

**The official newsletter of the Rochester (NY) Orienteering Club**



Pile of trash collected by orienteers at Badgerow Park meet on May 24. See article on Badgerow meet. (Photo by Sandra Lomker)



Eric McGrain and Spencer Byrne show off some of the collected trash. (Photo by Sandra Lomker)

## Deadline for youth orienteering camp fast approaching!

The deadline for registration in Woods Adventure, a 3-day orienteering camp for 10-15 year olds at Camp Eastman and Durand Eastman, is July 15. See additional information in this issue (page 5). An application is available on the ROC website.

## ROC to host 2006 North American Rogaine Championship

The Rochester Orienteering Club has been awarded the bid for the 2006 North American Rogaine Championship, to be held in Allegany State Park, on June 10-11.

For those unfamiliar with a rogaine, it is basically a very long score-O. Typical time categories are 6, 12, and 24 hours, with the 24-hour category being the “championship” category. Contestants compete in teams, generally 2-person teams, but 3 or more people can also form a team. Teams choose their strategy in terms of what controls to visit and in what order, when to return to the meet headquarters to eat or rest, and so

forth.

Allegany State Park is a great place for a rogaine, as it is very large (an absolute must for a 24-hour rogaine), consists mainly of open woods, and has good facilities for the meet headquarters. It received rave reviews when a rogaine was held there in 2000.

## Rattlesnake Rogaine, September 10

Speaking of rogaines, we are having a mini-rogaïne (mini because it does not have a 24-hour option) at Rattlesnake Hill, north of Swain. This will be a new map for the club. It is planned to offer 3, 6, and 12-hour options.

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## 2004 Club Officers and Committee Chairs

**President:** Dick Detwiler 671-2437, Rlshadow@aol.com  
**Past President:** Jim Russell 315-524-4866 jrussell1@rochester.rr.com  
**President-Elect:** Vacant  
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**Secretary:** Sandra Lomker, 426-6773, slomker@frontiernet.net  
**Membership:** Randy McGarvey Randall.mcgarvey@alum.rit.edu and Jim Russell jrussell1@rochester.rr.com  
**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, louise\_cook@hotmail.com  
**Pernament O:** Tom Cornell, 426-6773, tcornell@frontiernet.net  
**O Education:** Jim Russell, 315-524-5866, Jrussell1@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 eric@johnmyersphoto.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, 271-8161 Ravi.nareppa@gmail.com  
Joe Seyfried, 872-0903 jpseyf@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 Egils.robs@gmail.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 Summer and Fall Schedule

### Rochester Area

July 13 Wednesday	<b>Cobbs Hill Park.</b> 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	<b>Ellison Wetlands, Empire Blvd.</b> 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	<b>Black Creek Park.</b> 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.
August 16-18 (Tu-Th)	<b>Youth Orienteering Camp.</b> Camp Eastman and Durand Eastman. Pre-registration required. See article in this newsletter for more information.
September 10 Saturday	<b>Rattlesnake Hill Rogaine.</b> Near Swain, NY. 3, 6, and 12 hour. Includes mountain bike division. Call Hotline or see web site for more information as date approaches.
September 17 Saturday	<b>Highland Park.</b> National Orienteering Day. Includes GPS-O. Start from 12:00 noon to 2:00 p.m.
October 8 Saturday	<b>Powder Mills Park.</b> West Lodge. Start from 12:00 noon to 2:00 p.m.
October 23 Sunday	<b>Oatka Creek Park.</b> Start from 12:00 noon to 2:00 p.m.
November 5 Saturday	<b>Annual Mendon Trail Run.</b> East Lodge. 5K, 10K, 20K, 50K. Start times: 8:00 a.m. 50K, all other distances 9:30 a.m.
November 12 Saturday	<b>Night-O. Mendon Ponds Park.</b> East Lodge. Mass start 5:30 p.m.
December 5 Sunday	<b>Brighton Town Park.</b> Annual Meeting & Scrooge-O, 5:00 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 or USOF web site for details)

August 2-3	North American Rogaine Championships, Cache Creek, BC, Canada (Sage Orienteering and Rogaining Club)
August 3-7	Colorado 5-day, including US Night-O championships and US Relay Championships. Lake George, CO (Rocky Mountain Orienteering Club)
August 20-21	Rogaine (6, 12, 24 hours), near Norfolk, CT (Western Connecticut Orienteering Club)
August 20-21	"Upside-down" Rogaine (8 hours, all after dark), near Chillicothe, OH
September 11	Tawnsentha Park, Guilderland, NY (EMPO)
September 17	CNYO National Orienteering Day; location to be announced.
September 18	Grafton Lakes State Park (EMPO)
October 9	Camp Schoellkopf, Cowlesville, NY (BFLO)

### Contact information

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

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

**USOF web site:** [www.us.orienteering.org/](http://www.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://empoweb.us.orienteering.org>

## Recent Permanent Course Finishers – Congratulations!

<b>Durand</b>		
John and Tim Olmsted	4/22/05	Spencerport NY
<b>Letchworth</b>		
Anna Woolston	6/4/05	Caledonia NY
Joan Loring	6/16/05	Hamburg NY
<b>Mendon</b>		
Clare Sloat	3/29/05	Bergen NY
Lev, Sophia & Dalia Roshal	4/20/05	Rochester NY
Travis Regan	4/21/05	East Rochester NY
Edwards Family & Max	5/20/05	Walworth NY
Chris, Danielle, & Nicole Nobles	5/24/05	Pittsford NY
Bob Kremens	6/7/05	Pittsford NY
Anna Woolston	6/22/05	Caledonia, NY
<b>Webster</b>		
Edwards Family & Max	5/7/05	Walworth NY
Michael, Lisa, Andrew, & Kirsten Frauens	3/29/05	Webster NY

## Woods Adventure: Orienteering Workshop for youth, August 16-18 Registration Deadline July 15!

by Karl Kolva

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 were given first choice during the first week of registration. Since that first week has passed, it is now 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.

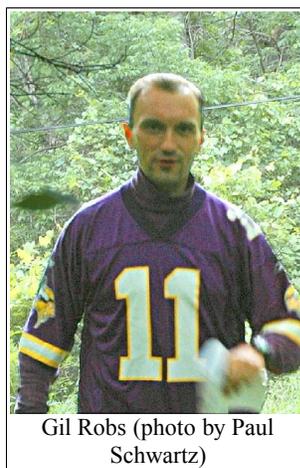
All of the staff will be veteran orienteers, with most of them public school teachers experienced in dealing with youths.

The club contact person for this program is Karl Kolva, 585-342-5974. For an application, visit the club web site. Go to "Schedule"; there is a link to the application in the schedule listing for this camp.

## Training Sessions

by Gil Robs

The last issue of Wild Times had an article by Eric Barbehenn "So how does one train for orienteering?" informing you about training program for orienteering. ROC had an initial series of orienteering training sessions as of result. When Eric and I discussed an idea about organizing training sessions, we were cautious and afraid that it will not be accepted by club members. We were proven wrong. ROC organized six training sessions and we averaged 16-17 orienteers at each training session. We aimed training sessions for more advanced orienteers (those who could finish yellow course and up); however, a few beginners showed up at training sessions and we did not turn them down.



Gil Robs (photo by Paul Schwartz)

Let me list few examples how training sessions improved skills of local orienteering enthusiasts. I met Travis Regan at Badgerow Park meet after he finished the Yellow course with a time which was more then twice then winners time. Travis and I went for map walk at the next training session which was held at Powder Mills park. Travis smoked the Yellow course competition at the next meet in Durand Eastman park. Timothy Gorbold was four minutes

behind the winners time at Durand Eastman meet. Tim and I ran together during the training session at Irondequoit Bay, I analyzed Tim's orienteering style and I gave him few pointers where he could improve. Tim beat my time by minute at Pinewood meet. What can I say -- losing is never easy but I am glad that it is no longer Gil's and Sergey's show every meet!

Jim Russell pointed out at the last ROC BOD meeting that ROC is one of top ten O-clubs in US attendance-wise; however, our club has one of the lowest representation ratios at A-meets. Regular training sessions will change that in future. Training sessions will be designed for top Yellow course competitors and up; however we will not turn down beginner orienteers if they show up to training sessions.

Here is list of the next training sessions scheduled so far.

- Wednesday, July 20 - Location TDB
- Wednesday, August 3 - Location TBD
- Wednesday, August 10 - Location TBD

You will find a new navigation link in ROC web-site designated to Training for Orienteering. It will reflect latest updates related to training sessions, latest schedule changes.

Don't hesitate to e-mail me if you have any questions about training, orienteering sessions in the mean time. My e-mail is [Egils.Robs@gmail.com](mailto:Egils.Robs@gmail.com)

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## Meet Timothy Gorbold

by Dick Detwiler

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You may have seen the name Timothy Gorbold at the top of the results at many meets this year, and wondered who IS this



guy?? His results so far this year: (1) Mendon Ice-Breaker: 1<sup>st</sup> out of 6 on Red course with no trails shown on map; (2) Durand: 2<sup>nd</sup> out of 32 on long Orange course; (3) Mendon Triathal "O": 1<sup>st</sup> out of 37; (4) Pinewood: 1<sup>st</sup> out of 23 on Red.

Did he really appear out of nowhere to dominate local meets? The answer is basically "yes". Timothy is fairly new to our club, and indeed, to the sport of orienteering. But he has a solid and varied athletic background which has allowed him to reach a high level of achievement very quickly.

Timothy is 29 years old, a graduate of Alfred University, and is employed as an Adhesives Applications Engineer at a small start-up called CODACO. He has been married to Emily, whom he met on his high school cross country ski team, for about 4 years. He and Emily live in a small old house in Scottsville with their two dogs, Quin and Zoe. They maintain an active lifestyle, trying their hand at triathlons, and Emily is now seriously pursuing rowing. He also has a love for the arts; they have renovated their barn into a studio/workshop and started a company by the name of Dryden Designs, LLC ([www.drydendesigns.com](http://www.drydendesigns.com)) to pursue his passion for designing and fabricating.

Timothy was born in England, northwest of London. He was 18 months old when his parents moved to New Jersey due to a job transfer, and then when he was 12, his family moved to the Rochester area. He has two younger brothers, Paul and Nigel.

He considers himself very fortunate to be raised by loving and active parents, who provided him and his brothers with the opportunity to cross-country ski, hike, camp, swim, and participate in sailing regattas. He has competed in many sports, including cross-country skiing and running, swimming, and sailing. He even competed in the Flying Dutchman (2-person sailboat) world competition. He rated cross-country skiing as his favorite sport, with cross-country running and sailing a close second and third – up until now, that is, when orienteering has taken over as his favorite.

Here is his account of how he got into orienteering: "After discovering orienteering with my younger brother Nigel at a local ROC Mendon Ponds Score-O that we decided to try a few years ago, I have fallen deeply for the mad sport of running around the woods to find flags. My first exposure to orienteering was from my uncle Andrew who lives in Northern Ireland. He told me about a race that he used to do, called the Mourne Mountain Marathon, which is a two-day orienteering event with an overnight stop."

If he seems to be new on the Rochester scene this year, it's because he in fact IS fairly new. "This season, 2005, is really my first dedicated pursuit of orienteering. Since the Mendon Score-O, I have done a couple of local races here and there, but nothing with much seriousness. This year I decided that I needed a couple of goals to stem my expanding mid section. So, Emily and I managed to snowshoe run our way through this last winter with our dogs and I have been concentrating on my trail running endurance so that I don't have to view the map while heaving for air."

How did he get so good, so fast? Being a good runner certainly helps, but there are a lot of very good runners who do OK in orienteering but haven't achieved his level. "I have never really been a super fast athlete when it comes to speed along a well-defined path or course. However, I do find that for some reason I manage to excel when some additional thinking is involved."

I asked him about whether sailing had any similarities to orienteering. His response: "Both sports require route choices where the optimum route is that which will get you to a specific spot within a large 'playing' field in the shortest amount of time. In sailing, the decisions are based upon wind direction and velocity, which are both continuously changing resulting in the need for continuous monitoring and route adjustment. Likewise in orienteering, route decisions are made on the fly while monitoring the map and your changing surroundings, for example vegetation density. Ultimately, both sports require real time decisions concerning the path of least resistance.

"Another great similarity between sailing and orienteering is the importance of visualization. I find that my mind has the ability to quite easily convert a two-dimensional drawing into a three-dimensional image. Maybe it is my artistic or engineering training or maybe still my years of learning how to read the wind while sailing that has shaped this skill. I may not know why but it sure comes in handy when picking the correct re-entrant to go up or the right trail to run down."

What does he see for his future in orienteering? "Overall, I have fallen in love with both the sport of orienteering and the eclectic crowd of people that the sport attracts. I now consider myself an orienteering lifer and I only hope that when I mature I will have at least half the speed of the inspiring Lavines. I have certainly enjoyed the season so far and I really think that it is wonderful to see families coming to the meets and yet at the same time having great friendly competition throughout the ranks of the club. I am definitely looking forward to the rest of the season; competing at the club events, directing the Black Creek Score-O, doing a couple of Rogaines and then maybe trying my hand at Ski-O when the snow starts to fly."

The club is very fortunate to have Timothy as an active member, not only for his inspiring performances, but for his willingness to help out as a meet volunteer, even taking on the job of meet director AND course-setter for the Black Creek Score-O. Welcome, Timothy!

# Meet Results

## Annual Icebreaker, Mendon Ponds

April 9, 2005



Mike Lyons (photo by Paul Schwartz)



Ansis Robs (photo by Paul Schwartz)

14 Lincoln Blaisdell	159:24
15 Bob Bundy	159:38
16 Jim Lavine	196:50
17 Will Soles & Melanie Chalachan	223:30
18 Walt Lyons	DNF
19 John & Linda Nusz	DNF



Green-trails not marked on map

1 Lindsay Worner	99:06
2 Dick Detwiler	106:15

Orange: 4.81 k, 180 m climb

1 William Clegg	74:11
2 Anne Schwartz	83:25
3 Robert Norquest	93:35
4 Mike Gallagher	99:35
5 Ted Sakshaug	100:00
6 Bob Kremens	132:25
7 Barbara Van Meter	133:05
8 Mike Yanker	133:42
9 Brian & Nick Charles	137:30
10 David Briden	140:55
11 Denise & Randy McGarvey	148:55
12 Elizabeth Hane	142:47
13 Danica Pecivalova & Simon Cuadrado	152:00
14 Patrick & Michell Waser	159:28
15 Mark Wade	168:43
16 Jill Fickbohn	180:00
17 Tammy Mancuso	DNF
18 Greg Sloan & Donny Stiner	DNF

Orange- trails not marked on map

1 Joe Seyfried	91:55
2 Karl Kolva	128:06

Yellow: 3.73 k, 160m climb

1 Nate Lyons	43:25
2 Travis Regan	53:10
3 Brett, Suzanne, Daniel, & Andrew	55:15
4 Tyler Borden	64:30
5 Jim Curry	68:00
6 Jeff Hube	72:58
7 Bob & Becki Ourvis	73:01
8 Lawrence, Kate, Camilla, Ana, Jack, Tess, & Julie Creatura	74:25
9 Anna & Clare Woolston	77:12
10 Josh, Sam, Isaac & Catherine Goodman	79:50
11 Sylvia Klassen	82:30
12 Sean Edwards	82:45
13 Al Fantazzo	84:01

### Mendon Results

Red: 7.14 km, 275 m climb

1 Gil Robs	63:21
2 Mike Lyons	88:16
3 Rick Slattey	97:38
4 Ravi Nareppa	117:47
5 Ansis Robs	119:35
6 Mike Allen	122:55
7 Rick Lavine	137:00
8 Eric Phillips	151:51
9 Perry Shepler	159:06
10 Jackie Novkov	163:13
11 Christopher Lohfeldt	135:58

Red-trails not marked on map

1 Timothy Gorbold	72:56
2 Mark Dominie	78:25
3 Sergey Dobretsov	88:08
4 Rick Worner	91:42
5 Linda Kohn	104:33
6 Eric Barbehenn	113:15

Green: 5.54 km, 235 m climb

1 Rob Holmes	65:39
2 Stina Bridgeman	97:39
Dayle Lavine (unofficial)	99:15
3 Jim Pamper	100:16
4 Chris McBride	102:30
5 Andrew Elder	103:10
6 Joel Shore	105:27
7 Kathy Bannister	106:50
8 Barb Dominie	108:37
9 Jack Finear	114:18
10 Victor Klassen & Ben Price	122:38
11 Zach & Frank Armstrong	134:05
12 Vasily, Ekaterina & Dmitri	143:31
13 Paul Schwartz	148:39

14 Carol Moran	91:40
15 Ed, Pete, & Paul McMahon	96:09
16 Matt, Stephan, Brian, & Kevin Gearinger	96:33
17 Mark Sciera	97:20
18 Curtis, Patricai, Matt & Nicole Hube	103:40
19 Michael Hersch	104:55
20 Todd Sheehan	105:12
21 Ken. Wanda & Eric Kowalski	107:39
22 Scott Leadley	107:50
23 Laura Love	109:56
24 Jill Fickbohm	120:55
25 Wyand Family	123:00
26 Pascal & Ethan Schmidt	136:00
27 Louise Cook	139:00
28 Lon McClure & Bonita Hawes	147:48
29 Raine VanNatter	149:25
30 Terry, Larry, Jacklyn, Holly Weinstein & Becky LeFebvre	176:98
31 Timothy Dobretsov	DNF
32 Ed Dial	DNF
33 Ron, Pat, Laurel & Heather	DNF

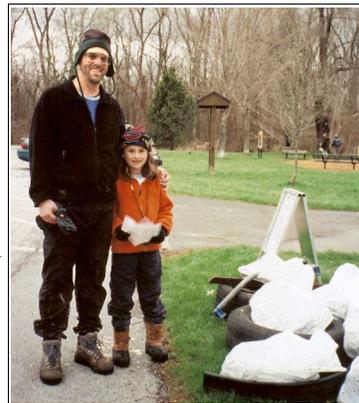
Mendon White: 2.39 k

1 Cherie Conrad	36:09
2 James & Denny Piel	39:00
3 Maureen & Lauren Jaenecke	39:09
4 Matt, Stephen, Brian & Kevin Gearinger	40:00
5 Mikhail, Olga, Lev, Sophia & Dalia Roshal	40:00
6 Joe & Ellie Shonk	41:06
7 Cathy & Evan Bussey	42:00
8 Brian Page	42:00
9 Scott, Teresa, Mike, & Katie DeMar, Ryan Ormiston & Alyssa Owen	42:07
10 Ed Dial	43:00
11 Sarah & Linda Hutchinson	44:05
12 Joe Jech	45:00
13 Liz, Cassie & Allie Sciortino	45:03
14 Mark, Betsy, Andrew & Elizabeth Seaman	46:56
15 Rosemary Garbowski & Erma Merola	47:49
16 Patricia & Hunter Mills, Linda, Jason & Kelsey Voytovich	49:19
17 Troop 336- team # 1	50:32
18 Troop 336-team # 2	50:39
19 Ken, Wanda, & Eric Kowalski	50:50
20 Brian & Andrew Segwit, Peter & Ryan Mehnert	50:55
21 Mark Sciera & Ben Little	51:29
22 Elizabeth, Rebecca & Emma Rock	51:50
23 Mark, Beth & Travis Rothdiener	52:30
24 Danny, Lisa, Tyler & Juliet Aycocle	53:29
25 Greg Sloan & Donny Stiner	53:55
26 Jennie, Don, Wyatt & Dawson Brown	54:05
27 Gail Waffle	55:00
28 Norm Smith	55:00
29 Robert, Kathryn, Tiffany & Meaghan Wilson	56:13
30 Kevin, Brennan & Ethan Dell, Kevin & Jonathon Schenk, Robbie Donovan & Lawrence Fan	58:40
31 Rob, Matthew & Max Matuska	59:50
32 Neal, Jackie, Emily & Grace Slifkin	59:50
33 Richard & Nella Weller, Pascal & Ethan Schmidt	61:13
34 Wally & Diane Musial, Rachel Panariks & Cassidy Patney	61:30
35 Jim, Matt & Molly Simpson	61:40
36 Karl, Katrina, Matia, Stefan & Alex Korfmacher	62:55
37 Lois Camphausen, Carol Williams &	

Fran Kessler	63:11
38 Jennifer, Clara & Clayton Manley, Jean & Meghan Sheehan	65:23
39 Dan & Justin Woods	65:50
40 Becki & Bob Purvis	66:29
41 Rick, Cady & Mandi Brown, Claudia & Michelle Dick, & Max Norris	66:29
42 Shelson, Donna & Andy Wood	71:45
43 Edith, Liam, Blake & Bill Scherer	71:50
44 Mike, Karen & Erin Lally	72:05
45 Davis & Patti Brown	72:15
46 Todd, Nicole, Allison & Jacob Bensley	72:28
47 Ken Muscarella	73:36
48 Andrew & Jan McCauley, Tim & Katie Mousaw	75:48
49 Emily & Chris Schroeder, & Pat Russell	75:55
50 Marie Cinti, Steven, Daniel & Julia Finkelstein	76:50
51 Steve, Julie, Emilyrose, Tim & Dan Cosgrove	82:00
52 Spencer ?	85:48
53 Elizabeth Forbes, Ezra & Ethan Celli	93:00
54 Jamie, Max & Lily Glaser	DNF
55 Tom Gagen	DNF
56 Rick & Utah Moffett	DNF
57 Troy, Tracy, Rhi, Fionah, Carolyn & Theo Collinworth	DNF

## Badgerow Park

April 24, 2005



Daniel and Daria Burge at Badgerow meet.  
(Photo by Sandra Lomker)

At least 25 bags of garbage at 10-15 lb per bag, tires, pipes were collected by meet participants. (See photos on page of this newsletter.) We received a letter of appreciation from the town of Greece for this clean-up effort. Good job!

### Yellow-1

1. Lon McClure	29:52
2. Eric McGrain & Spencer Byrne	31:23
3. Mitchel Hansinger	34:47
4. Raine Van Natter	48:57
5. John Nusz	51:18
6. Margaret & Vincent Rybicki	58:55
7. Dalia Roshal	1:05:22
8. Michael Hirsch	1:14:00
9. Camphousen Family	1:33:02
10. Jeff Voellinger, Joel Denmger, Nicholas Prinzing	1:34:26

### Yellow-2

1. Ansis Robs	20:08
2. Tom Story	20:58

3. Nate Lyons	25:02
4. J F Wallenhorst	34:23
5. Rainee Van Natter	37:57
6. Travis Regan	41:33
7. Sean Edwards & Jordan Schirmer	54:53
8. Eric Mc Grain & Spencer Byrne	55:40
9. Anna Woolston & Clare Sloat	1:00:02
10. Creatura Family	1:03:10
11. Jackie Marchard	1:08:58

Badgerow White-1

1. Krouse Family	25:48
2. Zach Lyons	29:18
3. Nate Lyons	29:18
4. Jason Uckfitz	40:27
5. Jennifer & Paul Manley	48:43
6. Richard Hughson	49:30
7. Gail Waffle	49:30
8. Larry & Sharon Masseth	58:27
9. Daniel & Daria Burge	1:00:40
10. Scherer Family	1:03:15

White-2

1. Krouse Family #1	25:57
2. Eric McGrain & Spencer Byrne	27:15
3. Richard Hughson	29:30
4. Mark & Vicki Sciera	43:34
5. Flanagan Family	49:23
6. Krouse Family #2	52:35
7. Kate Lepere & Katie Jordan	53:55
8. Chuck Rogers & Susan Schickel	57:05
9. Vincent & Nicolas Luongo	1:05:50

Memory-0

1. Dave Levine	47:18
2. Mike Lyons	53:00
3. Jack Finegan	1:11:46
4. Mike Finear	1:41:43

Memory-1

1. Sandra Lomker	25:02
2. Rainee Van Natter	36:18

18 Bundy, Bob	1:33:00
19 Finear, Jack	1:36:00
20 McBride, Chris	1:38:00
21 Novkov, Jackie & Kolev, Jordan	1:41:00
22 Norquest, Robert	1:52:00
23 Wallenhorst, Jack & Tom	1:46:00
24 Lehfelder, Christopher	1:48:00
25 Lavine, Jim	2:20:00
26 Yunker, Mike	2:12:00
27 Woolston, Anna	2:29:00
28 Davis, Susan	2:36:00
29 Hunt, Laurie	2:39:00
30 VanNatter, Rainee	3:00:00
31 Powell, David & Fickbohn, Jill	3:02:00
32 Madden, Rich; Madden, Nancy; Tacher, Sydney & Kelly	3:25:00




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## Durand Eastman Park

May 7, 2005

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ORANGE Long Course

1 Robs, Gil	0:50:00
2 Gorbald, Tim	0:54:00
3 Dobretsov, Sergey	0:57:00
3 Grisbold, Paul	0:57:00
4 Lyons, Mike	0:57:20
5 Holms, Rob	1:01:00
6 Maslawka, Gary	1:05:00
7 Gorbald, Nigel	1:07:00
8 Phillips, Eric	1:10:00
9 Russel, Jim	1:12:24
10 Nareppa, Ravi	1:13:00
11 Detwiler, Dick	1:13:15
12 Kohn, Linda	1:14:00
13 Salladin, Ron	1:18:00
14 Allen, Mike	1:19:00
15 Bridgeman, Strina	1:23:00
16 Shore, Joel	1:24:25
17 Finear, Michael	1:30:01

ORANGE Short Course

1 Elder, Andrew	0:59:00
2 Hansinger, Mitchel	1:08:00
3 Burge, Daniel	1:13:00
3 Swartz, Paul	1:13:00
4 Tylock, Steve & Chris	1:18:00
5 Kremens, Bob	1:27:00
6 Bannister, Kathy	1:28:00
7 Cornell, Tom	1:32:00
8 Lyons, Walter	1:40:00
9 Gallagher, Michael, Joe & Brenda	1:50:00
10 Fergusson, Dave & Emiko	1:56:00
11 Lomker, Sandra	1:59:00
12 Regan, Travis & Nobles, Jill	2:08:00
13 Hane, Elizabeth	2:25:00
14 Leadly, Scott	2:30:00
15 Briden, David	2:44:00

Durand YELLOW Course

1	Regan, Travis & Nobles, Jill	0:27:44
2	Lyons, Chelsea, Nate & Zach	0:30:52
3	Borden, Zak	0:35:10
4	Edwards, Sean & Schirmer, Jordan	0:43:15
5	Cook, Louise	0:48:00
6	Curry, Jim	0:48:30
7	McGarvey, Rich & Randell	0:50:20
8	Flanegan, Ellen, Cochrane, Amelia	0:53:00
9	Hirsch, Michael	0:55:00
10	Roshal, Dalia, Sophia, Lev Olga & Mikhail	0:59:00
11	David Kennedy	1:15:00
12	Fantauzzo, Al, Emily & Niven, Tim	1:01:12
13	Strang, Heather Chris Reape & Jeff Reape	1:06:00
14	Collinsworth, Troy	1:08:00
15	Nusz, John; Kolb, Bob & Linda	1:09:00
16	Nunes	1:10:00
16	Collinsworth, Mitch & Family	1:10:00
17	Logan	1:15:00
18	Ryhicki, Margaret	1:18:00
19	Renner, Tom; Logan, Bev & Pete; Stratton, Jim & Bridget	1:21:00
20	Bannister Family	1:24:00
21	Scherer, Edith, Liam & Blake	1:32:00
22	Cuadrado, Simon & Pecivalova, Danica	1:42:00
22	Holmes, Kameron, Bryn & Tyler	1:42:00
23	LaDue, Pam; Rachel, Grant & Morgan, Kristen	1:56:00

WHITE Course

1	Moran, Carol	0:27:00
2	Condello, Karen; McGuire, Leah & Jordan	0:27:10
3	Shonk, Joe & Ellie	0:33:00
4	Brooks, Doug; Miner, Mike Knowlton, Jayne & Tommy	0:33:20
5	Lyons, Chris & Luke	0:36:50
6	Burchill, John	0:39:00
7	VanBaitsholts, Cheryl	0:40:00
8	Pamper, Barb & Allison	0:45:00
9	Joseph, Sandy	0:46:00
10	Nunes, Jeff & Chudanski, Barbara	0:48:00
11	David, Marjory	0:49:00
11	Waffle, Gail	0:49:00
12	Blasiak, Tom & Riley	0:50:00
13	Sloan, Paige	0:54:09
14	Gordon, Fredrick Pugh, Diane	1:21:00
15	Manley, Jennifer, Clara and Clayton	1:07:00
16	Damaschke, Don; Bardeen, Nathan Sagneri, Spencer	1:11:40
17	Rock, Elizabeth; Rock, James, Quinten, Becca & Emma; Richardson, Ken & Anna	1:17:00
18	Wellman, Ron; Young, Pat Wellman, Laurel & Hatte	1:25:00
19	Byrne, Spencer & McGriar, Eric	1:28:00

## Mendon Ponds Park Canoe/Bike/Run event May 22, 2005

Mendon White Course

1	Dalia, Sophie, Lev, Olga, Mikhail Roshal	22:30
2	Carol Moran	23:00
3	Timothy Dobretsov	30:20
4	Marjorie David	38:40
5	Bob Krenzer, Barb Chudonski, Jeff Nunes	42:00
6	Fred Gordon	42:00
7	Clara, Clayton, Paul, Jennifer Manley Meaghan, Kathy, Robert Wilson, Heidi, Maggie, Kate Hall	44:00 44:00
10	Julie, Emmy Rose, Tim, Dan, Steve Cosgrove	45:00
11	Daren Tacy John Zonitch	52:00 52:00
13	Sheri, Conner, Brian Loessl Joy, Bill Perkett	62:00 no time recorded

Mendon Boat, Bike, & Run Triathal "O"

Place of finish was determined by the number of points (one point for each control). When finishers had the same number of points the order of finish determined the place.

Name	Points	Time
1 Tim Gorbald	20	82:30
2 Mike Lyons	20	94:00
3 Patty Lyons	20	99:31
4 Alex Jospe	20	99:40
5 Pavel Kornilier	20	03:30
6 Sergey Dobretsov	20	104:00
7 George Nadorff	20	121:13
8 Rick Lavine	20	122:01
9 Rob, Cameron Holmes	20	124:20
10 Eric Barbehenn	20	126:20
11 Stina Bridgeman	20	135:15
12 Bob Bundy	20	135:30
13 Jackie Novkov, Linc Blaisdell	20	137:10
14 Dayle Lavine	20	142:10
15 Gary Maslawlen	20	146:30
16 Ravi Nareppa	20	150:20
17 Chad, Tyler, Zak Borden	20	173:30
18 Doreen Fanton	20	175:30
19 Jill Nobles, Travis Regan	20	179:59
20 Mike Allen	18	94:20
21 Walt Lyons	18	122:50
22 Theodore Sr., Theodore Jr. Wolfley	18	179:59
23 Tom Cornell, Sandra Lomker	16	167:20
24 Laurie Hunt	16	170:05
25 Bob Krenzer, Barb Chudanski, Jeff Nunes	16	171:00
26 Jack, Tom Wallenhorst	16	173:05
27 Michael Hirsch	15	174:00
28 Patty Borden, Kathy Curry	14	175:10
29 Eileen Flanagan, Amelia, Pat Cochran	13	154:00
30 Cherly Van Baitsholts	12	179:59
31 Ron Mercel	12	no time recorded
32 Ken, Aaron Herting	11	126:00
33 Brian Tomaszewski	10	no time recorded
34 Michael, Joseph, Angela, Brendan Gallagher, Joe speech, Amy Kutrant	9	103:10
35 Marjory David, Gail Waffle	9	no time recorded
36 Dalia, Sophie, Lev, Olga, Mihail Roshal	4	
37 Joy, Bill Perkett	4	

# Webster Park

June 4, 2005

This meet featured an updated map, by Ravi Nareppa and Joel Shore (their first mapping project; the club thanks them for taking on this task!). The mapping of many trails and vegetation features is much improved over the previous version of this map. Ravi and Joel also set the courses, with some minor consulting and vetting from Dick Detwiler.

Approximately 140 orienteers attended the meet on a nice day for orienteering - moderate temperatures (thanks to lake-effect cooling) and overcast skies.

The Young/Wellman family was the first official finisher on the White course, although young Sylvia Klassen did the course unofficially in a blistering 17:45 (it was unofficial because she had previously completed the Yellow course, and there were a couple of shared controls between the two courses). Chad & Zak Borden won the Yellow course. Perette Barella took honors on the Orange course, beating out Sue & Victor Klassen by about a minute. Robert Holmes left the rest of the field in the dust on Red, winning by more than 6 minutes.

## WHITE (1.8 km, 10 controls)

Sylvia Klassen (Unofficial)	17:45
1 Heather, Ron & Pat Young, Laurel Wellman	33:05
2 Timothy Dobretsov	34:46
3 Peter & Conner Czora, Luci, Anthony & Nicholos Siera	37:40
4 Andrew & Tom Sorrento	39:10
5 Chris & Kelsey Villone	41:00
6 Joe Kirchner & Janice Hoysic	42:10
7 Heidi McMullen	45:50
Steve Tylock (Unofficial)	45:52
8 Bonnie Seitz	54:40
9 Robyn, Joshua & Peggy Hunt	55:35
10 Edie, Liam & Blake Scherer	58:12
11 Clara Manley, Clayton Manley, Jennifer Manley, Stephenie, Kyle & Andrew Dempsey	59:05
12 Steven & Pat Russell, Angel Cutler, Emily & Chris Schroeder	64:15
13 Bill, Rachel, Billy & Kris Williamson	68:00
14 Cheryl Baitsholts, Garnet, Ross, Alyssa, Julie Culotta, Cara	74:30

## YELLOW (2.6 km, 11 controls)

1 Chad & Zak Borden	37:00
2 Travis Regan	39:50
3 Jim Curry, Michael Curry & George Gardner	47:52
4 John Nusz	52:13
5 Matt, Stephen, Brian & Kevin Gearinger	55:39
6 Sylvia Klassen	55:55
7 Troy, Rhiannon, Ffion & Carwyn Collinsworth	57:50
8 Carol Moran	60:15
9 Mary Gardner, Kathy Curry & Patty Borden	64:10
10 Nate Lyons	68:00
11 Elizabeth Hane	69:30
12 Margaret & Vincent Rybicki	69:45
13 Bryan Loughman & Jennifer Traggis	73:10
14 Gail & Tom Waffle	73:25
15 Matt Parsons, Curtis, Trish, Matt & Nicole Hube	74:43
16 Jennifer Balonek	76:12
17 Heidi Hall	76:42

18 Eileen Flanagan, Kate, Amelia & Pat Cochrane	88:40
19 Mark Sciera & Jason Little	91:24
20 Kristen Pamper	93:20
21 Laurie Collinsworth	102:25
22 Elanor Nadorff	103:08
23 Pack #262	103:55
24 Michael Hirsch	106:14
25 Kevin Pamper	111:32
26 Barb & Allison Pamper	130:45

## ORANGE (3.9 km, 12 controls)

1 Perette Barella	62:18
2 Sue & Victor Klassen	63:28
3 Steve, Chris & Rachael Tylock	70:10
4 Jack Finear	71:17
5 Susan Davis	84:36
6 Anne Schwartz	92:13
7 Laurie Hunt	100:42
8 Jeff Hube	112:45
9 James Lavine	116:29
10 Divya Beven & Archana Hegde	129:45
11 Bob Kremens	133:32
12 Anna Woolston & Phyllis Stout	144:10
13 Will Soles	149:57
14 Mike Yunker	180:14
Marcella & Dan Garrigan, Heidi McMullen 185:20 (unofficial)	

## RED (6.8 km, 18 controls)

1 Robert Holmes	83:47
2 Ed Despard	89:57
3 Mike Lyons	98:24
4 Doug Brooks	104:20
5 Eric Barbenhenn	107:53
6 Alex Jospe	109:01
7 Dayle Lavine	111:37
8 Rick Lavine	113:20
9 Paul Roche	130:12
10 Rick Slattery	133:07
11 Bob Bundy	142:48
Jim Pamper	DNF
Kiran Hegde & Sri Ramaswamy	DNF
Mary Iaculli	DNF
Leah Ricci	DNF
Walt Lyons	DNF
David Powell & Jill Fickbohr	DNF



Linda Kohn, course-setter for Pinewood Meet (see results on next page) (Photo by Paul Schwartz)

# Camp Pinewood

June 19, 2005

The meet was very successful with 59 individual/groups and a total of 90 participants. Four A-Meet courses, red, orange, yellow and white, were set by Rick Worner and Linda Kohn. Lindsey Worner was Meet Director and she also filled in at the finish. The weather cooperated with a cloudy start and sun at the end. All courses, including the string-O, were challenging with plenty of mud to go around.



Peter Dady (CNYO) and David Levine compare notes on the Pinewood Red course (Photo by Paul Schwartz)

6	Marilyn Zygo	140:43
7	Tom Cornell	144:30
8	Laurie Hunt	144:35
9	Sue Klassen	182:41
10	Anna Woolston	DNF
11	Sandra Lomker	DNF



Rob and Kameron Holmes and family at Pinewood meet (photo by Paul Schwartz)

## Pinewood Results

### RED (13 controls)

1	Tim Gorbald	49:52
2	Gil Robs	50:50
3	Sergey Dobretsov	53:42
4	David Levine	64:05
5	Mike & Tim Lyons	67:30
6	Peter Dady	68:20
7	Jeff Zygo	80:30
8	Ravi Nareppa	87:06
9	Rob Holmes	88:09
10	Doug Brooks	101:05
11	Rick Lavine	110:09
12	Dayle Lavine	117:24
13	Stina Bridgeman	118:24
14	Jim Russell	118:55
15	Larry Zygo	125:42
16	Lincoln Blaisdell, Jackie Novkov	130:40
17	Victor & Nathan Klassen	139:00
18	Patricia Lyon	164:30
19	Jack & Tom Wallenhorst	174:00
20	Bob & Betsey Bundy	189:38
21	Karl Kolva	201:30
22	Ansis Robs	DNF
23	Walt Lyons	DNF

### ORANGE (11 controls)

1	Paul Schwartz	88:21
2	Tom Dady	88:48
3	Shawn Forney	110:43
4	Anne Schwartz	122:52
5	Ron Salladin	126:10

### YELLOW (12 controls)

1	John & Linda Nusz	62:48
2	Nate Lyon	64:45
3	Steve, Lorie, Rachael, Chris & Melissa Tylock	70:14
4	Louise Cook	81:00
5	Jeff, Draven, Nicholas Bannister	87:00
6	Elizabeth Hane	89:00
7	Phillip Wolfing, Mary Anne Bald, Benedict & Simon Wolfing	89:31
8	Frank, Linda, Rachel, Mark & Zack Armstrong	94:30
9	Michael Hirsch	95:00
10	Bob & Brenda Kremens	101:35
11	Sylvia Klassen	111:31
12	Divya Bevenchalli	113:45
13	Jason, Nicole, Elijah, Madison & Ellie Merrill	115:50
14	Cherie Conrad	117:28

### WHITE (10 controls)

1	Zach, Luke & John Lyons	32:17
2	Carol Moran	48:05
3	Chris, Laurel & Art McManus (1st Time Orienteering)	48:40
4	Tom Higgins	49:00
5	Kameron, Tyler & Bryn Holmes	62:00
6	Jefferson, Lisa, Madeline, Samuel, Thavanh & Malichanh Svengsouk	70:00
7	Roger Keeney	102:20

# 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
Self:	_____	_____	_____
Spouse:	_____	_____	_____
Children:	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Indicate if: New membership  or Renewal  Date of application: \_\_\_\_\_

Please circle one or more areas below in which you would be willing to volunteer occasionally. Training will be provided if needed.

Meet	Course	Food	Greeter	Registration	String-O	Start	Control	Results
Director	Setter					Finish	Pickup	Typing

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