- \$40 for three-year individual membership
- \$55 for three-year family membership
- \$200 for life membership

Make check payable to the Rochester Orienteering Club and mail to:
 Rochester Orienteering Club, 40 Erie Crescent, Fairport, NY 14450

Name: _____
 Address: _____
 City: _____
 State: _____ ZIP: _____
 Phone: _____
 e-mail: _____
 Indicate if:
 New membership or Renewal
 Date of application: _____

Please indicate one or more areas in which you would be willing to volunteer occasionally: Meet Director Course Setter
 Food Greeter Registration String-O Start Finish Control Pick Up Results Typing

Web site: roc.us.orienteering.org
Orienteering Hotline: (585) 377-5650



e-mail: membership@roc.us.orienteering.org
 Fairport, NY 14450
 40 Erie Crescent

**2016
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