



The official newsletter of the Rochester (NY) Orienteering Club



Above pictures from Empire State Games. From left: Rick Lavine at finish; Dayle Lavine at start; Stina Bridgeman heading out on course. (All photos in this issue taken by Elizabeth Hane) Complete results, and more photos, inside.

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Annual Icebreaker – April 9, Mendon Ponds Park

The first event of the spring calendar will be our annual Icebreaker. This year, as last, it will be at Mendon Ponds Park, Cavalry Lodge. A full range of courses will be offered. You may start anytime between 12:00 noon and 2:00 p.m.

North American Rogaine Championships – June 11-12

Our club has the honor of hosting the North American Rogaine Championships, at Allegany State Park. If you're not an elite rogainer (and not many of us are), don't let the term "championships" mislead you. Anyone can enter. There will be time categories of 6, 12, and 24 hours (the 24 hour category is the championship category, but anyone can enter that as well). Pre-registration is required; no day-of-meet entries are possible. There is an application form in this newsletter, but registration on-line is highly encouraged (there is no extra fee for registering on-line, and you save the cost of postage).

Membership renewal time is here!

(With on-line renewal available this year)

Memberships expired on March 1. Check your mailing label. If the expiration date on it has passed, then you need to renew! You can use the application form found on the back page of this newsletter, or obtain one on-line at the club's web site.

Also, for the first time, the club is offering the option of joining or renewing on-line, through Active.com. Here is the link to the site: tinyurl.com/o7pxg The link is also available on the ROC web page.

Relay For Life (June 2 & 3) at Spencerport High School

ROC will have a team in the Relay again this year. If you want to participate please notify Rick Worner at: wornerkohn@aol.com The Relay starts at 6PM on Friday night and concludes the next morning at around 8. You can stay as long as you want. The highlight is the candle ceremony that takes place around 10pm. Each team member pays a \$10 registration fee and any additional contributions from friends and family. It is a great event and a satisfying way to spend some time with other ROC members working for a worthy goal and remembering friends who have been stricken with cancer. We will have a tent and some chairs. Most people walk, but you can also run if you wish.

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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.

Entry fees

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.

2006 Spring and Summer Schedule

Rochester Area

Sunday, April 9	Annual Ice Breaker. Mendon Ponds Park. Cavalry Lodge. Start from 12:00 noon to 2:00 p.m.
Saturday, April 22	Letchworth Park, West Side. Lower Falls area. Start from 12:00 noon to 2:00 p.m.
Sunday, April 30	Basil Marella Park (Greece). Regular courses, plus Sprint. Start from 12:00 noon to 2:00 p.m.
Saturday, May 13	Irondequoit Bay Park West. Start from 12:00 noon to 2:00 p.m.
Saturday, May 20	Ellison Wetlands, Canoe-O. Call Hotline for details.
Sunday, May 28	Durand Eastman Park, East Side. Magnolia Shelter. Regular courses, plus Sprint. Start from 12:00 noon to 2:00 p.m.
Saturday, June 10	Allegheny State Park, Rogaine. 6, 12, and 24 hour categories. Mass start at 11:00 a.m. Pre-registration required; entry deadline June 7. See web site for details and application.
Sunday, June 18	Powder Mills Park. Oak Tree Lodge. Start from 12:00 noon to 2:00 p.m.
Wednesday, June 28	Black Creek Park. Western entrance. Score-O plus White course. Score-O mass start at 6:00 p.m.; White course starts from 6:00 p.m. To 7:00 p.m.
Tuesday, July 18	Cobbs Hill Park. Tay House. Score-O mass start at 6:00 p.m.; White course starts from 6:00 p.m. To 7:00 p.m.
Saturday, July 29	Genesee Valley Park. Genesee Junction shelter. Score-O, plus White course, plus Sprint. Score-O mass start at 10:00 a.m. White course starts from 10:00 a.m. To 12:00 noon. Sprint start after completion of Score-O, specific time to be announced.
Saturday, September 9	Letchworth State Park. East side. Regular courses plus "goat" (long mass start event with ample climb). Regular courses start from 12:00 noon to 2:00 p.m. Call Hotline for start time of goat.
Saturday, September 16	National Orienteering Day. Highland Park. Recreational Cener behind RCS#12. Regular courses, plus Sprint. 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 sites of the sponsoring club for details.

March 31, April 1-2	OCIN. Flying Pig A-Meet near Cincinnati, OH.
April 8-9	NEOC. US Intercollegiate Championships. MA and CT.
April 15	CNYO. Green Lakes State Park.
April 29	BFLO. Chestnut Ridge.
April 29-30	EMPO. US Short-O and Long-O Championships. WSW of Albany.
May 6-7	USMAOC. West Point.
May 6	BFLO. Emery Park.
May 13	EMPO. Saratoga Springs State Park.
May 21	BFLO. Location to be announced.
June 11	EMPO. Five Rivers Environmental Education Center, Delmar, NY.
June 24-25	CNYO. Regaine. Happy Valley WMA.
August 9-20	RMOC. Rocky Mountain 1000-day. Wyoming and Colorado.
August 12-13	CNYO. Rogaine. Brookfield Horse Trails.

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/

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://empo.us.orienteering.org>

Adirondack Orienteering Klub (AOK) web site: <http://web.northnet.org/aok/>

Other clubs: See USOF web site.

Recent Permanent Course Finishers – Congratulations!

Letchworth

Tim & John Olmsted 11/22/05 Spencerport NY

Mendon

Dana Black & Joe Voelkel 11/8/05 Fairport NY
Christopher M Meath 11/29/05 Clyde NY
John F Meath 11/29/05 Newark NY
Ken Myers 12/17/05 Honeoye Falls NY

Webster

John F Meath 11/3/05 Newark NY
Christopher M Meath 11/29/05 Clyde NY
Dobie Family 12/2/05 Webster NY
Joe Seyfried 7/7/06 Webster NY

Orienteering

By Matias Korfmacher, Age 8

Account of his experiences at his first orienteering meet at the Mendon Ponds Icebreaker, April, 2005

Everyone was excited, well almost everyone, (My brother was complaining). It was almost time. Time to go orienteering, that is. We (my mom, my brother and I) piled into the car and drove over to get my friend. After we got our friend, we drove to Mendon Ponds.

It was totally crowded. What a surprise! We saw my dad. After we said "Hello", my dad told us about orienteering. Soon we were off! At first we did not know how to read the map. My dad showed us how. My brother found three flags.

When we were hot on the trail of the fourth flag, my mom and dad called us back. They had found a deer skeleton! The bones were slightly red and fur was scattered around like there had been a struggle.

After a while we moved on. It didn't take long to find the fourth flag. Soon we came to a forest. We ventured into it. The forest was much dimmer than outside. Suddenly, we heard a "hiss", right next to us. There were 3 snakes! We admired the snakes and then moved on.

As we were walking a little while later my little brother shouted "look" and there it was! The finish line! We dashed to it. We were so excited! Then we learned that we came in 25th place, (25th place is a big honor to get in a race with 200 people)!

A huge jug caught my eye. Inside was lemonade. I drank 4 glasses. Ten minutes later, we went home. I can't wait until next year.

Board of Directors meeting summaries – by Sandra Lomker

At the Annual Board Meeting January 31, officers were elected, each to a one-year term: President Ravi Nareppa, Past President Dick Detwiler, President Elect Sergey Dobretsov, Secretary Sandra Lomker, and Treasurer Tatyana Dobretsova.

New 2006 Board of Directors (Tina Bray Blasiak and Mike Lyons) were elected at the Annual Membership Meeting December 4. Re-elected were Rick Lavine, Carol Moran, Rick Worner, Joel Shore, Bob Bundy and Mike Gallagher. Paul Schwartz, Rick Slattery, Eric Barbehenn, Randy McGarvey, Joe Seyfried, Sergey Dobretsov, Laurie Hunt and Gil Robs will complete their two-year terms December 31, 2006.

ROC is solvent with over \$3000 in the bank after paying USOF fees including insurance (\$1000+). Most of the club's income is provided by meet fees, ROC's annual trail run, and map sales. During the last two months two donations were made, one to the Bayview YMCA for the use of their outside facilities and one to the Rochester XC Ski Foundation to help promote cross country skiing in the area. Also one athletic sponsorship was awarded to a ROC youth to help with his out-of-area A-Meet expenses.

Much time and effort has been spent formulating the 2006 schedule. ROC's first event will be an Icebreaker Sunday, April 9, at Mendon Ponds Park. Four sprints have been added to four regular meets. In order to have 20 or more successful events a year, volunteers are critical. Please consider offering to help today either on-line or by a phone call to the Volunteer Coordinators.

In order to develop new areas for orienteering, mapping projects continue to be important. Two areas have been identified for the coming year, Harriet Hollister Park for a Ski-O event and Dryer Road Park in Victor. On June 10 & 11 ROC will host the North American Rogaine Championships at Allegany State Park. Several ROC and Buffalo club members are field checking and identifying control locations for this event. It is the hope of the Board to sponsor an A-Meet at Rattlesnake Hill in 2007. This area will need to be "O-Quality"; therefore several members will be field checking and revising the maps to meet USOF standards.

Hopefully 2006 Schedule T-shirts will be ready for our opening event, April 9. Plan to buy yours as soon as they are available to advertise your interest in orienteering, especially in the Rochester area.

A special thanks goes out to Board member Laurie Hunt for housing ROC's equipment last year and to member Louise Cook for chairing Retail Map Sales for several years.

ALL MEMBERS are welcome to attend any Board meeting or call any Board member to express their views or offer to help. Watch ROC's website for more details on all activities of the Rochester Orienteering Club.

Presentation to ADK

This month (March) we had an opportunity to explain orienteering to our friends at the ADK (Adirondack Mountain Club) monthly meeting.

The presentation was a true work of teamwork and cooperation. Tom Cornell and Sandra Lomker - regular ADK participants - made the contact with the ADK program people several months ago to get us on the program schedule. We were the warm-up act but we had between 30 and 45 minutes to tell our story.

We decided on a general flow of information to include a quick overview of who, what, where, when and why orienteering - what I called "Orienteering in a Nutshell". Jim Tappon put that together into a basic PowerPoint document that could be projected on the screen. That was sent to Eric Barbehenn and others who had agreed to help out on the project - Tom and Sandra, Carol Moran, and Rick Worner and Linda Kohn. Ravi Nareppa (our esteemed president) spiced up the presentation nicely with some nice pictures - they made the presentation pleasing to the eyes as we talked about our passion for orienteering.

Following the overview, Carol and Eric shared why orienteering was important to them. When Eric finished, he went right into some armchair orienteering exercises by walking us thru a few legs of a white, then a yellow and finally an orange course from a recent Mendon Ponds event. Everyone coming in was given a copy of the maps that Eric walked thru plus the maps were incorporated into the same PowerPoint so that we moved seamlessly from one phase of the presentation to the other.

Tom and Sandra manned the Permanent course map table where we sold maps. During the presentation there was a good interaction with the audience as questions were raised. After the presentation, we answered dozens of individual questions, sold over 20 permanent maps and passed out dozens of the ROC fliers and the "hot-off-the-presses" 2006 ROC Schedules.

The interest and enthusiasm were gratifying. ADK has been a good partner for ROC and this was a great opportunity for us to show many of them just what orienteering is all about. Of course the proof of the pudding is in the eating, but I am confident that many of the people at that meeting will be out to some of the ROC events this year.

Many thanks to all who helped put this together - and the 10-12 ROC members who attended the presentation to provide support and help us talk to ADK members after the presentation. As I said at the beginning it was truly a team effort.

Eric has a copy of the presentation on a CD or that could be emailed to people. If you have a place to use it, contact the club. If you need someone to do the presentation, we will do our best to match presenters to the needs, but with the presentation, many of you could tell the story - the more people we have telling it the more widely distributed it will get. Most of us have places that a presentation like this could be used - scouts, youth groups, church groups, hiking groups, etc. Who do you know that would benefit from this kind of a presentation?

Spread the word - Orienteering is FUN!

Submitted by Jim Tappon

New event types this year!

The club is pleased to be offering two types of events this year: a "goat" event, and four different "sprint" events.

This is what these terms mean:

- A "goat" event is a long, mass start event, with ample climb. Following (usually prohibited in orienteering events) is not only allowed, but is encouraged. We are having our goat event on September 9 on the east side of Letchworth State Park.

- A "sprint" is a fairly short event, with relatively easy control placement (yellow to orange difficulty), with many controls (more than normal for the course length). Target winning times are approximately 14-18 minutes. Sprints are typically held in conjunction with more conventional courses. The meet is set up so that people can compete in a regular course and also compete in the spring.

We have four sprints scheduled this year. The first two are coming up soon: April 30 at Basil Marella Park, and May 28 at Durand Eastman Park.

Thank You

ROC Volunteers 2005

These are the people that made our club so successful. Volunteer as often as possible. If you have never helped at a meet, contact one of the Volunteer Coordinators by phone or e-mail and try one of the simpler tasks.

It's fun and a great way to meet other members!

Tina Bray	Andrew Elder	Tatyana Dobretsova
Bob Bundy	Jim Russell	Linc Blaisdell
Kay Sheehan	Rick Lavine	Cheryl Detwiler
Laurie Hunt	Dick Detwiler	Elizabeth Hane
Linda Kohn	Paul Schwartz	Mike Gallagher
Doug Brooks	Louise Cook	Sergey Dobretsov
Tom Blasiak	Randy McGarvey	Jack Wallenhorst
Karl Kolva	Carol Moran	Kathy Easley
Riley Blasiak	Ravi Nareppa	Jim Pamper
Eric Barbehenn	John Burchill	Gil Robs
Joe Seyfried	Steve Russell	Kameron Holmes
Ron Salladin	Lindsay Worner	Pat Young
Marilyn Zygo	Nickada Joseph	Steve Tylock
Georg Nadorff	Ron Wellman	Anna Woolston
Jim Tappon	Andrew Turnquist	Rob Stevens
Tom Cornell	Mark Haydanek	Dorothy Wyand
Jackie Novkov	Sue Klassen	Tim Gorbold
Dayle Lavine	Paula Seyfried	Mike Lyons
Rob Holmes	Paul Gorbold	Rick Slattery
Stina Bridgeman	Joel Shore	Brendan Gallagher
Ansis Robs	Anne Schwartz	Sylvia Klassen
Dave Levine	Pat Russell	Rachel Tylock
Jim Lavine	Sandy Joseph	Sandra Lomker
Kathy Bannister	Larry Zygo	Joe Shonk
Joe Gallagher	Rick Worner	Boy Scouts

Meet Results

Oatka Creek Score-O

January 7, 2006

Course setters and meet directors: Dayle & Rick Lavine
 Meet workers: Carol Moran, Linda Kohn, Joel Shore, Sandra Lomker, Tom Cornell, Jim Russell

Name	Points	Score Penalty	Time
1 Tim Gorbald	15	15	26:14
2 Mike Lyons	15	15	38:17
3 Rob Holmes	15	15	40:50
4 Stina Bridgeman	15	15	43:44
5 Randy McGarvey	15	15	44:37
6 Jim Russell	15	15	49:37
7 Ravi Nareppa	15	15	50:23
8 Nate Lyons	15	15	51:02
9 Joe Seyfried	15	15	51:38
10 Chris Rees	15	15	52:20
11 Joel Shore	15	15	54:39
12 Steven and Rachael Tylock	15	15	57:55
13 Sylvia & Victor Klassen	14	14	59:13
14 Jessica & Luke Olcott	13	13	57:00
15 Dick Detwiler	12	12	59:13
16 Ted & Rudy Sakshaug	12	12	57:14
17 Ray Minice & Anna LaForce	12	12	58:36
18 Tom Lamme	14	2 12	62:30
19 Bob Kremens & Jane Callahan	10	10	51:45
20 Chris & Matt Britt	10	10	57:40
21 Mark & Drew Belfield	9	9	50:12
22 Carol Moran	9	9	57:20
23 Mike Yunker	7	7	59:12
24 Vincent Luongo & Shannon Manzo	7	7	59:25
25 Sandra Lomker	9	2 7	62:09
26 Rick Worner	15	8 7	68:28
27 Elizabeth Hane	12	6 6	66:20
28 Sergey, Tim & Tatiana Dobretsov Alexei & Ludmila Bezrukov	6	1 5	61:00
29 Lois Camphausen & Fran Kessler	7	2 5	62:00
30 Mike Hirsch	10	6 4	66:31
31 Karl Kolva	15	13 2	73:53
32 Linda Kohn	12	11 1	71:31
33 Frank & Zack Armstrong	14	13 1	73:32
34 David Powell & Jill Fickbohn	7	7 0	72:48
35 Louise Cook & Laurie Hunt	10	10 0	75:43
36 Bill Perkett	11	11 0	96:20



Sergey Dobretsov and Stina Bridgeman study their maps right before the start at the Empire State Games.

Mendon Ponds Park Score-O

January 22, 2006

Course setter: Jim Russell. Meet directors: Rick & Dayle Lavine. Meet workers: Tina Bray, Jane Callahan, Bob Bundy, Mike Lyons, Karl Kolva, Linda Kohn, Rick Worner, Rob Holmes, Eric Barbehenn, Jim Tappan, Steve, Rachel, Chris & Melissa Tylock

Name	Points	Time
1 Mike Lyons	30	87:33
2 Rob Holmes	27	87:00
3 Randall McGarvey	25	90:00
4 Tom Lamme	25	90:33
5 Eric Barbehenn	24	85:53
6 Patty Lyons	24	87:45
7 Phil Van Peurseem & Kelly Boerschleim	24	89:45
8 Stina Bridgeman	23	89:18
9 Larry & Marilyn Zygo	24-1 = 23	91:55
10 Pavel Korniliev	26-3 = 23	93:40
11 Dayle Lavine	22	76:53
12 Rick Slattery	22	77:38
13 Ravi Nareppa & Kiran Hegde	21	89:42
14 Rick Lavine	21	89:45
15 Rick Worner & Schuster	20	86:00
16 Victor & Sue Klassen	20	88:56
17 Linda Kohn	19	77:54
18 Bob Bundy	19	85:13
19 Bob Kremens	18	86:48
20 Nate Lyons	17	83:25
21 Kathy Bannister	17	83:25
22 Jessica & Luke Olcott	16	88:28
23 Walt Lyons	16	89:54
24 Marie Heerkens	15	78:05
25 Justin Strawther&Anne Marcotte	17-2 = 15	92:00
26 James Lavine	14	76:00
27 Elizabeth Hane	13	83:10
28 Creatura Family	13	86:38
29 Tina Bray	14-1 = 13	91:05
30 K. & J.P. Bartasevitch	14-1 = 13	91:10
31 Vincent Luongo & Shannon Manzo	19-6 = 13	96:03
32 Steve, Rachel, Chris & Melissa Tylock	12	79:42
33 Sylvia Klassen	11	62:00
34 Cody Regan, Elliot Benson & Sam Hauser	11	83:00
35 Eileen Flanagan & Kate Cochrane	11	87:45
36 Anne LaForce & Ray Menisco	11	88:33
37 Patrick & Joe Cochrane	14-3 = 11	93:10
38 Jackie Marchand	10	75:30
39 Travis & Lindsay Regan	10	75:30
40 Paul Serafini	11-2 = 9	92:15
41 Karl Kolva	8	54:03
42 Team Knapp	10-2 = 8	92:35
43 Michael Hirsch	13-5 = 8	95:20
44 Pam, Jennie, Wyatt & Dawson Brown	7	67:00
45 Jane Callahan	6	64:00
46 Kay Sheehan	12-6 = 6	96:18
47 Louise Cook	8-3 = 5	93:44
48 John & Amelia Cochrane	10-4 = 6	96:22
49 Judy Hill	2	24:00
Tmothy Dobretsov & Family	15-15 = 0	106:58
Mike Yunker & John Frater	10-10 = 0	107:00
Myra Coppare, Pam Mortensen & Judy Sterry	9-9 = 0	110:40
Curt Weisenreder	7-7 = 0	120:00
The Lost Souls	15-15 = 0	121:00
Duane Pieri & Sarah Snyder	13-13 = 0	129:38

Mendon Ponds Ski-O

January 22, 2006

Class	First	Last	HH:MM:SS
White			
FS	Sylvia	Klassen	0:41:42
MS	Steven	Russell	0:43:05
FG	Carol	Moran	0:51:07
FM	Jane	Callahan	0:51:50
FG	Sandra	Lomker	0:54:14
MO	Ravi	Nareppa	1:00:18
	Lois	Camphausen	1:05:27
	Fran	Kessler	
Green			
FG	Dayle	Lavine	1:30:54
MG	Bob	Bundy	1:58:50
Red			
MG	Peter	Dady	1:23:46
MM	Jim	Pamper	1:30:19
MM	Rick	Slattery	1:33:46
MG	Rick	Lavine	1:33:48
MM	Steve	Tylock	1:38:00
FO	Stina	Bridgeman	1:53:53
	Victor	Klassen	2:01:42
	Sue	Klassen	
FO	Kati	Kangro-Hallik	2:21:41
FG	Mary	Smith	2:22:20
MM	Shawn	Forney	DNF
Blue			
MO	Margus	Hallik	0:58:41
MO	Pavel	Korniliev	1:22:10
MO	Sergey	Dobretsov	1:24:45
MM	Georg	Nadorff	1:33:22
MO	Mike	George	1:34:38
MG	Eric	Smith	1:55:28
MO	Aaron	Young	2:31:48

The temperature was very cold, so everybody crowded into the small timing hut, except for the perennial volunteers who stood outside for hours keeping track of start and finish.



Male Masters medal winners: Phil Grant (silver), David Hunter (gold), ROC's Jim Pamper (bronze)

This year there is another ski-o meet in NY, going on as I write here in Rochester at 50 degrees F, the US championships moved to Garnet Hill from New Hampshire. Next year the ESG will be moved to a date too early to be the end of the season, so the ESG may lose some of its status. -- Rick Lavine

Empire State Games Ski-O

The ski-orienteering competition at the Empire State Games in Lake Placid is normally the culmination of the ski-o season in New York State. The local clubs put on meets which competitors must enter to qualify for the Games. Or at least they try to put them on. This year, lack of snow canceled or postponed most of them, but there were still enough meets to allow dedicated ski-ors to qualify, including a spur-of-the-moment meet in Mendon Ponds put on out of a parking lot by Jim Russell and his hardy volunteers, and a meet in the rain at Greek Peak that felt colder than most meets held at temperatures well below freezing.

So our expectations were low as we traveled to Lake Placid on Friday night. The ski area at Mount Van Hoevenberg had closed many trails, and the cross country and biathlon meets had been moved to a short track near the ski jump. But on Saturday we were rewarded with a bounteous snowfall which made the hilly trails soft and friendly. There wasn't much route choice because so many trails were one-way. The main challenges were snow-covered maps and glasses, climbing the hills, and making sure you had the right control out of several nearby.



Male Grand Masters medal winners ROC's Jim Russell (bronze), Pete Dady (gold), Phil Hawkes-Teeter (silver)

Empire State Games Ski Orienteering Results

February 26, 2006, Lake Placid, NY

First	Last	Class	Club	Course	Time	Place
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Female Grand Masters

Verna	Engstrom-Heg	FG	CNYO	Green	DNF	
Betsy Dayle	Hawes Lavine	FG	HVO	Green	DNF	
		FG	ROC	Green	MSP	

Female Masters

Ellie	George	FM	EMPO	Green	88:09	1
Sue	Hawkes-Teeter	FM	EMPO	Green	103:02	2
Terry	Myers	FM	USOF	Green	105:52	3
Nancy	Allen	FM	AOK	Green	113:32	4
Beth	Gurzler	FM	EMPO	Green	114:13	5
Maryanne	Ellsworth	FM	AOK	Green	122:07	6

Female Open

Sandy	Tetrault	FO	NYSSRA	Red	59:48	1
Melissa	Behr	FO	EMPO	Red	75:28	2
Kati	Kangro-Hallik	FO	EMPO	Red	81:46	3
Ann	Leonard	FO	CNYO	Red	99:00	4
Candi	Raines	FO	EMPO	Red	100:05	5
Stina	Bridgeman	FO	ROC	Red	100:55	6
Mary	Smith	FO	CNYO	Red	118:36	7
Megan	Donnelly-Heg	FO	EMPO	Red	120:25	8

Female Scholastic

Katie	Christoffel	FS	EMPO	Green	123:12	1
Emily	Van Wyk	FS	EMPO	Green	131:08	2
Nicole	Klaiber	FS	EMPO	Green	138:36	3

Jennifer	Griffin	FS	NYSSRA	Green	154:53	4
Molly	Dingley	FS	EMPO	Green	162:52	5
Rachel	Huff	FS	NYSSRA	Green	DNF	

Male Grand Masters

Pete	Dady	MG	CNYO	Red	81:32	1
Phil	Hawkes-Teeter	MG	EMPO	Red	86:25	2
Jim	Russell	MG	ROC	Red	91:55	3
Rick	Lavine	MG	ROC	Red	99:00	4

Male Masters

David	Hunter	MM	NYSSRA	Red	60:42	1
Phil	Grant	MM	HVO	Red	81:25	2
Jim	Pamper	MM	ROC	Red	90:14	3
Shawn	Forney	MM	CNYO	Red	158:25	4
Chris	Frielinghaus	MM	NYSSRA	Red	DSQ	

Male Open

Margus	Hallik	MO	EMPO	Blue	52:47	1
Steve	Halasz	MO	AOK	Blue	68:08	2
Gary	Brackett	MO	CNYO	Blue	68:48	3
Pierre	Tetrault	MO	NYSSRA	Blue	72:40	4
Aims	Coney	MO	USOF	Blue	79:05	5
Pavel	Korniliev	MO	ROC	Blue	80:00	6
Martin	Donnelly-Heg	MO	EMPO	Blue	84:09	7
Sergey	Dobretsov	MO	ROC	Blue	94:08	8
Randall	McGarvey	MO	ROC	Blue	100:49	9
Charles	Leonard	MO	CNYO	Blue	105:54	10
Mike	George	MO	EMPO	Blue	107:07	11
Eric	Phillips	MO	ROC	Blue	117:26	12
Eric	Smith	MO	CNYO	Blue	123:53	13
Aaron	Young	MO	EMPO	Blue	179:55	14

Male Scholastic

Jason	Norray	MS	EMPO	Green	98:27	1
David	Ellsworth	MS	AOK	Green	149:27	2



Jim Russell (ROC) and Nancy Allen get ready to start



Jim Russell (ROC) takes off.

Volunteers Needed

North American Rogaine Championships 2006, June 10 & 11, Allegany State Park

The North American Rogaine Championships promise to be a big success for our club. In order to make it great we will need a lot of volunteers. In many cases, it will be possible to participate in the 6 hour event and to volunteer. A ten dollar discount will be given to anyone who volunteers time. Some free lodging will also be available if you need to stay overnight.

Volunteer Roster (4/10/06)

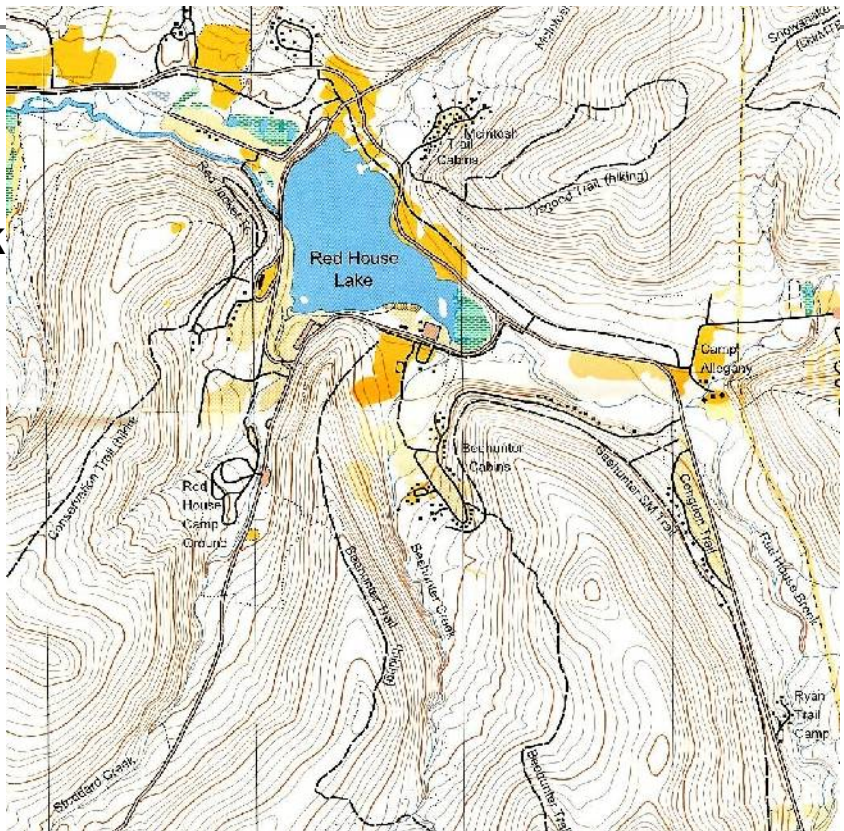
- **Meet Director:** Rick Worner
- **Course Setters:** Jon Sundquist & Dave Levine
- **Technical Crew Chief:** Linda Kohn
 - Technical Crew: (5 People needed) This group would be putting controls out on Friday and Saturday and picking them up on Sunday. Orienteering experience and strong legs necessary.
- **Kitchen Crew Chief:** Kathy Bannister
 - Kitchen Crew (6 People needed) This group will prepare and serve food from 2PM on Saturday to 2PM on Sunday. Shifts will be assigned. No "O" experience required.

- **Registrar:** Dick Detwiler
 - Registration Crew (4 people needed) This group will check in participants and distribute information on the meet and accommodations. No "O" experience needed.
- **Finish & Results Chief:** Jim Russell
 - Finish & Results Crew (6 people needed) This group will work on the finish line and compute results. We will be e-punching so some computer savvy might be needed.
- **Awards:** (1 person) Someone to design and produce awards for the meet.
- **Gopher squad** (4 people) This group will be ready to help out anywhere as needed and go for any supplies needed during the meet. Transportation required.

That's around 32 people so we need everyone to consider helping.

Please contact Rick Worner by phone at 581-2979 or by e-mail at wornerkohn@aol.com if you can help out.

A very small portion of the Allegany State Park map, from the 2000 rogaine. The contour interval is 20 feet, so as you can see, there is plenty of climb to be found! The magnetic north lines are 1 km apart to give a sense of the scale.



2006 NORTH AMERICAN ROGAINE CHAMPIONSHIPS

JUNE 10 & 11, 2006

ALLEGANY STATE PARK

6 hour, 12 hour and 24 hour events

all starting at 11 AM

Rogaine is an acronym for a Rugged Outdoor Group Activity Involving Navigation and Endurance. It is a newly developed sport originating in Australia and even more recently introduced in the United States. Basically a hybrid between conventional orienteering and ultra distance running events, it has been rapidly gaining popularity.

The basic idea of a Rogaine is very straight: forward-teams of two to five people have a fixed time (6, 12 or 24 hours in this event) to visit as many checkpoints as possible; walking, running and resting as they see fit. The checkpoints are spread over a large area, and are pre-marked on a map issued shortly before the start of the event. Point values for visiting each control vary (and are specified in advance) depending on such factors as distance from the start/finish area, elevation, navigational complexity and the whims of the course setter. The members of the team must stay together throughout the event, for reasons of safety and fairness.

Fees: Pre-registration is required. Entries postmarked or received on line by 6/1/2006 will pay a fee of \$35 per person for the 12/24 events and \$25 for the 6 hour event. Entries after 6/1 will be accepted only on line and will pay an additional late fee of \$10 per person for all categories. **No entries will be accepted after June 7 and no race day registration is available**

Registration: We strongly encourage you to enter on line through the link on our website: <http://roc.us.orienteering.org> or direct link to http://active.com/event_detail.cfm?event_id=1269468 or mail your entry to Dick Detwiler, 422 Woodland Lane, Webster, New York, 14580. Checks made out to the Rochester Orienteering Club.

Additional information and updates: on line at the ROC website listed above.

ENTRY FORM AND WAIVER OF RESPONSIBILITY

IF YOU DON'T FULLY ACCEPT THE FOLLOWING CONDITIONS AND DON'T SIGN THE WAIVER, YOU WILL NOT BE PERMITTED TO PARTICIPATE IN THIS EVENT.

I, the undersigned, know that orienteering, as an outdoor action sport, carries significant risk of personal injury. I know that there are natural and man-made hazards, environmental conditions and risks which, in combination with my actions, can cause me serious or possibly even fatal injury. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions and hazards. I also agree that I, and not the organizers and officials of this event, the US Orienteering Federation, Rochester Orienteering Club, the People of the State of New York, and the Office of Parks, Recreation and Historic Preservation, Western District, its officers, agents, or any sponsors, am responsible for my safety while I participate in this event.

Name 1 (please print) _____ Signature _____
Name 2 (please print) _____ Signature _____
Name 3 (Please print) _____ Signature _____
Name 4 (Please print) _____ Signature _____
Name 5 (Please print) _____ Signature _____

Parent or guardian must sign if entrant is under 18 _____ Date _____

Team Name _____ Event 6/ 12 /24hr. _____

	Names	phone	e-mail address	Age	Gender
1.	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____
5.	_____	_____	_____	_____	_____

Accommodations in the barracks? \$10 per person for the weekend. Indicate the numbers of the people registering from the list above _____

Sport-Ident 6 # _____ **Renting SI 6 Yes** _____ **Rental fee is \$5 per team**

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

	<u>First name</u>	<u>Last name</u>	<u>Birthdate</u>
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