



The Wild Times

January 2005

ROC hotline: (585) 377-5650 Web site: <http://roc.us.orienteering.org>

The official newsletter of the Rochester (NY) Orienteering Club



Runners head out at the 8 a.m. start of the Mendon 50K Trail Run on a cool blustery day. Article and results inside. (Photo by Dick Detwiler)

Changes in fee structure (memberships and meet fees)

The ROC Board of Directors has good news and bad news on this topic. The bad news is that, after literally decades of having no increase in either membership fees or meet fees, it is necessary to impose an increase. This is driven nearly entirely by large increases over the past several years in our insurance fees which are paid to the USOF annually. The insurance coverage provided by the USOF is extremely important for clubs to be able to hold meets at all.

Annual dues for all membership categories are being increased. Also, meet fees for non-members are being increased by \$1, from \$5 to \$6.

The good news? First, ROC is still one of the least expensive orienteering clubs in the country. More important, you can substantially defer paying the higher membership fees by

joining or renewing NOW (before March 1). Sign up for a 3-year membership and you won't need to pay any increase until 2008! And there is no increase in meet fees for members (still \$3, a bargain!). See membership application form on the back of this newsletter to join/renew.

In this issue:

Volunteer "thank you"	Page 4
Permanent course finishers	Page 4
CNYO rogaine account	Page 5
Adventure in Vermont	Page 6
Mendon 50K trail run	Page 6
Summary of BOD meetings	Page 8
Results from local events	Page 9

2005 Club Officers and Committee Chairs

President: Dick Detwiler 671-2437
Rlshadow@aol.com

Past President: Jim Russell 315-524-4866
jrussell@rochester.rr.com

President-Elect: Vacant

Treasurer: Kathy Bannister, 493-2219
kbannister@frontiernet.net

Secretary: Sandra Lomker, 426-6773
slomker@frontiernet.net

Membership: Randy McGarvey
Randall.mcgarvey@alum.rit.edu

Equipment: Laurie Hunt, 464-0587
bacewoman@bluefrog.com

Mapping Chair: Dick Detwiler
671-2437, Rlshadow@aol.com

Hotline: Carol Moran, 377-8144
Pwtmoran@aol.com

Newsletter: Dick Detwiler 671-2437
Rlshadow@aol.com

Volunteer Coordinator: Sandra Lomker/Tom Cornell
426-6773 slomker@frontiernet.net

Publicity: Rick Worner, 581-2979
Wornerkohn@aol.com

Retail Map Sales: Louise Cook
293-3465, LMC@hlms.com

Permanent O: Tom Cornell, 426-6773
tcornell@frontiernet.net

O Education: Laurie Hunt, 464-0587
bacewoman@bluefrog.com
Jim Russell, 315-524-4866,
Jrussell@rochester.rr.com

GPS Coordinator: Mike Gallagher,
425-3327, mafg@netacc.net

Web Site: Sergey Dobretsov,
388-0683, Dobretsov@yahoo.com

Board of Directors:
Eric Barbehenn, 383-4413
ericb@procolorsvc.com
Bob Bundy, 586-9393 rbundy1@rochester.rr.com
Paul Schwartz, 671-3866
paulschw@hotmail.com
Sergey Dobretsov, 388-0683
Dobretsov@yahoo.com
Mike Gallagher, 425-3327 mafg@netacc.net
Laurie Hunt, 464-0587
bacewoman@bluefrog.com
Rick Lavine, 442-6358
rdlavine@frontiernet.net
Randy McGarvey, 223-7996
Randall.mcgarvey@alum.rit.edu
Carol Moran, 377-8144
Pwtmoran@aol.com
Ravi Nareppa, 385-9001
Ravi_divya@yahoo.com
Joe Seyfried, 872-0903
jseyf@frontiernet.net
Joel Shore, 256-0794 jshore@frontiernet.net
Rick Slattery, 223-3724 Ricks@rochester.rr.com
Rick Worner, 581-2979 Wornerkohn@aol.com
Gil Robs, 385-3669 EROBS@senecafoods.com

General information on local meets

Courses

The club uses the USOF "color" designations wherever applicable. A description of the courses is as follows:

Color	White	Yellow	Orange	Brown	Green	Red	Blue
Approx. distance	2-4 km	3-5 km	4-7 km	3-5 km	4-7 km	6-10 km	8-14 km
# of controls	4-12	5-12	8-12	8-12	8-12	8-15	10-18
Difficulty	Easiest	Easy	Medium	Hard	Hard	Hard	Hard

The White 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 Yellow course is slightly more difficult than the White 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 Orange course requires more map-reading and course-planning skills than the Yellow course. Controls will generally have a good attack point, but the attack point may be more subtle than on the Yellow 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 Yellow course.

The Brown, Green, Red, and Blue 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), or a Line-O or Score-O. These courses will be explained in the meet instructions at any meet that uses these formats.

The entry fees to ROC meets are \$3.00 per individual or group for ROC members and \$6.00 for non-members. If several people (a family group for example) enter as a group using the same map, the fee is still \$3.00 (members) or \$6.00 (non-members). Additional maps are available for \$1.00 each. A person or group can do a second course using the same map for no additional charge (if you complete the White course and decide to try the Yellow course, for example).

Beginner instruction

Beginners are always welcome; there is an informal beginners' clinic approximately 15 minutes after the beginning of the event, and all meets offer a course suitable for beginning orienteers.

2005 Winter and Spring Schedule

Ski-O's marked with an asterisk are Empire State Game qualifiers.

Rochester Area

January 8, 2005 Saturday	Ski-O* at Letchworth State Park , Trailside Lodge. Start from 12:00 noon to 2:00 p.m.
January 23 Sunday	Ski-O* at Mendon Ponds Park . Start from 12:00 noon to 2:00 p.m.
April 9 Saturday	Annual Icebreaker. Mendon Ponds Park . Cavalry Lodge. Also special course with no trails or roads shown. Start from 12:00 noon to 2:00 p.m.
April 24 Sunday	Badgerow Park . White and Yellow courses plus memory-O. Start from 12:00 noon to 2:00 p.m.
May 7 Saturday	Durand Eastman Park . East side, Log Cabin Road. Start from 12:00 noon to 2:00 p.m.

Attention!

Before traveling to any ROC meet, please call the Hotline at (585) 377-5650.

Meet locations, details, and schedules may change at any time – the Hotline will always have the latest info!

Outside of Rochester Area

(see web site of sponsoring club for details)

January 2 Sunday	Ski-O*. EMPO. Crandall Park Glens Falls, NY.
January 15 Saturday	Ski-O*. EMPO. Lake George Rec. Trails, Lake George, NY
January 22 Saturday	Snowshoe-O. EMPO. Grafton Lakes State Park, Grafton, NY
January 29 Saturday	Ski-O*. CNYO. Hammond Hill Dryden, NY
January 30 Sunday	Ski-O*. CNYO. Bear Swamp Sempronius, NY
February 5 Saturday	Ski-O*. CNYO. Roscoe Conklin Park, Utica, NY
February 6 Sunday	Ski-O*. AOK. Point Au Roche State Park, Plattsburgh, NY
February 13 Sunday	Ski-O*. EMPO. Thacher Park New Scotland, NY
February 20 Sunday	Ski-O. CNYO. Alder Creek Utica, NY
March 5-6 Sat-Sun	Snogaine. CNYO. Happy Valley/Tug Hill, Mexico, NY (date tentative)



Anne Schwartz finishing strong at the club's first-ever meet at Oatka Creek Park. Meet results on Page 9. (Photo by Dick Detwiler)

Contact information

ROC Hotline: 585-377-5650 (directions to meet sites, any last-minute changes, etc.)

ROC web site: <http://roc.us.orienteering.org>

Buffalo Orienteering Club (BFLO) web site: <http://www.buffalo-orienteering.bfn.org/>

Central New York Orienteering (CNYO) web site: <http://cnyo.us.orienteering.org/cnyo/>

Golden Horseshoe Orienteering (GHO) (Niagara/Hamilton region) web site: <http://www.dontgetlost.ca/gho/>

Empire Orienteering Club (EMPO) (Albany area) web site: <http://empopo.us.orienteering.org>

Thank You

ROC Volunteers 2004

Tina Bray	Jackie Novkov	Dick Detwiler	Linc Blaisdell
Tom Lamme	Dayle Lavine	Paul Schwartz	Sandra Lomker
Bob Bundy	Rob Holmes	Ken Masker	Cheryl Detwiler
Kay Sheehan	Liz Grandi	Louise Cook	Jessie Summerville
Laurie Hunt	Stina Bridgeman	Randy McGarvey	Elizabeth Hane
Linda Kohn	Jocelyn Svengsouk	Carol Moran	Mike Gallagher
Doug Brooks	Jim Lavine	Ravi Nareppa	Sergey Dobretsov
Tom Blasiak	Kathy Bannister	Perette Barella	Jim Hendrix
Karl Kolva	Sylvia Klaussen	John Burchill	Jeff Debarr
Riley Blasiak	Dave Briden	Mike Finear	Patty Borden
Eric Barbehenn	Joe Gallagher	Mary Miller	Jack Wallenhorst
Joe Seyfried	Andrew Elder	Laurie Masood	Donna Foster
John Farrar	Russell McNear	Joel Shore	Kathy Eisley
Ron Salladin	Chris Bannister	Anne Schwartz	Jim Pamper
Marilyn R. Zygo	Jennifer Beak	Rick Slattery	Gil Robs
Hugh Lambert	Jeff Hendrix	Larry Zygo	Kameron Holmes
Georg Nadorff	Jim Russell	Brendan Gallagher	Kevin O'Brien
Jim Tappon	Rick Lavine	Rick Worner	
Tom Cornell	Bob Williams	Pat Russell	

Recent Permanent Course Finishers – Congratulations!

Letchworth

Jason Merrill & Chris Stupin 10/1/04 Canandaigua NY

Mendon

Ron & Cindy Zauski 10/13/04 Honeoye Falls NY

Kim Tenreiro 11/23/04 Canandaigua NY

Webster

Ken & Margaret Reek 10/13/04 Churchville NY

Eric Chang 12/02/04 Rochester NY

Rogaine account of the team “If This Is Tuesday Then We Must Be Lost” – by Stina Bridgeman

Last July, Dick Detwiler and I teamed up for the 24-hour version of 14th annual CNYO rogaine. This year it was on a new map, near Norwich, NY. The map had one very unusual out-of-bounds area — Camp Pharsalia, a minimum-security prison.

Maps were handed out an hour before the start, and knowing that we weren't up for staying out all night, our strategy was to plan a longer loop on Saturday afternoon and a shorter loop Sunday morning and to come back to base camp for food and some sleep in between. We also didn't feel that confident in our night-navigation abilities, so we chose a route with easy controls and long road and trail walks after dark.

The highlights?

Our plan worked well — we only skipped one control that we planned for Saturday (due to darkness). Sunday's route was more tentatively planned since there was a hard and fast deadline (the late penalty was such that we would have lost all of our points for being just 12 minutes late), but we think our choice was about the best we could have done given the time and our energy levels.

Navigationally, we were pretty successful at finding the controls. We even found three controls in the dark without problems. Our biggest mistake was on #68, our fifth control. The control was on the end of one segment of an intermittent stone wall, on top of a long wide-topped hill. Our plan was to follow a creek, turn right at the second clearing along the creek, and then pick up and follow the stone wall to the control. Unfortunately, we mistook an opening for a pond as the clearing and turned about 500m too soon. We spent a while on top of the hill, doing a lot of staring at the map and pondering the conifer/deciduous forest boundaries, and had pretty much decided to head out to the road and relocate when we hit the wall. We had just decided to turn east along the wall when we spotted the control.

The weather?

Not so bad overall. The thunder began half an hour before the start, but at least the rain held off until 15 minutes in to the event. There were a number of startlingly close claps, and the thunder continued rumbling in the distance until 3pm. We were lucky to dodge the massive thunderheads that developed in the afternoon — we only got another half hour of rumbling, but base camp apparently got quite a downpour.

It was, of course, a very wet summer — which meant that the marshes were ponds, the woods were marshes, the trails were rather more like linear water features than trails, and one of the dirt roads we walked along was over-the-shoes deep in suck-the-wheels-off-your-car sort of mud. On the plus side, when it is that wet you don't really worry about keeping your feet dry (being knee-deep in water by the second control got us off to a quick start in that department) and there's always another creek to wash the latest accumulation of mud off your shoes.

The things that make a good story afterwards?

“Remember, this is supposed to be a FUN event and we do it for entertainment.” - from Mark Dominie's meet notes

Control #72 — it didn't look too bad...just follow the southern edge of a small triangle of private land to the corner, then keep going another 400m or so on the same heading to the control on a corner of the yellow-blazed state-land boundary. It was fairly flat conifer forest the whole way with a thin marsh to cross a little over halfway there. With our wet feet, the marsh didn't seem like a big deal. We spotted blazes (those orange disks that the DEC marks trails with) just after heading into the woods and thought “Great! A trail to follow!” I suppose the fact that the trail wasn't mapped might have been a clue, but

rogaine maps — while more detailed than the standard USGS topo map — are much less detailed than regular orienteering maps and so unmapped trails are not unusual. We quickly discovered that the trail was actually an ex-trail — it was the thickest collection of marsh, brush, downed trees, and downed trees on top of downed trees that we had to fight our way through in the whole event.

Control #73 — our last control on Saturday night. It was on a marsh perhaps 100m from the trail, and wouldn't have been too difficult as a daylight control. However, it was about 11:40pm and we'd been walking since noon, with the last hour on the well-blazed but incredibly narrow, wet, foggy, and slippery Finger Lakes Trail which had a very steep dropoff to a stream below. We spotted the control with the flashlight (reflective tape is used to make the controls more visible at night) but then had to detour a bit around the marsh to actually get to it. Fighting through undergrowth and marsh for the umpteenth time, in the dark, exhausted, wondering if we'd ever see the control again...orienteering is fun, why do you ask?

The totals: 16.5 hours of walking, 21 controls, 33.8+ miles. We



The team “If This Is Tuesday Then We Must Be Lost” (Photo by Paul Schwartz)

placed #4 among 12 coed teams and 14th overall out of 31 teams — happy to have finished, and to be ahead of more teams than we were behind. And yes, we'll be back at it again.

Editor's note: Full results of the rogaine can be found on the CNYO web site at <http://cnyo.us.orienteering.org/cnyo/results/> Dick and Stina had 1123 points. Each control was worth the number of points equal to the control number; control numbers ranged from around 30 to around 70). Dick and Stina's score beat out two teams by a mere 2 points, and a third team by only 3 points!

Ups and Downs In Vermont (100 mile trail run)

— by Rick Worner

As I listened to the pre-race briefing, I remember the organizer saying that almost every foot of the 100 mile course was either up or down. Looking at the numerous green Vermont hills surrounding us it was not hard to believe. The course description indicated that route has over 14,000 feet of climb.

My preparation for the Vermont 100 began in the spring as soon as the snow was gone. I started with 2-3 hour runs on the weekends. Throughout the spring I ran Blue courses at orienteering events. This generally gave me back to back days of 3-4 hours of running. The time passed much more quickly orienteering that just running. I built up to doing a couple of six hour runs and then did a 24 hour ROGAINE in Pennsylvania around six weeks before the event. During the week I would try to walk home from work each day (approximately 3 miles) to get used to being on my feet as much as possible. My goal was to prepare for the race with as little disruption of my life as possible. I did some research on nutrition and read the accounts of other runners. I bought a couple of small flashlights and some special sports drink and energy gel. The race had aid stations every five miles so I didn't have carry anything other than a water bottle, some salt tablets and energy gel.

The race started at 4 a.m. so I got limited sleep the night before and had a very early breakfast. It was a cool clear morning when 250 runners started running/walking down a long hill to a trail that turned into the woods. It was strange having so many headlamps and flashlights all around me.

My only goals for the race were to beat the time limit of 30 hours and to try to enjoy myself. At around 5:30 a.m. as the sun came up and we were joined by other racers of the day. Around 100 horses with their riders cantered by us as part of their own event. We shared the course, but they had their own water stops and rest areas. They also had their own unique and smelly way to mark the trail. With the morning light I could see many beautiful farms/estates along the ever rolling roads and trails.

Linda and Lindsay (ed. note: Rick's wife and daughter) were crewing for me and covered over 100 miles of driving to meet me at a number of points along the way. They enjoyed meeting the other people and seeing all the beautiful Vermont countryside.

I maintained a pretty steady 14:00 per mile pace until around 40 miles when my knee began to hurt a bit on the down

hills. After a couple of Motrin it felt better, and never hurt again during or after the race. At around 75 miles it got dark again and I mentally prepared myself to be out all night. They marked the trails in the woods with green glow sticks so it was fun seeing them in forest ahead. Runners were allowed to have pacers during the last 25 miles of the race. Linda joined me around 10:30 and was my partner until morning. It was great having her along to share my accomplishment. We only took a couple of wrong turns along the way. It was a beautiful night with lots of stars and a nice sunrise in the morning. The last ten miles became a bit of a struggle as my quads were worn out and I could no longer run on the numerous down hills. Reduced to walking, the last ten miles took over four hours. At that point, I knew that I would finish so I looked forward to accomplishing my goal. At seven in the morning we came up the last hill into the field where I started 27 hours earlier. I managed a little shuffle across the line.

It was a great experience for me. Linda and Lindsay enjoyed it as well. I recovered fairly quickly. I had some big blisters on my feet that took a few days to heal and I was able to run again after a week or so.

I tell my story to encourage you to consider trying an "ultra". Almost anyone can do it with the proper preparation. I saw all kinds of ordinary folks who completed the race. Many ultras follow routes in beautiful places like Vermont and it a great way to see a lot of terrain in a short time.

Hope to see you on the trails this spring.

Mendon Ponds 50K

— by Rick Worner, Race Director

November 6, 2004

The winner of our (50K) race is usually decided after a couple 10K loops (ed. note: the Mendon 50K consists of a 10K loop repeated five times), but this year it wasn't decided until the last lap in a very exciting manner.

Forty starters began the race at 8 a.m. on a cool and windy day. Ryne Melcher from Ontario scorched the first lap in a time of 44:58 followed in order by Sven Bucheister, Andy Rice, Ted Thull, Ed Housel, Rob Kalvosky and Todd Baum, all under 50 minutes. Sven's course record of 4:41 seemed in jeopardy from the start. The course was in good shape this year with only a few muddy spots and some erosion damage on some of the down hills. A few times in past years runners have logged fast first laps only to pay on one of the later loops. The 1100 feet of climb on each 10K loop and the continuous rolling hills slowly wore down the runners. Ryne Melcher did the second loop in 46:50 and maintained a 5 minute lead over Sven with the rest of the contenders around 5 minutes back.

Changes began to take place on the third lap. Sven turned in a lap of 49:19 and passed Ryne to take a 30 second lead into lap four. Rob Kalovsky was around four minutes behind in third place. Lap four is usually where an early fast pace catches up with the runners. Sven slowed to 51:57, but still increased his lead to over 5 minutes on Ted Thull and Ryne Melcher. A minute further back lurked Todd Baum who had been running a steady pace throughout the race.

Sven began to tie up on the last lap and slowed to 64:10. Todd Baum despite a fall that dislocated a couple of his fingers ran a 53:02 last lap and captured first place in a time of 4:19:38 breaking the old course record by more than 21 minutes. Sven was two minutes back in second place and Ryne Melcher held on to finish third with a time of 4:22:17. The first five runners all beat the old course record.

The women's race had less suspense as Rebecca Mary Harmon from Ithaca took an early lead and ran a steady pace to break the women's course record by almost 40 minutes. Joy Valvano matched her old course record running a fine time of 5:31:55

Many thanks to Carol Moran for her friendly encouragement at the aid station and to Marilyn Robak for her help in marking the course on Friday. Special Thanks to the Hammer Gel Company for supplying the product samples and for the bottles of Hammer Gel given as prizes. This was the largest field ever and it was the last race in the Western New York Ultra series. Complete series results can be found at www.wny-ultra.org Next years race will be on Saturday, November 5.



Mendon Trail Run first – completing the 10K course with a baby jogger! (No small feat considering the hills on this course!) (Photo by Dick Detwiler)

Full results of the Mendon trail run (all distances) are shown below.

2004 Mendon Trail Run – Full Results

Mendon 5K results

Overall	Time	Name	Division	Div. Place
1	24:16	Seth Malcom	M20-29	1
2	26:33	Benjamin Miller	M20-29	1
3	27:32	Wayne Crandall	M40-49	1
4	32:37	Jeff Chester	M30-39	1
5	34:16	James Bongard	M40-49	2
6	34:33	Jeff Vanriper	M40-49	3
7	36:51	Kate Creatura	F30-39	1
8	36:52	Lawrence Creatura	M30-39	2
9	37:02	Robert Ganey	M30-39	3
10	37:08	Jerry Morsan	M50-59	1
11	38:52	Anne Schwartz	F40-49	1
12	40:12	Karen Jackmin	F14-10	1
13	47:22	Barbara Esposito	F60-69	1
14	51:25	Jim Lavine	M50-59	2
15	53:22	Anne Marie Spinney	F40-49	2

Mendon 10K Results

1	43:39	Phil Dilmok	M40-49	1
2	46:28	Vince Longo	M40-49	1
3	51:06	Dahl Angus	M30-39	1
4	51:44	Susan Jenkins Lawson	F40-49	1
5	52:35	Roger Howe	M50-59	1
6	52:51	Lou Kneeshaw	M40-49	2
7	52:59	Margaret Dederich	F14-19	1
8	53:45	David Malecki	M40-49	3
9	54:03	Bill McGuinness	M30-39	2
10	54:12	Alex Pirmie	M40-49	4
11	54:56	Dan Judd	M40-49	5
12	55:15	Teresa Sukiennicki	F30-39	1
13	55:22	Mary Beth Harrod	F20-29	1
14	55:26	Travis Money	M20-29	1
15	55:36	Linda Drinkwater	F40-49	1
16	55:46	Darlene Saeva	F40-49	2
17	56:33	Matthew Ripke	M20-29	2
18	57:47	Larry Bernstein	M40-49	6
19	58:02	Kate Zabel	F30-39	2
20	58:04	Paul Ceglie	M20-29	2
21	59:16	Jeff Schumacher	M40-49	7
22	60:16	Lisa Roberts	F40-49	3
23	60:48	Allen Dale Ripke	M50-59	2
24	60:48	Sue Williams	F40-49	4

25	60:56	Michelle Marino	F50-59	1
26	61:13	Allison Currie	F40-49	5
27	61:23	Rob Thornburg	M30-39	3
28	62:56	Anne Esposito	F30-39	3
29	63:09	Michelle Dulieu	F30-39	4
30	63:45	Gary Preece	M50-59	3
31	64:12	Thomas McNally	M50-59	4
32	64:30	Camille Good	F20-29	2
33	64:30	Mindy Poag	F20-29	3
34	64:31	Rachel Boylan	F20-29	4
35	64:46	Lisa Abbott	F30-39	5
36	64:55	Lynda McGuire	F50-59	2
37	64:57	Becky Dederich	F40-49	6
38	65:05	Kathy Belic	F40-49	7
39	67:01	Barry Carestio	M40-49	8
40	67:48	Ken Rosenfeld	F40-49	8
41	70:01	Matthew Crance	M14-19	1
42	70:18	James Thomas	M20-29	3
43	71:00	Len Kataskas	M50-59	5
44	71:33	Laurie Susan Smith	F40-49	9
45	81:25	Stephan James Huber	M40-49	9
46	81:53	Maria Manarrella	F14-19	2
47	81:53	Gary Gudlia	M40-49	10
48	83:56	Joe Gilroy	M50-59	6
49	86:47	Anna Marie Woolston	F40-49	10
50	88:04	Beth Alexander Harrison	F40-49	11
51	141:39	Joelle Weaver	F20-29	5

Mendon 20K Results

1	1:22:11	Jason Urckfltz	M30-39	1
2	1:23:34	Eric Grimm	M30-39	1
3	1:26:47	James Oberst	M40-49	1
4	1:31:16	Dennis Vankerckove	M40-49	2
5	1:32:30	Ron Herreid	M30-39	2
6	1:37:23	Steven Gramlich	M40-49	3
7	1:40:49	Egils Robs	M30-39	3
8	1:41:02	Mick Kochen	M40-49	4
9	1:41:45	Mark Benotti	M40-49	5
10	1:43:00	Darren Vogt	M20-29	1
11	1:44:45	Michael Paul Teixeira	M30-39	4
12	1:44:57	Patricia Pirmie	F40-49	1
13	1:46:09	Brian Matthews	M20-29	2
14	1:46:43	Jenn Dick	F20-29	1

15	1:47:01	David Jones	M40-49	6
16	1:47:39	Andrew Fleming	M20-29	3
17	1:49:57	Bob Bringley	M40-49	7
18	1:50:03	Jim Bricker	M30-39	5
19	1:51:18	No name		
20	1:51:25	Ginny Sackett	F40-49	1
21	1:56:05	Peter Landers	M40-49	8
22	1:56:39	Cindy Ingalls	F50-59	1
23	1:57:32	Mark Biery	M14-19	1
24	1:59:36	Dave Weiss	M50-59	1
25	1:59:43	Bernie Gee	M30-39	6
26	2:01:13	B Nakeed	M60-69	1
27	2:01:42	Rick Bennett	M40-49	9
28	2:02:18	Jim Palmeeri	M60-69	2
29	2:02:30	Jack McGowan	M40-49	10
30	2:02:57	Kimberly Rapp	F40-49	2
31	2:07:07	Ansis Robs	M14 Under	1
32	2:08:07	Aric Schorr	M14-19	2
33	2:15:40	Kimberlee Buckner	F40-49	3
34	2:17:42	Juanoa Guskowski	F40-49	4
35	2:17:42	Lawrence Guskowski	M40-49	10
36	2:19:37	Dan Sillick	M40-49	11
37	2:19:49	Rachel Bayley	F40-49	5
38	2:20:21	Calvin Loomis	M40-49	12
39	2:22:22	Kim Gaylord	F30-39	1
40	2:26:08	Terri Urzetta	F30-39	2
41	2:39:04	Susan Maio-Wade	F40-49	6
42	2:39:25	Thomas Coburn	M60-69	3
43	2:44:18	Drew Bayley	M40-49	13
44	2:47:58	Bruce Lavner	M50-59	2
45	3:10:20	Patti Hahn	F40-49	7

Mendon 50K Results

1	4:19:38	Todd Baum	M40-49	1
2	4:21:30	Sven Bucheister	M30-39	1
3	4:22:17	Ryne Melcher	M20-29	1
4	4:29:40	Rob Kalvosky	M30-39	2
5	4:38:33	Ted Thull	M40-49	1
6	4:51:52	Rebecca Mary Harmon	F30-39	1
7	5:15:50	Kevin Saunders	M30-39	3
8	5:18:30	Andrew Rice	M30-39	4
9	5:26:33	Tony Power	M40-49	2
10	5:31:55	Joy Valvano	F40-49	1
11	5:33:36	David Kim	M40-49	3
12	5:42:00	Lorie Tily	F40-49	2
13	5:42:18	Joe Clunie	M20-29	2
14	5:43:40	Peter Harrison	M30-39	5
15	5:44:26	George Getman	M20-29	3
16	6:02:50	Mark Lavner	M40-49	4
17	6:09:02	John Prohira	M50-59	1
18	6:09:03	Richard Cronise	M50-59	2
19	6:09:33	Mary White	F40-49	3
20	6:12:13	Dave Smith	M50-59	3
21	6:18:17	Bob Mulcock	M40-49	5
22	6:25:33	Tim Hammell	M40-49	6
23	6:44:33	Chester Jozefski	M50-59	4
24	7:04:40	Maria Pizzaralla	F30-39	1
25	7:11:45	John Melville	M50-59	5
26	7:23:30	Diane Jozefski	F40-49	4
27	7:23:40	Nancy Caffo	F40-49	5
28	7:40:35	Joe Packard	M40-49	6
29	8:36:08	Bruce Oliver	M60-69	1

Summary of Board Activities – Sandra Lomker, Secretary

At the Annual Membership Meeting December 5, the following were elected to serve 2-year terms on the Board of Directors: Laurie Hunt, Sergey Dobretsov, Randy McGarvey, Eric Barbehenn, Rick Slattery, Paul Schwartz, Joe Seyfried, and Gil Robs. Seven BOD members will continue for one more year: Rick Lavine, Carol Moran, Ravi Nareppa, Rick Worner, Joel Shore, Bob Bundy and Mike Gallagher. President will be Dick Detwiler and Past President Jim Russell. All other officers of the club will be elected at the Annual BOD Meeting to be held in January.

Thanks to Kay Sheehan for serving 4 years on the BOD, Larry Zygo for serving as President and Past President plus many years on the BOD, and to Doug Brooks for serving as Membership Chair for many years.

Since the last newsletter the BOD has met two times. Items discussed and decisions made include:

Membership fees will increase as of March 1. (Renew now at 2004 rates.)

\$10.00 one-year student (high school or younger)

\$20.00 one-year & \$50.00 three-year individual

\$25.00 one-year & \$65.00 three-year family

\$25.00 one-year organization

\$200.00 life

There will no longer be a newsletter only membership.

Meet fees will also be increased for non-members:

\$3.00 member & student (high school or younger)

\$6.00 non-member

\$1.00 each additional map

These changes are necessary to help defray the increase in USOF fees, which include 3rd party liability insurance for all ROC members and landowners.

The 2005 ROC schedule was finalized. A 3, 6, and 12-hour rogaine is scheduled for September 10 at Rattlesnake Hill and a three-day Youth (10-15 years) Orienteering Training Session has been added August 16, 17, & 18, in collaboration with the Irondequoit Parks & Recreation Department.

Mapping continues. At the present time Eric, Jim R., and Dick are working on field checking Rattlesnake Hill; Ravi and Joel are updating Webster Park; and there is a possibility that Durand's westside, north of the Town Hall and crossing King's Highway, will be mapped for future use.

Mike is putting together a new ROC information flyer which will be distributed to outdoor stores and local events.

New ROC t-shirts, jackets, and/or vests were discussed. No decision was made.

Randy will continue to maintain email lists for the BOD and general information. A new list will be started to include the BOD and others who are interested in helping the club with its functions and activities.

The Annual Board Meeting will be held in January 2005.

Local Meet Results

Irondequoit Bay Park West -- Oct. 2, 2004

Meet director and course setter: Jim Tappon. The weather wasn't particularly cooperative, limiting attendance to 35 people who braved the cool, rainy day to take on the challenge of this small but difficult park.

White (distance 1.12km climb 85m)

1)	44:00	Carol Moran
2)	44:20	Michael Hirsch
3)	58:10	Amy Sapowith
4)	59:10	Hugh & Nick Lambert
5)	59:50	Anna Woolston
6)	62:30	Jennifer Manley
7)	72:55	John Burchill
DNF		Sandy & Nickada Joseph

Yellow (distance 1.70km climb 100m)

1)	26:45	Paul Roche
2)	29:10	Nate Lyons
3)	59:55	Pat Russell
4)	61:00	James P. Lavine
5)	70:30	Lon McClure

Orange (distance 3.10km climb 225m)

1)	36:25	Sergey Dobretsov
2)	47:10	Robert Holmes
3)	52:30	Mike Allen
4)	53:50	Joel Shore
5)	56:50	Michael Lyons
6)	58:05	Todd Sheehan
7)	64:40	Rick Slattery
8)	74:30	Paul Schwartz
9)	75:10	Bob Bundy
10)	82:20	Victor Klassen
11)	83:20	Anne Schwartz
12)	88:40	Michael Finear
13)	88:55	Ansis Robs
14)	92:45	Mark Hawkins & Will Soles
15)	97:15	Jack Wallenhorst
16)	102:20	Linc Blaisdell
17)	144:10	Louise Cook
DNF		Gil Robs
DNF		John Nusz

Oatka Creek Park -- Oct. 17, 2004

Mapper and course setter Dick Detwiler advised that there were MANY pits on this map, and I think most participants agreed! Several very large ones (which resulted from previous mining activity on this site) were used as control features for the Brown and Green courses.

The weather wasn't real pleasant (very rainy most of the day), but around 100 people came out to sample the courses in this new-to-ROC area.

WHITE 2.6 km	
1. Mark Arlauckas	23:06
2. Sylvia Klassen	29:16
3. Carol Moran	35:38
4. Terri & Paula Seyfried	42:02
5. Al Fantauzzo	42:19
6. John Burchill	52:05
7. Dan Demarle	55:38
8. Jill Fickbohn	55:48
9. Hugh Lambert	60:55
10. Maureen, Bandon & Angela Gallagher	72:10
11. Doug Brooks Group	73:35

YELLOW 3.5 km	
1. Ron Salladin	61:07
2. Cheryl Detwiler	66:00
3. Steve & Chris Tylock	66:15
4. Laurie Hunt	71:10
5. Heidi Hall	80:20
6. Doug Hall	81:40
7. Elizabeth Hane	84:59
8. Laura Civiletti	89:44
9. Jill Fickbohn	111:00
10. Anna Woolston	139:40

BROWN 4.1 km	
1. Jim Tappon	59:30
2. Rob Holmes	59:59
3. Mitchel Hansinger	72:00
4. Joe Seyfried & Dan Thayer	72:50
5. Karl Kolva	77:25
6. Mike, Joe & Julie Gallagher	87:15
7. Annette Otis & Vaughn Micciche	95:05
8. Paul Schwartz	98:55
9. Brian Tomaszewski	99:56
10. Frank, Zack & Mark Armstrong	100:20
11. Louise Cook, Yar Pryjmak	105:15
12. Anne Schwartz	110:42
13. Chris McBride	115:03
14. Will Soles	119:00
15. James Lavine	128:08
16. Mark Sciera	138:00
17. Lois Camphauser, Dirk Redda	144:07
18. Mike Yunker	164:55
Kevin O'Brien	DNF

GREEN 5.4 km	
1. Sergey Dobretsov	48:48
2. Lindsay Worner	66:01
3. Timothy Gorbald	67:02
4. Linda Kohn	73:40
5. Rick Worner	74:22
6. Rick Slattery	75:50
7. Rick Lavine	76:17
8. Dayle Lavine	78:42
9. Eric Barbehenn	81:00
10. Stina Bridgeman	85:17
11. Victor & Sue Klassen	88:34
12. Bob Bundy	93:20
13. Jackie Novkov	99:15
Michelle Goldsein	DNF

Powder Mills Park Scrooge-O -- Dec. 5, 2004

Thanks to everyone who helped make the Scrooge-O such a huge success: Jim Russell, Louise Cook, Laurie Hunt, Sandra Lomker, Carol Moran, Dayle Lavine, Linda Kohn, Rick Lavine, Tom Cornell, Jocelyn Svengsouk, and other BOD members and families who brought food, greeted and helped to clean up the lodge.

Even with the cold and wind, twenty-six groups (49 people) participated in the Scrooge-O

Results

Scrooges:

Dirk Redda & Lois
Larry & Marilyn Zygo
Jack & Tom Wallenhorst

Places:	Points
1 (tie) Mike Lyons	20
1 (tie) Kathy Bannister	20
3 (tie) Ron Salladin	18
3 (tie) Steven & Pat Russell & Jordan Parker	18
3 (tie) Gil & Ansis Robs	18
6 Lindsey, Rick & Linda Worner	16
7 Tom, Tina, Riley Blasiak	15
8 (tie) Dayle Lavine	14
8 (tie) Joel Shore	14
10 (tie) Bob Bundy	13
10 (tie) Mike, Angela, Hannah, Brendan Gallagher Joe Speech	13
12 (tie) Rick Lavine	11
12 (tie) Marie Heekens	11
14 Stina Bridgeman	9
15 Jefferson, Lisa, Madeline, Samuel, & Malichaun Svengsouk	8
Tim, Tatyana, & Sergey Dobretsov	Early
Roger Keeney	Early
Sandy & Nickada Joseph	Early
Ravi Nareppa	Late
Dan Katz	Late
Alex, Ross, Sarah Pirnie	Late
John Lam	Late
Jocelyn Svenghouk	Late



Alex Pirnie and his children, Sarah and Ross, discuss strategy for the Scrooge-O.
(Photo by Paul Schwartz)



Tim Dobretsov preparing for the Scrooge-O.
(Photo by Paul Schwartz)

Cobbs Hill Night-O – November 17, 2004

Course setters and Meet Directors: Rick and Dayle Lavine

Meet helpers: Gil Robs, Ravi Nareppa, Jim Russell, Laurie Masood, Sergey Dobretsov, Linda Kohn, Rick Worner, Larry and Marilyn Zygo

White, 10 controls, time limit 60 min.

Name	# Controls	Time
1 Tom, Pat, & Kevin Spath, Daniel & Keith Langdon, James & Tony Ciaccia	10	43:47
2 Jennifer & Paul Marley	10	48:42
3 Elizabeth Mane	10	52:50
4 Rick Worner	10	56:14
5 Chris & Ben Trageser, Jeff Young, Sandra & Jeff Long	10	58:00
6 Beth, Leonard, & Stacia Maiorani	10	58:29
7 Dave & Jacob Hansen, Tom & David Maurer	10	58:44
8 Steve, Matthieu & Philippe Dora, Elaine Morel	9	60:48
9 Alex, Andrew, & Ross Pirnie	8	57:35
10 Steve & Pat Russell, Jordan Parker	8	59:00
11 Lisa & Alaina Corso, Laurie & Sarah Masood	8	59:58

Orange, 24 controls, time limit 90 min.

1 Sergey Dobretsov	24	38:00
2 Gil Robs	24	44:02
3 Rob Holmes	24	44:45
4 Mike Lyons	24	58:40
5 Stina Bridgeman	24	60:00
6 Steve & Kevin Tylock	24	64:55
7 Jim Russell	24	66:25
8 Ravi Nareppa & Divya Beven	24	71:04
9 Joel Shore	24	74:40
10 Mike, Angela, Brendan & Julie Gallagher, Caroline Doehn	24	81:19
11 Joe Seyfried	24	84:45
12 Will Sales & Mark Hawkins	24	85:30
13 Jack & Tom Wallenhorst	24	85:40
14 Larry & Marilyn Zygo	24	88:48
15 Frank, Mark & Zack Armstrong	23	85:35
16 Bob Bundy	22	80:01
17 Rick Slattery	21	73:54
18 John Miller & Chris Johnson	21	81:00
19 Michael Finear & Liz Grandi	16	78:57
20 Pera & Carly Britton, Becky Scarrott, Abby Kmiecinski	14	82:40
21 Rich, Evan & Jenna Bilsback, Tina Huehn, Sarah Bryan	13	77:00
22 Katie Coulon, Beth Molier, Samantha Easler	18-5=13	95:20
23 Megan Monahan, Kelsey Bilsback, Katie K?, S. Henna	12	82:00
24 Lorie, Rachel & Melissa Tylock, Jill & Caris Trippe	10	74:20
25 Rosemary & Kieran Irwin	7	77:42
26 Tom, Liz, Hannah & Jeff Kmiecinski, Stasi Formica, Amber Tracy, Jenni Grassi	7	80:00
27 Roger Keeney	6	78:48
28 Jerry & C. Trippe, Christopher Tylock	5	65:15
29 Jeff, Lisa, Madeline & Samuel Svengsouk	5	77:42

Rochester Orienteering Club membership application form

(Join before March 1 to avoid the price increase!)

- \$5 (\$10 after 3/1/05) for one-year student membership (high school or younger)
- \$10 (\$20 after 3/1/05) for one-year individual membership
- \$15 (\$25 after 3/1/05) for one-year full family membership
- \$15 (\$25 after 3/1/05) for one-year organization membership (example: Scout group)
- \$25 (\$50 after 3/1/05) for three-year individual membership
- \$40 (\$65 after 3/1/05) for three-year family membership
- \$150 (\$200 after 3/1/05) for life membership

	First name	Last name	Birthdate
Self:	_____	_____	_____
Spouse:	_____	_____	_____
Children:	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

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

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

First Class



40 Erie Crescent
Fairport, NY 14450