



The Wild Times

April 2005

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

The official newsletter of the Rochester (NY) Orienteering Club



What a happy trio! Mary Smith (silver), Ann Leonard (gold), and ROC's Stina Bridgeman (bronze) show off their ESG medals in the female open category. (Photo by Elizabeth Hane.)



Steve Halasz (silver), Gary Brackett (gold), and ROC's Randy McGarvey (bronze) were the open male medalists. (Photo by Elizabeth Hane.)

ROC members excel at Empire State Games

The Empire State Games ski-orienteering competition was held on the Olympic trails at Mt. Van Hoevenberg near Lake Placid on February 26. Seven ROC members qualified for this event, with five earning medals, including two golds! ROC members medaling included Randy McGarvey (open male, bronze), Stina Bridgeman (open female, bronze), Jim Russell (male grand masters, gold), Rick Lavine (male grand masters, silver), and Dayle Lavine (female grand masters, gold).

Congratulations to all! Full results, additional information, a course map, and more photos are included in this newsletter.

Pinewood Fathers' Day Special

A regular meet has been added to the schedule on **Sunday, June 19th at Pinewood**. This was the only spring date open at Pinewood. Pinewood is one of our best maps and we will offer a full array of challenging courses with starts from 12-2. Pinewood is a few miles south of Dansville, New York off Route 36. Take the second Dansville exit and follow Rt. 36 past Stonybrook Park. At the top of the long hill past the park on Rt. 36 you will see orienteering signs leading to Pinewood. Due to security concerns Pinewood's exact location can not be made public in any written directions.

Please call Rick Worner at 581-2979 if you need further

directions. As a special incentive to attend, **all fathers will participate free of charge if accompanied by another family member.**

Club T-shirts available soon!

Great news! Thanks to some ideas of Gil Robs, and some great design work by Tom Cornell, there will be club t-shirts available for the very low price of \$8 each! They will be "orienteering orange" in color, and have a unique feature -- the 2005 ROC meet schedule will be on the back of the shirts, giving our club publicity whenever anyone is wearing the shirt! It is expected to have these available for purchase at the Icebreaker on April 9, and rumor has it that some shirts may be given away as prizes to our top performers in that meet!

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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 Spring and Summer Schedule

Rochester Area

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.
May 22 Sunday	Mendon Ponds Park. Hopkins Point. Bike/canoe/foot event. Call Hotline or see article in this newsletter for details.
June 4 Saturday	Webster Park. Tennis court area. Includes GPS-O. Start from 12:00 noon to 2:00 p.m.
June 11 Saturday	ADK Expo at Mendon Ponds Park. 10:00 a.m. to 4:00 p.m.
New event! June 19 Sunday	Camp Pinewood. White, Yellow, and several advanced courses. Start from 12:00 noon to 2:00 p.m.
July 13 Wednesday	Cobbs Hill Park. Score-O plus White course. Score-O mass start at 6:30 p.m. White course starts from 6:00 p.m. to 7:00 p.m.
July 27 Wednesday	Ellison Wetlands, Empire Blvd. Score-O plus White course. Score-O mass start at 6:30 p.m. White course starts from 6:00 p.m. to 7:00 p.m.
August 13 Saturday	Black Creek Park. West Side. Score-O plus White course. Score-O mass start at 10:00 a.m. White course starts from 10:05 a.m. to 11:00 a.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)

April 23 Saturday	EMPO; Colonie Town Park Colonie, NY
April 30- May 1	USMAOC; West Point, Bull Pond & Long Mountain, West Point Military Reservation (event web site: tinyurl.com/4tmmq)
May 7 Saturday	CNYO; Winona State Forest, Boylston, NY
May 15 Sunday	EMPO; Five Rivers Environmental Education Center Delmar, NY
June 4-5	CNYO; Happy Valley Wildlife Management Area, Parish, NY. CNYO First-Ever REGAINE I (RElay/roGAINE)
June 5 Sunday	EMPO; Moreau Lakes State Park Moreau, NY
June 18 Saturday	EMPO; Peebles Island State Park Waterford, NY
June 19 Sunday	CNYO; Pratts Falls County Park, Pompey, NY
June 25-26	CNYO; Sugar Hill State Recreation Area, Watkins Glen, NY. CNYO ROGAINE XV

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>

News item: Richard A., 18, and two pals had to be rescued by sheriff's personnel in California's San Bernardino National Forest on February 5 after getting lost while mountain biking. On February 6, they went back in to retrieve their bikes, but again got lost and had to be rescued.

Editor's comment: Possibly not future orienteering champions in the making ...

This year, try an "A" Meet!

by Dick Detwiler and Eric Mayer (written several years ago; re-published with minor updates)

You've done some orienteering in Rochester parks and enjoyed the experience. But now Highland seems too tame, you're tired of dodging golf balls at Durand and you know every trail in Powder Mills. Maybe it's time to travel to an "A" meet. An "A" meet is a national meet, sanctioned by the United States Orienteering Federation (USOF). It's like a local meet, but bigger and better. You don't have to travel huge distances or spend a lot of money to attend an "A" meet in the Northeast.

"A" meets are fun for a lot of reasons. They provide a chance to see parts of the country that you might never see otherwise, and when you see a place via orienteering, you're really seeing it "up close," not just by driving down a road. "A" meets also give you an opportunity to spend a weekend in an environment geared to orienteering, where there might be several hundred other orienteers from all over the country participating. You can exchange experiences, learn, and, since there's almost always a Rochester contingent, you can socialize more with other club members than normally happens at local meets. Usually, there are vendors of orienteering supplies selling their products, everything from compasses to shoes to o-suits to instructional books. You might find you need some equipment you never knew existed! And of course, an "A" meet gives you the chance to try out your orienteering skills in new and different terrain, often completely unlike anything we have locally. For example, you might have visited one of our local boulders at Cobbs Hill or Mendon Ponds. Those puny pebbles wouldn't even make the map at West Point where the real boulders start at from the size of cars (not subcompacts either). So how do you get to an "A" meet and what can you expect once you get there?

GETTING THERE

Finding out about the meets: So when and where are these "A" meets? One way to find out is to become a member of USOF and receive the magazine *Orienteering/North America* every month. Another is to visit the USOF web site (link to it from the ROC web site).

Registration: Pre-registration is always required, except for "recreational" categories. (You have the option of doing easier courses "recreationally" in that you aren't timed but simply take a hike with your map). Generally the deadline is a few weeks before the event. The cost is generally in the \$20 per day range. With a USOF membership you get a \$3 per day discount.

Getting to the meet: Most of the "A" meets that the folks from Rochester go to are within a 6-8 hour drive. A common practice is to leave Friday and drive half-way there, then go the rest of the way on Saturday before the meet starts. The first start time is usually at 11 AM, which allows a fair amount of time for driving the morning of the meet. There are usually a number of people from Rochester traveling to these meets, so it's generally possible to find a ride there with someone, or to pair up and have two families travel together. Half the fun is visiting with other orienteers anyway. Sometimes the conversation during the drive is as memorable as the course!

Accommodations: Often very low-cost lodging is offered by the event organizers; this is usually dorm-style, and is often as low as \$6 per night per person. Camping is often available. Also, there are generally low-cost motels in the vicinity. And if you're really on a budget, roving bands of orienteers have been known to pack a fair number of people into one room. It can be cheaper to spend a weekend at an "A" meet than to stay in Rochester and visit the mall.

BEING THERE

Maps and courses: Maps are always top quality. There will be a wide range of courses; generally seven (white, yellow, orange, brown, green, red, blue). The course setting is usually excellent.

Difficulty: There was once a rumor being perpetrated that "A" meets were no more difficult than local meets. In reality, there is a wider range of difficulties than is available at local meets. Although lower level courses (white, yellow and orange) may be no more difficult than what you'd encounter at a local meet, higher level courses (blue and red, and often brown and green) are probably more difficult than the corresponding courses at most Rochester meets. This is mainly because most of our parks don't feature particularly difficult terrain - they are too small, have too many trails, not enough woods, etc. Err on the side of picking too easy of a course for your first "A" meet. Getting out into some woods you haven't orienteered before is plenty challenging as it is. If you're comfortable doing an advanced (brown or above) course at local meets, doing the Orange course at your first "A" meet might be a good place to start. If you normally do the Orange course locally, Yellow might be right. And if you're a White or Yellow course orienteer, White would be appropriate. The main point is that you don't HAVE to wind up on a hard course if you don't

want to. Of course, if you're looking for a challenge, you can definitely find one!

Start times: While at local meets you simply show up and start more or less when you're ready, at "A" meets each orienteer is assigned a start time in advance. (You can find out your start time by checking the event's web site a few days before the meet. That way, you don't have to strain to be there for an 11:01 start if the first person in your party goes off at 12:45).

Starting sequence: The start itself is the one area where an "A" meet probably differs most from a local meet. There is often a walk from the parking area to the start; walks of 5-15 minutes are typical. At the starting area, there will be a mob of people hanging around the first "call-up" line. At this line, people's names are called up, typically 3 minutes before their actual start time. At 2 minutes before your start, you move up to a second line. At 1 minute before your start, you move up to the starting line, where you are given your map. But you can't look at it until the starter says "Go" - then you're on your way! Don't worry. The procedure might sound intimidating but it is necessary to avoid the chaos that would otherwise ensue in trying to send several hundred orienteers out into the woods one by one. The starters are no less friendly and helpful than at local meets. One tip: when the starter says "Go" don't feel you have to race down the path. Walk. Slowly. Stop. Look at your map. Take all the time you need to make sure you know where you're headed. This isn't a road race.

Finish: One of the best things about an "A" meet is the finish. You know what its like completing a course at Webster Park. You emerge from the woods and look around to see which picnic table the timer is waiting at. Maybe someone yells "Finisher" or "Over here!" Well, after completing your course at an "A" meet you're rewarded with a REAL finish. The final control is called the "GO" control. That's because from there a line of streamers lead straight to the finish and all you do is GO. (Don't be fooled - even orienteers who have walked every step of the course, and many do, will work up at least a trot along those streamers!) At the end there's an actual finish line and a chute, like at a road race. Your time will be recorded and you'll hand in your punch card.

After the race: This is a great time to socialize with other club members and anyone else. Compare routes,

find out who went through the swamp and who went around it (actually, everyone went through the swamp... the question is who submerged the largest portion of their body, either intentionally or by accident.). You'll probably discover that the controls that gave you trouble gave others just as much trouble. Better yet, you might figure out why. Results are normally posted as they become available, so a popular hanging-out place is around the results.

Saturday dinner: Usually, a group from the ROC makes plans to go out to an area restaurant. There is also, generally, a meal served by the event organizers at the meet headquarters.

So there you have it. Plenty of good reasons to go to an "A" meet. But there's one more good reason - by applying the skills you've learned in our local parks to new, and sometimes more difficult terrain, you'll improve your orienteering!

Information about a popular A-meet coming up soon, courtesy of Rick Worner:

WEST POINT "A" MEET

Each year the cadets of West Point put on a two day orienteering event just of the Military Academy. This year's event is April 30 - May 1. The terrain is very interesting with open forests and lots of cliffs and boulders. Accommodations are offered in the barracks at Camp Buckner for \$6 per night with free showers on site. A dinner is offered for \$10. It is a beautiful site next to a big lake. The camp is around a five hour drive from Rochester. Many ROC members usually attend. Call Rick at 581-2979 if you want an entry blank (or visit the web site for the event at tinyurl.com/4tmmq). The deadline for entries is April 17th.

Recent Permanent Course Finishers – Congratulations!

Letchworth

Bill & Anne Ashley	3/21/05	Rochester NY
Clare M Sloat	1/19/05	Bergen NY

Webster

J F Kirchner	1/14/05	Webster NY
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Durand

Travis Regan	3/14/05	East Rochester NY
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Orienteering training opportunities

Woods Adventure: Orienteering Workshop for youth, August 16-18

The Rochester Orienteering Club is working with the Irondequoit Parks and Recreation Department this summer to put on a three day orienteering workshop for children from the ages of 10 to 15. We will limit the number to 45 for a morning session from 9:00 a.m. to noon. If oversubscribed, we will hold another session in the afternoon. Since this is being sponsored by the Town of Irondequoit, town residents will be given first choice during the first week of registration. After that, it will be open to any other person in that age range that is interested in attending.

We will use games and fun activities to introduce the youths to understanding a detailed orienteering map and then using it to find their way through the woods. We will introduce them to the techniques that make woods navigation easy and rewarding. The climax will be a treasure hunt, with teams using different routes to find the prize. The first day will be at Camp Eastman; Days 2 and 3 will be held in Durand Eastman Park.

All of the staff will be veteran orienteers, with most of them public school teachers experienced in dealing with youths.

This program will be listed in Irondequoit's quarterly catalog of town activities, summer issue, which will be distributed to all of the town residents some time in late March or early April.

The club contact person for this program is Karl Kolva, 585-342-5974.

So how does one train for orienteering????

For many, orienteering is chance to get out for a quick run or a fast walk while doing something different. For many others though, it's a highly competitive sport requiring a whole new set of skills beyond just running fast in the woods. The question then is...how does one improve upon these skills in order to become a bit more competitive at local meets or A-meets? Why of course the answer is simple! Meet up with a bunch of other orienteers a couple of nights a month in the spring, and put together a series of ROC orienteering specific training night! Simple answer, with a simple solution.

So that being said, we have scheduled a couple of informal training nights. The first two will be "dry-land training" open to everyone to and benefiting anyone who has every run an O-course. Egil Robs (a wise and experienced O runner) will review past courses he has done, showing step

by step how he would attack each course and each leg. Hopefully you have some pasts course you'd like to review with others and see what they would have done on a particularly difficult leg. This is a great opportunity to pick the brain of some one who has been there/done that. We encourage anyone has run any level course to attend as your sure to gain something during these times.

Four additional nights aimed at orienteers who have intermediate to advanced skills (say the ability to do orange level courses or higher) have also been scheduled. These are for those who would like to work with others (maybe some of the serious vets" out there who have said they help out) on specific parts of their skill-set.

These will not be organized meets, in fact they will probably be Eric Barbehenn in a parking lot with some maps, flags and people dressed in funny/muddy clothes. We will do a training exercise that is yet TBD and hopefully during that time pick up, or practice a new technique.

At this time we are also looking for anyone to help out in doing planning and executing these events...please contact Eric Barbehenn (ems151@yahoo.com) if your interested in helping out or participating (pre-reg is not required, but would be nice ☺). A list of dates and places are below. This may be updated as things progress with any changes going out through the email list , web site, and hotline. Please check one of those places before coming, or get a hold of Eric to check for any changes.

All events will be from 6:30 -????? There will be a \$2 fee to cover map expenses.

Wednesday March 30 - Penfield library - maps
Wednesday April 13 - Penfield library - maps
Wednesday -April 27 - Powdermill Park
Wednesday- May 11 - Irondequoit Bay Park East
Thursday - May 26 - TBD
Wednesday June 8 - TBD

Adult orienteering class

Again this year, the Webster community education program will be offering a 6-session course (3 indoor classes and 3 outdoor classes) in beginning and intermediate orienteering (White, Yellow, and Orange level skills), intended for people who have never orienteered as well as for people who have done some orienteering and are interested in improving their skills. The class will be held Monday evenings, starting on May 2. For more information, contact Dick Detwiler at RLShadow@aol.com or the Webster community education office at 670-5037.

Summary of Board Activities

Sandra Lomker, Secretary

The Annual Meeting of the ROC Board was held January 26, 2005 at the Penfield Library. President Dick Detwiler opened the meeting and introduced new members Joe Seyfried and Gil Robs. There was a full agenda of topics to be covered and unfortunately time ran out, therefore members continued many discussions via email and phone. The 2005 schedule has been finalized and printed (see enclosure). Note that the ADK Expo, June 11, is included and members are encouraged to attend and participate in this event. An addition to the schedule is the Pinewood meet which will be held Sunday, June 19. More information will be available as the time gets closer. Also ROC will again have a team at the Westside Relay for Life event which will be held June 3-4 at the Spencerport High School. Please contact Captain Rick Worner if you would like to participate or donate to the American Cancer Society for this wonderful event. It is fun and helps Cancer Research.

Karl Kolva, along with a committee, has formulated a plan for a youth summer camp from August 16-18. The Board approved the contract with the Irondequoit Recreation Department to sponsor the program at Camp Eastman and Durand. Several experienced orienteers from ROC will instruct children from 10-15 years. (See article in this newsletter for further details.)

ROC is attempting to bid for the 2006 National Rogaine Championships which will be held at Alleghany State Park. A discussion was held on the possibility of adding a spring run to the schedule, similar to the Annual Mendon Fall Trail Run which is a great money-maker for the club. Gil mentioned several other possibilities for promoting orienteering instead of having another trail run. With the help of Tom Cornell, one of his ideas has been accomplished and orange t-shirts with the ROC logo on the front and schedule on the back should be available at the first meet, April 9 in Mendon. Other suggestions included a more aggressive approach to map sales, i.e. Ellison Wetlands maps to paddling shops. Does anyone know of a store that may want to sell maps?

Rattlesnake Hill will be the major mapping project for 2005. Jim Russell, Eric Barbehenn and Dick will field check and prepare maps for the September rogaine. Other mapping projects include updating Webster (Ravi Nareppa and Joel Shore), Durand (Karl Kolva), and Highland (Rick Lavine); adding vegetation information to Ellison Wetlands, and adding a new trail to Irondequoit Bay East. An "annual mapping goal" was

discussed and the consensus was to complete one new map per one to two years and update three existing maps. In 2004 two to three new areas were mapped, Oatka Creek Park, Ellison Wetlands, and Tryon Park giving ROC an additional 5.4 sq km. This is quite an accomplishment.

The club is still in need of a President-Elect, therefore, if anyone has any suggestions please contact a Board member. Besides formally electing a secretary and a treasurer, ROC's charter was reviewed and prepared to be sent to USOF by February 1, along with a check for insurance based on club membership. USOF is anticipating a change in the method of charging for insurance, either number of starts or number of meet participants, either way ROC will continue to list each participant's name in the meet results and thereby be prepared when the charter is renewed next year. Kathy Bannister would like to step down as Treasurer and Tatyana Dobretsova is interested, therefore with the Board's full approval, she will work with Kathy for a smooth transition. Membership chair has also changed hands to Randy McGarvey and Carol Moran will continue to receive membership forms. A "new membership information packet" is being prepared, along with membership cards. These should be distributed in the very near future.

As this report indicates, the ROC Board, officers, and committee chairs have been very busy. Look for new items of interest on the website and be sure to volunteer to help at an upcoming meet as ROC needs every member involved in order for all events to run smoothly.

Submitted by Sandra Lomker, Secretary

Westside Relay for Life Team

Again this year ROC is entering a team in the American Cancer Society Relay for Life. Almost everyone has a friend or family member who has been touched by Cancer. This is an event that provides money for Cancer research right here in Rochester at UR and RIT. Last year over 750 people and over 40 teams participated raising more than \$50,000.

The event begins at 7 PM on Friday June 3 and continues through the night, ending at 7AM the next morning. The Luminary ceremony takes place at 10PM on Friday night. This ceremony honors Cancer survivors and victims of Cancer with the lighting of hundreds of candles around the track.

The club will set up a tent on the infield and we hope to have members on the track throughout the event. You can participate in a number of ways.

1. You can become a team member and join us on track for as long as you wish. Team members will need to collect pledges from friends, family members and coworkers. The goal for each member our team is to try to collect \$100. Our team goal will be \$1000. You can use any method for raising money that you wish.

2. You can purchase a luminary in someone's honor that will be displayed during the luminary ceremony. These can purchased at the registration table at any local meet this spring.

3. You can simply make a donation to the American Cancer Society at the registration table. If you contribute you will receive a purple "CURE" wristband.

This is a great way to support a good cause and to honor friends and family whose lives have been touched by Cancer. If you want to join our team please e-mail Rick Worner at wornerkohn@aol.com by May 1.

Mendon Ponds Bike, Boat, and Run Course (Sunday, May 22)

This will be a three hour event with a mass start at noon. Controls will be placed at sites throughout park, on roads in and around the park and around the ponds. Bikes are not permitted on park trails so all bike controls will be accessible from a paved road. Boats left on the beach at the start will be guarded while you are in the woods or on the road. You can participate without a bike and/or a boat. No swimming is allowed in case you were thinking about it. Canoes and Kayaks can be rented from Oak Orchard Outfitters in Pittsford. Contact Rick Worner or Linda Kohn at 581-2979 or wornerkohn@aol.com if you have any questions.

North American Rogaine Championships

The club has made a bid for the 2006 North American ROGAINE Championships. The meet will be held in Allegany State Park near Olean, New York in June of 2006. A championship meet would like attract 300 or more competitors from all over the United States and Canada.

Snowgaine 2005

The SNOWGAINE is an annual event put on every winter by CNYO. It consists of two seven hour days of orienteering by teams of two or more on skis or snowshoes. We were the only Rochester team to participate in what, is always, an adventure.

Saturday was a perfect day, sunny but cold enough for skiing. The maps were handed out and we had to make a plan. We were still filling our backpacks with food and water when the start whistle blew. Everyone started running down the road to the West. We scrapped our plan and followed the crowd, we are embarrassed to confess. We have learned, from past experience, that it is a good idea to let the fast guys do the difficult trail breaking, whenever possible. In a Snowgaine, everybody leaves a trail. This is part of the fun, but you can't always trust the tracks. We made one long bushwhack to a far control and heard a lot of grumbles from many who took our route. Mark Dominie had some especially unkind words to say to us, but he was teasing, of course. He and Scott Pleban were the overall winners, getting all of the controls, really an amazing feat.

It snowed all day on Sunday. Fortunately, the weather stayed just around freezing, so that the possibility of hypothermia was not too grim of a specter. Believe it or not, one works up a real sweat during a Snowgaine and one has to be prepared. Always have some dry gloves and extra clothing packed.

We recommend that you put this event on your calendar for next year. This year, skis and snowshoes worked equally well for everybody. We used our bushwhacker skis. They have great flotation off trail but don't have great glide on trails and roads. One's choice of equipment is always a compromise.

We huffed and puffed and crossed vast marshes, lakes and forests up on the Tug Hill Plateau, and thought to ourselves, "Wow, what an amazing experience! This is so much fun. We can do it! Could we have done more?"

Dayle and Rick Lavine

Meet Results

Mendon Ponds Ski-O

January 23, 2005

Course Setter: Eric Barbehenn

Volunteers: Sandra Lomker, Tom Cornell, Carol Moran, Ron Salladin, Bob Bundy, Rick Worner, Linda Kohn, Rick and Dayle Lavine

BLUE

1 Randall McGarvey	100:20
2 Jon Sundquist	109:00
3 Sergey Dobretsov	110:10
4 Michael Milgroom	127:50
5 Eric Smith	132:36
6 David Levine	171:25

RED

1 Rick Slattery	116:00
2 Rick Lavine	131:55
3 Kim Phillips	150:30
4 Jim Pamper	150:45
5 Stina Bridgeman	151:40
6 Jim Russell	158:00
7 Mitch Hansen	168:10
8 Victor & Nathan Klassen	173:30

GREEN

1 Dayle Lavine	86:00
2 Bob Bundy	117:00
3 Heidi & Douglas Hall	131:30
4 Marie Heerkens	137:40
5 Sue Klassen	166:25
Sylvia Klassen	DNF
Hugh Lambert	DNF

WHITE

1 Diane Beaudry	84:00
2 Steve Healey	88:43
3 Will Soles	97:53
4 Sandra Lomker	133:00
5 Peter, Linda & John Goebel ?	
Elizabeth Hane	135:30 snowshoe
Louise Cook & Joanne Hemenway	DNF
Carol Moran	DNF

Empire State Games Ski-O

February 26, 2005

All competitors started out from the Mt. Van Hoevenberg Olympic Stadium. One of the thrills of this year's course was that everyone had to start out skiing South to pick up 2-4 controls on that part of the map, then pass back through the Start/Finish area and "crossover" to the North section of the map. Racers on each course came out into the open area from different points, but observers got a chance to see how they were doing as they skied back through the Stadium on their way towards the next section.

There was close competition in the male open category, with ROC's Randy McGarvey taking a bronze medal, only about 2:30 behind the silver medalist Steve Halasz, who in turn was only about 2:30 behind Gary Brackett, who took the gold.



Stina Bridgeman
(photo by Phil Hawkes-Teeter)

This year, for the first time, there was a "Grand Masters" category, for competitors 55 and older, with the "Masters" category being 40 and older. Two of ROC's own, Jim Russell and Rick Lavine, finished first and second in this new category.



Dayle Lavine
(photo by Phil Hawkes-Teeter)

Stina Bridgeman, also competing on the Red course, finished with a bronze in the female open division. On the Green course, Dayle Lavine won impressively, capturing the gold with a 20-minute margin of victory.

Thanks to Phil Hawkes-Teeter for permission to use his photos, accounts, and map from this event, and to Elizabeth Hane for permission to use her photos.

Explanation of Class nomenclature:

MO/FO: Male or female open. MM/FM: Male or female masters. MS/FS: Male or female scholastic. MG/FG: Male or female grand masters.



Jim Russell
(photo by Phil Hawkes-Teeter)

Martin Engstrom-Heg	MO	64:58	
Charlie Leonard	MO	76:15	
Pete Dady	MM	80:50	Gold
Phil Grant	MM	84:33	Silver
Jim Pamper	MM	90:51	Bronze
Mitch Hansen	MM	98:47	
Eric Smith	MO	100:42	
Candi Raines		105:45	
Ted Meskunas	MM	145:42	
Eric Barbehenn	MO	DNS	

Red course

Marty Hawkes-Teeter	MS	57:43	Gold
Terry Myers	FM	76:44	Gold
Ann Leonard	FO	78:42	Gold
Ellie George	FM	85:03	Silver
Jim Russell	MG	85:04	Gold
Mary Smith	FO	85:30	Silver
Jason Norray	MS	87:34	Silver
Rick Lavine	MG	90:04	Silver
Sue Hawkes-Teeter	FM	92:25	Bronze
Stina Bridgeman	FO	93:52	Bronze
Maryanne Ellsworth	FM	100:41	
Megan Donnelly-Heg	FO	102:53	
David Ellsworth	MS	105:31	Bronze
Barbara Beall	FM	116:47	
Ann Christoffel	FM	117:38	
Beth Gurzler	FM	130:28	
Len Cormier	MG	DNS	
Doug Brooks	MG	DSQ	

Green course

Tatyana Svistum		46:14	
Dayle Lavine	FG	48:50	Gold
Thayer Raines		64:05	
Jennifer Van Wyk	FS	68:38	Gold
Nadezhda Popova	FG	68:53	Silver
Betsy Hawes	FG	80:27	Bronze
Katie Christoffel	FS	84:56	Silver
Verna Engstrom-Heg	FG	DNF	

ESG results -- ROC entrants shown in bold.

Blue course	Class	Time	Medal
Gary Brackett	MO	50:28	Gold
Steve Halasz	MO	53:05	Silver
Randall McGarvey	MO	55:40	Bronze
Aims Coney	MO	58:16	
Mitch Collinsworth	MO	62:18	
Mike George	MO	64:53	



Rick Lavine. (Photo by Phil Hawkes-Teeter)

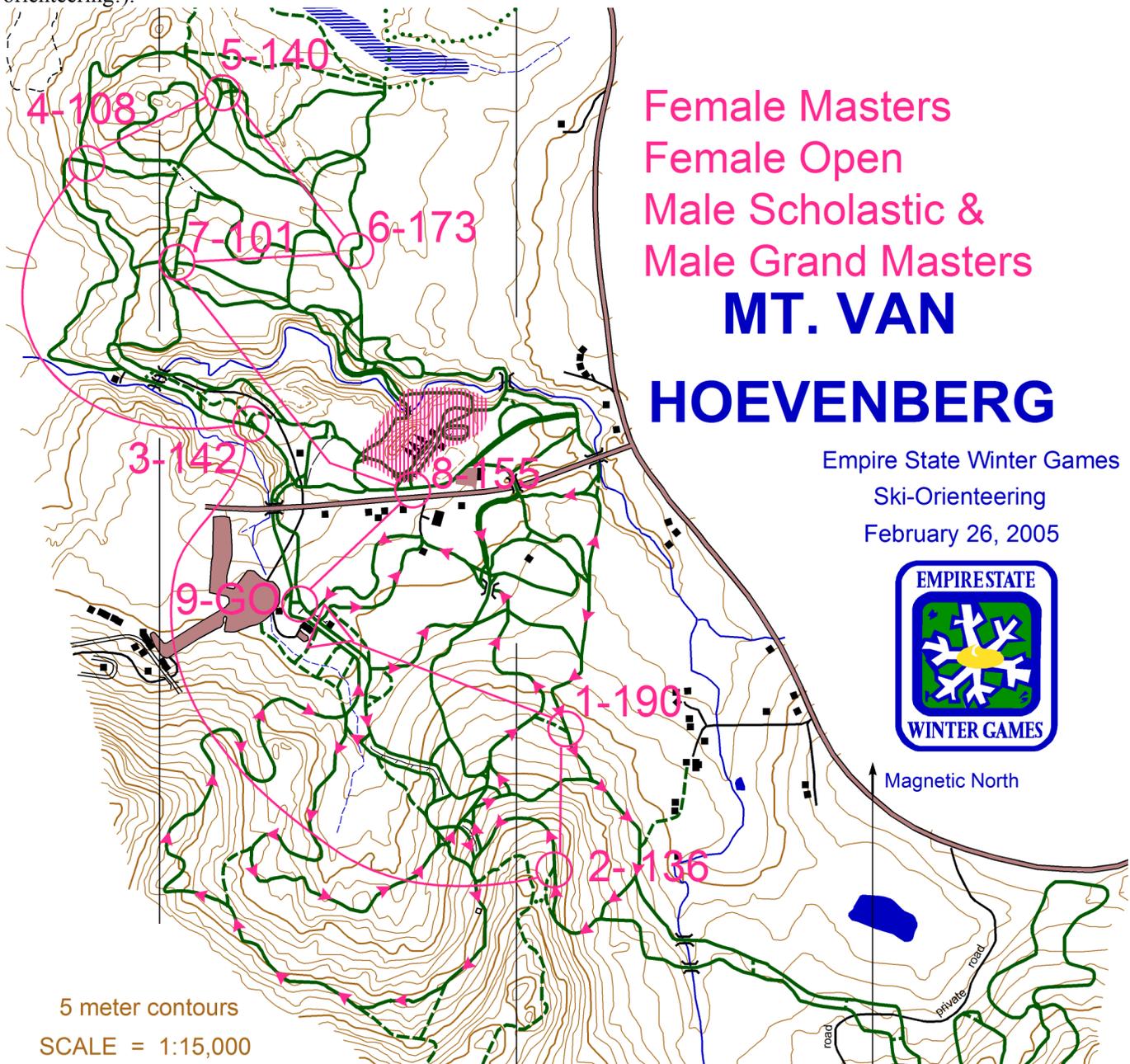


Pete Dady (CNYO), Jim Russell, and Dayle Lavine. (Photo by Elizabeth Hane)

Map of Red course from Empire State Games ski-O competition

Since not everyone is familiar with ski orienteering, here's a map to help show what a typical course might be like. Ski-O courses are set such that the controls are along trails, much as they are for White courses during the non-ski seasons. But there are some critical factors, which need to be taken into account on a Ski-O course, that few White course runners would consider. First there is elevation change. While the going over vs. going around choice is a classic orienteering decision, in Ski-O it is exaggerated because the difference between skiing uphill and on the flat is much greater than the difference when running. Plus, even the downhills can be problem when skiing, because the speed you develop can require extremely fast decisions and very technically difficult turns. There are few things more frustrating than realizing you have missed a turn you needed to make and must climb back up several hundred meters. So, while Ski-O may seem "simple" to the run-only types, it too is a complex route choice decision process. Plus it's usually done at higher speed, and it's definitely done at much closer to the exhaustion point. (Above description of ski-O taken from EMPO web site.)

Note also in this particular map the one-way trails in the southern portion of the course. These must be obeyed during competition, creating yet another factor to be considered in route choices (one that never comes in to play in conventional orienteering!).



Rochester Orienteering Club membership application form

- ___ \$10 for one-year student membership (high school or younger)
- ___ \$20 for one-year individual membership
- ___ \$25 for one-year full family membership
- ___ \$25 for one-year organization membership (example: Scout group)
- ___ \$50 for three-year individual membership
- ___ \$65 for three-year family membership
- ___ \$200 for life membership

	First name	Last name	Birthdate
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Spouse:	_____	_____	_____
Children:	_____	_____	_____
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	_____	_____	_____
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 Indicate if: New membership ___ or Renewal ___ Date of application: _____

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