



The official newsletter of the Rochester (NY) Orienteering Club

Two ROC teams place 2nd in North American Rogaine Championships!



The team **Dorothy** (Doreen Fanton and Timothy Gorbold) punches in at the finish. They were 2nd out of 24 teams in the 24-hour Mixed Open category, finishing a mere 30 points out of first.



Woods Wanderers (Stina Bridgeman and Anne Schwartz) finish up. Their efforts netted a 2nd place finish out of five teams in the 24-hour Female Open category, and they were only 50 points back of the winners.

Many orienteering opportunities in late summer and early fall!

If you're looking for some interesting orienteering without driving very far, plenty of opportunities abound in August, September, and October. In addition to our fine selection of local meets with the standard selection of courses, there are the following:

- CNYO rogaie – August 13-14
- “Goat” event at Letchworth – September 9
- Sprint at Highland Park – September 16 (part of National Orienteering Day)
- CNYO A-meet; and to top it off – September 23-24
- North American Orienteering Championships in Hamilton, Ontario - October 6-9

There is some more information on each of these on page 4.

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Note: There is no ROC membership application form in this issue. Between the coverage of the rogaie, and a large number of local meets, there wasn't any space available. A copy can always be obtained from the ROC website.

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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 Fall Schedule

Rochester Area

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 Center behind RCS#12. Regular courses, plus Sprint. Start from 12:00 noon to 2:00 p.m.
Saturday, Sept 30	Webster Park. Orchard Hill shelter. Start from 12:00 noon to 2:00 p.m.
Sunday, October 8	Irondequoit Bay Park East. Start at Bayview YMCA. Start from 12:00 noon to 2:00 p.m.
Sunday, October 22	Mendon Ponds Park. East Lodge. Start from 12:00 noon to 2:00 p.m.
Saturday, November 4	Night-O. Powder Mills Park. Wadhams Lodge. Mass start at 6:00 p.m.
Saturday, November 11	Annual Mendon Trail Run. East Lodge. 5K, 10K, 20K, 50K. Start times: 8:00 a.m. 50K, all other distances 9:30 a.m.
Saturday, December 2	Annual Meeting and Scrooge-O. Camp Eastman. Veterans Memorial Cabin. 5:00 p.m.

Outside of Rochester Area

See web sites of the sponsoring club for details.

August 9-20	RMOC. Rocky Mountain 1000-day. Wyoming and Colorado.
August 12-13	CNYO. Rogaine. Brookfield Horse Trails.
September 10	EMPO. Colonie Town Park
September 16	BFLO. Chestnut Ridge Park. National Orienteering Day.
September 23	BFLO. Emery Park.
September 23-24	CNYO. A-Meet. Virgil, NY and Cortland, NY
October 6-9	GHO. North American Orienteering Championships. Sprint, Middle, and Long distances. Hamilton, ON region.
October 9	EMPO. Grafton Lakes State Park
October 15	BFLO. Schoellkopf Scout Camp
October 29	BFLO. Chestnut Ridge Park.
November 4	EMPO. Scout-O. Tawasentha Park
November 18	EMPO. Peebles Island

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!



Rob and Kameron Holmes happy to be finishing the 24-hour rogaine.

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://empopo.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

Beth Jackson	5/12/06	Rochester NY
Paul Serafini	5/16/06	Webster NY
Christopher Britt	7/12/06	Batavia NY

Mendon

Linda & Bruce Thistle	3/22/06	Painted Post NY
Richard & Nancy Burgey	4/3/06	Rochester NY
Reid Palmer	4/28/06	Pittsford NY
Riesa Cassano	5/25/06	Pittsford NY

Webster

Bob & Gail Hohman	5/12/06	Webster NY
Paul Serafini	5/16/06	Webster NY
Marilyn McLeod & Jackie Marchand	6/12/06	Rochester NY

Durand

Steven & Rachael Tylock	5/3/06	Rochester NY
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Special orienteering opportunities

CNYO Rogaine – August 13-14

If you participated in the Allegany rogaine and you want to see how much you improved from the experience, or if you missed that Allegany event and want to get a rogaine in this year, CNYO has just the answer. Their annual rogaine will be held August 13 at Charles Baker State Forest (Brookfield Horse Trails) near Sherburne, NY. There is still time to enter if you hurry! See the CNYO web site for more details.

ROC's first "Goat" event – Letchworth East, Sept. 9

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. (Conventional courses will be offered as well.)

Sprint at Highland Park – September 16

This is National Orienteering Day. Regular courses will be offered, plus a sprint.

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 sprint

There are four sprints on the 2006 ROC schedule, with the Highland Park event being the last one of the year.

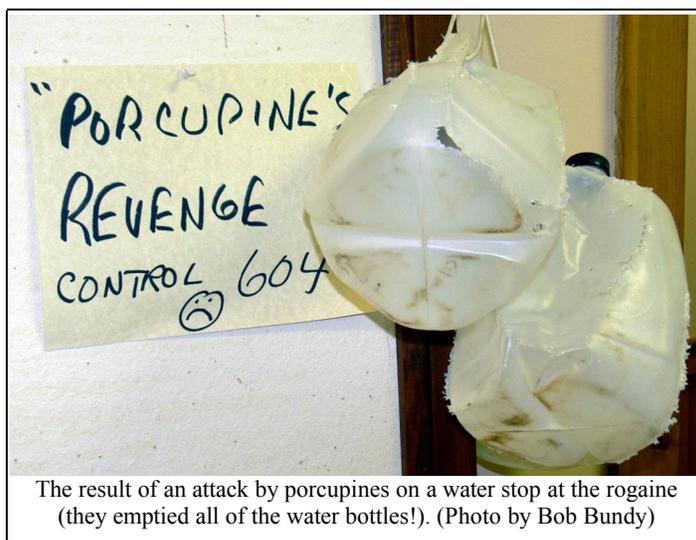
CNYO A-meet – September 23-24

Here is a great opportunity to participate in an A-meet very close to home. CNYO is hosting their "A Hope -N- A Holla" meet. The Sprint- and Middle-Distance races (Day 1) are based at Hope Lake, a small town park with a beach and picnic area within the borders of a mid-sized Nordic Ski center. The Classic-Distance race (Day 2) is at the Lime Hollow Center for Environment and Culture just south of the city of Cortland. Enter by September 2 for the lowest entry fees.

North American Orienteering Championships, Oct. 6-9, Hamilton, Ontario

This is a great opportunity for some top-notch orienteering, very close to home. Most of the course setting is being done by the top orienteer in North America (Mike Waddington), in what he says is some of the best O terrain in NA.

This event includes the 2006 North American Orienteering Championships (Friday to Sunday) and the annual Wine Classic race (Monday). The 2006 North American Championships will consist of three one-day races covering the IOF distance of sprint, middle and long. The sprint will take place in Hamilton and the other races near Milton, Ontario. These races are open to participants of all abilities and from any country.



The result of an attack by porcupines on a water stop at the rogaine (they emptied all of the water bottles!). (Photo by Bob Bundy)

North American Rogaine Championships, June 11-12, Allegany State Park

Many teams from ROC participated in the Allegany Rogaine. There were three time categories: 6, 12, and 24 hours. The 24-hour category was the 2006 North American Rogaine Championships. Everyone who did any of the categories deserves commendation, as any rogaine isn't easy, and particularly one at Allegany with hills everywhere you turn, it seems.

Two teams in particular had outstanding performances in the 24-hour (championship) division:

- **Woods Wanderers** (Stina Bridgeman and Anne Schwartz) finished second in the Female Open division, within one control of the first-place team.
- **Dorothy** (Doreen Fanton and Timothy Gorbald) finished second in the Mixed Open division, also within one control of the first-place team.

These teams were kind enough to write an account of their adventures for the newsletter:

Woods Wanderers

Stina Bridgeman and Anne Schwartz, second place, female open

Perhaps the most remarkable thing about June's North American Rogaine Championships at Allegany State Park was that my feet stayed dry the entire time. (Usually it is a matter of how soon, rather than if, one's feet get soaked.)

A second remarkable thing was needing to put on the long-sleeved shirt I'd carried around all day. (Usually the weather is hot and humid - a high in the 60s and a low around 40 was quite refreshing!)

A third remarkable thing was that my teammate Anne Schwartz - doing her first rogaine longer than 6 hours - had enough fun to want to team up again for CNYO's annual rogaine in August. (Anne was a bit reluctant to try something longer than 12 hours, but somehow the claim of "It's like a 12-hour rogaine followed by a 6-hour the next day!" convinced her to give it a try.)

The planning... The maps were handed out two hours in advance, and that time came in handy.

One of the challenges of route-planning was the climb - 20 foot contours, and a lot of them. Climb was definitely going to be a significant factor! We opted for a route with a bit more distance in order to avoid some up-and-down.

Another challenge was finding something to do after dark. Not being too confident of our night navigation abilities (and not wanting to stay out all night), our strategy was to come back to base for some sleep Saturday night, and to pick up a few easy controls on our way back in after dark. The problem? There weren't a lot of easy nighttime controls! Many of the controls were located on contour features such as spurs and ridges -

things which are much easier to locate in daylight. We ended up with a long road walk and only two low-point controls after dark.



Anne Schwartz and Stina Bridgeman at the awards ceremony.

The execution... The fourth remarkable thing was that we carried out exactly the route we planned at pretty close to the speed we expected, and only had one significant navigational problem. Our speed through the woods was pretty consistently 20 minutes per kilometer, which came in handy more than once for estimating distance. Our navigational problem came when trying to locate a conifer-deciduous boundary in the dark. Some of the boundaries we'd encountered earlier in the day had been pretty iffy, and the one we were looking for was along a long and fairly straight section of road. We turned into the woods too early on our first attempt, had given up, and were continuing along the road when we located the correct boundary.

A fifth remarkable thing was that there weren't really any of the sort of experiences that are annoying at the time but make a good story afterwards - the weather was pleasant, the woods were open and dry (there was very little green or blue on the map!), and our navigation was successful. Everything just went well!

The result... 1260 points, 25 controls, 33.3+ miles, and 7000+ feet of climb in 18 hours of walking. We placed second out of five teams in the Female Open division, 50 points behind the first place team.

-- Stina Bridgeman

Dorothy

Doreen Fanton & Timothy Gorbold, second place, mixed open

Chef Boy-R-Dee, Pringles, Pepsi, pre-cooked bacon and Snickers. We'll come back to that later. What an amazing event the NARC was. We certainly could not have asked for better weather or location for such a championship event. For Doreen and me, the anticipation and excitement for the NARC began at the end of 2005 after having completed our first two Rogaines together as a team and finding out that ROC would be co-sponsoring the event with BFLO in the wonderful Allegheny State Park. After diligently training throughout the winter and spring, June rapidly snuck up on us and before we knew it, the time had come to take care of the details to prepare for competition.

For Doreen and I, we find the preparation for the event to almost be as much fun as competing. Most people who like to hike and camp tend to be gear heads and I believe that Rogainers are definitely no exception. Whether it is the new Moscow compass, the hydration bladder type or the fancy Petzl Xenon Halogen/5 LED headlamp, there is nothing quite as satisfying as spreading all of your gear and food choices out on the kitchen floor and deciding on exactly what is going to come along for the ride over the 24 hours.

We find that the biggest challenge facing us during the packing is to balance the need for food and water with the anticipated clothing requirements. After perusing the park map from the previous ROC Rogaine and looking at the location of the Hash House (HH) we concluded that the NARC would require gear planning above and beyond the previous two Rogaines that we participated in. We correctly predicted that we would want to be able to have the ability to stay out for the whole 24 hours and not rely on stopping back at the HH. In addition, we knew that the weather was going to be potentially rather cool during the early hours of the morning, making it necessary to pack additional layers. So Friday night was spent organizing all of the gear, bagging up the food, recharging headlamp batteries, packing up the cooler, separating out clothes, reviewing the map, going over the check list and, as always happens, going to sleep later than optimum.

In order to confidently arrive at the HH from Mt. Morris for a 0900 map handout while driving in Rustette (my rusty Red 1993 Ford F-150 with a Christmas themed evergreen cap) the alarm went off at 0530 with a departure goal of 0600. It is always amazing how quickly 30 minutes flies by when two people need to get dressed, put contacts in, go through the bathroom, have a little juice, throw everything in the truck and check the list one more time. A lot to do in the early hours of the morning, but we had inspiration. No, not that we were on

our way to compete in the NARC, but that about 15 minutes down Route 390 in the town of Dansville is a Dunkin Doughnuts that is open 24 hours a day. We believe that we have now discovered the ultimate pre-rogaïne fuel source that will easily see you through until about 4 hours in. The secret is a medium coffee with cream and sugar and a sausage, egg and cheese bagel.

The trip down was smooth and painless with an arrival at the HH just after 0800. We both commented on the pre-race stomach butterflies that awoke as we turned into the parking lot field next to the HH and saw all of the cars with so many different teams bustling around. There is nothing quite like the atmosphere of a large competition, especially when teams have traveled great distances to compete and there are both new and familiar faces. After parking we wandered over to the HH to register and pick up the race packet while saying hello to some of our fellow club friends and a few other familiar teams from previous Rogaines.

Everything was nice and calm until the 0900 map handout at which time our morning shifted from casual socialization to focused attention on the task at hand. We have developed a nice and efficient method for preparing between map hand out and the start of the Rogaine. We always take both maps with us and have found that lamination works the best for water proofing and ease of use. Doreen is the route planner and so she takes a copy of the un-laminated map and determines her route choice based upon our

estimated travel distance, point values and providing for an easy out if we don't meet our distance goals. I take a map, cut of the excess area that we wont go in and laminate it with thick clear Contact paper and clear Duct Tape folded over all four sides. After I am finished with the first map, we switch and Doreen continues to course plot while I laminate the second. Doreen confirmed that we would want to stay out for the full 24 hours in order to sweep around the perimeter of the course in a counter clockwise direction. Doreen decided on this route in order to maximize the points by avoiding the 30's and most of the 40 pointers in the middle and to cover the rather extensive off trail navigation around the far West controls prior to nightfall. After finalizing the map lamination and the route choice it was time to suit up, finish packing up and last but far from least, lube up our feet and stick them in the shoes to be worn for the next 24 hours.

For those who may be interested, I will now revisit the first sentence and run through our gear and food choices. Both of us



Doreen Fanton (photo by Timothy Gorbold)

wear double socks with BagBalm slathered on our feet inside of Vasque trail shoes, covered by GoreTex Gaitors that are over long wicking tights. On top we always wear a light weight wicking shirt to begin with and bring layers depending upon the forecast. We find that sunglasses, a lightweight wicking baseball style cap and a bandanna for soaking in a stream for cooling are all important add-ons.

For additional clothing, we both brought a fleece hat, thick glove liners, long sleeve top, fleece vest and windbreaker jacket and boy were we glad that we included every single piece. At 0430 Sunday morning the temperature dropped very low and we had every piece of clothing on and were still super cold. I always set my watch to a 24hr, well actually 23:59:59 since my watch doesn't go to 24:00:00, so that I don't have to think or calculate time remaining. For our packs, we both have 3L bladders which start full to the rim with a Gatorade mix and we pack a couple of small zip locks full of powder for refilling.

Both of us now use the awesome (neither of us work for Petzl) Myo Belt 5 made by Petzl. This headlamp is great since it has a set of 5 bright white LEDs which can be used for map reading and general trail hiking and then it also has a high beam Xenon Halogen bulb with a battery pack that can be tucked into the backpack. The LED's conserve battery power and the Xenon really lights up the woods when searching for the control flags.

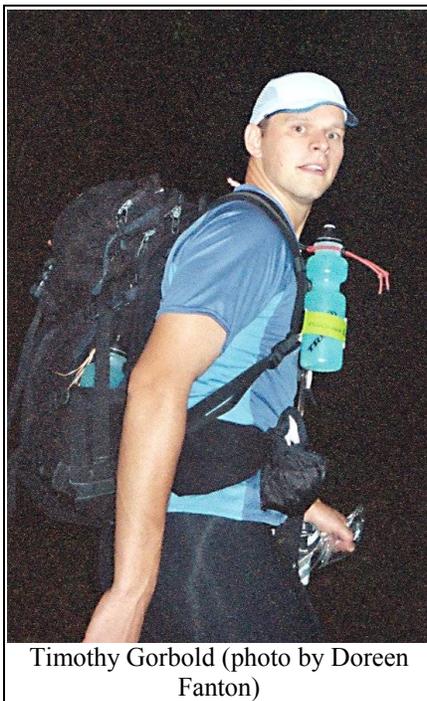
We always carry a small first aid kit which includes some of the standard items but also includes two complete tubes of Vaseline for re-lubing our feet. On the food side, we have tried to consume nothing but the standard energy bars but for us that just doesn't work. For Team Dorothy the key is REAL food. For this event we both carried three Edensoy Extra soy milk drink boxes, two Boost Plus meal supplement drinks, two Sweet & Salty granola bars, two cereal bars (honey nut cheerio and cinnamon toast crunch) one bag of dried mango pieces, one bag of mixed premium nuts, three bags of Jelly Belly Sports Beans, two bags of pre-cooked bacon (super yummy), one small can of Chef Boy-R-Dee ravioli, one small can of Pepsi, two snack sized snickers bars, two snack bags of Goldfish, one bag of trail mix and one snack bag of Wasabi Peas. We can definitively say that after 6 hours the joy that is experienced when consuming any of the above foods is indescribable and it takes the utmost of self control to ration the food and not chow down. Well, without providing a blow by blow of each control point, lets just say that we definitely enjoyed this Rogaine experience. We really concentrated on making smart route choices, knowing exactly where we were at all times, pacing ourselves, consuming enough calories, reducing the navigation risks at

night and just having a good time. Overall, the terrain was excellent and we quickly figured out that the tops of the ridges were generally nice open forest and that the stinging nettle fields were the pits (no o-pun intended).

We only had one large navigation mistake which occurred early on when we tried to use the FLT (Finger Lakes Trail) as a perpendicular catching feature and we just so happened to fly right over a section that was rather indistinct, to say the least.

Our dinner break occurred at about 2330 just after control #504 and consisted of a scrumptious feast of cold ravioli and warm Pepsi with a Snickers desert. It may not sound too pleasant, but the energy boost was just what the doctor ordered.

Our pre-race team pact is that we will both never be grumpy or super sleepy at the same time so that the other can spur the team on. Well, this race the grumpy pact worked but the sleepy one failed. At about 0430 we found ourselves super cold, super tired and falling asleep while walking along the road in the far SW corner of the map after Control #604. We both remember literally nodding off and waking up 10 steps down the road and about 3 feet further off the shoulder. We could tell that the sky was beginning to lighten but we just couldn't make it to sunrise when we knew our bodies would rejuvenate. After willing ourselves to the trail head that would lead up to #802 we dropped our packs, lay down in the dirt, opened up our maps to cover our legs and closed our eyes for a glorious 10 minutes. Similar to our dinner, it may not sound like much, but the boost to our energy level and the sun starting to rise on our backs as we climbed to #802 recharged us to the point of being able to complete the remainder of our planned route, bringing us back to the HH just after 1100.



Timothy Gorbold (photo by Doreen Fanton)

Overall, we really had a great experience and felt that we performed well. We enjoyed meeting quite a few new people including Shawn and Denise (from Nova Scotia) whom we chatted with during a 5 minute foot break and Adam and Barb (Borblyn) who ended up winning the coed division. The ROC and BFLO meet volunteers did an exceptional job putting together and running the event. Doreen and I were very proud to be able to represent the local orienteering community and bring home a second place in the Coed division while placing 10th overall.

Statistics: 1790 points (30 points out of first place), 31 controls; 47 miles covered; 9,000 feet of climb; 22.5 hours on the move.

Rogaine results of teams from Western New York

For full results, see ROC web site

Some particularly noteworthy performances by Rochester-area teams (in addition to Dorothy and Woods Wanderers) include:

- ◆ Rough Riders (Sergey Dobretsov, Mike Viterise) placed second overall in 6-hour competition.
- ◆ karendewitt.netfirms.com (Georg Nadorff, Frank DeWitt IV) placed fifth overall in the 6-hour.
- ◆ Tim and Annette Holahan placed 8th overall and first out of six teams in Mixed Open in the 6-hour.
- ◆ GTA Lite (Jason Urckfitz, Lawrence Creatura) finished 18th overall in the 24-hour.

Team name	Team members	City	Hours	Category*	Overall place	Place in category	Points	Time
Rough Riders	Sergey Dobretsov, Mike Viterise	Penfield	6	MO	2/23	2/6	620	5:53
karendewitt.netfirms.com	Georg Nadorff, Frank DeWitt IV	Lima	6	MO	5/23	3/7	520	5:50
Tim and Annette Holahan	Tim Holahan, Annette Holahan	Marion	6	XO	8/23	1/6	440	5:39
BulgIrish	Jackie Novkov, Doug Kennedy	Amherst	6	XM	9/23	1/3	430	5:47
Sane Ones	Alexis Spilman, Bob Spilman, Kate Symonds	Rochester	6	XO	12/23	3/6	300	5:38
Geriatric Trio	Tom Cornell, Jim Lavine, Sandra Lomker	Rochester	6	XSV	16/23	2/3	230	5:32
Control Freaks	Jack Finear, Liz Finear	Rochester	6	XM	18/23	2/2	220	5:28
Double L	Louise Cook, Laurie Hunt	Rochester	6	FM	19/23	1/1	210	5:41
Los Bananos Trios	Karl Kolva, Amanda Kurtis, Christine Kurtis	Rochester	6	XO	20/23	5/6	140	4:59
Bob & Gail Hohman	Bob Hohman, Gail Hohman	Webster	6	XM	21/23	3/3	100	5:08
Team Science	Anna La Force, Ashly Goff	Caledonia	6	FO	22/23	2/2	90	4:49
Mutty Tracks	Mindee Mutty, Chris Mutty	Cheektowago	6	XO	23/23	6/6	0	6:16
Note: Mutty Tracks earned 400 points but lost them all due to late penalties.								
Mutts	Paul Beckwith, Norm Pure, Steven Gelber	Ithaca	12	MM	5/12	4/6	800	11:31
Brooks	Doug Brooks, Stephen Brooks	Honeoye Falls	12	MO	7/12	1/1	610	9:05
No Winers	Cheryl Detwiler, Richard Detwiler	Webster	12	XSV	8/12	1/1	600	11:44
Endless Innovations	Glenn Maslowsky, Janine Maslowsky	West Falls	12	XO	9/12	1/2	530	11:19
Davis/Lakomy	Henry Davis, Steve Lakomy	Williamsville	12	MM	12/12	6/6	390	10:16
Dorothy	Doreen Fanton, Timothy Gorbald	Scottsville	24	XO	10/72	2/24	1790	23:04
GTA Lite	Jason Urckfitz, Lawrence Creatura	Brockport	24	MO	18/72	13/44	1510	23:40
Adventureheads	Tom Wagar, Jim Mollosky, Keith Ash	East Amherst	24	MO	21/72	14/44	1490	23:25
M^2	Gary Maslanka, Robert Maslanka	Cheektowaga	24	MM	37/72	12/15	1280	23:06
M.I.N.O.R.	Peter Dady, Bob Ireland	Homer	24	MO	39/72	29/44	1260	23:46
Woods Wanderers	Stina Bridgeman, Anne Schwartz	Canandaigua	24	FO	38/72	2/5	1260	23:27
Spiny Norman's On Top (SNOT)	Mark Dominie, Barb Dominie	Marathon	24	XM	40/72	3/8	1240	23:14
ROC Bottom	Michael Lyons, Nathaniel Lyons	Webster	24	MO	43/72	31/44	1210	22:49
Holmes	Robert Holmes, Kameron Holmes	Fairport	24	XO	44/72	10/24	1130	23:03
ROC Around the Clock	Rick Lavine, Dayle Lavine	Rochester	24	XSV	47/72	2/5	1100	23:50

Team name	Team members	City	Hours	Category*	Overall place	Place in category	Points	Time
Bushwacking 101	Darren Vogt, John Hunter, Vinny Luongo	Rochester	24	MO	56/72	37/44	920	22:35
And the reason is??	Eric Barbehenn, Gary Falleson	Penfield	24	MO	62/72	38/44	840	19:59
Fergusson	Dave Fergusson, Andy Fergusson	Rochester	24	MM	64/72	15/15	740	23:34
Team Lyons	Patricia Lyons, Walt Lyons, Brigid Lyons Malonesy	East Aurora	24	XO	65/72	22/24	710	22:47
The Flying Monkeys	Michael Finear, Jason Reynolds	Rochester	24	MO	67/72	40/44	600	22:48
Backtrackers	Kate Carrier, Joan Funke, Colleen Hart, Jane Brennan	West Valley	24	FO	69/72	5/5	410	22:23
Team Ottaviano	Camillo Ottaviano, Janet Ottaviano, Chris Ottaviano, Shawn Michalet	West Valley	24	XO	72/72	24/24	70	18:50

* Category descriptions: MO=Male Open; FO=Female Open; MM=Male Masters (40 and over); FM=Female Masters; MSV=Male Super Veterans (55 and over); FSV=Female Super Veterans; XO=Mixed Open; XM=Mixed Masters; XSV=Mixed Super Veterans

**More rogaine pictures will be in the next issue of the Wild Times!
(We ran out of space in this issue!)**

Meet Results

Icebreaker at Mendon Ponds Park April 9, 2006



Sprinting to the finish at Mendon

White 2.4km

1. Zach Lyons	21
2. Brian Allen, Chris Hopper	26
3. Julie & Hunter Doyle	29
4. Elizabeth Finear	30
5. Katrina, Makas Kortmacher	39
6. Morreale & Leo group	43
7. Tom & Rebecca Brannon	45
8. John & Lisa White, Chase & Karissa Kuhl	47
9. Chirstine, Like, Patricia Lyons	48
10. Elder group	53
11. Henrietta & Andy Foster	57
12. Doug Brooks, Brandon Yopp, Teri/Amanda &	59
13. Laura & Paul Diesenberg	59
14. Mark Sciera & Megan Little	62
15. Roger Keeney	64
16. Julia & Gnger Henrichs	65
17. Masseth Family	74
18. Sharlene Cady, Kathy Gearinger	91

Minutes

19. Laurie Smith, Mary Linda Quinn	92
20. Curt & Vynne-Jo Penoyer	93

Yellow 2.8km

1. Palmer family	37
2. Elizabeth Finear, Jason Reynolds	50
3. Cheryl Detwiler	51
4. Jim & Patty Borden, Jim & Kathy Curry	53
5. Carol Moran	54
6. Riley & Tina Bray	55
7. Eugene & David Morreale	55
8. Gearinger family	57
9. Jeffrey Hube	58
10. Eileen Flanagan	59
11. Randy & Denise McGarvey	59
12. Sam Hausser, Elliot Benson, Travis Regan	59
13. Martha Martin	59
14. Hall family	60
15. Jesse Nesbitt, Lindahl family	60
16. Richard & Nancy Burgey	62
17. Healey family	64
18. Sylvia Klassen	65
19. Mitchel Hansinger, Michelle Giannaola	66
20. Josh Goodman	66
21. Brian & Nicholas Charles	67
22. Sandra Lomker	68
23. Robert Kremens & Jane Callahan	68
24. Brian Allen, Chris Hopper	69
25. Robert & Gail Hohman	70
26. Bruce & Linda Thistle	72
27. Don Brown	74
28. Steve Ashman & friends	74
29. Danny, Lisa, Juliet Aycock	75
30. Doug, Judy, Jason Beers	75
31. Belfield Boys	76
32. Bob Fathergill	77
33. Michael Wilson	78
34. John & Linda Nusz	79
35. Curtis Hube family	87
36. Michael, Benjamin Barreth	87
37. Charles, Megan Romer	89
38. Collinsworth family	89
39. Louise Cook	90
40. Laurie Hunt	90
41. Jim, Sandy Andolsak	92

42. Drew, Alyson, Reese, Annette Holahan	92
43. Mary Jo McMannis	97
44. Bill & Anne Ashley	140
45. Tyler Aycock, Tyler Wehner, Ryan Stanle	DNF

Green 4.4km

1. Dick Detwiler	55
2. Patricia Lyons	59
3. Lindsay Worner	66
4. Nathan, Tim Holahan	67
5. Joel Shore	70
6. Victor, Sue Klassen	77
7. Paul, Casy Duerr	79
8. Anne Schwartz	90
9. Weiler family	90
10. Chad, Tyler, Zak Borden	93
11. Tom Cornell	94
12. Michael McAlpin	95
13. Kameron Holmes	98
14. John Robak	99
15. Marilyn Zygo	99
16. Bill Schweninfurth	99
17. Ken Masker	99
18. Paul Serafini	104
19. Jim Lavine	118
20. Mike Yinker, John Frater	123
21. Kuhl/White group	134
22. Baroney Brockmann	142
23. Pat Waser	177
24. Paul Roche	DNF

Red

1. Gil Robs	47
2. Rob Stevens	49
3. Timothy Gorbald	51
4. Pavel Korniliev	54
5. Rob Holmes	55
6. Sergey Dobretsov	55
7. Rick Slattery	64
8. Jim Tappon	66
9. Jim Russell	68
10. Eric Barbehan	73
11. Erik, Sue Grimm	80
12. Gary Maslanka	85
13. Bob, Jim Ireland	85
14. Bob Bundy	89
15. Chris McBride	89
16. Eric Phillips	96
17. Mike Allen	99
18. Michael Finear	111
19. jack, Tim Wallenhorst	121
20. Joe Seyfried	123

Red

Robs, Gil	47:14
Gorbald, Tim	58:46
Korniliev, Pavel	59:14
Holmes, Rob	61:07
Dobretsov, Sergey	63:23
Maslanka, Gary	71:59
Dady, Peter	73:00
Wagan, Tom	77:02
Kohn, Linda	77:15
Worner, Rick	81:19
Collinsworth, Mitch	83:10
Shore, Joel	89:30
Robs, Ansis	96:07
Zygo, Larry & Marilyn	96:17
Barbehenn, Eric	99:41
Dominie, Barb	100:21
Bundy, Bob	101:44
Slattery, Rick	106:39
Goldstein, Michele & Doreen Fanton	116:14

Green

Worner, Lindsay	70:15
Lavine, Rick	73:04
Bridgeman, Stina	74:18
Brooks, Doug	79:49
Seyfried, Joe	82:58
Nareppa, Ravi	88:48
Klasson, R. Victor	91:18
Tylak, Steve & Rachael	92:24
Bannister, Kathy	95:50
Kennedy, Doug & Jackie Novkov	102:11

Orange

VanKerkhove, Dennis & Jeffrey	54:10
Finear, Michael & Elizabeth	67:10
Britt, Matt	81:58
Klassen, Sylvia	86:21
Kolva, Karl	101:23
Hane, Elizabeth	109:40

Yellow

Cochrane-Turner	45:00
Cochrane #2	59:00
Wilson, Michael	56:00
Moran, Carol	66:00
Collinsworths	67:00
Sack Of Noodles	82:00
Cold People	88:00
Lightning Squalls	100:00
Gordan, F & P. Dardour	DNF

Letchworth State Park

April 22, 2006

“It was a dark and stormy night ...”

After an absolutely gorgeous week in the Rochester area -- it was 81 while I was setting flags on Friday -- something had to give. And so it rained, and the temperature dropped -- which made it an absolutely normal day for a club meet at Letchworth!

Well, not exactly normal as we didn't have any thunderstorms or lightning at all!

As it was 43 individuals or groups braved the damp, misty weather - and the first hill! - to partake in an otherwise enjoyable day of orienteering.

Jim Russell, Course Setter

Basil Marella Park

April 30, 2006

Meet director, Ravi Nareppa, arranged for a beautiful sunny day, with temperature about 60. Course setter Dick Detwiler updated the park map and set very nice courses. Newcomer instruction was given by Paul Schwartz. Refreshments were brought by Patty Borden and Sandra Lomker. The String-O was strung by Georg Nadorff. The registration table was manned by Linc Blaisdell, Carol Moran, Patty Borden, and Elizabeth Hane. Tom Cornell served as Greeter. Dick Detwiler, Stina Bridgeman, Paul Schwartz, and Jim Lavine provided start and finish times. Control pickup was performed by Gray Hendershot, Tim Gorbald, Tom Cornell, and Bob Bundy. Results were typed by Bob Bundy.

There were 76 registered parties representing 151 people and there were 88 starts. Most of the participants in the new Sprint class also ran another course.

WHITE COURSE: 2.2 km

1. Jon Fleig	34:10
2. Jane Callahan	36:54
3. The Stevens Family Rob, Katja, Kayla, and Mina	42:45
4. Amelia and Kate Cochrane	43:26
5. Tom and Tatum Lamme	44:25
6. Margaret and Vincent Rybicki	46:00
7. Gray Hendershot	46:25
8. Bob & LeeAnne Williams	53:25
9. Kameron Holmes, Tyler & Bryn	56:45
10. Hazel Finear, Karen and Roger Wink	56:50
11. Janet and Don Charles	59:48
12. Jeff Nunes, Jean Rouse, and Laurie Cass	60:20
13. Nicole LeGault, Allison Witkoski, Chelsea Philbin, & Liz Witkoski	61:31
14. Nancy and Joseph Brugnoni	66:30
15. Laurie Smith, Mary Linda Quinn, Linda Jones, and Ray Fink	74:15
16. Amanda Saymen, Dakoda Sayman, and Doug Brooks	96:00
17. Kathy Gearinger, Sherri, Corinne, and Ben Wiedemann	dnf
18. Emily Addison, Kaylee D'Alesio, Anna Joy LeChinova, Stephanie Ashodian, and Betty Addison	dnf

YELLOW COURSE: 2.4 km

1. Carl Palmer	27:35
2. Elizabeth Finear	33:35
3. Jeffrey & Matthew Hube	33:57
4. John and Linda Nusz	35:09
5. Mark Sciera	38:09
6. Jon Fleig	41:50
7. Richard and Nancy Burgey	41:55
8. Tom Higgins, Jared Klepacz, and Joe Holloway	49:00
9. Chuck Rogers and Sue Schicker	49:40
10. John Robak, Carol Molnar, and Pat DiRienzo	51:15
11. Carol Moran	53:35
12. The Hube Family Curtis, Trish, and Nicole	54:15
13. Marilyn Zygo, Sheila Robak, and Linda Barrows	56:20
14. Tom and Becky Brannon	56:50
15. Robert and Gail Hohman	57:40
16. Sandra Lomker	59:54
17. Eileen Flanagan, John Cochrane, and Patrick Cochrane	60:09
18. Tim and Kelly Boerschlein	61:00
19. Michael Wilson	62:15
20. The Foster Family John, Henrietta, and Andy	63:40
21. Dan, Ted, and Brenda Robak	66:02
22. Louise Cook	74:18
23. Annette Holahan, Alyson, Reese, and Drew	76:09
24. Bill and Blake Scherer, Edie and Liam	82:06
25. Paul and Jennifer Manly, Clayton and Clara	85:16
26. Bill and Anne Ashley	107:01

ORANGE: 4.4 km (Really a long yellow due to nature of the park)

1. Tim Gorbald	26:34
2. Philip Van Peursem	34:20
3. Georg Nadorff	35:20
4. Heather McLendon & Timothy Howland	44:55
5. Tim and Nate Holahan	46:14
6. Tyler and Zak Borden	46:20
7. Sue and Victor Klassen	46:55
8. Joel Shore	47:35
9. Stina Bridgeman	49:14
10. Reid Palmer	49:20
11. Bob Bundy	51:17

12. Jack Finear	53:45
13. Michael Finear	54:00
14. Paul Serafini	54:05
15. Darren Vogt, Alexis Spilman, and Anthony Puccia	54:40
16. Sylvia Klassen	61:02
17. Scotty Orr	64:10
18. Frank Dewitt	64:19
19. Tom and Stephanie Story	64:45
20. Jim and Kathy Curry, Jim and Patty Borden	65:35
21. Jim Lavine	66:52
22. Cheryl Detwiler	68:32
23. Doug Peters	69:50
24. Mike Yunker	79:51
25. David Briden	87:53
26. Randall and Denise McGarvey	92:58
27. Elizabeth Hane	101:25
28. Valerie Grason	101:30
29. Todd and Tyler Stoneham	108:09
30. Dan and Sandra Rockafeller, Mike, Andy, and Ben	112:30

SPRINT COURSE: 2.1 km

1. Sergey Dobretsov	13:37
2. Tim Gorbald	14:34
3. Rob Stevens	17:19
4. Georg Nadorff	18:05
5. Frank Dewitt	18:05
6. Stina Bridgeman	19:35
7. Tom Lamme	20:22
8. Reid and Carl Palmer	22:25
9. Sue Klassen	23:38
10. Marilyn Zygo	26:25
11. Mark Sciera	28:20
12. Paul Serafini	29:39
13. Jon Fleig	59:03
14. Robak, Molnar, and DiRienzo	dnf

Irondequoit Bay West

May 13, 2006

Thank you VERY MUCH to everyone who volunteered at yesterday's meet and made the event run so smoothly. Just an extra thank you to Paul and Anne Schwartz for setting the course (and juggling having to go back into work Saturday morning) and to Jim Russell who is doing such a great job with the e-punching and who went back out to the park to pick up a control that was missed on the first pickup.

Talk about luck. The thunder clouds rolled in just as the last of us were packing up and as I left the park and started to pick up the road signs, the sky opened and marble sized hail and rain bombarded the area. What a terrible experience that would have been with people out on the course! Certainly perfect timing as far as I was concerned. --Timothy Gorbald, Meet Director

Long

1. Pavel Korniliev	47:15
2. Mike Lyons	49:46
3. Mitch Collinsworth	51:06
4. Dennis VanKerkhove	58:24
5. Nate Lyons	64:06
6. Jim Russell	70:13
7. Rick Worner	74:04
8. Joel Shore	74:12
9. Dick Detweiler	75:04
10. Tom Lamme	77:25
11. Stina Bridgeman	77:50
12. Rick Lavine	78:26
13. Victor & Sue Klassen	81:43
14. Eric Barbehenn	85:32

15 Steve & Rachael Tylock	86:05	11 Sandra Lomker	DNF
16 Bob Bundy	89:17	12 Elizabeth Hane	DNF
17 Michael Finear	98:37		
18 Dayle Lavine	103:44	White	
19 Paul Serafini	117:14	1 Jason Reynolds	20:40
20 Joe Seyfried	118:14	2 Tim Dobretsov (and family)	32:00
21 Frank & Zack Armstrong	127:30	3 Zack Lyons	33:33
22 Mike Yunker	132:40	Yellow	
23 Jack Finear	133:54	1 Zack & Nate Lyons	12:32
24 Patti Hahn & Jon Fleig	134:36	2 Carl & Reid Palmer	17:44
25 Bob & Gail Hohman	DNF	3 Jason Reynolds	18:08
Short		4 Cheryl Detwiler	22:45
1 Robert Norquest	54:55	5 Joe Kirchner	28:15
2 Sylvia Klassen	80:29	6 Elizabeth Finear	31:19
3 Carl & Reid Palmer	81:36	7 Anna Laforce	32:28
4 Pat Cochrone & Eileen Flanagan	81:44	8 Richard & Nancy Burgey	41:41
5 Jim Lavine	88:50	9 Carol Moran	45:11
6 John & Linda Nuse	90:52	10 Matthew & Michael Wilson	50:17
7 Jim & Kathy Curry	94:06	11 Laurie Collinsworth	52:58
8 Tom Cornell	94:23	12 Troy, Rhi, Ffio, Carwyn Collinsworth	53:00
9 Nathan Sugarman & Laurie Hunt	111:37	13 Tom & Rebecca Brannon	60:43
10 Jennifer Manley	DNF	14 Bill Ashley	106:52

Ellison Wetlands Paddle and Foot-O

May 20, 2006

Course setters and meet directors: Rick & Dayle Lavine.

Helpers: Eric Barbehenn, Carol Moran, Karl Kolva, Elizabeth Hane, Dick & Cheryl Detwiler, Mike & Jack Finear.

See pictures on back page, taken by Elizabeth Hane.

Paddle

	Class	Controls	Trash pt	Total	Time
1 Mark Dominie	C1	26	4	30	3:56
2 Stina Bridgeman and Karl Korfmacher	C2	24	4	28	3:33
3 Pavel Korniliev	K1	26	2	28	4:00
4 Rob Holmes & Simon Cuadrodo	C2	25	1	26	3:51
5 Peter Dady	C1	24	1	25	3:27
6 Steven, Rachael, and Melissa Tylock	C2+	19	2	21	3:38
7 Jason Urkfitz & Keith Ash	C2	23		23	3:52
8 Eric Barbehenn	K1	22		22	3:55
9 Mike & Jack Finear	C2	20		20	3:33
10 Jacky Novkov & Douglas Kennedy	K2	19		19	3:50
11 Bob Bundy	K1	17		17	4:02
12 Sergey, Tatyana, Tim & Ksenia Dobretov	C2+	14		14	3:52
13 Rosalie Ayres & Robert Krouse	C2	9		9	2:57
14 Paul Serafini & Ari Cheremeteff	C2	5	2	7	2:53
15 Julie, Mike, Ben, and Ausin Knapp	C2+	3	2	5	1:22

LONG FOOT-O

1 Mike Lyons	20	1:30
2 Barb Dominie	19	2:10
3 Joel Shore	19	2:25
4 Eileen Flanagan and Kate Cochran	16	2:42
5 Jon Fleig and Patti Hahn	16	3:24

SHORT FOOT-O

1 Cheryl Detwiler	10	2:15		
2 Bob & Gail Hohman	8	3:10		
3 Laurie Hunt	8	3:40		
4 John & Linda Nusz	7	3:28		
5 Nate & Zach Lyons	6	1:00		
6 Joe Kirchner	6	1:09		
7 Jason Reynolds	6	3:49		
8 Carol Moran	2	1	3	2:07

Durand Eastman May 28, 2006

Sprint.

Note: due to misplacement of the control #9 the official results below exclude controls #9 and #10.

1	Ross Smith	00:13:57
2	Gil Robs	00:15:05
3	Mike Lyons	00:16:47
4	Sergey Dobretsov	00:18:53
5	Rob Holmes	00:19:11
6	Nate Lyons	00:23:20
7	Jim Russell	00:24:49
8	Bob Ireland	00:25:19
9	Steve Tylock	00:26:09
10	Zach Lyons	01:02:55

1	Samantha Saeger	00:16:35
2	Stina Bridgeman	00:25:23
3	Kameron Holmes	00:28:39

Orange: 3.3 Km with 16 controls - Advanced intermediate. A lot of experienced orienteers encountered "parallel errors" in their navigation resulting in extra distance and extra climb.

1	Ross Smith	31:46
2	Samantha Seager	33:40
3	Mike Lyons	35:59
4	Gil Robs	37:28
5	Rob Stevens	39:02
6	Nate Lyons	43:11
7	Rob Holmes	43:27
8	Dennis and Jeffrey Vanerkhove	46:28
9	Pat Cooke and Scott Harris	49:12
10	Bob Ireland	54:30
11	Strika Bridgeman	56:01
12	Jim Russell	58:58
13	Zak and Tyler Borden	62:23
14	Eric Barbehenn	63:05
15	Randy McGarvey	65:04
16	Michael Finear	65:06
17	Ravi Nareppa	66:14
18	Chris Strom and Chris McBride	67:08
19	Anne Marcotte and Justin Strawther	70:12
20	Victor and Sue Klassen	72:16
21	Tom Lamme	73:59
22	Rob Kremens	76:23
23	Annette and Nathan Holahan	77:32
24	Paul and Anne Schwartz	77:48
25	Jack Finear	78:59
25	Keith Ash	82:52
26	Mike Gallagher	83:41
27	Anna LaForce and Ashley Goff	85:06
28	Sylvia Klassen	87:59
29	Richard Burgey and Dwayne Gruven	89:23
30	Todd and Tyler Stoneham and Mike Rockafellow	94:22
31	Walt Lyons	94:56
32	Tom Cornell	99:21
33	Mike Yunker	111:43
34	Laurie Hunt	115:23
35	Jim and Mike Curry, George Gardner and Jim Barton	115:35
36	Dan, Sandra, Andy and Ben Rockafellow	121:15
37	Patty Borden, Kathy Curry and Mary Gardner	126:50
38	Karl Kolva	136:58
39	John and Linda Nusz	137:50
40	Scotty Orr	139:37
41	Louise Cook	DNF

Yellow: 2.7 Km with 13 controls - Intermediate; most controls not on trails, but near trails.

1	Kevin and David McFarland-Porter	42:45
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2	Carl and Reid Palmer	48:28
3	Cheryl Detwiler	59:14
4	Lawrence and Jack Creatura and Max Miller	61:41
5	George Komorowski	72:00
6	Rachael Tylock	74:05
7	Elizabeth Finear	75:46
8	Jason Reynolds	80:15
9	Jeffrey and Matthew Hube	82:14
10	Denise McGarvey	82:20
11	Brian Eliabeth and Brennon Talley	89:00
12	Marjory David and Pasty Friend	93:35
13	Mary Ann Smith	94:35
14	Jack, Ryan and Emily Armstrong	96:30
15	Elizabeth Hane and Leslie Adams	97:03
16	Curtis, Trish and Nicole Hube and Mary and Steve Caldine	99:05
17	Nancy Burgey	99:50
18	Vincent and Riesa Gussano	114:50
19	Jennifer, Paul, Clayton and Clara Manley	115:05
20	Chris Kearney and Sandra Lomker	115:38

White - Beginner level, generally easy with controls mostly on trails or open field.

1	Zach Lyons	24:28
2	Jim Ireland	26:48
3	Miolly Christie, Ali Gonzaloz, Hyurju Sungs and Mamanjo Johanson	30:28
4	Mary Ann Smith	45:35
5	Tim, Tatyana, Ksenia and Sergey Dobretsov	46:20
6	Rob, Kayla, Mira and Katja Stevens	49:16
7	Michael Putori	51:45
8	Roger and Karen Wink	59:16
9	Kevin Mary, amanda, Krista and Jonathan Maltzahn	66:50
10	Chad Borden and Kristine Masiella	70:09
11	Roger Keeney	71:00
12	Melodie Kolmetz and John and Evan Cuba	78:23
13	Ned and Gregory Asan	83:30
14	Kameron, Tyler and Bryn Holmes	DNF

Powder Mills Park June 18, 2006

On a very hot day, 66 groups attempted some interesting courses set by Sergey Dobretsov. Of course, being father's day, all dads got to participate for free!

The combination of climb and heat made the challenge even greater than usual. However, all made it back OK and appeared to enjoy themselves.

My apologies to the 2 groups on Orange that did not get splits. Somehow the finger sticks were recycled before being downloaded!

Jim Russell, Meet Director

White

1	Lara Hause	29:00
2	Carol Moran	31:02
3	Tim Dobretsov	36:00
4	Brigid, Ryan & Chris Maloney	47:39
5	Christine & Luke Lyons	53:40
6	Kathryn & Jennifer Altier	1:01:37
7	Wes & Anica Harris, Suzanne Lee	1:21:00
8	Amber Keshishian, Alexa Campbell, Dana Karal	1:22:35
9	Ann Betz, Marion Fey, Eleonor Nadorff	1:32:00
10	Paige Sloan	DNF
11	Zach Lyons	DNF

Yellow

1	Carl & Reid Palmer	38:00
2	Jason Reynolds	43:00
3	Jim & Mike Curry, Jim Borden, George Gardner	47:00
4	Michael Wilson	49:00
5	Lara Hease	52:30
6	Kameron Holmes	53:30
7	Richard & Nancy Burgey	56:00
8	Dan & Paul Roche Family	57:52
9	Andrea Detwiler	58:25
10	Cameron & Bryon Campbell	59:32
11	Vince & Riesa Cassano	1:00:00
12	Tom & Riley Blasiak, Tina Bray	1:01:25
13	Joe Kirchner	1:01:35
14	Pat Russell & Sandra Lomker	1:03:49
15	Steven Russell	1:05:49
16	Cheryl Detwiler	1:07:00
17	Bert Byfield	1:08:30
18	Mary Gardner, Patty Borden, Kathy Curry	1:14:32
19	Derek Price & Barbara Chudanski	1:21:00
20	Mitch, Laurie, Nathan, Hannah Collinsworth	1:26:53
21	Greg, Nick, Corinne Kedge	1:26:53
22	Nathan Campbell & Nico Hartman	1:28:00
23	Jennifer, Paul, Calyton & Clara Manley	1:31:00
24	Troy, Rhi, Ffion, Carwyn Collinsworth	1:35:15
25	Elizabeth Hane	DNF
26	Herb & Kathleen Barbehenn	DNF

Orange

1	Goerg Nadorff, Fedor Iskhakov	44:03* no
splits avail		
2	Nate Lyons	1:16:17
3	Tyler & Zack Borden	1:16:28
4	Steven, Kevin, Rachael & Chris Tylock Family	1:18:49
5	Jon Fleig	1:22:00* no
splits avail		
6	Laurie Hunt	1:28:36
7	Eugene, Anthony, Danny & David Morreale	1:32:54
8	Karl Kolva	1:35:59
9	Darrell & Hanni Haynes	1:37:58
10	Sylvia Klassen	2:20:44
11	Louise Cook	DNF
12	Walt Lyons	DNF
13	Mike Yunker, Peter Lovenheim	DNF
14	Todd & Tyler Stoneham	DNF
15	Derek Price & Barbara Chudanski	DNF

Red

1	Mike Lyons	1:08:58
2	Gil Robs	1:13:13
3	Rob Holmes	1:17:50
4	Rob Stevens	1:21:36
5	Randy McGarvey	1:25:48
6	Dennis Vankehove	1:33:06
7	Patty Lyons	1:39:47
8	Dick Detwiler	1:45:58
9	Rick Worner	1:50:27
10	Eric Barbehenn	1:51:56
11	Ravi Nareppa	1:52:54
12	Stina Bridgeman	1:52:59
13	Joel Shore	1:55:48
14	Ansis Robs	2:02:53
15	Victor & Sue Klassen	2:24:46
16	Michael Finear	2:48:50

The Apple Shed (south of Sodus)

June 25, 2006

This impromptu event was set up at the request of the Sanctuary at Crowfield Farm in an attempt to bring an orienteering event

to the folks in the Newark area. The map was fairly easy to make since large portions of the area are orchards and cultivated fields. The courses still proved to be challenging despite the simplicity of the area. We are hoping to do additional events and hopefully attract more local people. Many thanks to Gary and Barbara Wells at The Apple Shed for sharing their incredible farmland with us.

The day was warm and everyone appreciated the availability of ice cream and fresh strawberries at the finish.

Results**White**

1.	Zach Lyons	20:20
2.	Carol Moran	39:05
3.	Sandi Willsey-Lemen	39:42
4.	Joe and Samantha Cepulo	44:37
5.	Palmer Family	55:48
6.	Collinsworth Family	65:30
7.	Annette, Reese, and Drew Holahan	69:33
8.	Madelyn Vander Lyche and Amy and Ben Johnson	73:25

Yellow

1.	Joe Kirchner	45:24
2.	Lauren and Chris Collins	46:28
3.	Richard, Nancy and Cindy Burgey	59:10
4.	Pat Russell	65:55
5.	Mary Ann Smith	89:37
6.	Tom Higgins, Jared Klepacz, Mike Rivera-Thomas	DNF

Orange

1.	Jon Fleig	53:22
2.	Steven Russell	62:31
3.	Steve Aman	73:35
4.	Karl Kolva	84:05
5.	Vince and Riesa Cassano	91:27
6.	Elizabeth Hane	108:37

Green

1.	Gil Robs	39:18
2.	Sergey Dobretsov	41:07
3.	Rick Worner	48:03
4.	Mitch Collinsworth	48:29
5.	Randy McGarvey	54:29
6.	Patty Lyons	57:06
7.	Jim Russell	59:53
8.	Walt Lyons	63:45
9.	Kathy Bannister	99:59
10.	Nate Holahan and Nico Porter	DNF

Black Creek Score-O

June 28, 2006

The stormy weather held off on the West side for the first of the ROC summer Score-O's, with thunderstorms and marble sized hail falling on the opposite side of the city. The 21 Score-O participants had 28 controls worth a total of 460 points to choose from. The route choices included control placements ranging from easy 'on trail' to challenging 'obscure off trail features' taking competitors into rarely traveled sections of Black Creek Park. After a hot and humid flag setting afternoon we had a perfect evening for the club Score-O.

Score-O

Name	Points 460 Possible	Time (Min:Sec)	Penalty 20/Min
Rob Holmes	320	72:15	
Peter Dady	310	72:50	
Gil Robs	290	74:35	

Patty Lyons	230	71:30	
Stina Bridgman	230	73:15	
Tom Wagar	220	74:15	
Dick Detwiler	200	73:21	
Bob Bundy	200	74:15	
Kameron Holmes	190	72:05	
Andrea Detwiler	180	72:32	
Jack Wallenhorst	160	75:00	
Walt Lyons	150	73:00	
Laurie Hunt	130	65:45	
Sandra Lomker	120	74:30	
Frank Dewitt IV	120	+6	240-120
Steve & Rachael Tylock	120	+1	140-20
Belfield Men	120	69:15	
Elizabeth & Anne	110	71:52	
Joe Kirchner	40	+6	160-120
Mark Sciera	110	+12	130-240
Karl Kolva	-250	+17	90-340

White Course

Name	Time (Min:Sec)
Chad & Karen Hutchinson	46:00
Kent Palmer, Rick Rishards, Brendon Forsgren, Connor Creedon	52:00
Vince, Riesa & Cole Cassano	55:00
Cheryl, Ross & Alyssa Baitsholts	DNF

Cobb's Hill Park

July 18, 2006

Despite the hot weather in Rochester there were 7 white course starts and 26 individuals and teams that competed in the Score-O. I hope you all had fun regardless where you ended up on the scoreboard

Course setter: Eric Barbehenn

Meet director: Gil Robs

Thanks all volunteers that helped to organize this meet. Bob Bundy, Laury Hunt and Karl Kolva

White course

1. Victor Vixens	13:00
2. Zack Lyons	14:20
3. David and Larry VerWeire	19:30
4. Chris and Luke Lyons	21:00
5. Page Sloan	27:15
6. Matthew and Micheal Wilson	34:00
7. Patricia Deane, Robert, Andrea	35:30

Score-O

Name	Pounts	Pen	Total Time
1. Tomothy Gorbold	23	23	33:30
2. Gil Robs	23	23	36:13
3. Rob Holmes	23	23	37:20
4. Mike Lyons	23	23	38:40
5. Sergey Dobretsov	23	23	41:30
6. Randy McGarvey	23	23	49:50
7. Nate Lyons	23	23	50:35
8. Mike Kaseman, Kristen Sharp	23	23	52:10
9. Peter Dady	22	23	53:30
10. Joel Shore	22	23	57:32
11. Klassen Clan	21	21	54:07
12. Rick Worner	21	21	57:30
13. Vince Cassano	21	21	59:30
14. Jon Fleig	20	20	59:56
15. Patty Lyons	19		
16. Linda Kohn	18	18	52:12
17. Bob Bundy	18	18	56:25
18. David Long	19	2	17 61:19
19. Walt Lyons	16	16	53:52
20. J. Wallenhors	17	1	16 60:40
21. Paul Serafini	15	15	56:00

22. Laurie Hunt	14	14	58:00
23. John Cockrane, Amelia, Kate	10	10	56:30
24. Patricia Cockrane, Eileen Flanigan	12	3	9 63:00
25. Karl Kolva	7	7	47:30
26. Bill Perkett	7	7	0 67:00

Genesee Valley Park

July 29, 2006

It was hot and sultry even at 10:00 am for our summer Score-O, Sprint, and White courses. Sergey Dobretsov set the courses. Originally it was announced that the Score-O would be at 10:00 with Sprint beginning at 11:00. After some email discussions, it was decided that the SPRINT should be first with the Score-O at 11:00. With some people showing up for the 10:00 Score-O, it was decided to hold two Score-O's. The general conclusion was that one Score-O is much better than two.

The 20K walk from the Empire State Games was finishing up nearby as we started. Rowing, Canoeing, and Kayaking events were going on downstream on the Genesee.

The meet operations ran smoothly with the help of super volunteer Andrew Elder at registration and other areas as needed. Tim Gorbold and Mike Lyons also helped with registration. Elizabeth Hane served at the Start/Finish line for early participants. Emily Gorbold ran the Start/Finish line for the second half. Sandra Lomker brought in refreshments. Linda Kohn gave instructions to new participants. Sergey started the two Score-O's and timed the first group. Andrew Elder timed the second group. Laurie Hunt and Louise Cook filled in as needed at registration and the Start/Finish area. The controls were gathered by Rob Holmes, Egil Robs, Nate and Mike Lyons, Louise Cook, and Rick Worner. Yours truly placed the Orienteering Signs where they couldn't be seen from both directions making the start location a little harder to find than necessary. Bob Bundy

SPRINT Course

1. Tim Borbold	23:04
2. Gil Robs	24:14
3. Randall McGarvey	25:19
4. Rob Holmes	27:59
5. David Agar	29:15
6. Mike Lyons	32:07
7. Nate Lyons	34.27
8. Stina Bridgeman	35:09
9. Brigid Maloney	38:36
10. Linda Kohn	40:20
11. Team Tiger	48:44
12. Walt Lyons	52:26
13. Jim, Liam, Shannon Oberst	67:43
14. Chelsea Lyons	78:56
15. Sandra Lomker	dnf

SCORE-O Course (1 point each control - 20 points maximum)

1. Gil Robs	55:00	18	
2. Mike Lyons	58:00	16	
3. Tim Gorbold	60:40	16	(17 - 1)
4. Stina Bridgeman	60:00	15	
5. Kevin Mcfarland	51:00	14	
6. Dick Detwiler	58:00	14	
7. Nate Lyons	44:00	13	
8. Steve Tylock	55:00	13	
9. Jack Wallenhorst	58:00	13	
10. David Agar	62:40	12	(15 - 3)

11. Kameron Holmes	53:00	11		3. Sandi Willsey-Lemen	44:46
12. Laurie Hunt	57:00	11		4. Chris and Luke Lyons	45:33
13. Lara Haase	60:00	11		5. Rob Holmes, Tyler and Bryn	46:02
14. Karl Kolva	50:00	10		6. David McFarland-Porter	48:00
15. Brigid Maloney	57:00	10		7. Phillip and Nancy McIntyre	48:42
16. Bob Bundy	60:10	10	(11 - 1)	8. Riesa Cassano and Vince	48:44
17. Elizabeth Hane	52:00	9		9. Joe and Jo Costello	50:14
18. Matt and Jennifer Gearinger, Brian, Jonathan, Kevin, Megan and Stephan	63:00	7	(10 - 3)	10. Laurie Hunt and Nathan Sugarman	51:50
19. Sue, Victor, and Sylvia Klassen	70:00	2	(12 - 10)	11. Melodie Kolmetz, John and Evan Luba	52:00
WHITE Course				12. Mary Jo McMannis, Stefani Szalay Domm, and John Domm	67:00
1. Jim, Liam, and Shannon Oberst	35:44			13. Frank and Karen DeWitt, Jaima and Justin	72:37
2. Chris and Lauren Collins	38:34			14. Elanor Nadorff, Ann Betz, and Georg nadorff	73:25



Stina Bridgeman and Karl Korfmacher at Ellison Canoe-O



Three generations of the Dobretsov family at canoe-O

First Class



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